

# TAB Monthly Newsletter

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

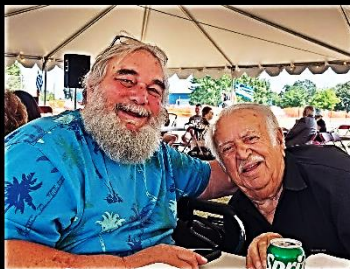
## September 2025

Volume 9, Issue 9

### 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 23<sup>rd</sup>, 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 socialize, share their experiences, and offer encouragement to help each other manage their COPD.



*The Compass Gadabouts*



*Enjoying the Greek Festival*



August 15 2025

#### MINDFULNESS, THURSDAY GROUP 😊

**Judy Erridge** told the group a lot about herself in her Show & Tell session... she radiated pride in the beautiful home her dad built ...and the stunning sweaters she created elicited lots of oohs and aahs from the gang. We're discovering we each have unexpected talents and histories. Judy ended her presentation by describing the many interesting jobs she's held during her working life. Very engaging Judy, thank you!

**GREEK FESTIVAL 😊** **Harry** has a knack ... beautiful family, good friends, love of life! It's easy to feel at ease around Harry. The Greek Festival was his latest activity suggestion for the Mindfulness Group. The Greek food was delicious and the company great. Overall a super afternoon. Bob & Luan even returned the next day!

**TAB 😊** We didn't meet on the 1<sup>st</sup> Monday of the month, August 4, because it was a Civic Holiday. But we did belt out some tunes on the 11<sup>th</sup> and the 25<sup>th</sup>, and on the 18<sup>th</sup>, played a game called Tossed Salad, a crowd favourite that always gets a lot of laughs. We encourage anyone who is a graduate of the COPD program to drop in to the first floor Community Room on Mondays at 3 pm and hang around with us if you're able to do so. You never know, you just may enjoy yourself. See you Monday?

KIN student **Michael** is moving on and promises a return visit. Thanks for working with us Michael and best of luck!



# 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

**Remembrance:** Linda Kajganic died on August 2nd. Friends knew she was quite ill, but still the news was so very shocking. She joined TAB in the early days, and took part in the many TAB activities over the years. Our thoughts go out to her family and friends. She will be missed. Rest in peace Linda.

## Holidays & Observances

September 1, 2025, Monday, Labour Day, Statutory Holiday, [Labour Day 2025 in Canada](#)  
Other Holidays and Observances in 2025 [Holidays and Observances in Canada in 2025](#)

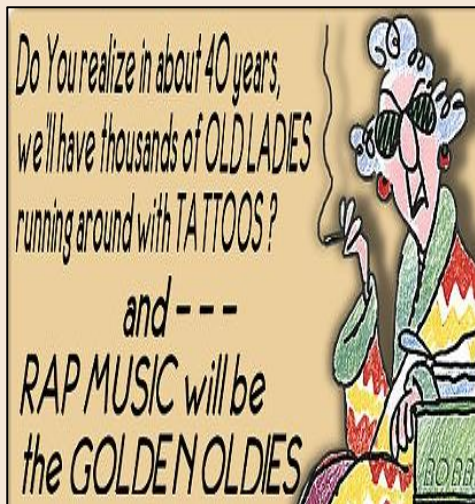


## Happy Birthday!!



Linda C, Sept 2    Brenda K, Sept 11  
Janet A, Sept 12    Barry W, Sept 12    Cathy H, Sept 22

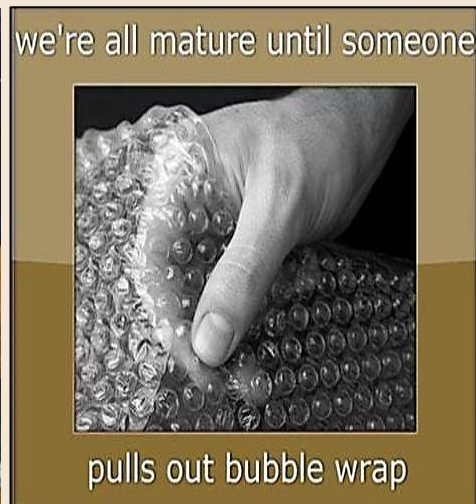
## Humour, Wisdom & Quotes



Submitted by ... Bonnie



... Bonnie



... Big Al Skelthorne

## Quotable Quotes

*"A single act of kindness throws out roots in all directions  
and the roots spring up and make new trees"*

Amelia Earhart

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](mailto:tabmonthlynewsletter@gmail.com) For TAB Archives go to [TAB - pCloud](#)

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