

Pro Team News

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Stress

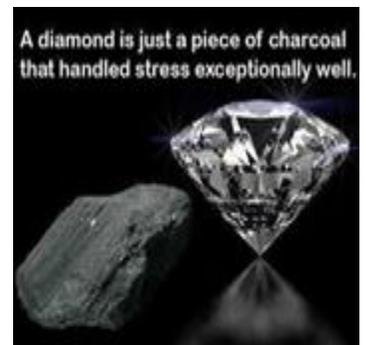
Stressor (noun), an activity an event, or other stimulus that causes stress.

Stress (noun), physiology: a specific response by the body to a stimulus, as fear or pain that disturbs or interferes with the normal physiological equilibrium of an organism. (dictionary.com)

What is (physiological, biological) Stress?

In a nutshell, stress is your body's response to a stressor. And what is a stressor? Anything that triggers your body to have a negative, challenging reaction.

The origin of the word Diamond is from the Ancient Greek Adamas, which means unconquerable, unbreakable or invincible.



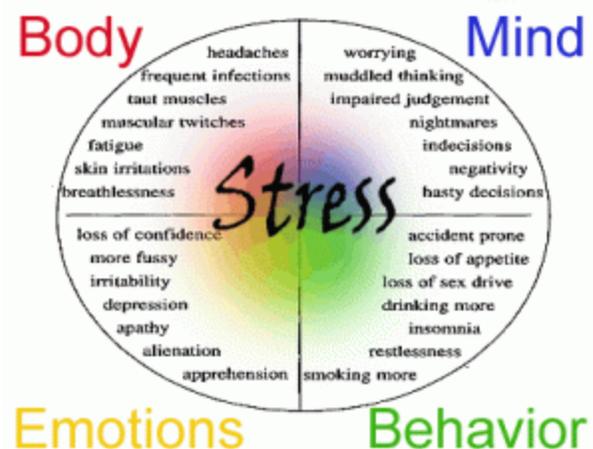
A diamond is just a piece of charcoal that handled stress exceptionally well.

What does stress do to your body?

Stress plays a very important part in the tickety-boo functioning of your immune system and prolonged stress can seriously compromise your immune system's effectiveness.

Basically, an ongoing release of stress hormones means your immune system simply can't work efficiently.

On the bright side, when things work well your body works to strengthen itself, to literally repair and heal itself.



https://en.wikipedia.org/wiki/Hans_Selye

[https://en.wikipedia.org/wiki/Stress_\(biology\)](https://en.wikipedia.org/wiki/Stress_(biology))

<https://www.stress.org/what-is-stress/>

Healthy Heart Tips

“You can definitely reduce your risk of developing cardiovascular disease by eating certain foods every day.”

<https://health.clevelandclinic.org/2015/01/15-heart-healthy-foods-to-work-into-your-diet/>

- get some exercise- start with walking 3 times per week for 20-30 minutes
- eat regular meals that include vegetables and fruit
- quitting smoking is the most important thing you can do for your heart
- get enough sleep
- develop relaxation techniques
- know your blood pressure and blood cholesterol levels
- take your medications as prescribed
- report changes in your symptoms to your physician if you have a cardiac condition



13 foods that are good for your heart

1. Fish high in omega-3s, such as salmon, tuna, mackerel, herring and trout
2. Healthy nuts such as almonds or walnuts
3. Berries such as blueberries, strawberries, cranberries or raspberries
4. Flaxseeds
5. Oatmeal
6. Dark beans
7. Veggies such as carrots, sweet potatoes, red peppers and acorn squash
8. Spinach
9. Fruits such as oranges, cantaloupes and papaya
10. Asparagus
11. Tomatoes
12. Dark chocolate
13. Broccoli



“LET'S HAVE A HEART TO HEART ABOUT HEART DISEASE.”

The Fresh Quotes

Pro Team News

Looking to add more physical activity into your daily or weekly routine?



These programs are designed to be affordable for people living on lower incomes:

The YMCA/YWCA (all Ottawa locations):

Talk to a Pro-Team member at Bruce House about getting a referral form for this low cost program. The YMCA/YWCA provides those living on lower incomes with a monthly membership for a fraction of their regular price. We have forms available at both the Transition House and the Bruce House office for those who would like to sign up for a membership.

The City of Ottawa Fitness Centres (all locations across the city):

Ottawa Hand in Hand Program- Subsidized Fitness Membership Program

The City of Ottawa Fitness Centres offers a subsidized rate for monthly fitness passes for those living on a low income. Those interested in becoming a member can go to any of their locations in person with their income verification documents (ODSP/OW check stubs, pay stubs from employer) and ask if they qualify for a subsidized membership.

Causeway Work Centre- Wellness Program

Participants in any of Causeway's programs have access to their Wellness Program, designed to assist individuals with fitness and nutritional support as they work toward their employment goals. Causeway has an on-site fitness centre staffed by a personal trainer to support the physical well-being of their clients.

For more information contact Frances Daly at 613-725-3494 or fdaly@causewayworkcentre.org

Manajiwinn Body-Positive Fitness

Kind and Odawa want to offer LGBTTTQ communities a workout/fitness space where the emphasis is you doing the exercise/weight training you want to do in a pressure-free environment. Manajiwinn is about personal fitness the way you want it. Odawa is offering them the space **Saturdays from 5pm – 8pm at 250 City Centre, Bay 102.**

Volunteers will be on-site throughout the day to introduce you to the space and help navigate any equipment that might be new to you. For more information contact Kind at welcomes@kindspace.ca or 613-563-4818. You can also visit them at 222 Somerset St. Suite 404.

BRUCE HOUSE

On 22/23 March 2017, Bruce House will be hosting our first forum on HIV, Rehabilitation and Episodic Illness at Arts Court on Daly Avenue.

Our goal for this forum is straightforward: offer participants creative opportunities to gain knowledge, build connections, and proactively influence their personal health journey. We hope to also spotlight healthy aging, and include workshops about social supports, lifespan issues, mental health and more.

We invite you to join us for this exciting occasion. It has come to our attention that some of our clients may not be able to purchase tickets to attend the Bruce House Envision Forum in March. We do not want money to be a factor in your attendance, please contact us if you would like some support in this matter.

BRUCE HOUSE
presents

Envision Forum 2017
A forum on HIV, rehabilitation and episodic illness

March 22 - 23, 2017
Arts Court | Ottawa, ON

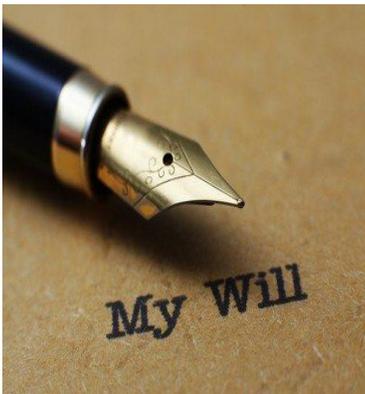
<p>Featuring: Dr. Kelly O'Brien, University of Toronto Kate Murzin, realize Bob Leahy, PositiveLite.com Ryan Peck, HIV & AIDS Legal Clinic Ontario Dr. Peggy Kleinplatz, University of Ottawa Dr. Mark Kaluzienski, The Ottawa Hospital Lived experiences shared by the Bruce House community Evening reception and much more</p>	<p>March 22 - 23, 2017 Arts Court Ottawa, ON</p> <p>Tickets at: envisionforum2017.eventbrite.ca</p> <p>For more information: kim@brucehouse.ca 613.729.0911 ext. 22</p>
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envision.enlighten.engage.energize



March Dinner Social

BRUCE HOUSE



*This month
Philip MacAdam, of
MacAdam Law; will be
presenting on issues of
Wills and Power of
Attorney.*



March 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

Looking forward to seeing you there ☺

Gardening

Did you know CCOC (Centertown Citizens Ottawa Corporation) is offering free gardening workshops? You do not need to be a tenant of CCOC to attend. You can register at ccochousing.org/gardening.

If you do not have internet access, just give the Bruce House office a call and speak to a Pro-Team member so they can help you register.

All workshops will take place in their 464 Metcalfe meeting room from 6pm-8pm.

March 14th, Seed Saving

March 30th, Herbal Tips and Tricks

April 11th, Beginner Organic Vegetable Gardening

April 27th, Edible Perennials

May 11th, Square Foot Gardening

June 7th, Natural Pest Control

Stay tuned for our Coffee Can Gardening Workshop with **Kimberley (REST Program Coordinator at Bruce House) taking place at our May Dinner Social.**

Coffee cans are a cheap and easy way to build a garden in any size of home. We hope to see you there at Somerset West Community Health Centre on May 10 from 6pm-9pm!

Program Team Hours

<p>Manager Client Programs & Services</p> <p>Doug Cooper Mon-Fri 9-4</p> <p>613-729-0911 ext. 25</p> <p>doug@brucehouse.ca</p>	<p>SILP Coordinator</p> <p>Lana Duss Mon-Fri 10-5</p> <p>613-729-0911 ext. 40</p> <p>lana@brucehouse.ca</p>
<p>REST Coordinator</p> <p>Kimberley Sanders Mon-Fri</p> <p>613-729-0911 ext. 22</p> <p>kim@brucehouse.ca</p>	<p>Client Health Management Coordinator</p> <p>Ayan Jama Tues-Fri 9-5</p> <p>613-729-0911 ext. 31</p> <p>ayan@brucehouse.ca</p>

Pro Team News

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Registration required for Meditation Workshops</i></p>	<p><i>Reminder: Community Kitchen is cancelled this month</i></p>	<p>1</p> <p>Pro Team Hours 10-4</p>	<p>2</p> <p>Pro Team Hours 10-4</p>	<p>3</p> <p>Pro Team Hours 10-4</p>
<p>6</p> <p>Pro Team Hours 10-4</p> <p><i>Meditation Workshop 4-5PM Booth Room SWCHC</i></p>	<p>7</p> <p>Pro Team Hours 10-4</p> <p><i>ACB HIV Awareness Event 5-8</i></p>	<p>8</p> <p>Pro Team Hours 10-4</p> <p><i>Dinner Social 6-9</i></p>	<p>9</p> <p>Pro Team Hours 10-4</p>	<p>10</p> <p>Pro Team Hours 10-4</p>
<p>13</p> <p>Pro Team Hours 10-4</p> <p><i>Meditation Workshop 4-5PM Booth Room SWCHC</i></p>	<p>14</p> <p>Pro Team Hours 10-4</p>	<p>15</p> <p>Pro Team Hours 10-4</p>	<p>16</p> <p>Pro Team Hours 10-4</p>	<p>17</p> <p>Pro Team Hours 10-4</p>
<p>20</p> <p>Pro Team Hours 10-4</p> <p><i>Meditation Workshop 4-5PM Booth Room SWCHC</i></p>	<p>21</p> <p>Pro Team Hours 10-4</p> <p><i>Last chance to sign up for the Envision Forum</i></p>	<p>22</p> <p><i>Office Closed</i></p> <p><i>Envision Forum 12-5PM</i></p> <p><i>Reception 5-10PM Arts Court 2 Daly Ave.</i></p>	<p>23</p> <p><i>Office Closed</i></p> <p><i>Envision Forum 9AM-5PM</i></p> <p><i>Arts Court 2 Daly Ave.</i></p>	<p>24</p> <p><i>Office Closed</i></p>
<p>27</p> <p>Pro Team Hours 10-4</p> <p><i>Meditation Workshop 4-5PM Booth Room SWCHC</i></p>	<p>28</p> <p>Pro Team Hours 10-4</p>	<p>29</p> <p>Pro Team Hours 10-4</p>	<p>30</p> <p>Pro Team Hours 10-4</p>	<p>31</p>