

May 2023



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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- Are you a member of the English-speaking community of Quebec?
- Do you live somewhere off the Island of Montreal?

We need your help!

Complete this survey for a chance to win one of three \$100 IGA gift cards!

Click here or see page 4 for more info.



Information source for the South Shore English-speaking community

THE ADVISOR

May is filled with events, activities and news. Keep reading because we have a lot going on!

Annual General Meeting (AGM) – Save the date! We have scheduled the AGM for Tuesday, June 13 at 1:30 p.m. at the Greenfield Park Legion. Everyone is welcome! Only members are entitled to vote. More information will be sent by email in a couple of weeks.

Membership – If you're not already a part of our growing membership community, why not join? It's only \$10.00 per year and helps support our initiatives to sustain services, programs and free activities for the English-speaking community. The membership form is available to [complete or download from our website](#) and you can either e-transfer, mail or drop-off the payment. If you would like to check the status of your membership, contact Marianne at admincoord@arc-hss.ca or (514) 951-9711.

The Regional Health and Social Services Partnership Table (RHSSPT) will be hosting the **2023 Community Fair** at this year's RIBFEST in Greenfield Park (195 Empire St.), on Saturday, June 3. Many community organizations will be there to join in the fun. Look for the ARC tent!

Dialogue McGill Community Network Bursary Program - Do you know a student who could benefit from a bursary and is currently or will be studying in a health and social services program throughout the 2023/2024 academic year? The application period is now open! The deadline for students to submit their application form and community references to ARC is May 24, 2023. For complete information and to download the guide, application and reference forms, [visit our website](#). Contact Debra for more information at pm@arc-hss.ca or (514) 743-8058.

The RHSSPT's STAR Program - Do you know an employee or a volunteer at a community or public organization who stands out for having made a special effort to improve the health and wellbeing of English-speaking community members? We invite you to nominate them for the Special Thanks and Recognition Program (STAR Program). To nominate a candidate, please complete the following form: [in English](#) or [in French](#). If you prefer, you can also call (514) 213-3744. The deadline to submit a candidate for consideration is June 12.

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

May Activity Calendar - Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

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> 					
	<p>1 Mother Goose GPK English Conversation @ CISSS French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>2 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Conversations About Grief Support Group via Zoom 7:00-8:30 pm</p>	<p>3 Mother Goose on Zoom English Conversation @ CISSS SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>4 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm</p>		
7	<p>8 Mother Goose GPK English Conversation @ CISSS French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm AmiQuebec @ Activity Centre 6:30-8:00 pm</p>	<p>9 Mother Goose Brossard English Conversation @ CISSS Caregivers Support Group with Emma Pepall-Schultz via Zoom 7:00-8:30 pm</p>	<p>10 Mother Goose on Zoom English Conversation @ CISSS SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>11 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	12	13
14	<p>15 Mother Goose GPK English Conversation @ CISSS French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>16 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm</p>	<p>17 Mother Goose on Zoom English Conversation @ CISSS SHARP: Aging in Place While Lightsizing—Via Zoom 10:00-11:30 am SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>18 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm Seniors Activity @ CHSLD 2:00-3:00 pm</p>	19	20

May Activity Calendar - Page 2

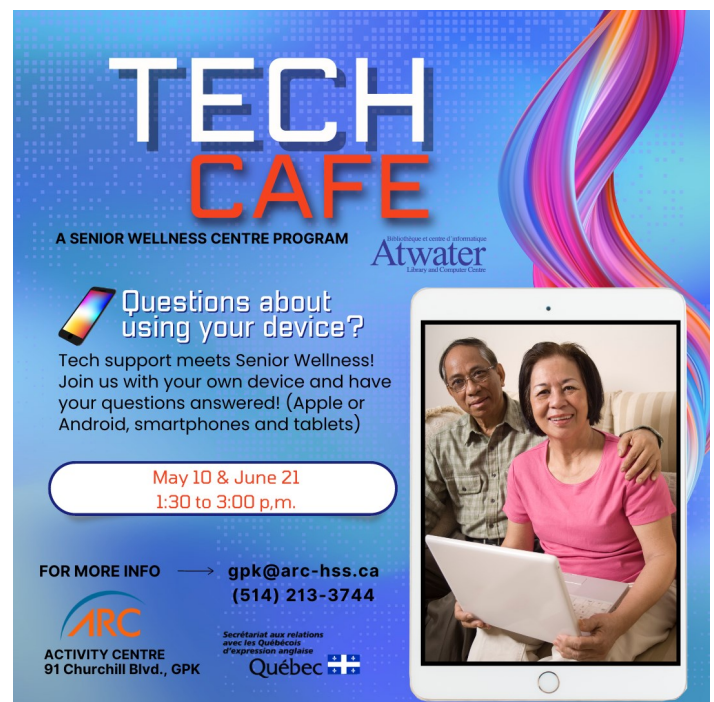
Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

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
21	22 ARC CLOSED	23 Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm	24 Mother Goose on Zoom English Conversation @ CISSS SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Affordable baskets @ Activity Centre 3:00-7:00 pm	25 Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm	26	27 Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm
28	29 Mother Goose St. Lambert English Conversation @ CISSS French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm	30 Mother Goose Brossard English Conversation @ CISSS Ilana's Drawing Class @ Activity Centre 2:00-3:30 pm Talking to Improve Wellbeing @ St-Jean 7:00-8:00 p.m.	31 Mother Goose on Zoom English Conversation @ CISSS SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30			

Featured Activities



✓ **Are you a member of the English-speaking community of Québec?**

✓ **Do you live somewhere off the island of Montreal?**

If your answer to both questions is yes...

We need your help!

TAKE THE SURVEY




SCAN ME

Complete this survey for a chance to win one of three \$100 IGA gift cards!

 <https://bit.ly/40u3gqa>

 info@regdevnet.ca

 418-684-8810

The French-Language Regional Needs Assessment (FLRNA) Survey

We invite all members of the English-speaking community in the regions of Québec to complete the FLRNA Survey for the chance to win one of three \$100 IGA gift cards! The survey aims to understand the types of French-language education that English speakers across Québec have received as well as their current French language skills. It also asks participants what format of French-language training program they would most benefit from. The findings will be used to recommend different programs and funding to improve the quality and availability of French-language training for English speakers in Québec.

This is your chance to have a say!

Developed by the Provincial Employment Roundtable (PERT) in partnership with the Regional Development Network (RDN) and Assistance and Referral Centre (ARC), this survey is funded by the Secrétariat aux relations avec les Québécois d'expression anglaise.

Secrétariat aux relations
avec les Québécois
d'expression anglaise





Mental Health Week—May 1 to 7

Mental Health Week was established in 1951 by the Canadian Mental Health Association (CMHA) and is observed yearly during the first week of May. The goal is to promote healthy behaviours and attitudes that will foster a culture of understanding and acceptance. We all experience mental health daily, with 1 in 5 Canadians experiencing a mental health problem in their lifetime. Mental health, as defined by the Public Health Agency of Canada, is an individual's capacity to feel, think and act in ways to achieve a better quality of life while respecting the personal, social and cultural boundaries. Mental health is as important as physical health and directly impacts your physical, social and emotional wellbeing. With a background in public health education, Therese Callahan's objective in her role at ARC, is to increase knowledge and the understanding of what mental health is and why it impacts everyone.

As part of her education initiative, a mental health information series is now available on our website to address mental health issues that are not widely known or spoken about openly. These are available for all to download and share. Please contact Therese if you need further resources on any of the topics covered or would like information on a different topic.

Here are a few documents currently available on our website (click on the graphic to download):



Other Mental Health Resources

Check out our website where you can find our **Mental Wellbeing Resource Guide** which lists organizations that offer English language services in Monterege-Centre. The guide contains resources for suicide prevention, mental illness support, dementia care, autism and disability services, emergency housing, dependency rehabilitation and phone support lines.



Everyone is welcome to download this guide (click on the image to download) and use it to find resources or contact Therese for help in finding resources (see below for contact info).

We also created the **5 Ways to Improve Your Mental Wellbeing Book-mark** as a reminder of thing you can do on a daily basis.

1. Connect
2. Give
3. Take notice
4. Keep learning
5. Be active

You can pick up a book-mark at any one of our three locations.



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.



This month's **SHARP (Services for Healthy Aging in the Right Place)** will hold a zoom session on Wednesday, May 17 at 10:00 a.m. on Aging in Place While Lightsizing, presented by Marie-Claude Giguere, Founder/owner of Helping Seniors, Stay or Move. [Register here.](#)

CHSSN
The Services for Healthy Aging in the Right Place (SHARP) invites you to

Aging in Place While Lightsizing

Speaker: Marie-Claude Giguere
Founder/owner of Helping Seniors, Stay or Move?
Consultant, Author

FREE on

Wednesday, May 17
10:00 - 11:30 am

For more info: gpk@arc-hss.ca
(514) 213-3744

Health Canada Santé Canada **ARC**

A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023

Our Senior Wellness Centre activities, at our Activity Centre (91 Churchill Blvd. in Greenfield Park), are open to seniors 55+ in the community. Join us on Wednesdays from 1:30-3:00 p.m.

- **May 3:** Come test how well you can remember song names and artists of major throwback hits, followed by gentle yoga with Linda.
- **May 10:** BYOD (bring your own devices) as we will be joined by Atwater Library, for a Tech Cafe. Get all your tech questions answered and learn how to better use your own smartphones, laptops and iPads/tablets.
- **May 17:** To celebrate Seniors Week, we will learn about the importance of seniors' health promotion, followed by one of our SWC favourite games ... BINGO!
- **May 24:** Information session followed by exercises for fall prevention.
- **May 31:** Yves Beaudin, President of the Beaudin Groupe Conseil – specialist in helping people overcome

debt and obtain financial security, will be speaking about taxes and fraud as related specifically to seniors.

Contact Tania for more information at (514) 213-3744 or gpk@arc-hss.ca.

May 14 is Seniors Week. We thank seniors for being our community mentors and teaching younger people the importance of life. We celebrate seniors' wisdom and all the accomplishments they have gained over time. *"Youth is the gift of nature, but age is a work of art."* – Stanislaw Jerzy Lec

Marking the start of CMHA Mental Health week (May 1-7), will be hosting a storytelling workshop on May 1 from 10:00 - 12:00, which will provide you the space to build, refine and practice your storytelling skills. Working alongside other mental health organizations, you will spend time crafting and honing the story you tell about the work that you do. Register [here.](#)

Invitation to event to launch
Canadian Mental Health Association (CMHA)
Mental Health week May 1-7 2023
Stories for Impact: A storytelling workshop

Please join us to meet the CMHA Quebec Division and working alongside other mental health organizations, learn how to tell a great story with Mischief Makers.
Monday May 1st, 2023, 10am - NOON

REGISTER HERE

Social Development in GPK

ARC is an active partner in the Collective Greenfield Park Collectif (CGPKC) project of implementing a community centre for the borough. After several years of hard work, they were pleased to reach a new project milestone with the community centre doors opening at 330 Gladstone Street.

Since April 6, ARC is hosting its first activity at this new community centre, with a Tai Chi & Qi Gong course facilitated by Sandra Mitchell. [Click here](#) for more info.

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



Talking to Improve Wellbeing Series

Discussion About Schizophrenia
The symptoms, diagnosis and local services available

Tuesday, May 30
7:00-8:00 p.m.

Guest speaker:
Susan Laporte
Psychosocial worker

ARC Satellite Office
927-B Seminaire Blvd.,
St-Jean-sur-Richelieu

Registration:
npi@arc-hss.ca or (450) 525-1176

ARC CHESN Fondation Lucie et André Chagnon Secrétariat à la jeunesse Québec

Talking About Schizophrenia for Improving Wellbeing

Each month, a guest specialist joins us for a small group discussion on various aspects of mental health and emotional wellbeing. This month, at the request of some participants, we will be discussing schizophrenia, the diagnosis process, its symptoms, and the services that are offered in St-Jean-sur-Richelieu and neighbouring areas. This talk is open to families and individuals dealing with this condition, to people who want to educate themselves a little more about mental health issues and for those who are interested in knowing more about public health resources.

If you are interested in attending this session on May 30, in-person or via Zoom at 7:00 p.m., register by calling (450) 525-1176 or emailing npi@arc-hss.ca.

Family Film Festival!

Disney characters will take over the Le Grand Fort Hall of the Royal Military College on Saturday, May 27. We will be screening a surprise film for the whole family to enjoy at this monthly family gathering. To enhance the fun, dress up as your favourite Disney character. We will have film trivia and prizes!

Our volunteer Luna has prepared a Storytime activity for the little ones in the baby corner.

Invite your family and friends and join us to play, laugh and make friends! Veronica and Alexi, the ARC team in St-Jean-sur-Richelieu, will be ready to welcome and provide you with information about our programs and activities.

Register by sending a text message to (450) 525-1176 or by email to npi@arc-hss.ca.

Assistance and Referral Centre
Family
FILM FESTIVAL
Saturday, May 27
10:00am - 2:00pm
Royal Military College St-Jean
15 Jacques-Cartier N. J3B 8R8
Salle le grand fort
Dress up as your favourite Disney character.
Trivia & prizes!
Lunch option \$8.50/adult, \$7.50/child
ARC
Social gathering for English-speakers
in the Haut-Richelieu in collaboration
with Port St-Jean
Québec

Attention Mums and Dads - Mother Goose is Back

The pre-literacy program "Mother Goose" is now available in St-Jean-sur-Richelieu. From May until June, you can come to our satellite office located at 927-B du Seminaire Blvd. N., where we will be waiting for you with fresh coffee and biscuits. Madame Rachel will animate each in-person session, but for those parents who prefer to participate via Zoom that option is also available.

To register and receive our schedule, you can send an email to director@southshoreliteracy.org.

Please specify whether your participation will be in-person or virtual.

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.

CAREGIVERS CORNER

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

Grief for those living with dementia - how to talk about death and is it OK to lie?

People living with dementia experience degrees of loss as their disease progresses – loss of cognition, reasoning, and the ability to care for themselves, but it's unlikely that they can manage the stages of grief when someone close to them dies. Dementia and death are sad and challenging enough on their own, but when they coincide, the result can be truly heart-breaking. For someone who has never experienced the challenges of caring for someone with dementia, decisions about telling the truth may seem like a no-brainer. But memory loss complicates the grieving process and it's difficult to know how to navigate talking about a recent death, especially when your loved one needs to be reminded of this over and over again. Deciding whether or not to tell a dementia patient about death, and having to tell them about it repeatedly, can make family members' grief more painful.

While weighing the pros and cons of telling someone with dementia about death, caregivers struggle with the fear of causing trauma. Many experts feel that someone living with dementia should be told about the death of a family member at least once and shortly after the event. However, it's important to consider your approach based on their cognitive abilities.

Things to consider:

- Give yourself time to prepare for the conversation and make sure you have support in place for yourself. Involve members of the care team if you can.
- Try to select a time of day or moment when your loved one seems calm.
- Use clear and simple language – avoid phrases such as 'no longer with us' or even 'passed away'. Be prepared to repeat information.
- Offer them reassurance by using body language and physical contact if appropriate.
- Anticipate behaviour changes: People with dementia who are grieving are often agitated and restless. They may sense that something is not right, or they may confuse this loss with another from the past.

Is it ever OK to lie?

A lot has been published about what's called the practice of therapeutic lying in dementia care. Some feel that withholding information presents an ethical dilemma and that it's never OK to lie, but on balance, many dementia caregivers come to learn that little white lies are often necessary to simplify life and calm anxious or agitated loved ones. The decision to talk about death to someone with cognitive impairment is one that requires careful consideration for both the wellbeing of the patient and the caregiver who is also grieving. While people may disagree about the benefits of therapeutic lying, most caregiving experts can agree on one thing: no one should be judged for how they manage each day caring for someone with dementia.

References: <https://www.alzheimers.org.uk/get-support/help-dementia-care/supporting-person-dementia-during-bereavement> Casey D, Lynch U, Murphy K, et al. Telling a 'good or white lie': The views of people living with dementia and their carers. *Dementia*. 2020;19(8):2582-2600. doi:10.1177/1471301219831525



ARC
CONVERSATIONS
ABOUT
GRIEF
Online Support Community
MAY 2
7:00
8:30
with grief support guide
Leigh Bulmer, MA, CCC
Drama Therapist, Member CCPA
Everyone is welcome – for info:
caregivers@arc-hss.ca
(514) 608-9600
Appu
provides a home



ARC
Caregiving
Community
Support Group
Online
Tuesday, May 9 @ 7:00 pm
To register:
<https://forms.gle/umRCzeTbVvHPC8>
Join our discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while caring for ourselves.
For more info: caregivers@arc-hss.ca
(514) 608-9600
Appu
provides a home

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.

Youth and Employment

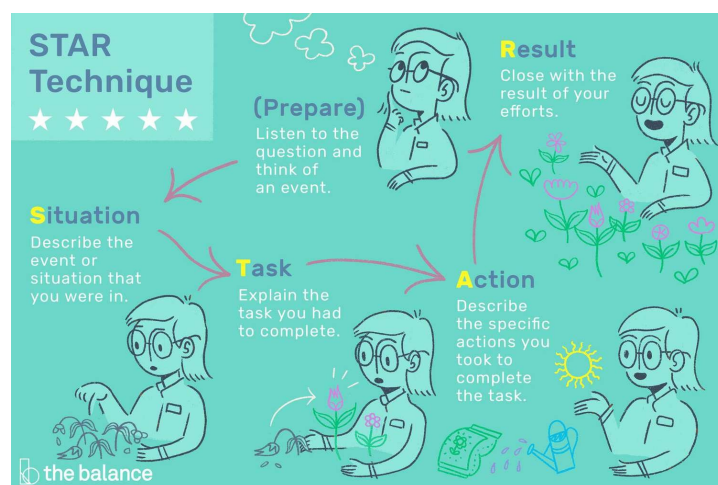
Le Salon de l'emploi (employment fair), which took place in Montreal in April, and what was clear was that employment is a hot topic, whether it's about how to get prepared for a job interview or finding a new job.

Nowadays, employers might ask for behavioural-related questions like, "Tell me about a time you demonstrated leadership skills?"

If you're applying for a management role, don't hesitate to mention the impact you have on your team or when you are leading a project. You can be a leader even if you're not a manager and that no one reports to you. It can be in your own tasks like planning an event or training coworkers. Responsibility, confidence, strong communication skills, and relationship building are qualities of leadership whatever your role is.

The following four steps can help you with these kinds of questions:

1. Define what leadership means to you – Be authentic and personal, there's no wrong definition.
2. Choose a story to share – Talk about leadership situations you had, if you had no involvement with direct leadership you can relate to school, activities and even travel situations where you demonstrated leadership.
3. Structure your answer – Use the STAR anagram to help yourself (at right).
4. Be confident, everyone has shown some kind of leadership in their life or at work.



Read the entire article here: www.themuse.com/advice/demonstrated-leadership-skills-job-interview-question-answer-examples

Motivational quotes to get you through the week!

Monday: "I learned this, at least, by my experiment; that if one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with a success unexpected in common hours." — Henry David Thoreau

Tuesday: "Don't count the days, make the days count." — Muhammad Ali

Wednesday: "Believe you can and you're halfway there." — Theodore Roosevelt

Thursday: "Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up." — Stephen Hawking

Friday: "Every day is a gift. But some days are packaged better." Sanhita Baruah

Karine Parent is ARC's Youth and Employment Coordinator.

For information, please feel free to reach out to her at (514) 712-6575 or gpk2@arc-hss.ca.

discover community activities for all

Spring 2023 Creative Writing Workshop: Improve skills and stimulate creativity by doing short writing exercises. Share writings aloud for constructive group feedback. Beginners welcome. April 13-June 1, every Thursday from 2:00-4:00 p.m. at the Greenfield Park Library, 225 Empire Ave., GPK. \$40 for 8 weeks. Info: Jeanette Paul, (450) 651-7044 or jeanettepaul@yahoo.ca

Hope & Cope: Learn more about Immunotherapy - May 5 from 10:00 to 11:30 a.m. A free, online webinar in English for cancer survivors and caregivers. Meet Oncology Pharmacist Anna Wong who will explain how the immune system works and the role of immunotherapy in cancer treatment. Click [here](#) to register.

Computer Course for Beginners (free) A series of 4 basic courses. Mouse and Keyboard, Initiation to the Internet, Google Search, Government Services and Internet Security. Dates and times: May 8, May 15, May 29, and June 5 at 9:00 a.m. at the Bibliothèque de Brossard Georgette-Lepage, 7855 San Francisco Ave., Brossard. For information and to register: Michèle Tibblin (450) 923-6311 ext. 6280 or send an email to: Michele.tibblin@hotmail.com.

St. Paul's Church is hosting a brunch on Saturday, May 13 from 8:30 a.m.-12:00 p.m. The brunch will take place at the church, on 321 Empire, Greenfield Park. Price will be \$12/adult and \$8/child under 10. To buy a ticket or for more information, contact Alan at (514) 497-2441.

Spring market/baked goods: May 13 from 10:00 a.m. - 4:00 p.m. at the United Church, 415A Mercille and 440 Notre Dame St., St. Lambert. Call (450) 671-6003 or email slucartisans@gmail.com for more info or click [here](#).

The **Lawn Bowling Club of St. Lambert** - the only one on the South Shore of Montreal, is holding an Open House on Saturday, May 13, between 10:00 a.m. and 3:00 p.m., to which all are invited to try their hand at this ancient, but little-known fascinating sport. 662 Oak St., (450) 923-6612, boulingsinsaintlambertbowls.ca.

The McGill University Dementia Education Program and the Alzheimer Society of Montreal will offer free sessions of the Sharing Room. The Sharing Room will offer five different virtual support groups to care partners of people living with dementia. All sessions will be offered in both French and English. Participants will have to commit to

attending six 90-minute sessions, which will take place every second week for 12 weeks, starting the week of May 16 for the English and bilingual groups, and the week of May 29 for the French groups. Click the following link to [register](#).

South Shore Retired Educators: AGM Membership voting session to be held Thursday, May 18. Come and join our get-together for anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff. It will be held at the Mount Bruno United Church Hall, 25 Lakeview Ave. in St. Bruno. Very interesting speakers & snacks! For information, send an email to: southshoreretirededucators@gmail.com. For a nominal annual fee, join for fun, fellowship and refreshments!

Yves Proulx talks about Garden Pests: *Their Life Cycles and How to Control Them*. May 18 via Zoom and at the Maison Desaulniers in St. Lambert at 7:30 p.m. For more info click [here](#).

Annual Spring Tea on May 27 from 1:00-4:00 p.m. at the Royal Canadian Legion-Branch 94, hosted by Senior Respite Monteregie. Tickets are \$20.00 each. To reserve please send an email to: info@seniorsrespitemonteregie.ca.

I'm Taking Charge of My Arthritis Personalized Wellness Program: For people with problems related to all forms of arthritis, and for caregivers to help improve self-management of arthritis symptoms (osteoarthritis, rheumatoid arthritis, etc.). Every Monday April 24 to May 29 from 10:00 a.m.-12:00 p.m. at Bibliothèque Georgette-Lepage de Brossard, 7855 San Francisco Ave., Brossard. Mandatory registration, group of 5-9 people. Contact: Arthrite Rive-Sud at (438) 630-7215 or info@arthriterivesud.org. Click [here](#) for more info.

The Walk for Alzheimer will take place on May 29. Participants are invited to meet at Place Longueuil, 825 Saint-Laurent St. W., Longueuil, at the corner of Joliette and Saint-Charles at 9:00 a.m. Register [here](#).

St. Paul's Craft & Bake Sale will take place June 12 from 9:30 a.m.-1:30 p.m. at 321 Empire, Greenfield Park. Renting a table is \$30 each. There will be a lunch available for \$10/adult and \$6/child. To rent a table to sell your crafts, or any other questions, contact Gloria Kidd at (450) 678-2460 or gkidd71@yahoo.com.

Notable Dates in May

National Nursing Week is from May 8-14 and is the same week as Florence Nightingale's birthday, May 12. The theme this year is *Our Nurses/Our Future* and showcases the many roles that nurses play in a patient's health-care journey. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community. For more information click [here](#).

The first Canadian National Reflexology Day will be celebrated on Tuesday, May 30 and is dedicated to raising awareness around the benefits and accessibility of reflexology in Canada. This day aims to foster the strengthening of our reflexology communities across Canada by advocating for better access to reflexology therapy, education, research and insurance coverage. Click [here](#) for all the information.

Hemochromatosis Awareness Month is in May. Looking for ways to create awareness of hereditary hemochromatosis in the community? Wondering how to alert those at

risk for this inherited disorder? Many who have symptoms of iron overload may not recognize them as such, so awareness is one important path to diagnosis. Click [here](#) to learn more.

OTHER INTERESTING TIDBITS

Did You Know? • The average adult has about 5 million body hairs. • If the average man never trimmed his beard, it would grow to be nearly 30 feet long. • The human brain contains 400 miles of blood vessels. • The eye's retina is about the size of a postage stamp and contains about 130 million light-sensitive cells.

Question of the Day: What is a cumulus-pileus cloud? Answer: A cumulus cloud is a detached fair-weather cloud with a relatively flat base and dome-shaped top. A pileus cloud is a smooth-cap cloud that forms in a stable layer above a cumulus cloud when air is temporarily forced upwards by the vigorous thermal below. Its shape explains its name, which is Latin for a close-fitting cap used by ancient Romans.

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