



ARC is dedicated to assist and empower 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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Whether out like a lion or a lamb,

most of us are grateful that March brings winter to a close. Soon enough we will be outside more and hopefully enjoying greater freedom of movement.

This month the vaccination program will be well underway, and in the coming weeks seniors 85+ will be able to get the vaccine. We have the details on how to schedule an appointment on page 2. But if you need assistance to book an appointment online or by phone, we are here to help. We can also provide information and assist in booking transportation to/from your appointment.

We have developed a new Community Resource Guide filled with valuable information on support and services for the South Shore community. This guide lists organizations and the services they provide for daily living support, shelters and housing, mental health support and special needs, family support and assistance, medical equipment, literacy, volunteer, legal and financial. [Download from our website.](#)

Kevin Erskine-Henry is retiring this month (details on page 3) and Fiona Thain, who has been with ARC since September, will now be our new Outreach Coordinator. Fiona can be reached at the same phone number, 514-605-9500 or email arc.coord@gmail.com.

Beginning on March 10, we are offering a 4-part webinar series, entitled Emotional & Mental Health, for teens & parents of teens. Reserve your spot today! <https://forms.gle/BkKQJ6cMcTjpDscx6>

Do you know someone who could benefit from a call? A simple hello, a how are you, can make all the difference to those vulnerable to feelings of isolation. ARC is currently reaching out by phone to those in need. If you know someone that would appreciate a check-in and chat, send us their contact info and we will be happy to reach out to help reduce the loneliness until we can get together in person again! (see page 6 for details).

Happy St. Patrick's Day on March 17!

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

Don't forget to check our activity calendar!

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COVID Vaccination Program Update

The beginning of immunization for the general population was announced on February 23. As of next week, everyone 85 and older will be able to get vaccinated.

If you were born in 1936 or before, you're going to be able to make an appointment starting February 25. Two options for booking appointments are available to you: you can visit www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination or you can call 1-877-644-4545.

If you need assistance to book an appointment online or by phone, we can help! We can also provide information and assist in booking transportation to/from your appointment.

In Greenfield Park and surrounding cities, call 514-605-9500.
In Haut-Richelieu-Rouville, call 450-357-0386

The Little Black Book of Scams: Your Guide to Protection Against Fraud

The Canadian edition of The Little Black Book of Scams is a compact and easy to use reference guide filled with information Canadians can use to protect themselves against a variety of common scams. It debunks common myths about scams, provides contact information for reporting a scam to the correct authority, and offers a step-by-step guide for scam victims to reduce their losses and avoid becoming repeat victims. Consumers and businesses alike can consult The Little Black Book of Scams to avoid falling victim to social media and mobile phone scams, fake charities and lotteries, dating and romance scams, and many other schemes used to defraud Canadians of their money and personal information.

Please find this document [available for download on our website >>](#)

What's happening in Haut-Richelieu-Rouville

Spotlight on a Health and Social Service in Haut-Richelieu-Rouville

Centre D'Action Bénévole Interaction, 100 Principale St., Saint-Georges-de-Clarenceville 450-294-2646, www.cabinteraction.ca

This organization, located in St-Georges-de-Clarenceville, offers many services including food baskets twice monthly, a used clothing outlet (by appointment only) and a new offering which is a coffee to go twice monthly at the local community centre. CAB Interaction offers bilingual services, with both their website and Facebook page being in English and French. They offer an important service for people in the rural section of Haut-Richelieu. To find out more, visit their Facebook page as this is where their latest endeavours are posted.

Activity in Haut-Richelieu-Rouville

If you are a history buff, both St-Jean-sur-Richelieu (SJSR) and Chambly have downloadable audio guides which give you a walking tour through your smart phone and historic perspectives of these cities which are rich in military history. For SJSR the app is called Ondago and for Chambly, it is Balado. Both are available for free download on the Google or Apple Play stores and then just search for the city or locate it on the app menu. The tour for SJSR is mainly available in French and English, but for Chambly, it is only in French.

Both also have beautiful lighted evening walks in their old downtown areas, and Chambly has beautiful ice sculptures to see as well. Remember to mind the curfew!

Coming Up

March Break - During the school break, there is lots going on in Haut-Richelieu-Rouville (HRR) for young and old. In Saint-Jean-sur-Richelieu (SJSR), in addition to the winter activities mentioned in the last issue (www.sjsr.ca/loisirs/patinage-et-sites-hivernaux/etat-sites-hivernaux), you can participate in "Ceramics to Go" at the Musée du Haut-Richelieu. You pay a fee through the website, pick up your materials, then bring back the painted ceramic to be fired (www.museeduhaut-richelieu.com/bandeau/2021/decor-sur-ceramique-pour-empporter). This activity is available all year but in March, you can put in your order between the 11th and the 18th. If you have any questions, email the museum at info@museeduhaut-richelieu.com.

Chambly has a new free lending program for winter recreational equipment at Parc Robert-Label in which you can borrow tubes for sliding, snowshoes and "patinettes" (skates that fix onto a winter boot). In addition, on their website they have wonderful suggestions for activities to do at home or safely outside this March Break, including a Snow Chateau building contest, a take-home art activity and even a "Find the Characters" activity in which families can use the provided map of local parks to find characters hidden there. Go to their winter activities page for more information www.ville.chambly.qc.ca/programmation-hivernale/#toggle-id-24.

On March 29, the new virtual session of **Mother Goose** is starting. This English-Language Music Program is created especially for parents and their infant children (0-3). Please join this important activity which encourages parent-child bonding, language development and is just a lot of fun!

Time: Wednesdays 10:45-11:30 a.m.

Contact: Laurel - lhewitt.clc@gmail.com



Happy Retirement to Kevin Erskine-Henry

After decades of good work in the community and the last 3 years at ARC, Kevin Erskine-Henry (pictured right with ARC Director, Christian Lapointe) is retiring this month.

Many of you have met Kevin over the years at community events in his efforts to improve the situation for the English-speaking community. And you will still be seeing him around since Kevin has said he is not retiring, but moving on to other things.



Below are just a couple of comments we received from the community. We here at ARC wish Kevin all the best in his future pursuits, whether or not that is fulfilling dreams of travel or just taking more time to smell the coffee. Good luck Kevin!

Accolades to Kevin Erskine-Henry for his lengthy devotion to seniors and others on the South Shore. In particular his work through the South Shore Community Partners Network has been pivotal to the social development of Greenfield Park. I have known Kevin since the late 1980s. Over the years his knowledge of our community along with his positive outlook has been helpful to me as well as many others. Newcomers, residents seeking social services and, at times, social workers have turned to him for vital information. Upon his retirement, Kevin leaves a legacy of commitment to this community which he has cared for and nurtured.

*Many thanks Kevin.
Margaret LeBrun Greenfield Park*

A heartfelt gratitude goes out to Kevin for his years of devotion to the English-speaking community of the South Shore. A special thank you for all your support and encouragement for my gentle yoga classes for the past 4 years. Enjoy your retirement!

*All the Best.
Linda Zsar*

Wherever I went on the South Shore, at whatever organization, there was Kevin. Kevin was the thread running through the English-speaking community's activities. I thank him for his efforts over the years for our community and for helping me to spread my message of the benefits of Qi Gong. I wish him well in his retirement, but I'm sure he'll still be popping up here and there.

*Thank you Kevin,
Sandra Mitchell*

Bake Sale – St. Paul's ACW

Little did they know back in November when St. Paul's held their Christmas sale, they would be holding a Spring Bake Sale online. Also, they do not foresee being able to hold the English Tea or Garden Sale, but they still have a commitment to those in need.

Last year at Easter, St. Paul's helped seven families with food and Easter treats for the children. They also provided Easter treats for the children at the Pavilion (women's shelter). Then in the summer, they helped five families with food and food gift cards.

Usually in February they hold their Undy Sunday campaign where people donate either socks or underwear for men, women, or children. Then at the English tea, people donate hygienic products which, in turn, are donated to the men's and women's shelters. With not being in church in person this year, anyone wishing to still participate in these two campaigns can drop off the donations of socks, underwear or hygienic products at the church any Wednesday between noon and 2:00. It would be greatly appreciated.

Because of the great success of the Christmas Bake Sale, St. Paul's will be holding a Spring/English Tea Bake Sale online. It will run like their Christmas Bake Sale except there will not be any of the frozen pies or preserves (except for the Red Pepper Jelly). There will be more spring/summer goodies offered like those at the English Tea.

The order must be returned or called in no later than March 13, since that will allow enough time to make all the delicious goodies to be picked up on May 1.

You will receive a call or email by mid April with your pick-up time, depending on any rule changes from the government or the Diocese of Montreal.

Please email: glokidd@hotmail.ca or call (450) 678-2460 to get your order form with the list of all the goodies available.

Get Creative

Virtual Colour Cafe

An acrylic painting class for everyone.

Join us virtually, every other Thursday from 2:00-3:30 p.m.

No experience needed. Classes are ongoing and open. All you need is paper, acrylic paint and a paintbrush!



Meet Addie

Addie's goal with the Virtual Colour Café, is for students to learn to see their surroundings with new eyes, while having fun!

"Everyone is creative enough to join!" Addie says. "We are using this time to train our eyes. I am here to give you tricks to put what you are seeing onto the page. I often start with a step-by-step tutorial for students to follow, and encourage them to go beyond my examples—and they do!"

"My wife and I enjoyed these art classes in person before the pandemic. Since confinement in March 2020, the Zoom art classes are a breath of fresh air, and keep us in contact with our teachers and friends. By practicing on a regular basis, we are expanding our skills and abilities."
-Gilles

"Addie's classes are very informative! She has taught us a great deal, including how to properly paint a tree, and reflections in water. I enjoy these classes very much."
-Shirley

VIRTUAL DRAWING



Join us virtually, on Mondays from 2:00-3:30 p.m.

No experience needed. Classes are ongoing and open. All you need is paper and a pencil!



MEET ILANA

"Drawing is a way of observing the world around us. There's a raw sense of innocence in observational drawing, as if we see things as they are for the first time," says Ilana. "During our Monday sessions, I often refer to art history as a source of inspiration and show examples of artist's work. I have a passion for art history and discuss the artist's role in society."

In March the Virtual Drawing classes will be continuing with 3D illustrations on paper, using contour drawings, pencil and colour.

"I love ARC drawing classes with Ilana! Sometimes easy, sometimes challenging, but always so interesting. We are introduced to different artists and art forms. It's wonderful way to get through these winter months."
-Joyce

"I enjoy drawing & painting. I learn lots of different techniques & approaches, with these Zoom classes. Both Ilana and Addie are great teachers! Thanks to these activities, my husband and I are able to keep our minds active while developing our dexterity and hand eye coordination."
-Shantie

For more information, or to register: arc.admassistant@gmail.com or (514) 951-9711



ARC...10 Years in the Making

Many years ago, an idea was shared amongst a few founding members (L.T., J.B. D.L.) – I know their names, but I won't spoil the challenge. The idea was basically how to assist the English-speaking population in our greater community of the South Shore of Montreal to access health and social services.

I was invited to join ARC in its early years. I can't recall the date, but I clearly remember wondering, why me? I knew very little about this organization and I had never been on a board of a non-profit. So why me? As it turns out, who I am and what I do complements ARC's raison d'être. I was born and brought up in Quebec an anglophone and I worked as an early childhood educator in local schools. I now work in the Diocese of St-Jean-Longueuil as pastoral coordinator for the English-speaking parishes (located in eight different cities within the Montérégie). I am also on the ecumenical council which partners with our neighbouring churches. My husband and I raised our two children in St. Lambert and were involved in their schooling, sports programs, community activities, volunteering, etc. So, how does this all fit with ARC?

Tucked away in my files, I came across an information sheet that ARC produced a few years back and thought it was worth sharing . . .

Rooted in community, the Assistance & Referral Centre (ARC) is a non-profit organization that promotes awareness of and accessibility to English health and social services within the Montérégie territory. ARC contributes, connects, and shares resources and information in a meaningful and timely way, all that supports community engagement and promotes community vitality. ARC collaborates with service providers, community organizers, and individuals in the Montérégie on community-wide initiatives. ARC develops community awareness of the need for services in English. ARC supports recruiting and retention efforts so that there are more English-speaking professionals working in our health and social services system.

In my early years with ARC, there was a real learning curve for me. I was unfamiliar with the "language" (acronyms) of the health system, nor did I understand the committees and regional tables, etc. and had no knowledge of how to apply for grants, develop websites, or get promotional materials. But what I did know was outreach and how to make connections with individuals and groups in our communities. I also had access to church halls and conference rooms where we could hold our meetings and welcome groups.

In the beginning many meetings concentrated on the development of the organization: the legal documents, official name, a logo, website, office space, promotional materials, etc. One of the first promotional materials that ARC created was a double-sided magnet with phone numbers of emergency services i.e., suicide prevention, poison control, elder abuse, food bank, caregiver, to name a few. I still have one on my refrigerator.

Then there was the first 'Health and Social Service Fair'. It was a huge undertaking, with many volunteers, community groups, speakers, activities, participants from all over and even coverage on local media. It was a big success and helped put ARC on the map. Over the years there have been similar fairs organized in different cities and I am happy to report that ARC will repeat again this year in 2021 with its' first ever Virtual Fair.

From humble beginnings in a church basement to now, a well-equipped office space, ARC is moving upwards (no pun intended). A recent rebranding, a new website and logo, a dynamic board of directors and staff members, dedicated volunteers, a multitude of activities (in person and virtual), an incredible outreach (especially during the pandemic), ARC certainly merits celebrating its 10 years! I consider myself fortunate that I was invited to be part of the family. Congratulations ARC!

Susan Gardner, past board member

New Activity for Teens & Parents of Teens

Beginning in March, ARC will be offering a new 4-part webinar series, entitled Emotional & Mental Health, for teens & parents of teens. Reserve your spot today! <https://forms.gle/BkKQJ6cMcTjpDscx6>



PARENTEENFOCUS PRESENTS

EMOTIONAL & MENTAL HEALTH

IT'S TIME TO TALK SERIES

Free Webinars for
Teens & Parents of Teens

Every 2nd Wednesday / 7-8pm
March 10th + 24th + April 7th + 21st, 2021

Bringing the focus back to what really matters

RESERVE YOUR SPOT TODAY:

[HTTPS://FORMS.GLE/BKKQJ6CMCTJPDSCX6](https://forms.gle/BkKQJ6cMcTjpDscx6)



This ARC Assistance and Referral Centre initiative is made possible with funding from Health Canada through the CHSSN



The top 5 activities at ARC last month:

1. Gentle Yoga
2. Line Dancing
3. Qi Gong
4. Videoconference: Real talk about end of life options
5. Virtual Drawing

Refer to the Monthly Activity Calendar on page 7 or contact info@arc-hss.ca for more information.



Calls to HELP Break Isolation

During these times, many can feel isolation on a level that even those close to them are not aware. We have busy lives, work, errands, zoom meetings and families.

Do you know someone who could benefit from a call? A simple hello, a how are you, can make all the difference to those vulnerable to feelings of isolation.

ARC is currently reaching out by phone to those in need. If you know someone that would appreciate a check-in and chat, send us their contact info and we will be happy to reach out to help reduce the loneliness!

Contact:

- * Fiona at (514) 605-9500 for Greenfield Park and surrounding area
- * Lynn at (450) 357-0386 for Haut-Richelieu-Rouville

Cummings Centre—Harnessing the Power of Music

March 18 – 4:00 p.m. to 5:00 p.m. Music is a valuable therapeutic tool. The reasons are sometimes obvious, but the way our bodies and brains respond to music is complex. Join us for this free talk, celebrating Music Therapy Awareness Month, when you can expect to learn about the surprising ways we interact with music. This talk will cover some of the tools and interventions used by music therapists in some of the places where they work, and will show you some of the ways you can use music as a therapeutic tool in your own life. For more information and to register: https://cummingcentre.org/events-detail/?event_id=17214

Activity Calendar

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!

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mother Goose GPK English Conversation @ CISSS Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	2 Mother Goose Brossard English Conversation @ CISSS Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers 6:00-8:00 pm	3 Mother Goose St Jean Sandra's Qi Gong via Zoom 10:30-11:30 am English Conversation @ CISSS Wellness Center via Zoom 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	4 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm English Conversation @ CISSS Recharge for Caregivers 6:00-8:00 pm	5 English Conversation @ CISSS	6
7 Phoenix Kid's Club: Spring break Via Zoom 2:00-3:00 pm	8 Mother Goose GPK English Conversation @ CISSS Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	9 Mother Goose Brossard English Conversation @ CISSS Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers 6:00-8:00 pm	10 Mother Goose St Jean Sandra's Qi Gong via Zoom 10:30-11:30 am English Conversation @ CISSS Wellness Center via Zoom 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Teens & Parents: Emotional & Mental Health 7:00-8:00 pm	11 TBN Café Our Harbour English Conversation @ CISSS Recharge for Caregivers 6:00-8:00 pm	12 English Conversation @ CISSS	13
14 Phoenix Kid's Club: Special Event – St Patrick's Day Via Zoom 2:00-3:00 pm	15 Mother Goose GPK English Conversation @ CISSS Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	16 Mother Goose Brossard English Conversation @ CISSS Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers 6:00-8:00 pm	17 Mother Goose St Jean Sandra's Qi Gong via Zoom 10:30-11:30 am English Conversation @ CISSS Wellness Center via Zoom 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Support Group for Caregivers 7:00-8:30 pm	18 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm English Conversation @ CISSS Recharge for Caregivers 6:00-8:00 pm	19 English Conversation @ CISSS	20
21 Phoenix Kid's Club: Spring Equinox Via Zoom 2:00-3:00 pm	22 Mother Goose GPK English Conversation @ CISSS Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	23 Mother Goose Brossard English Conversation @ CISSS Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers 6:00-8:00 pm	24 Mother Goose St Jean Sandra's Qi Gong via Zoom 10:30-11:30 am English Conversation @ CISSS Wellness Center via Zoom 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Teens & Parents: Emotional & Mental Health 7:00-8:00 pm	25 TBN Café Our Harbour English Conversation @ CISSS Recharge for Caregivers 6:00-8:00 pm	26 English Conversation @ CISSS	27
28 Phoenix Kid's Club: Eggstraveganza Via Zoom 2:00-3:00 pm	29 Mother Goose GPK English Conversation @ CISSS Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	30 Mother Goose Brossard English Conversation @ CISSS Jerry's Line Dancing via Zoom 1:30-3:00 pm Recharge for Caregivers 6:00-8:00 pm	31 Mother Goose St Jean Sandra's Qi Gong via Zoom 10:30-11:30 am English Conversation @ CISSS Wellness Center via Zoom 1:30-3:00 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	For information or to register, please contact our Administrative Assistant at: arc.admassistant@gmail.com or call: 514-951-9711 These activities are made possible thanks to our funders: Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Montregie, McGill and Bright Beginnings.		

ARC Activities This Month

WELLNESS CENTRE - ACTIVITIES FOR MIND & BODY

March theme: Lifelong learning and other fun things

During this period of confinement, we are pleased to bring you a Virtual Wellness Centre!

ZOOM online

When: Every Wednesday
(March 3rd, 10th, 17th, 24th, 31st)
1:30pm-3:00pm

What: Make yourself a cup of tea or coffee and join us to talk a little, learn a little



The zoom link will be sent to you when you register
Registration: info@arc-hss.ca
or 514-951-9711



QI GONG

An ancient art coordinating body movements with the breath. Benefits of practice include lowering blood pressure, relieving pain, improving the immune system, strengthening the muscles, bones and internal organs and relieving stress.

Join us every Wednesday from 10:30-11:30 a.m.
(March 3, 10, 17, 24, 31)

To register: taichirivesud@gmail.com or
450-466-7200



Disclaimer: ARC offers this program to the general public with the understanding that participants assume all risk of personal injury and agree to release and discharge ARC from any and all claims or causes of action.

This initiative is made possible with funding from Health Canada through CHSSN



Health Canada

Santé Canada



ReCharge Caregiver's

Online Support Group

Discussion Topic
Loneliness, depression and role reversals

Wednesday March 17th
From 7:00 pm - 8:30 pm

514-608-9600
arc.projectcoord@gmail.com

This initiative is funded by
l'Appui Montérégie



GENTLE YOGA

with Linda

Join us every Wednesday from 2:00-3:00 p.m.
(March 3, 10, 17, 24, 31)

To register contact:

arc.admassistant@gmail.com or (514) 951-9711



Disclaimer: ARC offers this program to the general public with the understanding that participants assume all risk of personal injury and agree to release and discharge ARC from any and all claims or causes of action.

This initiative is made possible with funding from Health Canada through CHSSN



Health Canada

Santé Canada



RESPITE FOR CAREGIVERS

The Senior Respite Montérégie is offering day center activities for seniors with memory loss (dementia) to offer respite to their caregivers.

These activities are designed by professionals to stimulate cognitive, physical, and social skills, and are free of charge.

Mondays 10:00 a.m. to 3:00 p.m.
January 18 to March 31

Register with Franca
(450) 341-0487 or
info@seniorsrespitemonteregie.ca

This activity is made possible thanks to funding from Appui Montérégie through the Access and Referral Center (ARC).

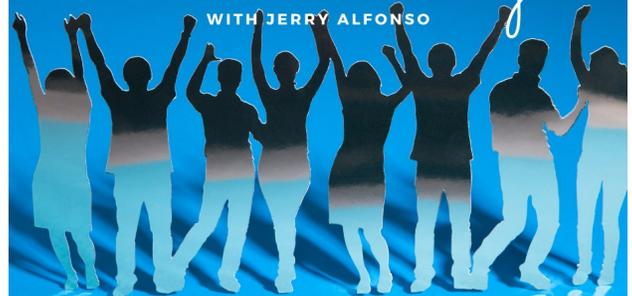


POUR LES PROCHES AYANTS BESOIN



Line Dancing

WITH JERRY ALFONSO



By Zoom, every Tuesday from 1:30 - 3:00
(March 2, 9, 16, 23, 30)

This initiative is made possible with funding from Health Canada through CHSSN



Registration:
514-951-9711

arc.admassistant@gmail.com



Beyond Beginners Qi Gong with a qualified instructor, via Zoom. Classes are twice weekly on Mondays and Fridays.

For more information and to register, contact Sandra at (450) 466-7200 or taichirivesud@gmail.com

Arthritis adapted fitness exercises and activities to maintain or improve mobility.

Monday, March 8, 1:30-3:30 p.m. via Zoom.

This online wellness workshop will offer easy tips, and adapted exercises to help maintain and improve mobility for those living with arthritis. There will be a presentation, some movement and a question period. Spaces are limited, be sure to register in advance!

To register contact Michele Tibblin at (450) 923-6350 ext. 6280 or michele.tibblin@brossard.ca

Living your best life with kidney disease.

This FREE three-day virtual educational forum is being hosted by The Kidney Foundation of Canada to raise awareness for National Kidney Month. Developed in partnership with people living with kidney disease, this forum will bring together patients, care partners, healthcare professionals and researchers from across Canada. Group Sessions **March 9, 10 and 11**. You need to register for the full three-day forum using the link below:

<https://zoom.us/meeting/register/tJUqcemqgTMvHNNHbVHeT9hslIiHwDzSxKUeB>

Meet Your Irish Neighbours: Irish-Quebecers who made a Difference with Fergus Keyes.

Tuesday, March 16 from 7:00-8:00 p.m.

Quebec Anglophone Heritage Networks (QAHN) presents Heritage Talks. This presentation will highlight various individuals that have made a difference to Montreal and Quebec society. All these people were either born in Ireland or had strong Irish heritage. Some are well-known, while others have been lost to history. You will likely be surprised at how many Irish can be found in all areas of Quebec history including politics, medicine and in the arts.

To register, contact home@qahn.org

Health and Healing in the Garden with Monica Giacomini. March 18 at 7:30 p.m. via Zoom

Join the Saint-Lambert Horticultural Society for their monthly meeting. To become a member and sign up for the zoom link, visit their website: www.hortistlambert.com

Arthritis Support group: Share and Shine Together.

March 26, from 1:30-3:00 p.m.

This free, informal, online gathering is intended for those who wish to join the arthritis community. Share your stories and experiences about arthritis, inspire and be inspired, and learn from one another.

Register at info@arthriterivesud.org

Compassionate Living with Myriam Desharnais.

March 28, 2:00 p.m. via Zoom

Learn how a vegan and plant-based way of living can improve your health, save animals, protect the environment and nourish your soul. By gaining knowledge on the benefits and simplicity of a whole plant-based nutrition and how to cook delicious and colourful foods, you will become empowered by creating and contributing to a better world.

The Augustine Series is a series of free monthly Zoom conferences designed to inform and inspire you in 2021. To reserve your place and to receive the Zoom link please send an email to augustineseries@bellnet.ca.

Seniors Action Quebec present: Resilience Training Program Modules 3 and 4 "Coping and Control Mechanisms."

How do coping and control mechanisms help us deal with stressful events and build resilience? The material will be covered in 2 sessions. Please ensure that you will be available on both dates to participate. For more information or to register, contact

Mirella.castrechini@seniorsactionquebec.ca

March 2 + 4: 1:30-3:30 p.m.

March 9 + 11: 10:30-12:30 p.m.

March 16 + 18: 1:30-3:30 p.m.

March 23 + 25: 10:30-12:30 p.m.

March 30 + April 1: 1:30-3:30 p.m.

Get your Bilingual Public Health Information updates online! Subtitled video clips on COVID-19 are available on the Public Health Facebook and YouTube channel: <https://youtu.be/D8gdWAKmgjk>. We invite you to share it.

The Yellow Door offers online wellness groups for all. Find them here: www.facebook.com/YDActivities

Coronavirus disease situation in Quebec for everything you need to know visit: www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus

AQPS (Association Quebecoise de Prevention du Suicide)
Toll Free: 1 (866) APPELLE (277-3553)
Website: www.aqps.info
Helpful tools: <https://howtotalkaboutsucide.com>
This service is available in English and French and open to all Quebecers across the province regardless of where you live.

CHIP (Communicaid for Hearing Impaired Persons) offers assistance and workshops in English for persons who experience hearing loss.
Telephone: (514) 488-5552
Email: info@hearhear.org
Website: www.hearhear.org

Parkinson Disease offers a bilingual Quebec-based social worker for people living with Parkinson's, their care partners and health care professionals.
Telephone: (514) 357-4291 ext. 3411
Toll Free: 1 (800) 565-3000 ext. 3411
Email: infoQC@parkinson.ca

Arthrite Rive-Sud is a volunteer run, non-profit organization, seeking to improve the lives of people living with arthritis.
Telephone: (438) 630-7215
Email: arthriterivesud@gmail.com

AMI Quebec offers services to individuals facing challenges due to mental illness.
Telephone Montreal: (514) 486-1448
Toll Free: 1 (877) 303-0246
Website: www.amiquebec.org

The Canadian Celiac Association is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life.
Email: info@celiac.ca
Website: www.celiac.ca

Com'Femme is a bilingual group with the mission of improving living conditions of women residing on the South Shore of Montreal.
Telephone: (450) 676-7719
Website: www.comfemme.org

The South Shore Alzheimer Society's (Brossard) mission is to support, help and guide people with Alzheimer's disease or other neuro-cognitive disorders. They offer telephone consultations, counselling services, training workshops and in-home respite services.
Telephone: (450) 445-6660
Email: brossard@alzheimerivesud.ca
Offices: 6955 Taschereau Blvd., suite 4, Brossard

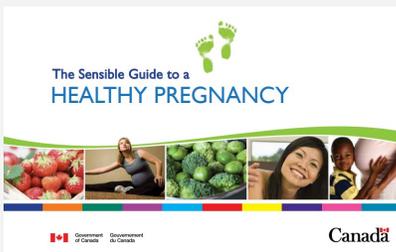
Community Services

Our Harbour - English-language support and housing services for persons living with mental illness on the South Shore.
Telephone: (450) 671-9160
Email: info@ourharbour.org
Website: www.ourharbour.org

Mission Nouvelle Génération - Community Food Bank in Brossard (1423 Provencher)
Please call to book an appointment for an interview to determine if you are eligible.
Opening hours: Tuesdays from 4:00-8:00 p.m., Thursdays 1:00-5:00 p.m./6:30-8:30 p.m.
Telephone: (450) 486-7667
Website: www.missionnouvellegeneration.org

211 - Referral for community services for residents of the Greater Montreal area. Call for information on home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault and more. The service is free, multilingual, and is available seven days a week from 8:00 a.m. to 6:00 p.m.
For more information visit: www.211qc.ca/en/about.

The Vinesh Saxena Family Foundation - The foundation provides financial aid to those temporarily experiencing real financial difficulties.
Telephone: (450) 468-7539
Email: founder@vsffoundation.ca
Website: vsffoundation.ca/english



A Sensible Guide to a Healthy Pregnancy

If you are pregnant, or are planning to become pregnant, this guide is for you! Having a baby can be a wonderful experience, but it can also be a time of uncertainty. Many parents have questions and concerns as they face all the changes that pregnancy brings. With advice coming from everyone, it's tough to know who to listen to. That's why having accurate information is so important! It will help you to make good decisions about how to take care of yourself before, during and after your pregnancy. In this guide, you will find important facts and questions related to a healthy pregnancy. [View and download from our website >>](#)

Learning with your Child: A Booklet for Parents

Did you know that you are your child's first and most important teacher?

This booklet developed by the Literacy in Action and the Yamaska Literacy Council

- provides information about creating a positive learning environment
- offers practical tips and suggestions of reading and writing activities you can do with your child

[View and download from our website >>](#)

What is Phoenix Kids' Club?

Phoenix Kids' Club is a place for children between the ages of 5-12 to meet and just have fun. There's something for everyone: Crafts, Games, Science and so much more. Each week is based on a weekly theme and those registered will receive an email with a list of the supplies necessary for the activities. A list of supplies will also be available on our website. We are aware the COVID restrictions can make finding materials difficult, so we try as much as possible to plan activities where you can get supplies for the dollar store or the grocery store.

Cost

For the first month Kids Club is free! Afterwards memberships cost \$20 for the year; that's right the whole year! Along with access to the weekly Kids' Club activities, members will receive a reduced price on Phoenix Kids' Club Special Events and Camps.

Where

For the time being our activities are offered on Zoom, but once restrictions are lifted, we will be offering in-person programming.

Special Events

Once a month the Phoenix team organizes a special event. This activity cost \$10 for members and \$20 for non-members. With the registration fee participants will receive the materials necessary for all the special event activities delivered to your door.

How to Register

There are two ways to register. First you can go to their website www.phoenixprograms.ca and register online. The second way you can register is by emailing dir.phoenixprojects@gmail.com and they will send you the necessary information.

For more information please do not hesitate to contact Jessica Bickford at 438-935-0372 or dir.phoenixprogram@gmail.com.

PHOENIX KIDS' CLUB
Activities Geared for 5-12 Years of Age

MARCH

- 7-SPRING BREAK
- 14-SPECIAL EVENT
- 21-SPRING EQUINOX
- 28-EGGSTRAVEGANZA

SPECIAL EVENT
MARCH 14 AT 2:00PM
CELEBRATE ST. PATRICK'S DAY
\$15 FOR MEMBERS
\$25 FOR NON-MEMBERS
ALL MATERIALS PROVIDED
REGISTRATION DEADLINE
MARCH 5TH

ONLINE PROGRAMMING SUNDAYS 2:00PM-3:00PM
TO REGISTER PLEASE CONTACT JESSICA BICKFORD
438-935-0372 OR DIR.PHOENIXPROJECTS@GMAIL.COM OR WWW.PHOENIXPROGRAMS.CA

THIS INITIATIVE IS FUNDED BY ARC ASSISTANCE AND REFERRAL CENTRE THROUGH A FINANCIAL CONTRIBUTION FROM BRIGHT BEGINNING INITIATIVE

Quebec Tax Credit for Caregivers

You can claim a refundable tax credit for caregivers if you are in one of the following situations:

- You are the caregiver of your elderly spouse who is unable to live alone
- You provide housing for an eligible relative
- You live with an eligible relative who is unable to live alone

Basic conditions

To claim the tax credit, you must meet certain conditions, including both of the following:

- You were resident in Quebec on December 31 in the year covered by the claim
- No one, other than your spouse, is claiming any of the following with respect to you:
 - * an amount for a child under 18 enrolled in post-secondary studies
 - * an amount transferred by a child 18 or over enrolled in post-secondary studies
 - * an amount for dependants
 - * an amount for expenses for medical services not available in your area
 - * an amount for medical expenses

The tax credit may be up to \$1,176 for each eligible relative.

For added information, see the pages dealing with each of the conditions or consult point 2 in the instructions for line 462 in the guide to the income tax return (TP-1.G-V).

Info Line: www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers

Canadians Rethinking Retirement Plans

A new survey has found that almost half of Canadians say the pandemic has made them rethink their retirement from work. More than five million Canadians will turn 65 years old this decade and that is the age at which the government pension can begin and many people retire.

Not surprisingly, 63 percent of people polled said they would now prefer to spend their retirement in their own home, rather than in a retirement facility. Half of the respondents said the pandemic has made them prioritize being closer to family and staying in Canada rather than living abroad. Canada's publicly funded health care system may be a factor as Canadians mull the impact of the pandemic and what their future needs may be.

Did you know that ARC staff and volunteers were able to deliver 135 meals from Frozen Meals in Greenfield Park surrounding area and over 60 meals in Haut-Richelieu-Rouville between mid-December and mid-February thanks to generous funding received to support this initiative? Not only does this bring a welcome meal to those in need but also helps support other volunteer organizations in the community and gives us the opportunity to get out and see (safely distanced) some of those who may be more isolated.

March is National Kidney Month

Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Cardiovascular disease
- Heart attack
- Stroke
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure
- Anemia/ low red blood cell count

4 RISK FACTORS

- Diabetes
- High blood pressure
- Age 60+
- Family history

7 SYMPTOMS

- Swelling, face, hands, abdomen, ankles, feet
- Blood in urine, Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)

Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

National Kidney Foundation
Learn more at kidney.org

COVID Alert Mobile App

As you may be aware, the Government of Canada, in collaboration with other levels of government, has developed a nationwide mobile app known



as [COVID Alert](#). COVID Alert is a tool that empowers Canadians to help reduce community spread and play a role in keeping themselves and their communities safe and healthy. As of January 11, it has been downloaded more than 6 million times.

COVID Alert uses strong measures to protect the privacy and confidentiality of any data it collects. The app does not track a user's location nor does it collect personally identifiable information. The Office of the Privacy Commissioner of Canada continues to be engaged on COVID Alert, and supports its use by Canadians.



St Patrick's Day Word Search

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

T O S U H P L S C C E E S D
 I I N L R S H U J I G I H F
 M E S A , A I Y C O U R I Y
 N I H L M E Y R E K C A L K
 D T S R E E L H I O Y I L C
 R E O C N E E T V E D N E I
 H C H R H I P E N P L B L R
 K S A F A I R Y G I A O A T
 S L I G R E E N A P R W G W
 B I S N H B C F O G E N H E
 A B A C A K H B O A M N E D
 H C N I P V A A N B E D L A
 F U N N Y B U O N E G O F B
 E D A R A P N T L T G M K L

By Evelyn Johnson - www.qets.com

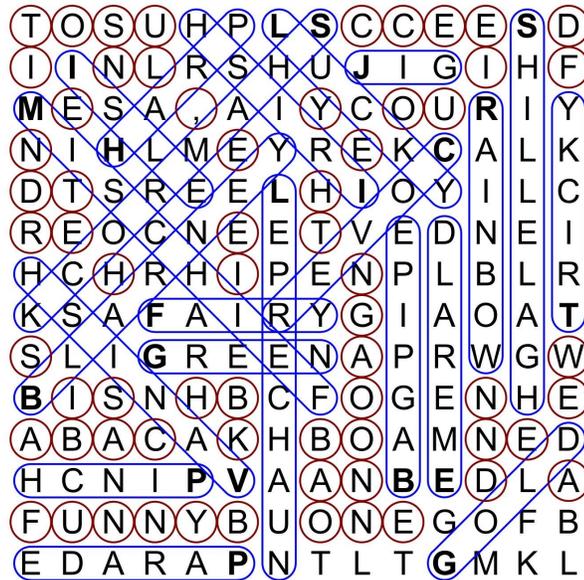
- | | | |
|---------|------------|------------|
| Bagpipe | Harp | Parade |
| Blarney | Irish | Pinch |
| Cover | Isle | Rainbow |
| Emerald | Jig | Shamrock |
| Fairy | Leprechaun | Shillelagh |
| Gold | Lucky | Tricky |
| Green | Mischief | Vanish |



Solution on last page

ST. PATRICK'S DAY

HIDDEN QUOTATION
BY
Anonymous



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www.arc-hss.ca, info@arc-hss.ca

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

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