

# TAB Monthly Newsletter

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

October 2024

Volume 8, Issue 10



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, established on July 23<sup>rd</sup>, 2014, is a continuation of the 10-week C4MCOPD program. Along with regular exercise, graduates of the program meet at 3 pm on Mondays in the first floor Community Room. It is a place where members can share experiences and encouragement to help each other manage their COPD. Join us!



## TAB Newz

### Mindfulness "Crazy Hat" Party



### TAB 10<sup>th</sup> Annual Picnic



Photos courtesy of "Chatty" Cathy and Gloria. Thank you ladies.

## Holidays & Observances

October 14, Monday, Thanksgiving, Statutory Holiday [Thanksgiving Day 2024 in Canada](#)

October 31, Thursday, Halloween, Observance [Halloween 2024 in Canada](#)

Holidays and Observances in Canada in 2024 <https://www.timeanddate.com/holidays/canada/2024>

## Happy Birthday Folks!!

Mary L, Oct 4    Bev T, Oct 7    Peter S, Oct 7

Albert S, Oct 12    Harry M, Oct 25



# The "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, Himanshu Kapoor, Kinesiologist, Cory Ma, Dietitian.



Air pollution is responsible for 25% of all cardiovascular disease deaths. Click here for today's outdoor air quality readings [AQ](#) & Click here for [Indoor Air Quality - Lung Health Foundation](#)

## TAB Newz (CONTINUED)

We got together for our **TAB 10<sup>th</sup> Annual Potluck Picnic** on September 16<sup>th</sup>, 2024. Covid forced us to cancel from 2020 up until now and we are finally picking up the pieces. We ate like champions and followed up by playing a variety of board and lawn games outside and a fun time was had by all!

**Tanya** tracked down a set of speakers that will work beautifully for our TAB rehearsals and gigs, so the group decided to buy them... and the laptop **Elizabeth** donated is currently being programmed.

You do not want to miss **LIFE PLANNING – PART TWO** on Monday, October 28<sup>th</sup> with **Sib & Jillian**

## Gardening with Brenda

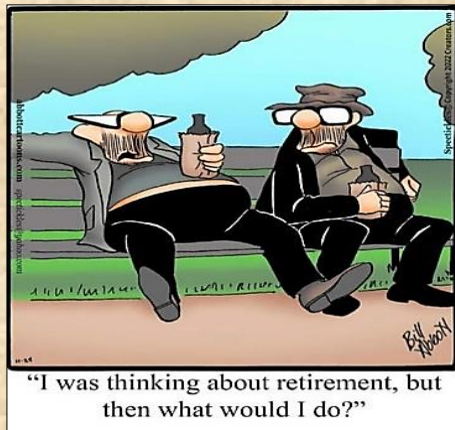


### WOOLY LAMB'S EAR

Also known as "backyard bandage", this plant has been used for centuries on battlefields to stop bleeding. It's been recently discovered it's high in Vitamin K, the vitamin that coagulates the blood. It is the same powdered vitamin that we gave our soldiers in WWII to pour over their wounds. So... until next month...



## Humour, Wisdom & Quotes



Submitted by... Bonnie



... Bonnie



... Bonnie

### Quotable Quotes

It is better to light a candle than to curse the darkness.

- William L. Watkinson

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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