



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

Inside This Issue

Haut-Richelieu-Rouville	2
McGill Bursary Program	3
ARC is Celebrating	4
Community Activities	4
Activity Calendar	5
Activities This Month	6
The Funny Page	8
Community Services	9

Econologis

Free energy solutions

Are you looking to improve your energy efficiency while reducing your hydro bill? Econologis is a program providing free help to low-income households to reach this goal. You can take advantage of having free installation of weatherstripping on doors, low-flow showerheads, replace old thermostats, etc. For information call 1-866-266-0008.



Québec

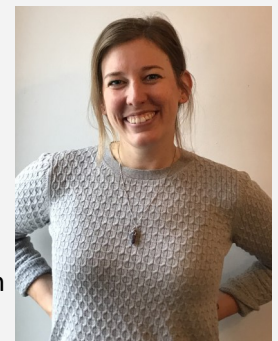
Wishing you a Happy New Year!

With a New Year, we are often reflective on the past year and hopeful for the one to come. This year is no different, but perhaps magnified by all that has transpired and still unfolding. But hope is what binds us—the dream of a future with more normalcy and perhaps even a deeper appreciation for all we considered status-quo.

At ARC we begin the year with a new look, first with our logo and now a makeover for The Advisor. We hope you enjoy our new format and welcome your feedback.

What's New at ARC this Month?

First, we would like to welcome Allison Kelly in her role as the new Administrative Assistant. She grew up on the South Shore and is excited to work with our community, so you may see her on Zoom, hosting our online activities or at the Wellness Centres.



This month we are adding new Wellness Centre activities in both Greenfield Park and Chambly. Each week our activities will focus on health and well-being, with cognitive activities, exercise and a chance to socialize and share a coffee with new and old friends. These activities are for adults 55+.

The latest McGill video conference is entitled, *The Price We pay for Safety: Managing Risk and Uncertainty in Life*, presented on Wednesday, January 20 (details on page 3).

Also offered in January is a special information session on *Wills and Mandates* on January 26, presented by a lawyer from Educaloï (details on page 7).

From all the staff at ARC in Greenfield Park and Haut-Richelieu-Rouville, we wish you and your family a healthy and happy 2021!

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

New Year's Resolutions: How about changing your water use habits?

Simple changes to your habits in 2021 and smarter use of water are a great step towards improving our environment. We are among the largest consumers of drinking water in the world. Even though water is abundant in Quebec, it is important to understand that it is not an inexhaustible resource.



AQUA

And that is why the 2019-2025 Quebec Drinking Water Conservation Strategy set new goals for the province.

Three objectives are targeted by 2025:

- 1) A 20 percent reduction in drinking water distributed per person, compared to 2015.
- 2) A reduction in the level of leaks, according to the International Water Association index.
- 3) That municipalities increase investments in order to adequately maintain distribution infrastructure.

Cities need to meet these goals, but you can do your part by saving water in your daily life.

Here are a few suggestions that may help:

- Take a shorter shower instead of a bath.
- Install a low-flow shower head.
- Turn off the faucet while washing your face, brushing your teeth or shaving.
- Choose a low water consumption toilet.
- Avoid flushing the toilet unnecessarily.
- Repair leaky faucets.
- Also, do laundry with full loads.

These simple tips can help save the environment. And as water waste and filtration is paid by homeowners in many cases, it is a way to save a few dollars.

What's happening in Haut-Richelieu-Rouville

Integration Competences: (Orientation, Training, Employment)

1179 Ave. Bourgogne (2nd floor), Chambly J3L 1X3

Tel: 450 464-4481, toll-free: 1-877-538-6377, integrationcompetences.ca.

This organization, located in Chambly and with a point of service in Beloeil, provides career orientation, training and assistance with job placement for youth ages 18-35. They are able to offer services in English to individuals living in their territory. Their services are free of charge.

Activity in Haut-Richelieu-Rouville: Meal deliveries have started! In partnership with Entraide Plus, ARC is delivering meals to individuals in Haut-Richelieu-Rouville. This initiative, funded by Health Canada through the CHSSN, has started in December and will continue in January for a period of 8 weeks. St. Stephen's Anglican Church in Chambly has also contributed funds to Entraide Plus and will be delivering some meals as well during this period. In addition to the meals, the church is delivering goody bags to some of their parishioners.

We are excited to announce that the Satellite Office of ARC has opened in St-Jean-sur-Richelieu: 927B Blvd Seminaire du Nord (in the back). We can be reached at 450-357-0386, Monday to Thursday.

Coming up!

A Seniors Wellness Centre program will be starting in Chambly on January 20 (see graphic below).

Also beginning in January, is the Mother Goose parent-child activity (children 0-3), which will be taking place in January via Zoom (see page 7).

WELLNESS CENTRE - ACTIVITIES FOR MIND & BODY Jog Your Mind: Exercises for Memory

*The ARC office of
Haut-Richelieu-Rouville is
pleased to bring you a
wellness cafe!*

Where: Randell Hall, 2000 Ave.
Bourgogne, Chambly

When: Wednesdays, January 20 & 27
1:30pm-3:30pm

What: Share a snack, talk a little,
learn a little
(snacks provided)



To comply with health regulations, advance registration is mandatory

Registration: arc.programcoord@gmail.com or 450-357-0386

McGill Bursary Awarded

In December we were very pleased to be able to award our first McGill Bursary recipient with a cheque for \$2,500. Mr. Rafik Hana is in the second year of studying Nursing at Dawson College. Congratulations Rafik. We wish you all the best with your continued studies.

The Dialogue McGill Retention Program aims to:

- Increase the number of health and social services technicians and professionals able to meet the needs of English-speaking people in Quebec's regions.
- Increase institutions' capacity to hire these technicians and professionals by giving the institutions incentives to create internship placements and offering support for the supervisors.
- Empower community networks to partner with Dialogue McGill for the recruitment and retention of healthcare and social workers in their region/community.
- Increase the number of new graduates capable of obtaining jobs in the different regions of Quebec in order to offer services to English-speaking clients.



At ARC, we are the community organization in the Montérégie-Centre who accepts applications for the bursary program from students living in our region.

The program is intended to provide a financial incentive to students. The criteria are:

- Living in the Montérégie-Centre;
- Able to provide health and social services in both French and English;
- Pursuing **full-time studies** in the area of health and social services;
- In a government recognized educational institution.

The recipient must commit to working in the catchment area of the community network following completion of studies in a public health and social services institution or related organization for a minimum of one year per bursary awarded.

The Nutcracker A Free Virtual Event

December 24 at 7:00 p.m.

Online Event

Click to view on day of the show
www.youtube.com/c/BardavonPresents/videos

This video will be available to watch any time after its premiere on their YouTube channel through January 1.

Presented by the New Paltz Ballet Theatre. Catch the performance filmed at the Bardavon in 2019. The New Paltz Ballet Theatre's 22nd season presenting this classic holiday event featuring dancers from the New York City Ballet. Peter and Lisa Naumann, co-directors of the NPBT, have brought many fine regional artists together to create this beautiful production. Dancers, designers, and technicians have all contributed to make this Nutcracker a visual delight. Come along with Marie as she dreams of a fierce battle between giant mice and toy soldiers followed by a magical journey through the Land of Snow to the Kingdom of Sweets. This show is just what you'll need to put you in the mood for the holidays!



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

The Price We Pay for Safety - Managing Risk and Uncertainty in Life

Dr. Camillo Zacchia, Ph.D, Psychologist

WEDNESDAY, JANUARY 20TH, 2021

10:00 - 11:30 a.m.

ATTEND VIA ZOOM

Register at arc.coord@gmail.com or 514-743-8058

This session addresses managing risk and uncertainty in life with returning presenter Clinical Psychologist, Dr. Camillo Zacchia



Health Canada
Santé Canada

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



Community Activities

The Canadian Celiac Association will host an online webinar on Tuesday, January 26 at 8:00 p.m.

The theme will be 'Sharing favourite GF comfort foods and recipes'. Please send your GF recipes ahead of time to: info@celiacquebec.ca

Arthritis Rive Sud

January 11, 1:30 p.m. Wellness Workshop on Chronic Pain and Arthritis. On Zoom.

January 12-March 16. Every Tuesday from 10:00 a.m. to 11:00 a.m. Arthritis Adapted Fitness Exercises. Via TEAMS. Warm-up, stretching, fitness, sitting and standing exercises. Free.

January 29, 1:30 p.m. Coffee Group Support on Arthritis. Informal sharing of experiences and knowledge on arthritis.

Information and registration at info@arthriterivesud.org.

Advice for Snow Shovelling

For many health reasons seniors or others with underlying health conditions should be careful about shovelling snow, although the exercise is somewhat beneficial. This is because most seniors fail to recognize their age and limitations, so injury, and at worst a heart attack, can happen. With precautions and common sense, this can be done without problems using these tips:

- Use a small shovel to limit the stress on your body. This will make lifting wet snow easier. A shovel of wet snow can weigh up to 15 pounds.
- Shovel frequently when big storms, about every two inches. This makes the work much easier.
- Shovelling snow is hard work, so take a break after 20 to 30 minutes. Most of all, lift with the legs while avoiding use of the back.

ARC is Celebrating!

Join us as we journey through the years with our monthly installment of trivia and storytelling.

Each month in The Advisor, you will have the chance to answer questions about our history, our growth and share a story about your connection to ARC.

January – Chapter I

ARC started with a spark, an idea that slowly grew into a fire, warming the heart and soul of the community. Join us for the fire-side story of ARC.

What do you know about ARC? Try your hand at answering these two questions and have a chance to win a prize.

#1 - ARC was founded in what month and year according to the original Letters of Patent? (*the official government incorporation papers*)

#2 - Who were the founding members of ARC, according to the original Letters of Patent?

We want to hear from you! Email info@arc-hss.ca.

What's your part of our story? Join in the fun for your chance to win a prize and be spotlighted at the ARC Celebration in the fall of 2021.

Look for **Chapter II** of ARC's story in the February issue of The Advisor.



Providing a Helping Hand to Those in Need

It's an understatement to say that 2020 has been an exceedingly difficult year for many. With job losses and most social support networks turned upside down, there has been even a greater demand placed on the limited support services still standing.

When ARC contacted area organizations looking for ways to help and focus on where the greatest needs were, the need for baby food came up time and again.

Answering the call, ARC with the additional funding support we received from Laporte MNA Nicole Menard, was able to provide 25 baby food gift bags to our local Greenfield Park Christmas Basket Drive. These careful prepared food bags by ARC Staff were presented to Greenfield Park City Councillor Wade Wilson for delivery to area families. We also provided added gift bags to the young mothers at a women's shelter.

All to help bring an added smile this holiday season.



Activity Calendar – January 2021

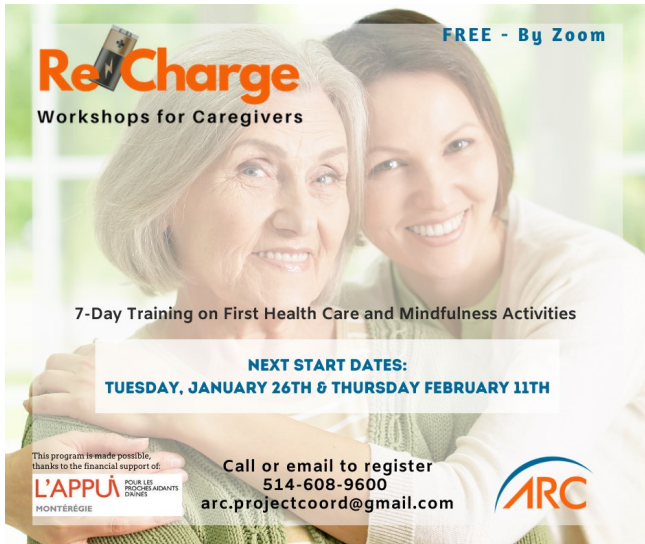
Activities in **blue** are for selected groups only. “In person” activities may be made available in addition to these. Watch for our emails or check out our website and social media!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4 Ilana's Virtual Drawing Class (Zoom) 2:00-3:30	5	6	7 Addie's Virtual Colour Café (Zoom) 2:00-3:30	8	9
10	11 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's Virtual Drawing Class (Zoom) 2:00-3:30	12 Mother Goose Brossard 10:00-10:45 (Zoom) Jerry's Virtual Line Dancing 1:30-3:30 (Zoom)	13 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) Wellness Centre (GPK): Mind and Body Well-being 1:30-3:30 (in person) Our Harbour's TBN café @ ARC 2:00-4:00 ReCharge-Group support for Caregivers 7:00-8:30 (Zoom)	14	15	16
17 Kids' Club with Phoenix Programs Theme: Winter Science 2:00- 3:00 (Zoom)	18 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's Virtual Drawing class (Zoom) 2:00-3:30	19 Mother Goose Brossard 10:00-10:45 (Zoom) Jerry's Virtual Line Dancing 1:30-3:30 (Zoom) Drop-In activity: Coffee and Chat St-Jean-sur-Richelieu 10:00-11:30	20 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) McGill videoconference <i>'The price we pay for safety' presented by a clinical psychologist</i> 10:00-11:30 Zoom/In person at the GPK Legion. Wellness Centre GPK & Chambly: Mind and Body Well-being 1:30-3:30 (in person)	21 Addie's Virtual Colour Café (Zoom) 2:00-3:30	22	23
24 Kids' Club with Phoenix Programs Theme: Blizzard Bonanza 2:00- 3:00 (Zoom)	25 Mother Goose GPK #1: 9:00-9:45 #2: 10:15-11:00 (Zoom) Ilana's Virtual Drawing class (Zoom) 2:00-3:30	26 Mother Goose Brossard 10:00-10:45 (Zoom) Tools for Planning Ahead: Wills and Mandates With an EDUCALOI lawyer 1:30-3:30 (Zoom) Drop-In activity: Coffee and Chat St-Jean-sur-Richelieu 10:00 to 11:30	27 Mother Goose St-Jean -sur-Richelieu 10:30-11:15 (Zoom) Wellness Centre GPK & Chambly: Mind and Body Well-being 1:30-3:30 (in person)	28 Jerry's Virtual Line Dancing 1:30-3:30 (Zoom)	29	30
31 Kids' Club with Phoenix Programs Theme: Art Hive 2:00- 3:00 (Zoom)						

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 Montérégie, McGill and Bright Beginnings.

ARC Activities This Month



ReCharge
Workshops for Caregivers


FREE - By Zoom

7-Day Training on First Health Care and Mindfulness Activities

NEXT START DATES:
TUESDAY, JANUARY 26TH & THURSDAY FEBRUARY 11TH

This program is made possible, thanks to the financial support of:
L'APPLU POUR LES ANCIENS DU QUÉBEC
MONTÉRÉGIE

Call or email to register
514-608-9600
arc.projectcoord@gmail.com



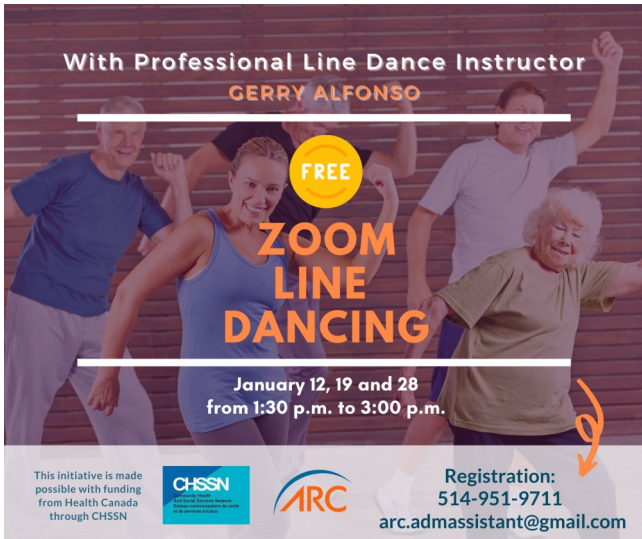

ONLINE * FREE

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

CAREGIVERS SUPPORT GROUP

NEXT TOPIC: HANDLING INAPPROPRIATE QUESTIONS AND RESPONSES FROM OTHERS

Wednesday January 13th, from 7:00 pm to 8:30 pm





With Professional Line Dance Instructor
GERRY ALFONSO

FREE

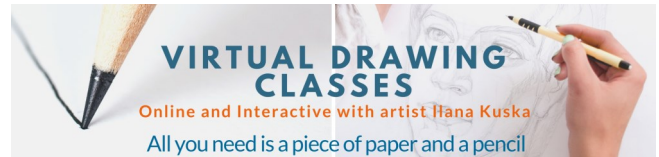
ZOOM LINE DANCING

January 12, 19 and 28
from 1:30 p.m. to 3:00 p.m.

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

Registration:
514-951-9711
arc.admassistant@gmail.com



VIRTUAL DRAWING CLASSES



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

Mondays January 4, 11, 18 and 25
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:
514-951-9711
arc.admassistant@gmail.com

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


Acrylic painting class with artist
Addie Malkus

Thursday, January 7 and 21
2:00 p.m. to 3:30 p.m.

Virtual Colour Café

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

Registration:
514-951-9711 / arc.admassistant@gmail.com

This initiative is made possible with funding from Canadian Heritage




Wellness Centre

ACTIVITIES FOR MIND & BODY



Join us for amusing activities to improve your well-being, followed by socializing and snacks!

Wednesdays, January 13, 20 & 27
1:30 p.m. to 3:30 p.m.

Location: Seniors Respite Montérégie
83 Churchill Blvd., Greenfield Park

Registration: arc.coord@gmail.com
or 514-605-9500

In-person Activity for Adults 55+

Disclaimer: Limited to 15 people on the premises at one time. COVID-19 guidelines in effect. Registration is required.





TOOLS FOR PLANNING AHEAD

PRESENTED BY: RICHARD GOLDMAN, LAWYER WITH ÉDUCALOI

This online workshop will explain the various legal tools available for planning ahead in matters of power of attorney, protection mandates, will and advance medical directives.

Join us for this very informative Zoom session
January 26th, 2021
1:30 to 3:30 p.m.

To register
arc.coord@gmail.com
(514) 743-8058



 **South Shore Reading Council**
non-profit literacy programs serving Montreal's South Shore Communities

Mother Goose Program

An English-language Music Program created especially for Parents and their Infant children (ages 0-3)

Come Join us!

- When:** Wednesdays 10:00-11:15 AM
Jan. 13, 2021 – Mar. 24, 2021
- Where:** Centre de Ressourcement Spirituel Saint-Jean
80 Lajeunesse (Gouin)
Saint-Jean-Sur-Richelieu J3B 5G1
(The program may be offered by Zoom depending on COVID restrictions)
- Who:** Parents & their young children (ages 0-3)
- Cost:** It's free to participants
- To Register:** wagner.rachel@gmail.com



PHOENIX KIDS' CLUB

THEMES

JANUARY

17TH WINTER SCIENCE
24TH BLIZZARD BONANZA
31ST ONLINE ART HIVE

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



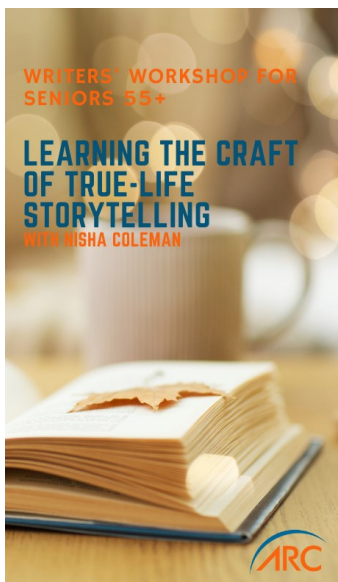
THIS INITIATIVE IS FUNDED BY ARC ASSISTANCE AND REFERRAL CENTRE THROUGH A FINANCIAL CONTRIBUTION FROM BRIGHT BEGINNING INITIATIVE

Longueuil Police Chief has a New Plan for Families Living with Mental Health Issues

Longueuil Police Chief Fady Dagher wants to establish a new task force of 25 officers, each assigned to 15 to 20 families, who would work exclusively with those families. He says 70% of the 911 calls the force receives are for problems relating to mental health, and most of those calls are coming from the same families. Dagher says specialized officers could better handle those calls, while also freeing up general assignments. Police are more focused on managing criminal activity. Dagher is asking for \$2.4 million dollars, half from Ottawa and the rest from Quebec, to establish the new task force. Critics say the money would be better spent on improving mental health resources. The Longueuil Police Department is the sixth largest police force in Quebec and services Ville Longueuil (Greenfield Park, St. Hubert), Brossard, St. Lambert, St. Bruno, Boucherville, if approved this task force will serve as a model for police forces across Québec.


Getting Help for the Holiday Blues

Normally the holidays are a time of joy and celebration for many, mental-health experts also see an increase in the rate of depression and suicidal thoughts at this time of year. Adding to this, the coronavirus pandemic and this leads to a precarious state for many. However, there is assistance at hand. South Shore area residents can call the 211-telephone line for psychosocial and mental health resources. The service is free and multilingual, it is available seven days a week from 8:00 a.m. to 6:00 p.m. For more information consult the 211qc.ca website for the updated community directory. More serious intervention can be obtained from the provincial suicide prevention hotline at 1-866-277-3553, which is available 24 hours a day, seven days a week. Young people can also call at Jeunesse j'écoute at 1-800-668-6868.



WRITERS' WORKSHOP FOR SENIORS 55+

LEARNING THE CRAFT OF TRUE-LIFE STORYTELLING
WITH NISHA COLEMAN



Four-week series via Zoom

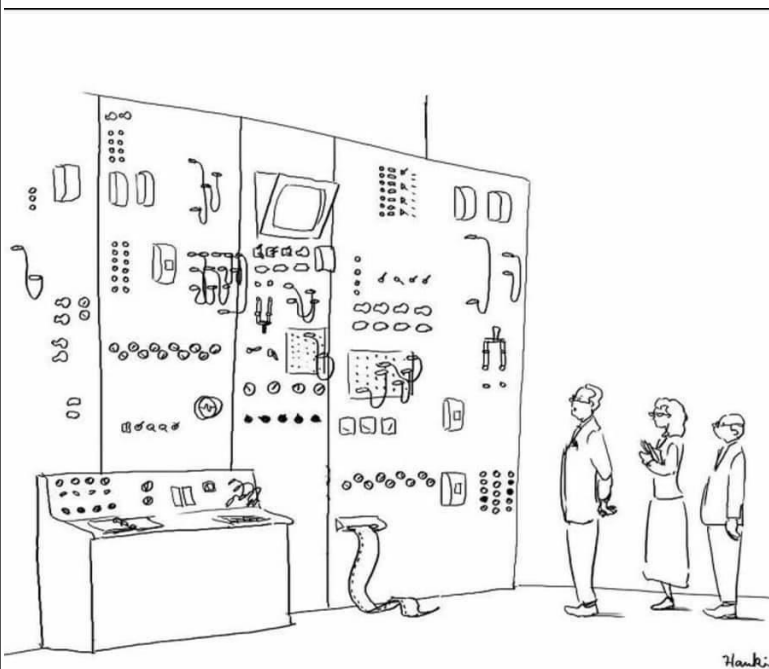
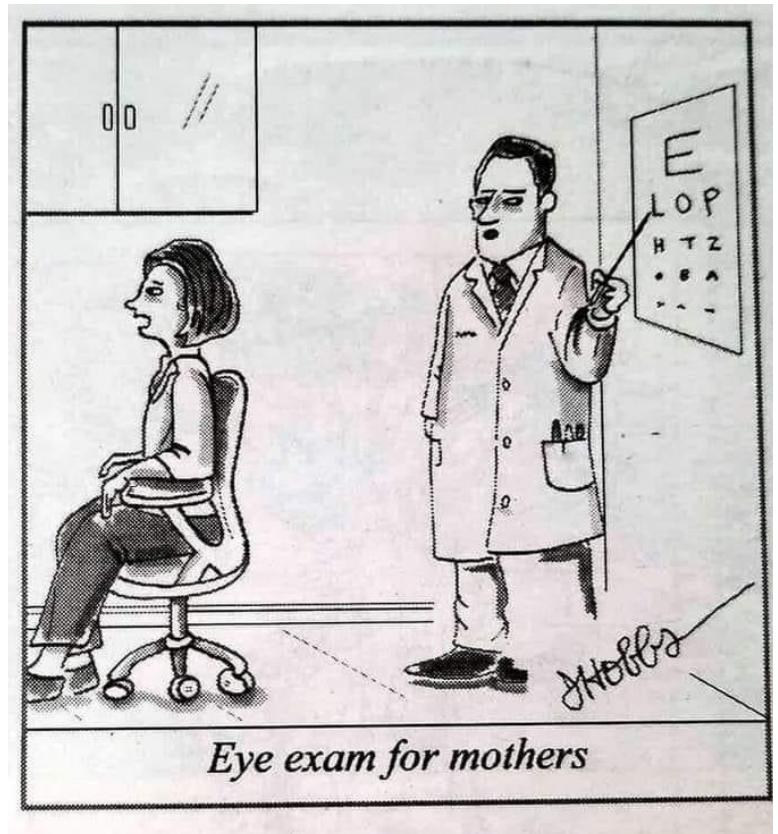
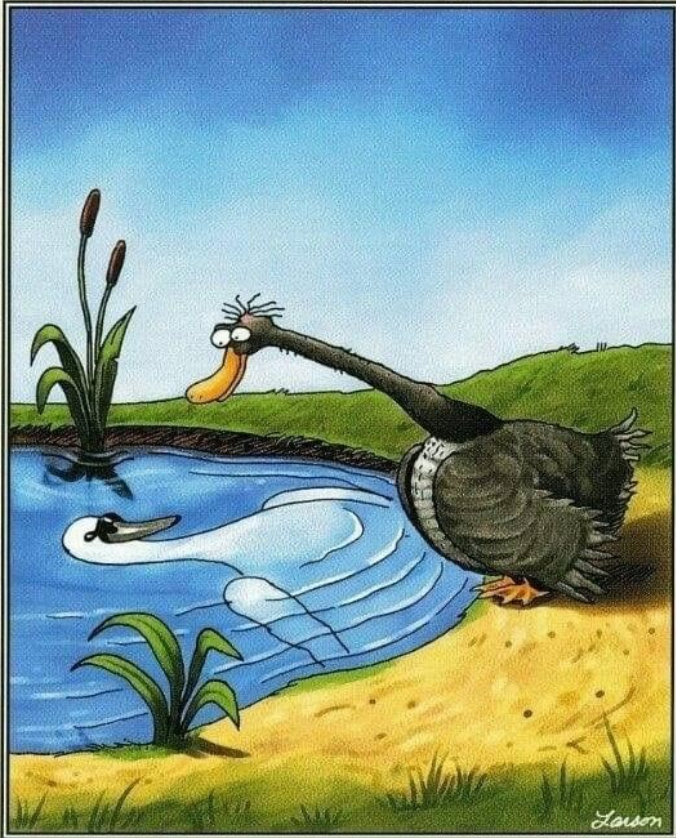
February 4, 10, 17 & 24
2:00 to 3:30 p.m.

Registration:
arc.cmythealthcoord@gmail.com
or 514-743-8058

This dynamic online workshop aims to reconnect participants with their natural storytelling selves. The dynamic is supportive, safe, and welcoming, allowing participants to be vulnerable, open, and honest.



The Funny Page



McGill Centre on Aging is offering a Seniors Call and Chat for clients age 60+ and their caregivers 60+

This service is for any senior 60 plus and older caregivers who could benefit from social connection and conversation with a volunteer. However, there are certain exclusions: unable to consent, severe hearing impairment, or other disabilities which prevent the use of a phone.

This service is offered in English and French or multilingual (our volunteers speak Russian, Arabic, Chinese, Hebrew, Italian, Spanish, Tamil, and more!)

You can call directly or to make a referral:

- 1) Obtain verbal consent from the client to share their contact information
- 2) Provide the client's name and phone number (voicemails permitted)
- 3) Provide the treating clinician's name and phone number, if possible

You can send the above information to:

referrals.telehealthmontreal@ssss.gouv.qc.ca or
maria.lavingonzalez@mail.mcgill.ca

Interested clients can call and leave a message on the voicemail at 514-485-7811, ext: 25406.

Family, Food, & Feelings

A study seeking teens and parents of teens for a daily diary study about families' food security and well-being during the pandemic.

Compensation up to \$60 per person. For more information, email familyfoodfeelings@gmail.com.

Family, Food, & Feelings

A study seeking teens and parents of teens for a daily diary study about families' food security and well-being during the pandemic.

Compensation up to 60\$/person

Who can participate?

Each participating family must have:

- 1 adult who is a parent or guardian
- 1 adolescent child, between the ages of 12 and 18

Participants must live in Canada, reside within the same household, and have a good understanding of English.

What is involved?

Each person will complete an initial electronic survey. Then, both the guardian and participating child will complete a brief daily electronic questionnaire (10 minutes) every day for 10 consecutive days.

I want to participate!

Email familyfoodfeelings@gmail.com for more information.

McGill

Child and Adolescent Social Competence Lab (Dr. Melanie Dirks) & Social Inequalities in Child Health Research Group (Dr. Frank Elgar)

powered by PIKTOCHART

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 and we invite you to share our publications with family and friends. You may [unsubscribe](#) at any time.

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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.

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



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