

## Program Team Newsletter

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### Staff Directory

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REST Program  
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Program Support &  
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Coordinator  
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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**

**Winterlude festival in Ottawa,**  
**January 31 to February 17, 2020!**

This is a free annual event, with ice sculptures, skating on Rideau Canal, and many more indoor and outdoor activities highlighting Canada's cultural, artistic and culinary diversity!

<https://www.ottawatourism.ca/ottawa-insider/winterlude/>



### Random Facts

- The snowiest city on earth is in Japan. Aomori City in northern Japan receives more snowfall than any major city on the planet. Each year citizens are pummeled with 312 inches, or about 26 feet, of snow on average.
- Since Romans used daylight and darkness to determine the time, an hour was 45 minutes in the winter and 75 minutes in the summer.

## Coping with Grief

### Surround Yourself with People Who Care

This can include friends and family members, or it can include support groups (online or in person) consisting of people who are also experiencing loss.

### Let Others Help You

They might spend extra time with you, so you don't feel as lonely, or they may give you extra time and space to process your feelings. If a friend or family member is doing something especially helpful, let that person know.

### Postpone Major Decisions, Whenever Possible

Grieving takes a lot of patience. You can make major life decisions much better when you're feeling more like yourself again. Take time to adjust to your loss.

### Consider Grief Counseling

Talking to a counselor, one on one, can help you work through your sorrow. So can therapy groups. To find what's best for you, talk to your doctor and/or to friends and family members who have received counseling for grief. You can also check with your church, mosque or synagogue, local hospitals and/or hospices for recommendations. Remember that it's a sign of strength, when you ask for help.

Each person is unique, and so is each relationship. Find what works for you and be patient with yourself and the grieving process.



## Teriyaki Chicken Thighs

- 3 pounds boneless skinless chicken thighs
  - 3/4 cup sugar
  - 3/4 cup reduced-sodium soy sauce
  - 1/3 cup cider vinegar
  - 1 garlic clove, minced
  - 3/4 teaspoon ground ginger
  - 1/4 teaspoon pepper
  - 4 teaspoons cornstarch
  - 4 teaspoons cold water
  - Hot cooked rice, optional
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- Place chicken in a 4- or 5-qt. slow cooker. In a small bowl, mix sugar, soy sauce, vinegar, garlic, ginger and pepper; pour over chicken. Cook, covered, on low 4-5 hours or until chicken is tender.
  - Remove chicken to a serving platter; keep warm. Transfer cooking juices to a small saucepan; skim fat. Bring cooking juices to a boil. In a small bowl, mix cornstarch and cold water until smooth; stir into cooking juices. Return to a boil; cook and stir 1-2 minutes or until thickened. Serve with chicken and, if desired, rice.





**Join us!**

**Thursday February 20<sup>th</sup>, 2020**

**1:00pm to 4:00pm**

**Bruce House office**

**251 Bank Suite 402**

**RSVP: Sam**

**613-729-0911 ext. 22**



## Bingo Night



**Join us!**

**Wednesday February 26<sup>th</sup>, 2019  
5:00pm to 8:00pm**

**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  
 (Closed for lunch 12:15pm-1pm)  
 Fridays 9:30am-12:30pm**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5 <i>Staff meeting 10am to 12pm</i>	6	7	8
9	10	11	12 <i>Community Kitchen 4pm to 8pm</i>	13	14	15
16	17 <i>Office Closed Family Day</i>	18	19	20 <i>Art &amp; Lunch 1pm to 4pm</i>	21	22
23	24	25	26 <i>Bingo Night Social 5pm to 8pm</i>	27	28	29

***Thank you for reading!***