

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, TheAdvisorSouthShore@gmail.com

Summer in the City! Whether you're staying in the city or heading out somewhere on vacation, this is a wonderful time of year to be enjoyed outdoors. But be aware of taking too much sun and be careful with the heat, which can be dangerous for those with vulnerable health and the elderly. Hydrate, cover up and apply lots of sunscreen and enjoy! Check out page 7 on how to protect yourself from the heat.

Our **Community Photography Contest** is well underway and we want to hear from you! Send in your photos of the community. Whether it be people at work or play, scenery, wildlife or urban décor, your photos are welcome. Details on page 3. Email your photos to theadvisorsouthshore@gmail.com by July 31.

In order to **continually improve and develop more programs** to meet the needs of the English-speaking community, we would like to ask you to take 3 minutes to complete this survey <https://www.surveymonkey.com/r/XVHHSH>. Thank you so much, your input is greatly appreciated!

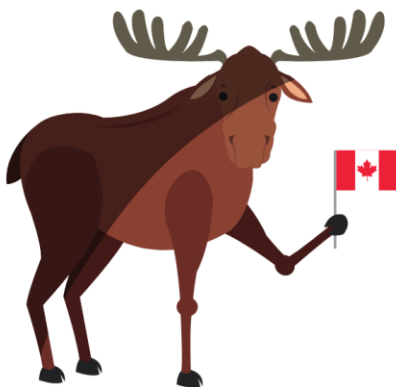
Happy July and August everyone! We'll be back with the next issue of The Advisor in September.

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

Inside this issue

Special Interest Articles

Community Information	2
Photography Contest	3
COVID and the Law	4
South Shore Stories	5
Self-esteem Calendar	6
Protect Yourself from the Heat	7
Partner Profile – Preville Centre	8
Doodle Challenge Art Class	9
Build Your Resilience	9
ParticipACTION Challenge	10



July 1, 2020

HAVE A HAPPY CANADA DAY!

Celebrate all that makes us proud to be Canadian.

Community Information

- The **St. Lambert Choral Society** wishes to offer you this virtual mini-concert in 3D prepared by the choir during these times of confinement and social distancing <https://www.chorale-stlambert.qc.ca>. This is their way to thank you for your support invite you to keep in touch with the choir in the upcoming season. Additional information on future choir activities will be provided later this summer.
- **Our Harbour** welcomes volunteers who would like to join their Street Cafe 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 available there to info@ourharbour.org. Or call 450-671-9160 for more information.
- **Seniors Respite Montérégie** invites you to attend their Coffee Meetups. Starting on June 29, 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. Visit their website for more details <https://adultdaycare.ca>.
- Personal Trainer and Professional Dancer Jamie Malysh will be offering **FREE Pilates Classes in the Park**. All you need is a yoga mat or a towel and yourself! Every Thursday through July at 9:30 a.m. and will take place in Empire Park in Greenfield Park by the pool. Email Jamie.Malysh@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 throughout the summer 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. Upcoming dates include July 27 and August 24 at 7:30 p.m. For more information or to confirm attendance, please contact Julie at WomensWayCircleMTL@icloud.com. Newcomers most welcome.
- One of the most common calls we get at this time of year is people **looking for a handyman**. If you have a good handyman or know of one, please contact ARC at 514-605-9500.
- **The Death Café** will restart most likely in the fall. Keep an eye on their Facebook page <https://www.facebook.com/DeathCafeMonteregie>. You can also email dcregister@videotron.ca.
- **The South Shore Black Community Association** is still there for you, just in a different way. Despite the fact that all events are either cancelled or postponed until further notice, they want you to know they are thinking of you and look forward to getting everyone back together once all of this is over. Please keep in touch and do not hesitate to reach out should you need any assistance. Phone 438-823-4025 or email ssbca.info@gmail.com.
- **The Yellow Door** has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: <https://www.facebook.com/YDActivities>.
- **Tenants – You can receive an interest-free loan**. If COVID-19 has made it difficult to pay your rent, you can receive a \$1,500 interest-free loan. You must apply to the Société d'habitation du Québec (Quebec housing agency) by July 15, 2020. You must repay the loan by August 1, 2021. The money will be paid directly to your landlord <https://pretcovid19.habitation.gouv.qc.ca/en/demandelocataire>.
- 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 on line or by telephone.
 - [Information specific to the Parkinson Community](#) and lists of [Parkinson's activities on Parkinson Canada website](#).
 - Information, resources and activities updated daily on the [bilingual Parkinson Canada au Quebec Facebook page](#).
 - Access to many online conferences (in English) on the [Parkinson Canada YouTube channel](#)



COMMUNITY PHOTOGRAPHY CONTEST

Be part of the launch of our new website by participating in a photography contest. Submit photographs of life in our community. People in action at work or play, wildlife, landmarks, landscapes and urban décor.

1st Prize – \$100.00

2nd Prize – \$50.00

3rd Prize – \$25.00

The photos must be current to the last year and taken in and of our community (Greenfield Park, Lemoyne, St-Lambert, St-Hubert, Brossard and the Haut-Richelieu). The deadline for submission is July 31, 2020.

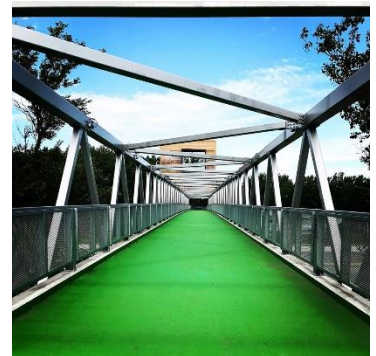
Email photos to theadvisorsouthshore@gmail.com or post on Instagram using the hashtag #arcaccess.

The winners will be announced in the September Advisor!

All entrants grant ARC Assistance and Referral Centre the right to reproduce work selected in the Photography Contest on the ARC website and in materials used to promote the organization, the competition and/or future related promotions.



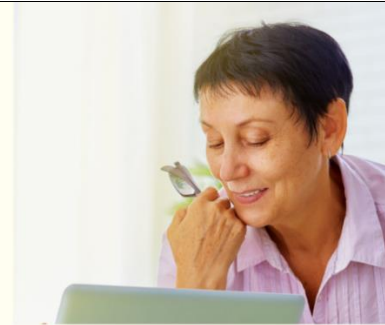
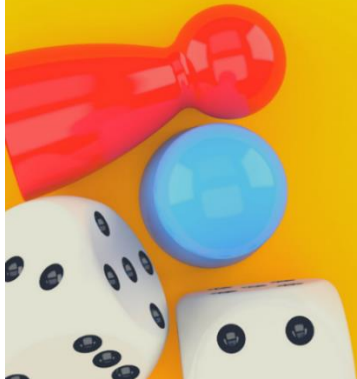
Photography Contest Entries (so far)



Join Addie for an hour of games, distraction and (hopefully) giggles.

Every Tuesday at 2pm

All you have to do is send an email to register and we'll send you the link!



NEW *Virtual Café* FREE

TO REGISTER:
arc.admassistant@gmail.com



This initiative is made possible with funding from Canadian Heritage



Canadian Heritage

Patrimoine canadien



COVID and the Law — Your Questions Answered by Educaloi

Educaloi has put together a guide with useful resources to answer many of your questions on

- Compensation programs
- Rights and obligations at work
- Homes and apartments
- Families and children
- Justice and the courts
- Education
- Immigration
- Taxes
- Travelling
- Deconfinement and consumers

For complete details, [visit Educaloi's website.](#)

Did you know that Educaloi has a host of legal publications and resources [available on their website?](#)

Topics include Families and Children, Wills and Estates, Separation and Divorce, Consumers, Work, Housing and Property, the Legal System, Crimes and Tickets, Rights and Governments and Health.

South Shore Stories from the Creative Writing Workshop

Jewel Rimmer has been a regular attendee to our creative writing workshops hosted at the Greenfield Park Library.

A phone conversation with her is always interesting, and in spite of her disclaimer about her disposition during the pandemic, she sounds as cheerful and involved in her interests, such as balcony gardening, as ever.

While her family visits, Jewel lives alone in her own apartment in St. Lambert. She has mentioned to me that what she finds difficult about the current restrictions is not getting out to shop and chat with those she meets while running daily errands.

As to keep mentally active, since she misses our writing group, Jewel has written a brief memoir of her life over the last 102 years and shares a few encouraging words.

Regards,

Jeanette Paul
Workshop leader



Cities I Lived In — By Jewel Rimmer, June 2020

My trip through this world is easiest to tell by a brief view of all the cities I knew. I was born in Toronto on April 19, 1918. Then I lived in Detroit, MI, USA for about 25 years, then Toronto again, then Cornwall, ON, then Trois Rivieres, Q.C., then, in Montreal (St. Lambert).

Being young and interested in many things, I enjoyed Toronto very much. Particularly I loved Toronto Island and spent many days visiting there. But when I was about 7 years old, we moved to Detroit. Here I had all my education, ending with graduating from Wayne University in 1941.

I must mention that the Great Depression hit while we were in Detroit. I was just growing up and never will I forget that depression. We were not badly off, although we had to watch every penny. Not so with most of our friends and neighbours. Some of them didn't know where their next meal was coming from. We tried to help everyone we could. Then we got a new president, Franklin Delano Roosevelt.

I was growing up then and remember listening to his fireside chats on the radio. He tried all sorts of things, some good, some not so good. But people felt he understood, and he was listening.

World War II broke out. The U.S. didn't enter at once but the attack on Pearl Harbor brought them into the war.

At about the same time, our family was saddened by my father's death. After some consideration we moved back to Toronto where most of our relatives lived. I thought I would get a job in Toronto easily. After a few months in a war plant I got a job - assistant editor on an engineering journal. I knew nothing about engineering, but I had to learn fast and I did.

In Toronto we renewed our friendship with our Island friends. In time I married one. I learned we were not going to live in Toronto but in Cornwall, ON. Not a great city but I was happy there.

Suddenly, one morning, my husband said, "How would you like to live in Trois Rivières?" "But that's in Quebec, isn't it?" I asked. My husband replied, "Yes, but I have a very good job there. Don't worry, you'll like it."

Fifteen years sped by, happier than I thought they would be. Now there was another move. This time Montreal. This was exciting but I was sorry to bid farewell to all the good people I had met in Trois Rivières.

Our time in St. Lambert has been happy except that my husband died in 1995. I carried on and now was entering a good old age when suddenly everything changed. Schools were closed, churches were closed, banks were closed.

My usual cheerful disposition was deserting me. Wash your hands! Sterilize tabletops! Wear a mask! And any other rule they could think of to upset you. It was the deadly Covid-19. No one knew exactly what this germ was though scientists over the world were working hard to try and find out.

I find I get the days mixed up now and where is my happy disposition? Here are some tricks to get through the days:

Don't concentrate too much on the news, once a day is enough. Read all those old books on the shelf. Try and help those you know need it and go out and take a walk any time you can, but be careful of proper distancing though!

We will all get through this together!



Your child's first name

's SELF-ESTEEM CALENDAR

Your child's self-esteem is shaped by everyday experiences. Here are 30 simple gestures to incorporate into your daily routine to help your little one develop a sense of worth and a positive self-image.

- 01 Tell your child you love them.
- 02 Encourage them to try something new.
- 03 Let them make decisions.
- 04 Ask your child about what makes them feel proud and happy.
- 05 Tell them how much they mean to you as you tuck them into bed.
- 06 Give them a few small, realistic challenges.
- 07 Let them safely explore their environment.
- 08 Involve your child in your day-to-day tasks.
- 09 Give them a chance to interact with other kids and make friends.
- 10 Display their drawings and crafts.
- 11 Downplay a situation that's making them sad.
- 12 Celebrate your child's successes.
- 13 Tell them how glad you are to be their parent.
- 14 Emphasize the importance of helping others.
- 15 Be there for your child when they're going through a hard time.
- 16 Acknowledge that your child is unique.
- 17 Support your child's initiatives.
- 18 Look through photos of your child together.
- 19 Help your child recognize their strengths.
- 20 Encourage them to express their feelings.
- 21 Recognize your child's efforts.
- 22 Foster their creativity.
- 23 Play with your child.
- 24 Encourage them to finish what they start.
- 25 List their qualities.
- 26 Be kind and patient with them.
- 27 Tell your child you're proud of them.
- 28 Read or flip through your child's favourite book together.
- 29 Respect the pace at which they learn.
- 30 Give your child your full attention when they tell you something.



naître
ET grandir

It's really hot!



Be sure you:

Drink **6 to 8 glasses of water** a day or follow a doctor's recommendation

Spend at least 2 hours a day in an **air-conditioned or cool place**



When it's really hot, your state of health can quickly deteriorate.

To protect yourself from the effects of heat:

- ⑥ Drink **6 to 8 glasses of water** a day or follow a doctor's recommendation
- ⑥ Spend at least 2 hours a day in an **air-conditioned or cool place** (shopping centre, library, etc.)
- ⑥ Take at least **1 cool shower or bath** a day, or cool your skin several times a day with a wet washcloth
- ⑥ Avoid alcohol
- ⑥ Reduce your physical efforts
- ⑥ Wear **light clothing**
- ⑥ **Contact your family and friends**, especially those with less autonomy or living alone



If you are not feeling well or have health-related questions, call Info-Santé **811** or speak to a health professional.

In an emergency, call **9-1-1**.

Learn more at **Québec.ca**

Santé et Services sociaux

Québec

Votre gouvernement

Québec

Partner Profile — The Prévaille Fine Arts Centre: Music & Art Classes and Summer Camp

The Prévaille Fine Arts Centre was founded in 1974 by Belva Thomas, a Canadian soprano who trained and performed as an opera singer in the United Kingdom. An artist, educator and mother of five, Belva was concerned with the lack of accessible, quality arts education for families on the South Shore of Montréal, Québec where she lived.

Believing that public schools should be available to the community outside school hours, she attained use of Prévaille Elementary School in St. Lambert from the local school board and began offering activities on Saturdays, including musical instruments, visual arts, dance, drama, gymnastics, fencing and judo in English and French. Thomas realized her vision of an arts school for the whole community, providing quality music and arts education for students of all ages and linguistic backgrounds. Over the years as the Centre grew, thousands of students took classes at various public schools, and most recently at Collège Notre-Dame-de-Lourdes, and online.



Now under the direction of Veronica Thomas, a professional violinist, teacher and daughter of the founder, the Centre is finding new ways to teach its community. Its amateur musical theatre group prepares an impressive production each year, giving student singers, actors and musicians the opportunity to participate in a unique experience. In addition, the Centre's innovative robotics course is the only one of its kind on the South Shore.



More than 20 years ago, the Prévaille Fine Arts Centre's programming expanded to include a bilingual summer day camp. This year, the Centre transformed its camp and launched an interactive summer camp entirely online.

The camp is divided by age groups:

Little Artists 5-7 years old - Youth Camp 8-11 years old - Teen Camp 12-16 years old

Campers create their own schedule of daily activities: Art • Dance • Languages • Piano • Robotics • Slam Poetry • Songwriting + Composition • Theatre • Voice

Campers reserve one, two, three or four 45-minute daily activities, with movement breaks in between. Morning or afternoon activities are available over six individual weeks from July 6 to August 14, 2020. The teachers are professionals in their field from various Montreal institutions, providing stimulating original content to intimate groups of six campers.



The Centre's online camp helps parents working-from-home, keeping children occupied with safe artistic fun! Its quality camp programming is hosted on an easy-to-use online platform. Children are well taken care of by one teacher and one camp counselor at all times.

Children who have long-distance cousins and/or pen pals can register together and enjoy each other's company all summer long! Watch the Centre's summer camp [video](#)!

For almost 50 years, the Prévaille Fine Arts Centre has enriched the lives of countless families. Its current students have parents and grandparents who were Centre members, wanting their children to have the same educational artistic experience they had.

[Register](#) for their classes and/or online summer camp. Follow them on [Facebook](#) and [Instagram](#) to keep up to date!

Doodle Challenge Art Class until the end of August

FREE art classes

Monday and Thursday at 11:00 a.m. for children

Friday at 11:00 a.m. for adults

To reserve and get the Zoom link, email deirdre@artwill.ca and mention that you found out about this activity from ARC.



BUILD YOUR RESILIENCE – 3 Rs to Relieve Stress and ‘Bounce Back’



RELAX

‘Take 5’ to calm & de-stress.



Take 3 deep breaths



Tense & Release



Visualize a relaxing spot



Recall a pleasant memory



Have a laugh



REFLECT

Challenge your assumptions:

A thought is just a thought - it might not be true.



Blaming & judging yourself



Blaming & judging others



Overgeneralizing & unrealistic expectations



Awfulizing about the future



ASK YOURSELF:
How else can I think about this?
What else can I do?



RESPOND

Cultivate realistic optimism & positivity:

Positive outcomes take communication, effort, planning & problem solving.



Look for things you can control



Celebrate small successes



Reach out to get & give support



Express appreciation & gratitude



Identify your strengths & mine



Take small steps



See mistakes as OK

Reaching IN...Reaching OUT (RIRO) © 2019 Jennifer Pearson & Darlene Kordich Hall

OnRoule.org is a not-for-profit organization with a mission to improve the well-being and increase the autonomy of people with reduced mobility or functional limitations by centralizing and circulating information on accessibility, educating the population, and valuing community stakeholders for implementing innovative solutions.



OnRoule.org is intended mainly for people with a handicap or who have functional limitations, seniors, pregnant women and families with strollers, those living with a degenerative chronic disease, and any person with temporary or persistent mobility problems. Visit their website for details <http://onroule.org/en/about-us/mission/>.

ParticipACTION is encouraging Canadians to take the #ActiveFamilyPledge

Here are three ways to become an active family

1. **Be an active role model:** Incorporate physical activity into daily routines, limit sedentary behaviours and look for opportunities to be active as a family when possible.
2. **Create a family media plan:** Set limits around screen viewing, prioritize screen-free family time and use “device baskets” (bins for personal mobile devices) to help prioritize device-free time
3. **Encourage outdoor time:** Spending time outdoors as a family according to physical distancing guidance is an easy and effective way to limit screen time and naturally boost moods, and it can also decrease sedentary behaviour and improve sleep quality.



Take the #ActiveFamilyPledge, a social media challenge that empowers parents to make quality time “active time” and encourages them to identify as an active family.



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.**

106 Churchill Blvd., 2nd Floor, Greenfield Park J4V 2L9
Tel: 514-605-9500
www.arc-hss.ca, TheAdvisorSouthShore@gmail.com

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



Canadian
Heritage

Patrimoine
canadien