



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being

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FEBRUARY IS HEART MONTH

THE ADVISOR

Information source for the South Shore
English-speaking community

Do you enjoy our activities and support our mission to assist the English-speaking community? We're launching our yearly **membership drive** this month in anticipation of our new fiscal year beginning on April 1 and with that many 1-year memberships will be expiring on March 31.

What's new this year is that we are giving away exclusive ARC t-shirts to 3-year members! If you're already a 1-year member, you can easily upgrade your membership before April 1 by paying only \$15.00. If you're currently a 3-year member, we already have a t-shirt for you!

We also have a **exclusive member-only event** planned for April. Stay tuned for the event announcement in March!

Here are a few reasons why to join our membership:

- **Support** our initiative to sustain services, programs and free activities for everyone in the English-speaking community.
- **Priority** notifications and early-bird signup for activities.
- **Vote** at the Annual General Meeting (AGM) with an opportunity to express your opinion and participate in the organization's future orientation.
- **Exclusive** pin for all members and a t-shirt for those who sign up for a 3-year membership.
- **Access** to member-only events.

Want to join our growing membership? The membership application is available to [complete on our website](#) or on page 2. You can either e-transfer or mail the payment. If you would like to check the status of your membership, contact Marianne at admin-coord@arc-hss.ca or (514) 951-9711.

The **Employment Reference and Resource Guide** is a recent initiative from ARC, in partnership with MWCN and MEPEC. This bilingual document is intended to be a reference tool for those beginning their career, making a career transition, or entering a predominantly French job market for the first time. Read more and download the guide on page 4.

Being organized when things are difficult can really help during stressful situations. Our **Caregivers Team** has developed a **great tool** you can use to organize all that important health info in advance so that you have it ready. Read more and download the form on page 6.

MEMBERSHIP APPLICATION



ARC Assistance and Referral Centre is a non-profit membership-based organization. We offer individual and organization memberships, renewable yearly beginning on April 1 and valid through March 31.

Find out more at  www.arc-hss.ca

MEMBERSHIP DETAILS

Membership Type : ☐ 1 year (\$10) ☐ 2 year (\$20) ☐ 3 year* (\$25) ☐ Or, voluntary contribution: _____

3-year members* - indicate unisex T-shirt size: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL

Organization/Community Partner Membership: ☐ 1 year (\$20) ☐ 2 year (\$40)

Name of organization (if applicable): _____

How did you find out about us?

PERSONAL INFORMATION

Name :

Full Address :

Age : Gender :

Email :

Check those that apply to you : ☐ I would like to receive The Advisor newsletter and information about ARC's events by email.

☐ I would like to learn more about volunteer opportunities.

Payable by e-transfer to info@arc-hss.ca, password: archss2024, cash or cheque payable to *Assistance and Referral Centre*. Please mail or drop off this form to one of the locations shown below.

ARC has the right to refuse or revoke a membership application at any time.

MEMBERSHIP EXPECTATIONS

- Pay the annual membership fee
- Promote the mission and values of the organization
- Encourage community participation in the organization's activities and membership
- And support the organization's events

THANK YOU



Signature of applicant



year

month

day

Greenfield Park - Main Office
106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500 info@arc-hss.ca


Haut-Richelieu-Rouville
927-B Seminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386 stjean@arc-hss.ca

Activity Centre
91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 951-9711 admincoord@arc-hss.ca



February Activity Calendar

For information or to register, please contact our
Administrative Coordinator at: info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>These activities are made possible thanks to our funders</p> 			1	2	3
4	5 <p>French Conversation Group @ Activity Centre 10:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	6 <p>Conversations about Grief via Zoom 7:00-8:30 pm</p>	7 <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p> <p>ReCharge Workshop for Caregivers via Zoom 7:00-8:30 pm</p>	8 <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	9	10
11	12 <p>French Conversation Group @ Activity Centre 10:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p>	13 <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p> <p>Caregivers Support Group via Zoom 7:00-8:30 pm</p>	14 <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p>	15 <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p> <p>Book Club @ St Jean 7:30 pm</p>	16	17 <p>Family Wellness Saturday @ St-Jean Military College 10:00-2:00</p> <p>Community Dinner/ Dance @ Legion GPK 5:00-10:00 pm</p>
18	19 <p>French Conversation Group @ Activity Centre 10:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	20 <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	21 <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>SHARP: via Zoom Thinking about support and services from CLSC 10:00-11:30 pm</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p> <p>Addie's Virtual Colour Cafe via Zoom 2:00-3:30 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	22 <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>	23	24
25	26 <p>French Conversation Group @ Activity Centre 10:30-11:00 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	27 <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	28 <p>Caregivers Café @ Activity Centre 10:00-11:30</p> <p>Mommy & Me Walking Club (St-Jean) 10:00-11:00</p> <p>Seniors Wellness Centre Chambly & GPK 1:30-3:00 pm</p>	29 <p>Tai Chi/Qi Gong 9:00-10:00 @ Activity Centre</p> <p>Walk & Talk @ GPK 10:30-11:30</p> <p>Linda's Gentle Yoga via Zoom from 2:00 - 3:00 pm</p>		

What's new from the **GREENFIELD PARK OFFICE**



A fantastic community event to celebrate **Chinese New Year** is coming up on **February 17** at the Greenfield Park Legion Branch 94, located on 205 Empire Street. Join us for an unforgettable evening of appreciating the Chinese culture with delicious Chinese-inspired food and dancing. Don't miss out on this opportunity to ring in the lunar new year with your community friends at the Greenfield Park Legion. Click [here](#) or call (514) 951-9711 to reserve your tickets now.

Therapeutic Recreation Awareness Month is in February. What is therapeutic recreation? It's a process that uses recreational activities as interventions to address the needs of individuals with illnesses and/or disabling conditions.

Did you know ARC has a graduate of Therapeutic Recreation on our team? Tania Blood graduated from the program in 2022. To celebrate Therapeutic Recreation Awareness Month, ARC and other organizations, along with graduates from the program will be a part of our virtual workshop on Leisure Education via zoom on February 5 from 1:00-3:00 p.m. Those interested can register by clicking [here](#).

Our **55+ Seniors Wellness** activities take place every Wednesday from 1:30-3:00 p.m.

- **February 7**-Join us for a lecture by Hope for Dementia, where they'll explore modifiable risk factors of dementia. Don't miss out on this valuable presentation.
- **February 14**-Get ready to unleash your creativity at a card-making workshop with Gail. Learn new techniques to create beautiful handmade cards.
- **February 21**-Don't miss out on a basic first aid course with Nurse Penny. Gain essential skills and be prepared for minor emergencies.
- **February 28**-Join us for an indoor virtual winter hiking adventure to stay active & explore beautiful virtual winter landscapes while staying warm inside our centre. Afterwards we'll play a fun game of bingo to win some awesome prizes.

Our **Tai-Chi/Qi Gong** classes will now take place at our Activity Centre, from 9:00-10:00 a.m. every Thursday. It's free, fun and a great way to invest in your well-being by practising 'meditation in motion'. Registration is a must with certified instructor Sandra Mitchell @ taichirivesud@gmail.com.

Our **GPK Walk & Talk group** is a wonderful way to meet some pretty amazing people who love to stroll, socialize and connect with the community. It's also a great opportunity to get some fresh air.

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting. Our **French Conversation Club** takes place on Mondays at the Activity Centre from 10:30-11:30 a.m.

A **Causes of Arthritis** lecture will take place on February 26 from 1:30-3:30 p.m. at the Brossard Library in the Animation room. Registration is required by clicking [here](#).

Employment Resource and Reference Guide

The **Employment Resource and Reference Guide** is a recent initiative from ARC in partnership with MWCN and MEPEC. Our three organizations collaborate to promote access to employment for the English-speaking community in the Montérégie region.

This bilingual document is intended to be a reference tool for those beginning their career, or making a career transition, or entering a predominately French job market for the first time.

This document was made possible thanks to funding from the *Secrétariat aux relations avec les Québécois d'expression anglaise* and RDN (Regional Development Network).

Find out which trade or professions correspond to your personality, prepare yourself for interview questions or learn meaningful words related to a new job. To read the Employment Guide click [here](#).

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



Activities This Month

This month at the **Seniors Wellness Centre in Chambly** we will be joined by a host of guest presenters who all have something very different to share with us.

First up on **February 7**, Visavie will be sharing about their services as the largest network of Senior Living Advisors in Quebec and Ontario.

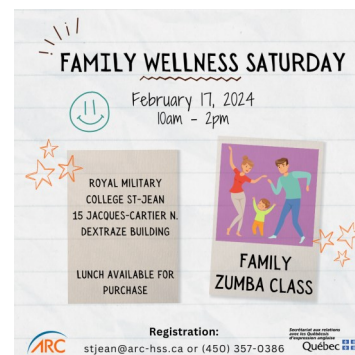
On **February 14** the South Shore Literacy Council will be joining us for some Armchair Travel.

On **February 21**, back by popular demand, Nancy Gagnon of Alpha Contact will be teaching us some self-defence and inner confidence techniques.

Lastly, on **February 28**, Bird Protection Quebec will be giving a presentation on observing and feeding the early spring migrants in our area.

Family Wellness Saturday

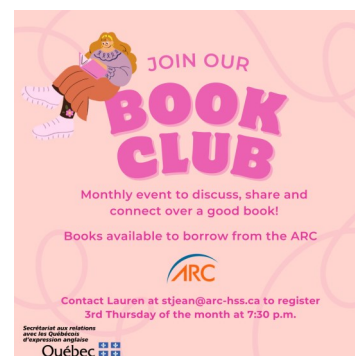
February, the month of Love, is packed full of exciting activities for everyone. Our Family Wellness Saturday event will be on **February 17** at the Royal Military College and this month we are focusing on getting active. We will be joined by local fitness enthusiast, Chrystal Williams of Coach Chrystal's Classes, for a fun and engaging Zumba class for the whole family. So come on out in something comfortable that you can move around in. We'll have fun, laugh at ourselves, and meet some other great people in the English-speaking community. See you there!



♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

Book Club

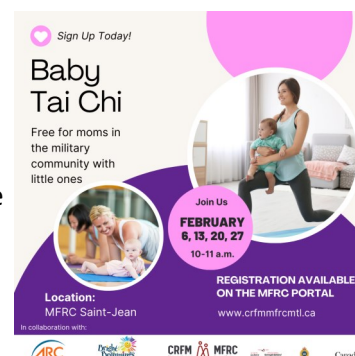
Our Book Club will be meeting at the ARC Saint-Jean-sur-Richelieu office on **February 15** at 7:30 p.m. to discuss the bestselling book, Lessons in Chemistry by Bonnie Gar-mus. In this book, single mother, Elizabeth Zott is a scientist and the reluctant star of cooking show where she isn't just teaching women to cook, she's daring them to change the status quo of women in the 1960s.



♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

Baby Tai Chi

This month we also have a very special partnership with the **Military Family Resource Centre** and will be offering a series of Baby Tai Chi classes at their centre. If you are a part of the military family community and are interested in joining please register through their portal at www.crfmmfrcmtl.ca. For more information, contact Lauren at stjean@arc-hss.ca or (450) 357-0386.



♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦



Alexi Utrera is our Senior Coordinator in St-Jean-sur-Richelieu. She can be reached at (450) 525-1176 or stjeanseniorcoord@arc-hss.ca.
Lauren McTaggart is our Outreach Coordinator in Haut-Richelieu-Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.

CAREGIVERS CORNER

"Caregiving is a constant learning experience."
- VIVIAN FRASER

Our **Caregiving Community activities** give caregivers and former caregivers the opportunity to connect, share insights and learn from our team of professionals and community partners. Sometimes we feel the need to put on a brave front and show the people around us that we're able to cope or that we've set grief aside. There's no need to feel isolated in caregiving when there's a community all around you.

Caregiving Workshops—Topics for February

By Zoom, 7:00 p.m.

Feb. 6: Conversations About Grief facilitated by Emma Pepall-Schultz, Social Worker. (Did you know? February marks the first anniversary of launching this unique community support group).

February 7: Hosted by Penny Fleming, RN. Join us for an enlightening presentation and frank discussion about what caregivers need to know about elder abuse.

February 13: Monthly Support Group with Emma Pepall-Schultz.

Caregivers Café—Topics for February

In person at our Activity Centre, 10:00-11:30 a.m.

February 7: We will be joined by our in-house caregiving expert, Penny Fleming, RN, who'll be leading our roundtable discussion about what respite means and why it's so important. Come chat and learn about resources over refreshments.

February 14: Topic: *Caregivers Have Heart*. Nurse Penny leads this Valentine's Day edition with what else? That's right - we'll chat about heart health. Join us for some great info and light-'hearted' fun.

February 21 & 28: Always a lively discussion, cozy refreshments and a wonderful group of people.

The image shows a collage of several forms used for health information. The top left form is titled 'HEALTH INFO SUMMARY' and includes sections for 'PERSONAL INFORMATION' (Name, Address, Phone, Email, Date of Birth, Sex, Marital Status, Ethnicity, Religion, Language, etc.) and 'MEDICAL HISTORY' (Current Medical Status, Surgical History, etc.). Below this is a 'CURRENT MEDICAL STATUS' form with a table for 'CURRENT MEDICAL STATUS' and 'SURGICAL HISTORY'. To the right is a 'HEALTH INFO SUMMARY' form with a table for 'HEALTH INFO SUMMARY' and 'SURGICAL HISTORY'. At the bottom is a 'HEALTH INFO SUMMARY' form with a table for 'HEALTH INFO SUMMARY' and 'SURGICAL HISTORY'.

Health Info Summary

Do you ever worry that your loved one will have to make an urgent visit to the hospital?

Being organized when things are difficult can really help during stressful situations. Our Caregivers Team has developed a great tool you can use to organize all that important health info in advance so that you have it ready. What do we love about it? It's something that caregivers or anyone can use for themselves too and even better, we had some pretty impressive consultants involved - the caregivers who participate in our online workshops and Caregivers Cafe. You can download the document [here](#).

Want to use this tool and filling out forms isn't your thing? Make an appointment with our Caregivers Program Coordinator for a helping hand.

Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



Activities + Workshops

2SLGBTQIA+ Awareness

A Roadmap Towards Inclusion, Connection and Belonging. Friends for Mental Health West Island. Wednesday, February 21 from 7:00-8:00 p.m. To register click [here](#).

In Person Workshops at AMI Quebec

Offices located at 5800 Decarie, Montreal.

- Anger & Caregiving Relationships February 21 from 6:00-8:00 p.m.
- Hands on Practice for Challenging Situations February 27 from 6:00-8:00 p.m.
- Intro to Borderline Personality Disorder February 7 from 6:00-8:00 p.m.
- Beat the February Blues: A Walk Through Catania, Sicily February 25 from 10:30 online

Men's Support Group

February 12 from 6:30-8:30pm on Zoom. The goal of this support group is to create a safe and welcoming environment for men of all ages to come and share, discuss, and reflect on issues of mental health. For more info click [here](#).

Support Groups with AMI Quebec

For family, friends and people living with mental illness in February on Google Meet, Mondays from 6:30-8:00 p.m.

- Anxiety/OCD February 12
- Bipolar Disorder February 19
- Depression February 19
- Hoarding February 26

South Shore Family and Friends in Person support Group

91 Churchill Blvd, Greenfield Park on February 12 from 6:30-8:00 p.m.

In Person Support group for people with anxiety, depression and bipolar disorder through Relief

Tuesdays 7:00-8:30 p.m. at 418 Sherbrooke East Street, Suite 300, Montreal H2L 1J6. Registration required by clicking [here](#).

Support Groups with Friends for Mental Health West Island

- Borderline Support Group: This support group helps caregivers to deal with the repercussions of the emotional distress and behavioural difficulties associated with this disorder. Bilingual French and English Group - Every 4th Monday. 6:30-8:30 p.m. For more info click [here](#).
- Psychosis & Bipolar Support Group: This support group will provide information and a safe space for sharing about the impact of Psychosis and Bipolar Disorder on relationships and family life. Every 3rd Monday from 6:30-8:30 p.m. - Bilingual - Must Register [here](#).
- Group for parents of children living with anxiety: This group provides information and a safe space for parents to share with other parents who are experiencing similar situations with their child's anxiety. Every 1st Monday of the month from 6:30-8:30 p.m. Bilingual. Must register [here](#).



Therese Callahan is ARC's Outreach Program Coordinator and oversees the Mental Wellbeing Initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.



discover community activities for all

Saint Lambert Horticulture on February 15 with Christie-Anna Lovat, who will be propagating plants via Zoom at 7:30 p.m. Click [here](#) for more info.

South Shore Retired Educators (SSRE) guest presentation on February 15: *The Bridge That Transformed Canada - Queen Victoria's Legacy*, was the longest bridge in the world at that time. Finished in 1860, it did not just cross the St. Lawrence River but forever altered Quebec and Canada. The presentation includes colourful diagrams, maps and illustrations of the time. Presented by Sam Allison, a retired secondary history and economics teacher who also taught in the McGill Faculty of Education. For more info email: nhas-lam@videotron.ca

Restaurant meal with Gemma from Celiac Quebec on February 16 at 6:00 p.m. at 276 Ste Catherine St. W., Montreal, in the Quartier des Spectacles by Place des Arts. This is a vegan restaurant with several Gluten-Free (GF) options. For more info email: quebecsupportgroup@celiac.ca or click [here](#).

National Film Board presents *The Perfect Story*. A free event on February 19 at 7:00 p.m. at Bibliothèque de Brossard Georgette-Lepage, 7855 San Francisco. The Perfect Story offers a riveting, intimate look at the ethical and moral challenges sparked by the relationship between a foreign correspondent and a young Somali refugee. By revealing the boundaries of journalism and filmmaking, the film questions what stories are told, why, and who gets to tell them. A film by Michelle Shepard. 73 min. Click [here](#) to register. For more information, contact: Michèle Tibblin at (450) 923-6311 ext. 6280 or michele.tibblin@brossard.ca.

Senior Action Quebec's upcoming webinars in February! Registration for each @ ruthkathleenpelletier@gmail.com.

- **February 20:** 10:00 a.m.-12:00 p.m. *Understanding and Navigating the Journey of Caring for a Person Living with Dementia*. Deadline to register is February.
- **February 23:** 10:30 a.m.-12:00 p.m. *What and Where Are the Gaps in Housing?* This webinar will highlight the underlining gaps in housing for seniors and how all levels of government can address the needs and challenges around housing. Deadline to register is February 16.

- **February 23:** 1:30-3:00 p.m. *Moving Forward: What is Next in Housing?* This final webinar will present the work of the Canadian Housing and Mortgage Corporation (CHMC), the programs they offer and what plans are in the works around increasing better senior housing. Deadline to register is February 16.

Workshop presented by Educaloï on Feb 21 from 11:00 a.m.-12:30 p.m. will explain *Powers of Attorney*. A legal document to get help to get things done will be made available. For more info click [here](#).

South Shore Life-Long Learning Group every Tuesday at 2:30 p.m. at Greenfield Park Community Centre, 330 Gladstone. Sessions feature a variety of speakers on a wide range of topics. The Climate Crisis (The "Not so good" leavened with some of the "Good"!); plus talks on Antarctica, Zimbabwe, Celiac disease, Monarch butterflies, Human Evolution. For more information call (450) 466-1325.

The Pair Program allows its members to feel more secure thanks to daily prevention call service with an alert in case of non-confirmation, and reminders to take medication - with or without an alert. The prevention system makes it possible to react quickly in the event of a tragedy. These daily calls are reassuring for subscribers and their families. It is also possible to use this solution to make appointment reminders, and invitations for events, as well as for birthdays. For all the info click [here](#).

The Pair Program

Self-discovery and meditation workshops with Rain Zaben. *Awaken to your true self* is a 4-week self-discovery workshop starting on February 7 from 6:15-7:30 p.m. For more information, contact Rain at rainzaben8@gmail.com or click [here](#). Rain also offers meditation sessions twice a week to help people with the knowledge of breath work and light exercises that are effective in aiding them to alleviate their physical and emotional symptoms. For more information, contact rainzaben8@gmail.com or click [here](#).

The Last Word

"The Importance of Well-Being", February 21 from 12:00-4:00 p.m. EST. Virtual Event. CFMHN is announcing February 21 as the first federally recognized **National Mental Health Nurses Day**. Click [here](#) for all the info.

Informal and family caregivers do more than you think. Many people are unaware that they are caregivers, in particular because the support they provide is occasional or because they do not have a family tie with the care receiver. However, the government adopts a broad and inclusive definition of caregivers. Click [here](#) for more info.

Homewood Health in partnership with Kids Help Phone, Stepped Care Solutions and supported by Greenspace Mental Health - offers a full range of **free mental health support and counselling** to people of all ages in every part of Canada. Funded by Health Canada, Wellness Together Canada is available in both English and French as an online portal/website and can be accessed at wellnesstogether.ca. It can also be accessed by phone at 1-866-585-0445. For more info click [here](#).

SHARP-Thinking about Support and Service. What can the CLSC offer to help me maintain my independence as I age? Wednesday, February 21, 10:00-11:30 a.m. Registration in advance is required. Click [here](#) or on the graphic below for the link.



To be added to our contact list, please [email us](#) with your name and email address.

We do not share our email contact list with third parties and we invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

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*This ARC Assistance and Referral Centre initiative is made possible through the financial contribution from **Canadian Heritage**.*

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