

TAB Monthly Newsletter

A Newsletter for people living with COPD to help us connect with our peers



August 2025

Volume 9, Issue 8

The Take a Breath (TAB) Social Club



Caring for my COPD (C4MCOPD) is a 10-week Pulmonary Rehabilitation Program at Compass Community Health for people who have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD). The Take a Breath (TAB) Social Club began on July 23rd, 2014 as a continuation of the 10-week program. Along with regular exercise, graduates meet from 3 to 4:30 pm on Mondays in the first floor Community Room. Here, TAB members can share their experiences and offer encouragement to help each other manage their COPD.



TAB News

BULLETIN! BULLETIN! BOB & LUAN rejoin TAB community following extended honeymoon!

MINDFULNESS: Six members of the gang visited the Art Gallery of Hamilton where they enjoyed an exhibition celebrating the life and work of great Canadian painter Helen McNicoll. The visit was preceded by a lunch at Sheraton's classy Chagal restaurant across the street from the Art Gallery.

AI did a PowerPoint presentation describing his nieces' successful quest to find her biological family.

FLAMBORO DOWNS: Members made a trip to the Racetrack/Casino/Lunch and fun was had by all!!

ERROR OF OMISSION! We apologize for failing to include **Cathy's** magnificent slide presentation in last months' newsletter. We enjoyed it very much Cathy. May we blame our oversight on heat stroke?

TAB SOCIAL: We enjoyed nonalcoholic Sangria, popcorn, and a craft session making colourful flowers with pipe cleaners. Wait! What?

The Tab Social Club has been granted the funds needed to run a variety of group events on alternate non-singing weeks. Members were asked to provide ideas on activities we'd like to see implemented.

PARK & PARTY continues to be the highlight of Compass yearly community events, and this year was no exception! Neighbourhood families, clients, and staff thoroughly enjoyed the socializing, BBQ, snacks, games, prizes, and live music, which included the fabulous **TAB Singers**. See you next year!

Holidays & Observances

August 4, 2025, Monday, Civic Holiday, [Civic/Provincial Day 2025 in Canada](#)

Other Holidays and Observances in 2025 [Holidays and Observances in Canada in 2025](#)

Happy Birthday Folks!!

Brian C, Aug 1 Tracy R, Aug 5

Luan B, Aug 8 Judi G, Aug 16 Tanya T, Aug 18



The Compass "Caring for my COPD" Care Team!



Jillian Bullée & Tessa Philip, COPD Coordinators
Sib Pryce, Social Worker, **Jillian Bullée**, Occupational Therapist
Tessa Philip, Kinesiologist, **Allison Fulton**, Physiotherapist
David Isaak, Kinesiologist, **Cory Ma**, Dietitian

Happy Anniversary! Elizabeth & Richard Mazurski, celebrate 22 years. They got married on August 31, 2003. Congratulations folks! You've been married for 691,286,400 seconds and counting!

Did You Know?

Cinnamon contains natural antifungal effects, in case you didn't know. As a result, it's an excellent solution for keeping your plants safe and healthy. Simply sprinkle it throughout your garden. You'll love the cinnamon smell on your soil. [Cinnamon for Garden Pests and Diseases: Does It Actually Work?](#)

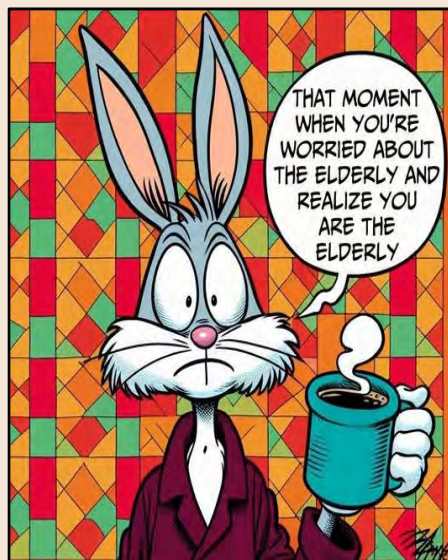
Brenda Maurer

Linking Sensory Loss and Mobility

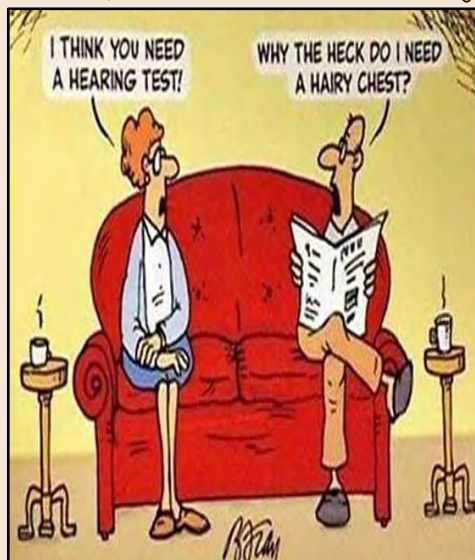


Together the auditory and visual systems contribute to our spatial awareness of the environment and how we are moving within it, thereby allowing us to successfully perform everyday tasks such as walking and driving. Click here: [Linking sensory loss and mobility](#)

Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Alan Skelhorne



... Bill Stewart

Quotable Quotes

Arithmetic is being able to count up to twenty without taking off your shoes.
- Mickey Mouse

Caring For My COPD (C4MCOPD) Community Based Pulmonary Rehabilitation Program

For more information call 905-523-6611 or visit the Compass website at <https://www.compassch.org>

Take a Breath (TAB) Social Club Email tabmonthlynewsletter@gmail.com For TAB Archives go to [TAB - pCloud](#)

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