

Program Team Newsletter

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Staff Directory

Supportive Independent
Living Program
Coordinator
Lana Duss
613-729-0911 ext. 40
lana@brucehouse.ca

REST Program
Coordinator/
Support Worker
Sam Taylor
613-729-0911 ext. 22
sam@brucehouse.ca

Program Support &
Development
Coordinator
Ayan Jama
613-729-0911 ext. 31
ayan@brucehouse.ca

402-251 Bank St.
Ottawa, ON
K2P 1X3
613-729-0911

Program Team hours by appointment
Mondays-Thursdays 10am-4pm
(closed for lunch 12:15pm-1pm)
Fridays 9:30am-12:30pm

Events in Ottawa

Ottawa Comic-con: Holiday Edition 2019!

November 9 11:00 am - 6:00 pm
EY Centre 4899 Uplands Dr
Admission is Free

Comic books, collectibles, cosplay, and holiday shopping!

Ottawa Bad (Cheesy) Movie Nights

November 14 6:30 pm – 8:30 pm
Main Branch, Ottawa Public Library 120 Metcalfe St.
Admission is Free



Random Facts

Doritos are flammable and can be used as kindling

The average person will spend six months of their life waiting for red lights to turn green.

Melting glaciers make a fizzy sound called "bergly seltzer".

South Koreans are 4cm taller than North Koreans.

Lung Cancer Awareness Month

Lung cancer is the most commonly diagnosed cancer in Canada (excluding non-melanoma skin cancers).

It is estimated that in 2019:

- 29,300 Canadians will be diagnosed with lung cancer.
- It represents 26% of all cancer deaths in 2019.
- On average, 80 Canadians will be diagnosed with lung cancer every day.
- On average, 58 Canadians will die from lung cancer every day.

Lung cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear as the tumour grows and causes changes in the body such as a cough or shortness of breath.

Signs and symptoms include:

- a cough that gets worse or doesn't go away
- shortness of breath
- wheezing
- chest pain that is always felt and gets worse with deep breathing or coughing
- blood in mucus coughed up from the lungs
- chest infections like bronchitis or pneumonia that don't get better or keep coming back
- weight loss
- fatigue
- hoarseness or other voice changes
- difficulty swallowing
- collapsed lung
- larger than normal lymph nodes in the neck or above the collarbone
- buildup of fluid around the lungs (pleural effusion)
- bone pain
- headache
- weakness

Other health conditions can cause the same symptoms as lung cancer. Make sure you check with your doctor if you are experiencing any of these symptoms.

For more information check out <https://www.cancer.ca/>



**Canadian
Cancer
Society**

3 Ingredients Peanut Butter Cookies

- 1 cup peanut butter
- 1 cup white sugar
- 1 egg

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Line baking sheets with parchment paper.
2. Combine the peanut butter, white sugar and egg. Mix until smooth.
3. Drop spoonfuls of dough onto the prepared baking sheet. Bake at 350 degrees F for 6 to 8 minutes. Do not overbake! These cookies are best when they are still soft and just barely brown on the bottoms.



3 Ingredients Sugar Cookies

- 1/3 cup sugar
- 1 stick plus 2 tablespoons of salted butter
- 1 cup all-purpose flour
- Sprinkles (optional)

Directions

1. Preheat oven to 325°.
2. Use an electric mixer to cream the sugar and butter, whipping the two until the butter is almost white and the mixture is light and fluffy, almost like a slightly gritty frosting, then stir in flour.
3. Form the cookies into 1" balls, placing them about 2 inches apart on a baking sheet. If using sprinkles, flatten cookies into a disc shape and top with sprinkles.
4. Bake for 15 to 17 minutes, or until the edges of the cookies are lightly golden.



Art Afternoon



Join us!

Thursday November 21st, 2019

1:00pm to 4:00pm

Bruce House office

251 Bank Suite 402

RSVP: Sam

613-729-0911 ext. 22

Lunch & Learn



Join us!

**Thursday November 28th, 2019
1:00pm to 4:00pm**

**Bruce House office
251 Bank Suite 402**

**RSVP: Lana or Ayan
613-729-0911 ext. 40 or 31
lana@brucehouse.ca
ayan@brucehouse.ca**



Program Team hours by appointment

**Mondays-Thursdays 10am-4pm
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Office Closed Remembrance Day	12	13 Staff meeting 10 to 12 Community Kitchen 4-8	14	15	16
17	18	19	20 Staff Development Office Closed	21 Art Afternoon 1 to 4	22	23
24	25	26	27	28 Lunch & Learn 1 to 4	29	30

Thank you for reading!