

The Advisor

Your information source for community activities on the South Shore

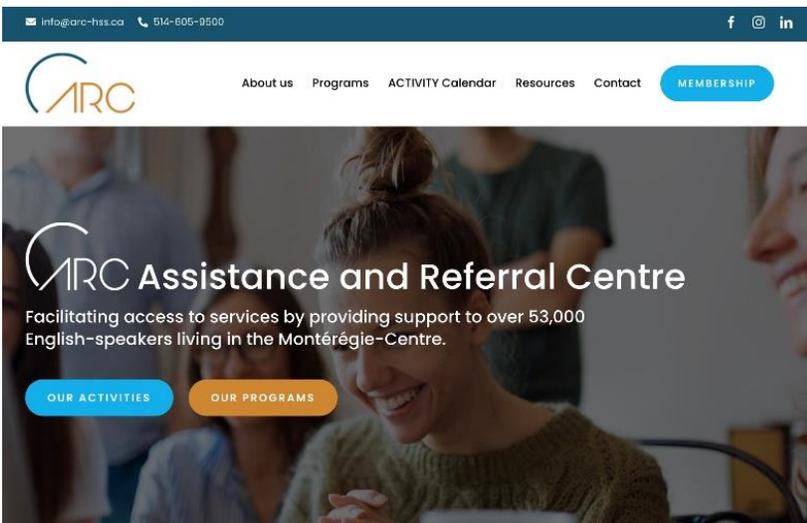


106 Churchill Blvd., 2nd Floor, Greenfield Park J4V 2L9
 514-605-9500
www.arc-hss.ca, info@arc-hss.ca

We hope that your summer was enjoyable and restful.

We're starting off the fall with a few new activities! A new revamped virtual **Colour Café** on Zoom, for which we will provide an acrylic paint starter kit for each participant to follow the artist instructor and work more easily from home. Also, we will be hosting a virtual **Line Dancing** activity twice during the month of September. These are in addition to the ongoing Drawing Class, Virtual Café, ReCharge Program for Caregivers and others. For a complete list of activities, please see the September Activity Calendar enclosed with this email, or visit our website www.arc-hss.ca/activity-calendar.

Speaking of our website, we recently launched our [brand new website](#), which we hope you will find informative and easy to use. We will be continually updating the website to bring you the latest news and activities relevant to our community and encourage you to visit often.



And finally, we are pleased to announce the **winners of the photography contest** on page 5. Thanks to all who submitted photos.

Happy September everyone!

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

Inside this issue

Community Activities	3
Caregiver's ReCharge Program	4
Photo Contest Winners	5
Mental Health Conference	6
Health/Wellness Services	7
Community Services	9
Partner Profile – CISSS MC	10
Training & Workshops	11

We are pleased to welcome

Lynn Osborne, who joined ARC in the role of Project Coordinator for our new office in Saint-Jean-sur-Richelieu, opening in the fall.



Lynn holds a Masters in Social Work from Dalhousie University and is a member of the social worker's order. She has worked as a front line social worker, counsellor and also a development agent for Yamaska Literacy Council in Brome-Missisquoi.

Originally from New Brunswick, she has lived in the province of Quebec for the past 20 years. Lynn now spends a lot of time in the Haut-Richelieu, as her husband is the new Anglican Parish Priest in Chambly. She has three (adult and almost adult) children.

Lynn is looking forward to being able to reach out, support and offer services to the English-speaking population of the Haut-Richelieu.

With Professional Line Dance Instructor
JERRY ALFONSO

FREE

LINE DANCING
Via Zoom

Thursday, September 3 and 17
from 1:30 p.m. to 2:30 p.m.

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

CHSSN
Community Health
And Social Services Network
Réseau communautaire de santé et de services sociaux

ARC

Registration: arc.admassistant@gmail.com

Acrylic painting class with artist
Addie Malkus

Thursday, September 10 and 24
2:00 p.m. to 3:00 p.m.

Virtual Colour Café

Class and starter kits provided **FREE** of charge

Registration:
arc.admassistant@gmail.com

This initiative is made possible with funding from Canadian Heritage

Canadian Heritage Patrimoine canadien

ARC

Community Activities

- **St. Paul's Online Country Christmas Sale**

Because of the current situation with Covid-19, St. Paul's will probably not be holding their usual Country Christmas Sale at the beginning of November. As an alternative, they are planning to sell some of their more popular items online, like baked goods, chocolates, and also blankets and slippers for adults and children. Everything will be homemade. All proceeds from this venture will go to the Christmas families and the shelters. If you're interested in purchasing items from their list, please contact St. Paul's by phone at 450-678-2460.

- **Our Harbour** welcomes volunteers who would like to join their Street Café and accompany residents on short walks in the neighbourhood. If you have a dog that you can bring along, even better! Please visit www.ourharbour.org and click on the VOLUNTEER button. Complete and send in the Apartment Volunteer Form to info@ourharbour.org. Or call 450-671-9160 for more information.

- **Seniors Respite Montérégie** invites you to attend their Coffee Meetups every Monday and Wednesday from 10:00 a.m. to 4:00 p.m. for people aged 55+. Meet new friends for coffee and conversation. Respite care is still being offered at the centre and in-house. At the centre it is on Tuesday, Thursday and Friday's, from 9:30 till 4:30. Visit their website for more details <https://adultdaycare.ca>.

- **St. Lambert Horticultural Society** is planning a plant sale but are still working out the details on how to do it safely. The sale will take place in mid to late September. Contact them for more details at 450-671-4535 or by email at slhorticultural@gmail.com.

- **The South Shore Women's Ways Circle** is elated to resume its monthly gatherings in-person while following the Government's recommended health guidelines. They will continue to meet on the 4th Monday of each month in Greenfield Park. The Circle connects like-hearted women of all ages and backgrounds by providing a space to share their lives openly and authentically. No previous experience of a women's circle is necessary. All that is needed is an open heart. Next meeting: September 28 at 7:00 p.m. For more information or to confirm attendance, please contact Julie at WomensWaysCircleMTL@icloud.com. Newcomers most welcome.

- **Qigong** will begin taking place at Parc Bretagne in St. Lambert on Thursdays at 11:00 a.m. Waiting on authorities for the startup date. For more information email at taichirivesud@gmail.com or visit the website at www.taichirivesud.com.



VIRTUAL DRAWING CLASSES
Online and Interactive with artist Ilana Kuska
All you need is a piece of paper and a pencil

Mondays starting September 14th

From 2:00 p.m. to 3:30 p.m.

After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect.

In case you have technical problems, we will help!

TO REGISTER:
arc.admassistant@gmail.com

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





Re Charge

Workshops for Caregivers

BROSSARD
(SANI SPORT)



A maximum of 6 participants permitted, to comply with the social distancing rules

If you are taking care of a loved one, a neighbour or a friend; for a few hours per week or full time; at home or not, **YOU ARE A CAREGIVER!**

Thursdays, from Oct. 8th to Nov. 19th, 2020
6:00 pm - 9:00 pm

Registration:

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



Advice for Caregivers Accompanying a Person to Hospital Appointments

Given the current situation, caregivers or those accompanying a person to their appointment at the Charles Lemoyne Hospital, need permission to go inside or you could be refused entrance. Therefore, it is strongly advised that you arrive for the appointment with the person at least 30 minutes in advance.

When you arrive at the entrance station, ask the guard to call the department you have your appointment with. It is recommended that you bring your cellphone. You then call the hospital number 450-466-5000 and press 0 to speak with the Caregiver Operator. From there they will connect you to the department that you have the appointment with. If the person cannot make it to an appointment on their own, ask that someone accompany them to/from their appointment. You can wait in the lobby, or if necessary, you can ask that you be permitted to accompany the person to the appointment.

Most often you are allowed in to accompany the person, however, it remains very important to ask before to avoid confusion and problems at the desk. Too often people just show up and expect to accompany their loved one...only to be told they cannot. <http://www.santemonteregie.qc.ca/en/installations/hopital-charles-le-moyne>



Photography Contest Winners

In June we launched a Community Photography Contest requesting that members of the Montergie-Centre send in their photos of life in the community.

We are now pleased to announce the winners.

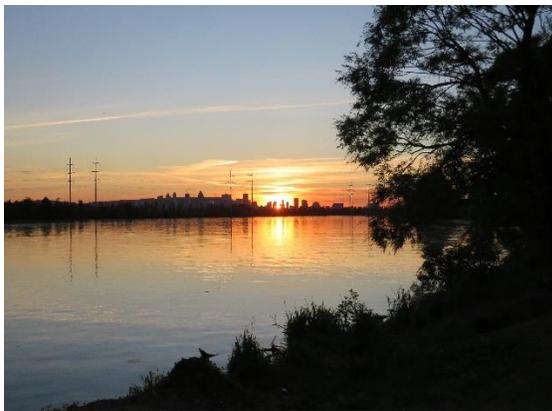
1st Prize – Monica Fieger for the selfie with her dog Kira taken in St-Hubert

2nd Prize – Darlene Tremblay for the photograph of the bike in Parc de la Cite in St-Hubert

3rd Prize – Shirley Pow Chong’s sunset photo taken in Parc des Velos in Brossard



Thank you to all who participated!



PHOENIX KIDS' CLUB 



THEMES
 SEPTEMBER
 SEPT 15TH-GAMES DAY
 SEPT 22ND-CHILLIN' OUT
 DE-STRESSING
 SEPT 29TH-ANTIBULLYING

ONLINE PROGRAMMING **TUESDAYS 6:30PM-7:30PM**
FREE TRIAL FOR SEPTEMBER



TO REGISTER
PLEASE CONTACT JESSICA BICKFORD AT
438-935-0372 OR DIR.PHOENIXPROJECTS@GMAIL.COM
WWW.PHOENIXPROGRAMS.CA





COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

TAKING CARE OF YOUR MENTAL HEALTH & EMOTIONAL RESILIENCE DURING THE PANDEMIC

**JOIN Presenter Yvonne Clark, M.S.W., MFT, CT, Clinical Social
Worker/Grief Counsellor**

Moderator Jo Ann Jones and Host Kelly L. Howarth

**WEDNESDAY, SEPTEMBER 23, 2020
10:00 - 11:30 AM EST
VIA ZOOM**

The coronavirus (COVID-19) pandemic is an international public health emergency that poses a serious challenge to our physical and psychological resilience. This pandemic affects how we live and how we die. It impacts our physical, mental, and emotional well-being, changes the way we love and care for ourselves and others, and influences how we work, play, and grieve.

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

- **CHIP** (Communicaid for Hearing Impaired Persons) offers assistance and workshops in English for persons who experience hearing loss. They provide resources, communication tools and training. While based in Montreal, they will reach out to the South Shore English-speaking community. Call 514-488-5552, visit www.hearhear.org or email info@hearhear.org.
- **Parkinson Disease** – A bilingual Quebec-based social worker is available for people living with Parkinson’s, their care partners and healthcare professionals at 514-357-4291 ext. 3411, 1-800-565-3000 ext. 3411 or by email infoQC@parkinson.ca. Support groups online or by telephone.
- **Talking About Suicide Saves Lives** – The Association Québécoise de prévention du suicide (AQPS) has a new Suicide Awareness Program. The AQPS call number is 1-866 APPELLE (277-3553). This service is available in English and French and open to all Quebecers across the province regardless of where you live. <https://howtotalkaboute suicide.com>.
- **Arthrite Rive- Sud/Arthritis South Shore** is a non-profit organization run by volunteers who want to make a difference in the lives of people with arthritis. They are a community organization dedicated to informing, helping and supporting individuals to manage and cope better with arthritis and to live better with all forms of arthritis. They offer programs and activities like conferences, workshops, support groups and adapted exercises. You are welcome at the Arthritis South Shore, whether it be as a member, participant, volunteer, leader, supporter or collaborator. Email - arthriterivesud@gmail.com, Telephone - 438-630-7215.
- **Mental illnesses often present many challenges for family members.** Periods of remission may be followed by relapses, and hope then turns to despair. Family members play a critical role in helping loved ones seek help and embark on a journey of recovery, but it’s not easy. For information on various **AMI Quebec** programs and services visit www.amiquebec.org. Call 514-486-1448, or if outside Montreal, call 1-877-303-0264.
- **The Canadian Celiac Association** is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life. For information visit www.celiac.ca or email info@celiac.ca.
- **Com’Femme** is a bilingual group whose mission is to improve the living conditions for women residing in the Montérégie (Brossard, St. Hubert). They support various projects such as “knitted knockers” for breast cancer survivors. For more information, please contact 450-676-7719 or visit www.comfemme.org.
- **The Yellow Door** has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: <https://www.facebook.com/YDActivities>.
- **The South Shore Alzheimer Society’s** (Brossard) mission is to support, help and guide people with Alzheimer’s disease or other neurocognitive disorders. They offer telephone consultations and counselling services for individuals, families and caregivers. Training workshops and in-home respite services are also offered. For more information call 450-445-6660 or email brossard@alzheimerivesud.ca. Offices located at 6955 Taschereau Blvd., suite 4, Brossard (near the auto park). Visit www.societealzheimerivesud.ca.
- **Looking for a Family Doctor?** Recent data confirms that the Montérégie-Centre, at 25%, has the highest number of residents who do not have a family doctor off the Island of Montreal. When searching for a doctor, we suggest:
 - **Register to find a family doctor.** To find a family doctor who is accepting new patients, you can put your name on the waiting list: <https://www.quebec.ca/en/health/finding-a-resource/registering-with-a-family-doctor/>.
 - **Telephone** the CLSC Samuel-du-Champlain at 450-443-7414. Visit a local medical clinic or CLSC until you find a doctor who is taking on new clientele. We suggest to be very proactive by calling medical clinics and even asking people you know if their doctor is welcoming new patients.
 - **Visit this link for local information** on medical clinics and services. <https://santemonteregie.qc.ca/en/services>.

SAVE THE DATE!

Seniors Action Quebec invites you to a free webinar...

DO I STILL NEED THIS MEDICATION?

How to make sure your medications are helping not harming

 **Tuesday**
Sept 22nd, 2020
9:30-11:00 am ET



FREE REGISTRATION! To register, contact Ruth Pelletier at info@seniorsactionquebec.ca by September 14th.



**SENIORS
ACTION
QUEBEC**

seniorsactionquebec.ca



**Canadian
Deprescribing
Network**

deprescribingnetwork.ca

You will learn:

- Why does aging make us more sensitive to the effects of medications?
- In what situations would the risk of harmful drug effects outweigh potential benefits?
- How can patients, caregivers and healthcare professionals work together to prevent harmful medication effects?



CAMILLE GAGNON

Clinical Pharmacist & Assistant Director,
Canadian Deprescribing Network

Starting September 1st, join Addie for an hour of games, distraction and (hopefully) giggles.

Every Tuesday at 2pm

Send an email to register and we'll send you the link!

TO REGISTER:
arc.admassistant@gmail.com

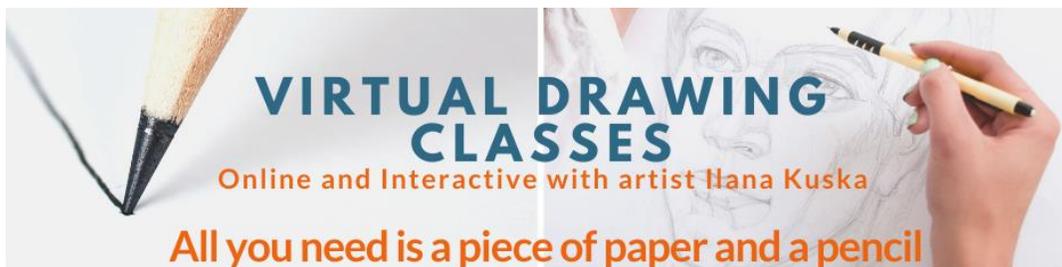


This initiative is made possible with funding from Canadian Heritage



Canadian Heritage
Patrimoine canadien





Mondays starting September 14th

From 2:00 p.m. to 3:30 p.m.

After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect.

In case you have technical problems, we will help!



- **CAAP -Montérégie** (Complaint Assistance and Support Centre) The Complaint Assistance and Support Centre can help you formulate your complaints or to use the recourse mechanisms available. This organization is appointed by the Québec Health and Social Service Minister. Services are free, bilingual and confidential. Call 450-347-0670 or 1-800-263-0670.
- **The Montérégie Community Justice Centre** is an English-language low-cost services offered for the greater South Shore at 6300 Auteuil Street, Suite 503, Brossard, 579-723-3700 or toll-free 1-844-723-3700, [www.justicedeproximite.qc.ca /en/centres/Montérégie](http://www.justicedeproximite.qc.ca/en/centres/Montérégie).
- **Maison Internationale de la Rive-Sud** (MIRS) assisting and offering support to newcomers. Location: 2152 boul. Lapinière, bureau 220, Brossard, 450-445-8777, info@mirs.qc.ca, www.mirs.qc.ca.
- **Our Harbour** offers English-language support and housing services for persons living with mental illness on the South Shore. They have 8 apartments, which are presently occupied but more are expected at a later date. If you know of a person or persons who may benefit from this program, please contact them. Volunteers and supporters are always welcome. Call 450-671-9160, email info@ourharbour.org or visit www.ourharbour.org.
- **211** is an easy number to remember. The 211-telephone referral for community services is available for residents of the Greater Montreal area, including the South Shore. By calling the 211-telephone line, you receive information on community and social resources, such as 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. Treatment for addiction and mental health advocacy groups. The service is free, multilingual, and is available seven days a week from 8:00 a.m. to 6:00 p.m. Residents can visit the website for more information <https://www.211qc.ca/en/about>.

Partner Profile — CISSS Montérégie-Centre

An integrated network of care and services to meet the needs of the population

The Centre intégré de santé et de services sociaux (CISSS) de la Montérégie-Centre groups together some 40 facilities, including Hôpital Charles-Le Moyne, Hôpital du Haut-Richelieu, Institut Nazareth et Louis-Braille, several CHSLDs, CLSCs, and GMF-U (university family medicine groups), and a birthing centre. It has over 11,500 employees and 844 physicians.

Its territory extends over 1,391 km² located in the heart of Montreal's South Shore and serves over 420,000 residents, 15% of whom are English-speaking.



A wide range of care and services

The CISSS has a mission to maintain, improve and restore the health and well-being of the population in its territory by providing access to a range of integrated high-quality health and social services. It operates on the front line, in hospital environments, in residences and homes with clients of all ages, particularly those suffering from physical or mental health problems, impairments, addictions or psychosocial disorders.

It also heads regional mandates including the Centre intégré de cancérologie de la Montérégie, child psychiatry, certification for private residences, intermediate and family-type resources, the Direction de la santé publique de la Montérégie (public health department), the regional Info-santé service, and pre-hospital emergency services. In addition, it has the only specialized rehabilitation centre uniquely for visual impairments in Quebec, as well as two well-known research centres and an affiliation with the Université de Sherbrooke.

Complementary and essential partners

In order to offer services which correspond to the needs of the population in its territory, the CISSS works with numerous partners in the community, including medical clinics, pharmacies and other organizations in the network. It can also count on the active collaboration of the Assistance and Referral Centre (ARC).

Accessible services

The CISSS considers the accessibility of care and services as a focal point in all its reflections and decisions and takes steps to enable access to services for the English-speaking population. It has a [Program of Access to Health Services and Social Services in the English language](#), which indicates the services the institution commits to offer in the English language. To this end, it has implemented various strategies, such as:

- Recruitment of personnel who can express themselves adequately in English;
- The offer of linguistic training for the employees;
- Translation of documents;
- Organizational projects when issues related to the services offered in the English language are observed;
- Implementation of initiatives designed to reach the English-speaking community;
- Consolidation of relations with partners in the English-speaking community.

Whether it be by developing partnerships, innovative projects, or care and service improvement programs, the CISSS de la Montérégie constantly adapts to the growing needs of its population. Would you like to know more about the organization? Visit: www.santemonteregie.qc.ca

Computer Training and Workshops



Unsure of how best to use a computer/tablet and would like to be better informed? **Seniors Respite Montérégie & Atwater Library Connect Project** are partnering in offering **FREE Computer Training sessions**. Initially online and when appropriate in person at SRM's centre located at 83 Churchill Blvd. Greenfield Park.

But first there is a need to understand what the community needs are, so please complete the Survey of Interest by clicking on the link below.

<https://docs.google.com/forms/d/e/1FAIpQLSd9bxglxuyLiJbpilkz6rZdJSWkwJRn3q3fz9tp00hnmTtf1A/viewform>.



SEPTEMBER WORKSHOPS

ONLINE workshops and services.

Get **INSPIRED, LEARN, CONNECT & NETWORK.**

JUMP-START YOUR BUSINESS

FREE | Wednesdays | 2:00 - 3:30PM

Entrepreneurs, you do not want to miss this FREE online orientation session. We will walk you through the steps you need to take and the different types of financing options that are available to get your new or existing venture funded.

BUSINESS COACHING

Open to any age and any stage of business, we offer individual and personalized support to help you start, grow or expand your business.*

BUSINESS BOOTCAMP

Daytime sessions starting September 3
Evening sessions starting September 14

Gain invaluable information in this one-month accelerated course consisting of four 90-minute interactive modules in an online group setting.*

LEARN@LUNCH: UNDERSTANDING TRADEMARKS

FREE | Tuesday, September 1 | 12:30 - 1:30PM

GETTING STARTED WITH SHOPIFY

\$20** | Tuesday, September 15 | 6:30 - 8:30PM

TAPPING INTO INTERNATIONAL MARKETS IN A GROWING DIGITAL ECONOMY

FREE | Tuesday, September 22 | 12:30 - 2:00PM

INTRO TO SEARCH ENGINE OPTIMIZATION

\$20** | Tuesday, September 22 | 6:30 - 8:30PM

ENTREPRENEURSHIP SPEAKER SERIES: YOU DECIDE WHAT'S POSSIBLE

FREE | Thursday, September 24 | 6:00 - 7:30PM

REGISTERING YOUR BUSINESS

FREE | Friday, September 25 | 10:00 - 11:00AM

FUNDAMENTALS OF SEARCH ENGINE MARKETING

\$20** | Tuesday, September 29 | 6:30 - 8:30PM

Register now at [yesmontreal.ca](https://www.yesmontreal.ca) or call **1-888-614-9788**. All of our workshops are available as live streaming webinars only. Pre-registration is strongly advised as limited spaces are available.

*Entrepreneurship and Artist Services including business and artist coaching, legal information and accounting clinics are free of charge (with a nominal file activation fee) for clients off the island of Montreal.

As part of our ongoing effort to support entrepreneurs and small business owners, we are offering a 50% discount up until December 31 which will be applied at checkout.

Funded by:  Canada Economic Development for Quebec Regions  Développement économique Canada pour les régions du Québec

YES is a non-profit organization





To be added to our contact list, please [email us](#) with your name, and if possible, the city in which you live.

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

This initiative is funded by ARC Assistance and Referral Centre, with financial contribution from **Canadian Heritage.**

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Follow us on social media [@arcaccess](#)



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