



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



THE ADVISOR

Information source for the South Shore English-speaking community

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Hello, July! Let the summer begin.

Each summer, ARC closes its offices for three weeks to give staff a chance to relax and enjoy time with family and friends. This year we're closed from July 24 to August 11, back in the office Monday, August 14.

During the months of July and August, the majority of our activities will cease to also give facilitators a good summer vacation. In July though, we will be hosting five special activities before we leave on vacation, which includes:

July 5 - **Bingo & Games** from 1:30-3:00 p.m.

July 10 - **Outdoor rock painting** from 1:00-2:30 p.m.

July 13 - French film *Hochelaga Terre des âmes* with English subtitles 10:00-11:45 a.m.

July 17 - **Nature walk & photography starting** with a scavenger hunt twist at 10:30 a.m.

July 20 - **Afternoon Tea** from 11:30 a.m. Food and tea provided by ARC.

For more details and how to register, have a look at the poster on page 2.

We held our **Annual General Meeting** on Tuesday, June 13 and were pleased to present the results of our 2022-2023 fiscal year with the membership, partners and funders. In case you missed it, you may view the [Annual Report](#) and the [Financial Report](#) on our website.

Looking towards the fall, we have a new **StandUP Program** starting on September 12. This program is given by a health professional to improve balance in adults aged 65 and over who live at home and wish to remain active and independent. The program will run twice a week for 12 weeks (ending November 30). [Contact Tania to register.](#)

Did you know that we have many **mental health resources** available on our website? We have a general [resource guide](#) which includes categorized services for the Monteregie. Also, we have many documents on depression and anxiety. View all of our documents on our [mental health page](#). If you need additional resources or guidance, [reach out to Therese.](#)

Wishing you all a healthy and happy summer!

*If you have been forwarded this newsletter and wish to **subscribe**, [send us an email.](#)*



ARC Summer Special Activities

REGISTRATION REQUIRED
(514) 605-9500
info@arc-hss.ca

JULY
5

BINGO & GAMES!

Who doesn't love Bingo? Come join us at 91 Churchill from 1:30-3:00 for a fun afternoon of games and prizes! Open to all ages.



JULY
10

OUTDOOR NAIL POLISH ROCK ART - ALL AGES

Learn a new technique and create something beautiful with Therese 'Rock Lady' Callahan from 1:00-2:30 next to the GPK Library.



JULY
13

FRENCH FILM FEATURE

Our magnifique French Conversation Club has selected '*Hochelaga Terre des Ames*' (with subtitles in English) for you. Join us at 10:00 am for the viewing party (91 Churchill - adults only).



JULY
17

NATURE PHOTOGRAPHY WALK

Learn how to take beautiful photos of nature as you walk! Departing 10:30 am sharp from 91 Churchill: bring your lunch, we'll keep it cold, and after the walk we'll have fun sharing our captures. Adults only
(in case of rain: July 18)



JULY
20

FANCY A CUP OF TEA?

Be our guest...we're hosting a special luncheon tea party from 11:30-2:00 at 91 Churchill. Nibble on a sandwich and some sweets while we pour you a nice cuppa. Adults only





CAREGIVERS

Are you caring for a loved one with a complex illness? We have a community for you!



WORKSHOPS

Our interactive ReCharge Workshops cover important topics for caregivers with relevant medical information and strategies to care for yourself.

EXPERTISE

The ReCharge Team is made up of healthcare and psychosocial experts to offer you education and support.

SUPPORT

Find your community with our Caregiver Support Group and our new bereavement support program



OUR PROGRAM

We offer a variety of accessible workshops designed specifically for natural caregivers to give them the knowledge necessary to care for themselves while caring for their loved ones. It's a chance to learn, interact with fellow caregivers and develop new skills in a stimulating and supportive environment.

LEARN MORE ABOUT



- Subjects covered:
Relevant medical topics for family caregivers: medication safety, infection prevention, heart attack, stroke, Alzheimer's disease and home safety to prevent falls.
- Caregiver stress, depression and burnout. How to set boundaries with family and make caring for yourself a priority.
- Anticipatory grief and its impact on caregiving



Our programs for caregivers are made possible through funding from




(514) 608-9600


caregivers@arc-hss.ca


www.arc-hss.ca

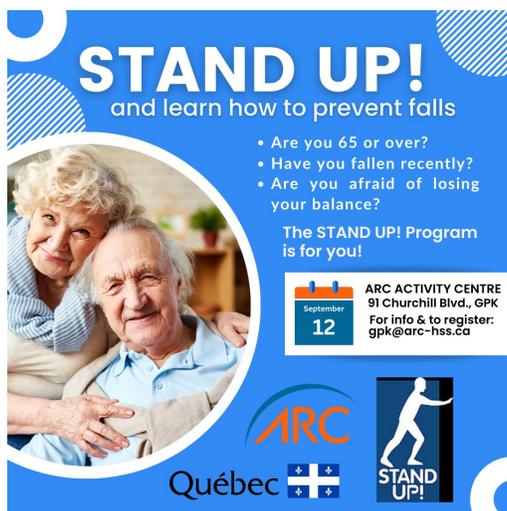
Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



NEWS FROM THE GPK OFFICE

STAND UP Program: Fall Prevention

We are now taking reservations for the STAND-UP program for fall 2023. STAND-UP is a free program given by a health professional to improve balance in adults aged 65 and over who live at home and wish to remain active and independent. The program will begin September 12 and will run twice a week for 12 weeks (ending November 30), every Tuesday and Thursday from 1:30-3:00 p.m. at our activity centre, 91 Churchill Blvd, in Greenfield Park. Register now with Tania (Community Outreach Coordinator) at gpk@arc-hss.ca or (514) 213-3744.



STAND UP!
and learn how to prevent falls

- Are you 65 or over?
- Have you fallen recently?
- Are you afraid of losing your balance?

The STAND UP! Program is for you!

September 12

ARC ACTIVITY CENTRE
91 Churchill Blvd., GPK
For info & to register:
gpk@arc-hss.ca

ARC Québec

STAND UP!

Seniors Wellness Centre Activities

Our 55+ Wellness Centre activities will be on pause for the months of July and August, and we will begin again in September. Join us Wednesdays from 1:30-3:00 p.m. for physical, cognitive, mental, and social stimulating activities. Open to everyone 55+. First day back will be September 9. Contact Tania for more info and how to register.

ARC Summer Fun!

While our regular activities are on pause, we have some fun special summer activities planned.

- July 5 from 1:30-3:00 p.m. **Bingo & Games** at the Activity Centre (91 Churchill Blvd, GPK). All ages.

- July 10 from 1:00-2:30 p.m. **Outdoor rock painting.** Everyone one will meet at the Activity Centre. Open to everyone.
- July 13 10:00 –11:45 a.m. French film *Hochelaga Terre des âmes (Land of Souls)* with English subtitles at the Activity Centre. For adults only.
- July 17 10:30 a.m. **Nature walk & photography** with a scavenger hunt twist! Meet in front of the activity centre, followed by bring-you-own lunch at the centre.
- July 20 11:30 a.m. to 2:00 p.m. **Afternoon Tea** at the Activity Centre. Food and tea provided by ARC.

Registration is required to attend these activities: info@arc-hss.ca or (514) 605-9500.

Thinking about your next move? Know your rights as a tenant in a senior's residence or apartment before signing a lease. We will be welcoming CAAP Montérégie who will speak on tenant rights and obligations in senior residences, September 28 at our activity centre (91 Churchill Blvd, Greenfield Park) at 10:00 a.m. Reserve your spot or get more information at gpk@arc-hss.ca or by calling (514) 213-3744.

In the Community

Come celebrate **Canada Day** on July 1 where the parade begins at Parklane in new GPK at 1:00 p.m. and ends at Empire Park at 2:15 p.m. Make sure to cheer on the ARC team of staff and volunteers in the parade! Activities and food will follow at the park, and later in the evening fireworks will begin at 9:30 p.m.

Dance evenings every Wednesday beginning July 5 till August 9 from 7:00-8:00 p.m. at the Multi-Purpose Centre in St. Lambert. In a friendly atmosphere, have fun while moving to various rhythms, ranging from line dancing, merengue, fox trot, cha cha, rumba, disco, mambo etc. Classes are given by Lina Côté and are accessible to everyone.

Exercise classes with a certified trainer, in Brossard at St. Joseph Church (725 Provencher Blvd., Brossard). Every Saturday from 9:00 - 10:00 a.m. For more information contact (450) 671-6481.

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



Family Wellness Saturday (FWS)

We held our final FWS activity of this season on June 17. Together with a wonderful group of participants, everyone enjoyed family time, learning, play, and above all, integration into this great ARC family in St-Jean-sur-Richelieu and Haut-Rouville. This activity will be back, with more fun than ever, on September 30, with even more activities, more guests, and for sure more smiles and lovely memories! Starting on August 21, you can register your family to participate in this activity. Invite the whole family, neighbours and friends to come and have a great time.

Chambly Senior Wellness Centre and Moms and Tots Group

Both groups came together on Wednesday, June 21 to celebrate summer with an outdoor picnic. Good times were had by all, with an appearance from our newest staff member, Xena the toy poodle! Although we will miss our ARC family this summer, we are already hard at work planning our fall programs. For more information about upcoming activities contact Veronica at (450) 357-0386 or stjean@arc-hss.ca.

Talking for Improving Wellbeing Video Capsules are Now Available

With the close of spring comes the temporary end of our activity “Talking for Improving Wellbeing.” This activity has meant a lot to our participants, as well as to our staff here at the ARC Satellite office, where we have addressed topics such as anxiety, PTSD, postpartum depression 1 and 2, and genders 101 and 102. We would like to give a special thanks to our guests, Philippe Vaillancourt from POSA, Michele Gagnon from Connexions Resource Centre, James Robson from CASA, and our very own coordinator of the Mental Health initiative, Therese Callahan. If you were not able to attend the activity, but are interested in any of the topics, you can send an email to npi@arc-hss.ca and request the video capsule(s). Stay tuned because “Talking for Improving Wellbeing” will return better than ever in September, with topics and specialists already reserved and that will continue to be held in a hybrid way to ensure its accessibility for all.



Alexi Utrera is our NPI Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 525-1176 or npi@arc-hss.ca.

Veronica Gareau is our Outreach Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 357-0386 or stjean@arc-hss.ca.



Protecting Your Mental Health During the Summer

Summer is finally here and for many it is a time for relaxation, holidays and enjoying social events. For others it can be a time that triggers feelings of anxiety, loneliness and some may experience summer depression. People may feel pressured to look a certain way, go to events and spend money on spontaneous activities. Summer weather can also wear our bodies down physically due to extended periods of heat that can cause sleeplessness, lethargy, lack of appetite and dehydration, all of which can lead to anxiety and increase the severity of existing mental health symptoms.

Young people may look forward to the freedom of summer but the less structured day can be problematic for those with existing anxiety, depression, or ADHD. Setting play dates with other kids or finding a summer day camp program can help children stay active outdoors and help them socialize. Encourage teens to have a part-time job or volunteer for activities that will prevent boredom. Students in university or CEGEP can look for an internship or a summer job that is in line with their educational goals. This can reduce boredom and its associated risky behaviours such as increased drug and alcohol use, unsafe driving and risky sexual behaviour as well as reducing social isolation.

Adults can also have difficulty with the disruption in daily schedules from having more family members at home, taking vacations and summer activities. Changes in sleep routine, eating habits and work schedules can increase anxiety, irritability and depressive symptoms. In addition to the disruption to routines, summer can have an impact on mood by triggering summer depression. 4-6% of adults experience Seasonal Affective Disorder (SAD) which is characterized by depressive episodes that occur during certain times of the year typically during the winter. Ten percent of those who suffer from SAD experience summertime onset of symptoms which include low mood, exhaustion, weight loss, anxiety, irritability, lack of motivation, increased sensory sensitivity and insomnia.

Here are some tips for managing your mental health in summer:

- Relax outdoors. Grab a lawn chair, book and a glass of water to set yourself up in a shady area.
- Go for a stroll. A walk can be a great way to clear your head or catch up with a friend.
- Explore your local farmer's market to take advantage of seasonal produce and local vendors.
- Start a garden or join a community garden. Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine.
- Tidy one small space. Perhaps a drawer or the top of your desk – even having one space clean and free of clutter can help you feel calmer.
- Make a summer feel-good playlist. Music can be an effortless way to improve your mood and motivate yourself to get moving.
- Look for things going on in your community. Search online or in the newspaper for free events going on around town. Consider outdoor movies, yard sales, festivals, concerts or dance classes. Making fun plans can help you feel excited and give you something to look forward to.
- Start or continue a journal. Writing can be a great way to express how you feel and check-in with your emotions.
- Practice mindfulness. Try meditation or make a list of 10 things you are thankful for.
- Reach out for help from a medical professional if you are feeling overwhelmed or your mood is making your activities of daily living difficult.

For additional help in how to access mental health services in the community, contact Therese at (514) 605-9500.

Therese Callahan is our 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.



On June 15, for World Elder Abuse Awareness Day, the ARC team attended a training session hosted by the Table de concertation des aînés du Haut-Richelieu on how to recognize the signs and support victims of abuse. Abuse can be observed as violence or neglect. Violence is active and includes poor treatment of an individual, while neglect is passive and occurs when there is a failure to show concern for the person's needs or wishes. There are seven types of abuse that can impact individuals of any age, with a disproportionate occurrence amongst seniors.

Psychological

Gestures, words or attitudes that negatively affect an individual's psychological well-being or integrity; emotional blackmail, manipulation, humiliation, insults, threats, excessive monitoring of activities, indifference, social isolation, etc.

Physical

Inappropriate actions, or absence of appropriate actions, which harm physical well-being or integrity; force-feeding, inadequate medication administration, failure to provide a reasonable level of comfort and safety, failure to provide assistance with eating, hygiene or taking medication, etc.

Sexual

Non-consensual gestures, actions, words or attitudes with a sexual connotation, which are harmful to the person's well-being, sexual integrity, sexual orientation or gender identity; suggestive comments or attitudes, homophobic or transphobic comments, sexual assault (unwanted touching), failure to provide privacy, disrespect of a person's sexual orientation or gender identity, treating older adults as asexual beings and/or preventing them from expressing their sexuality, etc.

Material or financial

Illegal, unauthorized or dishonest acquisition or use of the older adult's property or legal documents; misinformation regarding financial or legal matters, pressure to change a will, banking transactions without consent, misappropriation of assets, failure to manage assets in his or her best interest, failure to assess the person's cognitive abilities, understanding and financial literacy, etc.

Violation of rights

Any infringement of rights and freedoms; forced medical treatment, denial of the right to choose, vote, enjoy one's privacy, receive phone calls or visitors, practice one's religion, express one's sexual identity, lack of information or misinformation regarding the older adult's rights, failure to assist the person in exercising their rights, etc.

Organizational mistreatment

Any discriminating situation created or tolerated by an organization which compromises older adults' ability to exercise their rights and freedoms; conditions or practices that do not respect their choices/rights, poorly understood instructions on the part of personnel, lack of resources, inadequate training of staff, etc.

Ageism

Discrimination based on age, harmful actions or social exclusion; imposition of restrictions or social standards based on age, limited access to certain resources, prejudice, etc.

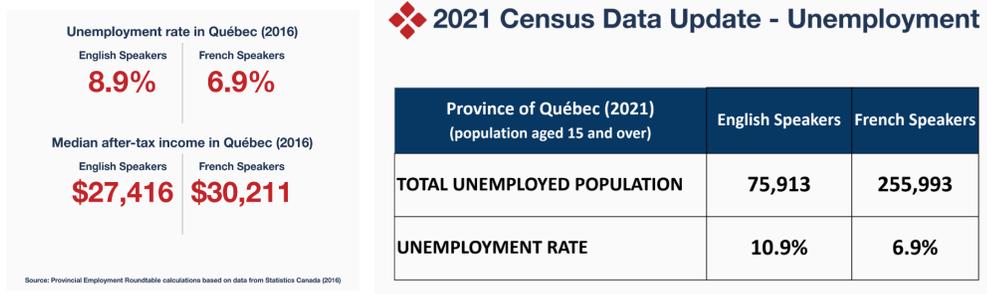
Any of these examples can be indicators that abuse is occurring, but the definitive factor is the impact on the individual and whether or not they believe they are experiencing harmful treatment. If you are unsure if you or someone you know is being abused, do not hesitate to reach out to the Elder Abuse Helpline at 1-888-489-2287. For more information visit www.aideabusaines.ca/en.



La ligne **1-888-489-2287**
Aide Abus Aînés

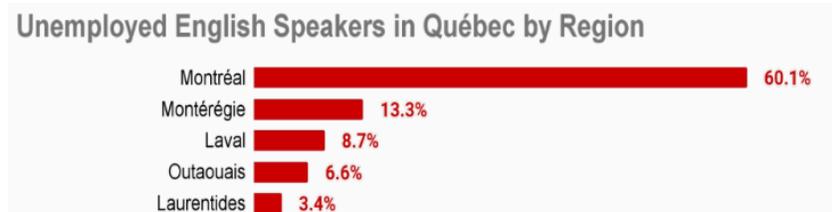


The Employment Fair “UP 23 - Unlocking Potential” was held on May 31, and was hosted by the Provincial Employment Roundtable (PERT) and the Regional Development Network (RDN). ARC was there amongst many of our partners. PERT specializes in statistic and collecting data for English-speaking Quebecers in the employment sector and RDN supports the development of English-speaking communities across Quebec. One of the topics that was covered was how the unemployment rate went up for the English-speaking community. Here are some numbers from 2016 census compared with the more recent 2021 census.



As we can see, the unemployment rate has gone up 2% from the last census. It was also mentioned that this statistic does not reflect the real situation since the pandemic acted as a bias. We will need to wait for the upcoming census in 2026 to compare.

In which regions do we see higher unemployment rates? In the regions where the population is higher. Here a diagram of the most impacted regions:



Source: Provincial Employment Roundtable calculations based on data from Statistics Canada (2021)

Another aspect that was discussed throughout the conference was that the language barrier was one of the reasons English-speaking Quebecers had some issues with finding jobs. French courses in general and specific French-related courses for the workforce depending on the type of work were tools that were discussed.

Useful Tips

Last week the Government launched the new platform called “Apprendre le français.” [Read more here.](#)

[Link to the platform on their website.](#)

If you’re looking for a French course for the workforce to improve your skills or a conversational activity, contact our Employment Coordinator at: gpk2@arc-hss.ca. We have many options and specific courses we can refer you to.

Karine Parent is ARC’s Social Development and Employment Coordinator.
For information, please feel free to reach out to her at (514) 712-6575 or gpk2@arc-hss.ca.

“

THE LAST WORD



The **Pair Program** is for seniors living alone; elderly couples with or without health problems; families who are worried about their parents, but do not have the time or the ability to call them every day; person in need of a medication reminder; person with health problems; or anyone who needs a daily call for any other reason. The Pair Program is completely free for members. Call 1 (877) 997-7247 for more info or register by clicking [here](#).

Performances at the public piano. The Conservatoire de musique de la Montérégie is proudly partnering with the Ville de Saint-Lambert this summer to offer a variety of performances at the **public piano**. For more info click [here](#).

Did You Know?

Lachanophobia is an unwarranted or an irrational fear of vegetables.

July 5 is National Injury Prevention Day in Canada and to raise awareness about the devastating effects of predictable and preventable injuries. Our goal is to educate others and help all Canadians live long lives to the fullest. Light up green - for more information click [here](#).

Question of the Day: What is cinnamon, and where is it produced?

Answer: Cinnamon is the dried inner bark of two related evergreen trees in the laurel family. One is true cinnamon, the other is cassia. The trees are native to Asia. Cinnamon is one of the oldest spices known to human kind.

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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
info@arc-hss.ca

www.arc-hss.ca

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