

Pro Team News

April is Oral Health Awareness Month

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Brushing and flossing, following a healthy diet, and visiting the dentist regularly are all part of ongoing oral care for healthy teeth and gums.

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's

quality of life by affecting their physical, mental and social well-being.

Oral disease, like any other disease, needs to be treated. A chronic infection, including one in the mouth, is a serious problem that should not be ignored.

Research has shown there is an association between oral disease and other health problems such as

diabetes, heart disease and stroke and respiratory illness in older adults. Oral disease can aggravate other health problems and keeping a healthy mouth is an important part of leading a healthy life.



5 Steps to a Healthy Mouth

1. Keep your mouth clean

Use a soft-bristle toothbrush and fluoride toothpaste. Wait at least 20–30 minutes after eating before brushing your teeth. Floss every day. Eat a well-balanced diet. Limit foods and beverages containing sugar or carbohydrates.

2. Check your mouth regularly

Look for signs of **gum disease**: such as red, shiny, puffy, sore or sensitive gums. Bleeding when you

brush or floss and bad breath that won't go away

Signs of **oral cancer**: are bleeding or open sores that don't heal, white or red patches. You can also have numbness or tingling and small lumps.

3. Eat well

Good nutrition helps build strong teeth and gums. Munch on healthy snacks like cheeses, nuts, vegetables, and non-acidic fruits.

4. See your dentist regularly

48% of Canadians who haven't seen a dentist in the past year have gum disease.

Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don't smoke or chew tobacco

Smoking and chewing tobacco can cause oral cancer, heart disease, gum disease, and a variety of other cancers.

For information and tips, please visit

http://www.cda-adc.ca/en/oral_health/index.asp

What is a Power of Attorney?

Download a Power of Attorney Kit at:

<https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>

This information was provided at March's dinner social by Philip MacAdam, Lawyer at MacAdam Law.

A Power of Attorney is a legal document that allows someone else the right to act on your behalf.

There are two types of power of attorneys, one for property and the other for personal care. Continuing Power of Attorney for Property (CPOA): is used to

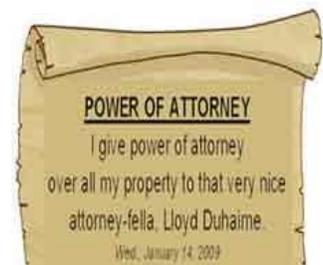
manage your financial affairs and allows the individual you name to act on your behalf even if you become mentally incapable.

A Power of Attorney for Personal Care (POAPC) covers your personal decisions. For example, your housing and health care decisions.

A Will is a legal document whereby you can assign an individual, individuals or a financial institution to

manage your estate after your demise.

The assigned individual is known as your executor and you can specify who you want to leave your assets with, which are deemed to be your beneficiaries.



Why should you have a will?

Wills ensure that your estate is distributed as you wish, your loved ones are taken care of and that your death does not create a legal or administrative burden to your family.

Individuals who do not make wills can result in costly litigation and added emotional pain for their loved ones, because making a Will can be simple and inexpensive.

A living will /advance medical directive is used to refer to a document which states what you want to happen in the event you become ill and are unable to

communicate your wishes about your treatment.

For instance, A writes a living will stating that he does not want to be kept alive on artificial life support if there is no hope of recovery.

A "living will" just addresses your treatment and personal care wishes and does not need to name anyone or be written in any specific way. Power of Attorney is a legal document in which you name a specific person to act on your behalf.

However, you can write your "living will" or

"advance directive" as part of your Power of Attorney document.

A Power of Attorney and a "living will" only apply while you are alive and cease to be effective upon your death.

Last Will and Testament covers the distribution of your property after you die and only takes effect upon your death.



The Office of the Public Guardian and Trustee has a Power of Attorney Kit that will help you appoint the person you want to make decisions for you when you are no longer able to do so for yourself.

What is Rosacea?

Rosacea (row-zay-sha) is a common, chronic, inflammatory skin that usually affects parts of your face such as your nose, cheeks and forehead. However, other areas, such as your neck, chest and ears can sometimes become involved.

Symptoms can include facial flushing, facial redness, spots, thickening of your skin, and eye problems such as dry eyes and sore eyelids.

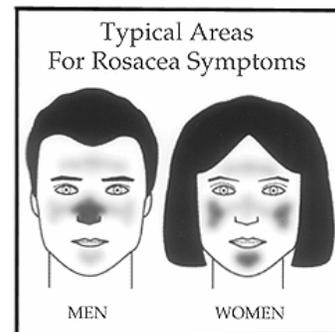
Rosacea affects over two million Canadians. It typically develops between ages 30

and 50. It usually occurs more often in women than men and it is often misdiagnosed as adult acne.

Rosacea does not improve or resolve on its own, and untreated rosacea can worsen over time. Unlike acne, self-treating with over-the-counter products may not help and may even irritate skin more, causing more redness and bumps. Your family doctor or dermatologist can prescribe various forms of treatment and recommend

which skin care products and cosmetics are appropriate.

For more information, visit <https://www.rosaceahelp.ca/about-rosacea/what-is-rosacea/>



Tips & Myths

Good skin health tips for rosacea

- ✔ Choose products that are non-drying, free of alcohol or astringents.
- ✔ Use a mild cleanser and do not rub or scrub skin.
- ✔ Make a habit of using sunscreen (SPF 30 or higher) every day.
- ✔ Moisturize your skin, especially during the colder months when the air is dry.

Five harmful myths about rosacea

Myth #1: It's a form of acne.

Do not try acne creams because they may dry out and irritate your skin even more.

Myth #2: It's because of a drinking problem.

Excess alcohol consumption does not cause rosacea. Alcohol is a known trigger so it can worsen symptoms in individuals with rosacea.

Myth #3: It's due to high blood pressure.

It is a common misconception that high blood pressure produces facial flushing. Medications used to manage high blood pressure, however, can increase redness in rosacea sufferers.

Myth #4: It's due to poor hygiene.

Rosacea does not result from not washing enough. In fact, because rosacea skin tends to be dry and sensitive, over cleansing it can actually make symptoms worse.

Myth #5: It's actually a bad sunburn.

Because of the redness that characterizes rosacea, people may assume that you have sunburned skin.



April Dinner Social



**Dinner
and
Movie**

~
Comedy Style

~
**Come Laugh
with Us!**



April 12th, 6 – 9 pm

Somerset West CHC - 3rd Floor

55 Eccles St. (corner of Booth and Eccles)

RSVP to Lana @ (613-729-0911 Ext. 40)

or lane@brucehouse.ca

Pro Team News

Envision Forum

Bruce House Envision Forum was a spectacular two day event that took place on March 22nd & 23rd at the Arts Court. Many people were in attendance for our very first forum on HIV, Rehabilitation and Episodic Illness. Our programming was diverse and the speakers, panels and attendees came from all walks of life.

We would like to send a heartfelt thank you to all who attended, performed and presented. You are the reason the forum was a success and Bruce House is grateful for your support!

"As Bruce House evolves and grows, we envisioned a forum such as this in order for our agency to provide information, educational opportunities, facilitate discussions and begin the process of growth with the community to ensure that everyone's voice is heard. Your thoughts will only go unheard unless you take the time to give them a voice."

Rob Alexander, Executive Director



Reflections on the forum can be found at

<http://www.positivelite.com/>

Taste for Life Fundraiser



Eat at a participating restaurant on **Wednesday April 26th** and **25% of your bill** (yup, including alcohol) will be donated to support **Bruce House and The Snowy Owl AIDS Foundation**. If spare change is weighing down your pockets we'll take that too, donation envelopes will be available; but no pressure, just by having a great meal you will directly help support people impacted by HIV right here in Ottawa.

But don't wait to make your reservations—two restaurants are already fully booked! Head over to **www.aTasteForLife.org** and pick your dinner spot today.



2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Pro Team Hours 10-4	4 Pro Team Hours 10-4	5 Pro Team Hours 10-4	6 Pro Team Hours 10-4	7 Pro Team Hours 10-4	8
9	10 Pro Team Hours 10-4	11 Pro Team Hours 10-4	12 Pro Team Hours 10-4 <i>Dinner Social</i> 6-9	13 Pro Team Hours 10-4	14 Pro Team Hours 10-4	15
16	17 Pro Team Hours 10-4	18 Pro Team Hours 10-4	19 Pro Team Hours 10-4	20 Pro Team Hours 10-4 <i>Community Kitchen 10-2</i>	21 Pro Team Hours 10-4	22
23	24 Pro Team Hours 10-4	25 Pro Team Hours 10-4	26 Pro Team Hours 10-4 <i>Taste for Life Fundraiser</i>	27 Pro Team Hours 10-4	28 Pro Team Hours 10-4	29
30						



Random Countries

A	G	D	I	T	S	N	I	G	N	G	G	N	U
A	H	E	N	U	E	R	N	I	A	A	I	R	N
A	A	M	I	E	A	I	G	P	P	N	G	N	I
A	N	I	N	N	N	E	O	T	U	E	K	D	T
A	A	A	D	E	R	A	U	H	T	A	R	R	E
N	D	L	M	I	E	R	R	A	A	A	N	U	D
E	R	G	A	A	L	G	A	I	N	A	I	A	K
I	C	E	L	O	A	E	I	L	Z	E	C	S	I
C	A	R	A	G	D	N	L	A	A	N	A	P	N
H	B	I	Y	N	N	T	I	N	N	I	N	A	G
I	U	A	S	O	A	I	N	D	I	A	A	I	D
N	R	D	I	C	G	N	D	M	A	R	D	N	O
A	M	K	A	R	U	A	I	D	R	K	A	D	M
D	A	A	I	B	A	R	A	I	D	U	A	S	E

- NIGERIA
- UKRAINE
- SPAIN
- PERU
- ALGERIA
- INDIA
- CONGO
- ARGENTINA
- CHINA
- UNITED KINGDOM
- TANZANIA
- GHANA
- BURMA
- CANADA
- UGANDA
- SAUDI ARABIA
- IRAN
- THAILAND
- MALAYSIA

Play this puzzle online at : <http://thewordsearch.com/puzzle/297/>

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