

Pro Team News

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Seasonal Affective Disorder

Winter can be a wonderful time of year for many people. You can grab a beavertail and head down to the Rideau Canal to skate. It is the time for building snow people and skiing down hills and mountains.

It can also be a difficult time for a variety of reasons, including seasonal affective disorder.

What is Seasonal Affective Disorder?

According to the Canadian Mental Health Association (CMHA) weather often affects people's moods. Sunlight breaking through clouds can lift our spirits, while a dull; rainy day may make us feel a little gloomy. While noticeable, these shifts in mood generally do not affect our ability to cope with daily life.

Some people, however, are vulnerable to a type of depression that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of clinical depression that can last until spring. This condition is called "Seasonal Affective Disorder," or SAD.

Who does it affect? What can you do?

About 2 to 3% of Canadians will experience SAD in their lifetime. Another 15% will experience a milder form of SAD.

If you think you might have seasonal affective disorder, talk to your doctor. Your doctor can help rule out any other causes for your symptoms, like thyroid problems or other types of depression.

Treatments for SAD include: light therapy, medications, counselling and self-care.

Light therapy is sitting by a special kind of light for about 30 minutes a day. The intense artificial light causes a chemical change in the brain that improves mood.

Medication—can be helpful for SAD. Talk to your doctor to find out if medication is right for you.

Counselling—such as cognitive-behavioural therapy (CBT), can be effective for depression. A health professional who uses

this approach can teach you skills to help change your view of the world around you.

Self-care can help you with milder SAD. Regular exercise, a healthy diet, good sleep habits, staying connected to others, balanced thinking techniques, and managing stress have all been shown to reduce the symptoms of depression.

For information and tips, please visit

<http://www.heretohelp.bc.ca/factsheet/seasonal-affective-disorder>

Calcium

What you may not know is that your body requires Vitamin D to effectively absorb calcium.

Calcium, as you have probably heard, helps to maximize bone density in youth and helps to reduce the risk of osteoporosis as we age. It also helps to relieve leg cramps!

Roughly 99% of your body's calcium is in found in the areas you need strength: bones and teeth. What you may not know is that your body requires

Vitamin D to effectively absorb calcium. So where do we find Calcium? Well, cheese, sardines, sesame seeds, tofu, whole milk, spinach and yoghurt are all good sources.

According to the Canadian Food Inspection Agency, we should aim for a calcium intake of 1100 mg a day; vitamin D, 5 micrograms. If you

can't reach this maximum Dietary Reference Intake, supplements are available -- but always speak with your primary care physician before you start any supplements.



Self-Care: A Moment for Me

There are 1440 minutes in a day. Grab on to at least one of them ... just for you!

Do you remember the last time you simply enjoyed the moment you were actually in - not worrying about yesterday or stressing about tomorrow? Take a moment for yourself today, to bring yourself to a full stop and be present to the world around you.

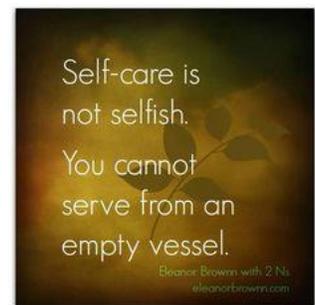
What does that mean?

Well, if you find yourself admiring the way the sun glistens on a frosted window pane, *stay* in sparkle of that moment for as long as you can. If you hear pigeons flitting about, *slow down* long enough to

notice the way they skillfully orchestrate themselves into the landscape. Or if a strong North wind unexpectedly pulls you close, enjoy the slipstream effect as your pace suddenly quickens.

But if you can't remember the last time you just stayed in an interesting moment, I challenge you to pick one Moment today and celebrate it for all its worth.

There are 1440 minutes in a day. Grab on to at least one of them ... just for you!



Tax Clinic



It is that time of year again.
Tax season is here!

Bruce House's very own
Transition House
Caseworker Sam will be
helping clients with their
taxes.

We will have a one day tax
clinic on Wednesday March

8th at the Bruce House
office at 251 Bank St.
Suite 402.

A second day can be
scheduled if it is needed.

Get your taxes done with
us. Call & book an
appointment with Ayan at
613-729-0911 ext. 31

Bruce House Forum

envision • enlighten • engage • energize

a forum on hiv, rehabilitation, & episodic illness

Bruce House presents a two-day forum bringing together community members, service providers, students, faculty, and people with lived experience to explore, discuss, and learn about issues related to HIV, rehabilitation, and episodic illness.

We look forward to seeing you.

Where: The Arts Court
Ottawa, ON

When: March 22-23 2017

This event is open to all.

Updates to follow. Please visit
www.BruceHouse.ca and our
Facebook page, and watch for future
emails.

BRUCE HOUSE is a community-based organization providing housing, compassionate care and support to residents of the National Capital Region living with and impacted by HIV and AIDS.

save the date

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ARTS COURT
THEATRE

BRUCE HOUSE

Mindfulness Meditation

Bruce House is pleased to present '*An introduction to mindfulness and meditation*'.

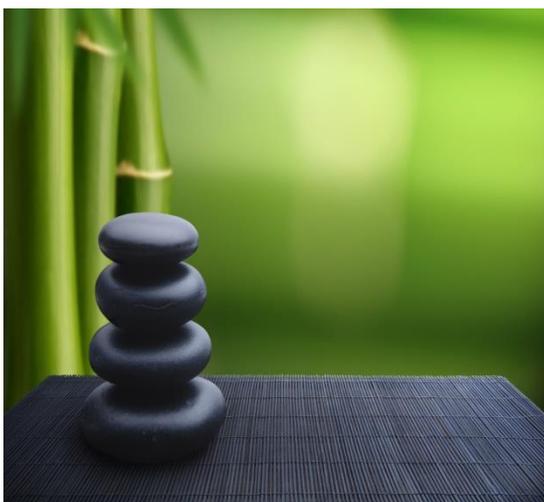
Learn how mindfulness meditation can reduce stress and anxiety, and help people living with HIV/AIDS.

One hour sessions will begin this February 2017 on Monday Afternoons and will continue for five weeks.

This is open to all PHA's and offered at no charge. The location of the workshops is To Be Determined once participants have been confirmed.

Anyone interested please contact Lana:

613-729-0911 Ext. 40 or lane@brucehouse.ca





February Dinner Social

BRUCE HOUSE



*This month Caleb
Chepesiuk, Harm
Reduction Coordinator
from ACO, will be
discussing medicinal
marijuana.*



February 8th

6pm – 9pm

Somerset West Community Health Centre

55 Eccles St, Ottawa

RSVP to:

Lana Duss, 613-729-0911 Ext. 40 or lane@brucehouse.ca