



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



Hello Spring

# THE ADVISOR

Information source for the South Shore English-speaking community

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Spring has officially arrived in the Montérégie-Centre, even if it doesn't feel exactly like spring at the moment. But as nature begins to bloom over the course of the month, we're thrilled to share the latest information, activities and events happening right here in our vibrant English-speaking community. ARC activities are listed on page 2 and community activities are on page 7. Why not explore something new in April?

As our fiscal year came to a close on March 31, we took the opportunity to celebrate the accomplishments and hard work of the past year with a special lunch for our staff and board. It was a time to reflect and celebrate on the progress we've made together and to look forward to the exciting opportunities ahead. Below are a few photographs of our team taken at the lunch.

We are also happy to announce that after three months of serving as our interim Executive Director, Debra Dorey has officially been appointed as our new Executive Director. Her leadership, dedication and vision have already made a significant impact and we are excited for the future under her guidance. Here's to an amazing year ahead!

### MENTAL HEALTH TIPS

- Practice Mindfulness**  
Engage in mindfulness practices, such as meditation or deep breathing, to reduce stress and improve focus.
- Connect with Others**  
Maintain social connections. Talking with friends or family can provide support and boost your mood.
- Get Regular Exercise**  
Incorporate physical activity into your routine. Exercise releases endorphins, which can enhance your mental well-being.
- Use Positive Body Language**  
Maintain eye contact, smile, and use gestures to convey openness and interest in the conversation.
- Be Mindful of Tone**  
Your tone of voice can affect how your message is received. Aim for a warm, friendly tone to foster positive interactions.
- Limit Screen Time**  
Take breaks from screens to reduce stress and improve sleep. Set boundaries on your daily screen usage.



## The ARC Team



**THE STAFF**  
Left to right:  
Marianne Jadah, Tania Blood, Debra Dorey, Therese Callahan, Celine von Engelhardt, Andre Bergeron, Christine Prince




**THE BOARD**  
Left to right:  
Cheryl Rudiger, Christine Wright, Ken Prokosh, Melanie Bedard, Nancy Kelly, Laurel Hewitt, Jim Munro, Lorraine Torpy. Missing: Bob Myles

# April Activity Calendar

For additional information or to register for an activity, please contact

[info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
		1	2	3	4	5
			<p>Caregivers Cafe @ Activity Centre 9:30-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	<p>Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm</p>	
6	7	8	9	10	11	12
	<p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Genealogy Workshop @ Activity Centre 1:00-3:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	<p>Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm</p>	<p>Family Wellness Saturday @ St-Jean Military College 10:00 am-12:00 pm</p>
13	14	15	16	17	18	19
	<p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Social Cooking @ Activity Centre 10:00 am-12:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>SHARP: <i>Ensuring safety and independence as you age.</i> Zoom from 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>Book Club (GPK) 1:30-3:00 pm</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>		
20	21	22	23	24	25	26
	<p><b>ARC CLOSED</b></p>	<p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Genealogy Workshop @ Activity Centre 1:00-3:00 pm</p> <p>Book Club (St-Jean) 7:30-9:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk &amp; Talk @ GPK 10:30-11:30 am</p> <p>French Conversation Club 6:00-7:30 pm (St Jean)</p> <p>Ilana's in-person Drawing Class @ Activity Centre 1:00-3:00 pm</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	<p>Parent and Child Playtime @ Lacolle 10:00 am-12:00 pm</p>	
27	28	29	30			
	<p>French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Computers &amp; Tablets Workshop @ Activity Centre 1:30-3:00 pm</p>	<p>Caregivers Cafe @ Activity Centre 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly/GPK/Clarenceville 1:30-3:00 pm</p>			

What's new from the

# GREENFIELD PARK OFFICE



**The Greenfield Park Senior Wellness Initiative** meets every Wednesday afternoon from 1:30-3:00 p.m. Join us for fun, engaging activities that promote cognitive, physical, social and educational well-being for adults aged 55 and over.

- **April 2:** Experience the calming flow of gentle yoga, where each movement is designed to ease tension and promote inner peace.
- **April 9:** An insightful talk from a representative from the Community Justice Centre, who will share valuable information about their services and resources available to support individuals in need.
- **April 16:** Our Therapeutic Recreation Specialist intern from Concordia University will take the floor and lead an engaging activity.
- **April 23:** Embark on a virtual journey to Italy with our captivating presentation tour, where you'll explore the beauty, history and culture of this stunning country.
- **April 30:** Join us for an informative session with a representative from the Canada Revenue Agency, who will provide valuable insights into tax services, resources and important updates to help you stay informed.

Bonjour, come and be a part of our **French Conversation Group** every Monday at 10:30 a.m. A great opportunity to practice your French, meet new people and take part in engaging conversations. To register, email [Therese](mailto:Therese).

Come and join our **Rock Painting Class**, every Monday at 1:00 p.m. A great time is guaranteed, with different painting techniques and lots of colours. Fun for all ages. To register, email [Therese](mailto:Therese).

Join our **Walk & Talk** group every Thursday at 10:30 a.m. Take a stroll in the beautiful community of Greenfield Park; it's a great way to stay active, enjoy nature and engage in meaningful conversations. To register, [contact Tania](#).

**Our Social Cooking Class** is held every 2nd, 3rd and 4th Tuesday of the month from 10:00 a.m.-12:00 p.m. at our Activity Centre. Learn how to cook fun and interesting recipes right on the spot! **Registration is obligatory** by calling Jody at (514) 647-5679 or send an email to: [ceccarel-li@videotron.ca](mailto:ceccarel-li@videotron.ca).

**Tai Chi** is a gentle and flowing martial art that promotes relaxation, balance and overall well-being. Classes are held every Thursday from 9:00-10:00 a.m. at the Greenfield Park Community Centre (330 Gladstone St.). We kindly ask you to [email and confirm your attendance](#) with certified instructor Sandra Mitchell.

The Community Health and Social Services Network (CHSSN) hosts monthly virtual health education sessions called **SHARP (Services for Healthy Aging in the Right Place)** for older adults. This month's SHARP session, titled *Ensuring Safety and Independence as You Age With Home Care Support* will be on April 16 from 10:00-11:30 a.m. Register by clicking this [link](#).



Have you ever wanted to sit down with a **genealogist**? Curious about the likelihood of finding that elusive ancestor or family member? Wondering what DNA testing involves? Or maybe you've always wanted to write your family story but weren't sure where to start. Perhaps you just want to fill in that family tree for your grandchildren? Join us on Tuesday, April 22 at 1:00 p.m. for an **Open House** with our resident genealogists. This is your chance to ask all your questions whether they're general or specific to your personal research. Don't miss this opportunity! Call (514) 213-3744 for more information.

Ready to get more comfortable with your device? Join us for a **Basic Computer Workshop** at our Activity Centre (91 Churchill Blvd, Greenfield Park) on April 29 from 1:30-3:00 p.m. This month's session will cover topics such as exploring your settings, staying safe online and understanding QR codes! **Registration required** by calling (514) 213-3744 or emailing [Tania](#).

*Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or call (514) 213-3744.*

# HAUT-RICHELIEU-ROUVILLE

## Review



**Senior Wellness Activities** take place in Chambly on Wednesdays at Randell Hall, 2000 Bourgogne Ave., from 1:30-3:00 p.m. For more information or to register, please contact [Therese](#) or call (514) 605-9500.

- **April 2-Sleep Smart:** Join our nurse facilitator, Penny Fleming, as she shares tips on improving your sleep for better health and well-being.
- **April 9 (Special Event!):** We'll meet in Saint-Jean-sur-Richelieu at 10:00 a.m. at the Bouldrome des Deux Rives (287 12th Avenue, Saint-Jean-sur-Richelieu) for a morning of bocce ball/ pétanque-a great game for socializing, relaxing, and having fun.
- **April 16-Easter "Hopping" Party:** Celebrate Easter with us! Come enjoy fun games, festive treats and a hopping good time with your community.
- **April 23-Neurographic art** with Arlene, creating abstract designs through techniques intended to stimulate the brain and promote relaxation and emotional well-being.
- **April 30-Healthy Skin at Any Age:** Learn essential skin care tips for those 50+ and discover how to recognize the early signs of skin cancer.

**ARC**  
WEDNESDAYS  
1:30-3:00

**ARC 55+ COMMUNITY**  
2000 BOURGOGNE AVE.  
CHAMBLY, J4L 1Z4

**COME AND JOIN US!**

- ✓ weekly social gathering
- ✓ activities designed to stimulate physical, cognitive and mental well-being
- ✓ snacks and coffee

**CHESN**  
514-605-9500  
stjean@arc-hss.ca

The views expressed herein do not necessarily represent the views of the Government of Québec.

**ARC Book Club-Saint-Jean** Our April book club selection is *The Berry Pickers* by Amanda Peters. Join us on April 22 at 7:30 p.m. as we discuss this beautiful and evocative novel set in Northern Ontario. *The Berry Pickers* explores family bonds, personal choices and the complexities of life in a rural, close-knit community. Grab your copy and come ready to chat! The discussion will take place in our Saint-Jean (900 du Séminaire Blvd. N., #201). A limited number of books are available to borrow, subject to conditions. Contact [Céline](#) to register.

**Family Wellness Saturday in Saint-Jean** This month, our theme is "Colour Science!" Join us for a fun, hands-on family experience exploring the fascinating world of colour through engaging activities and experiments for all ages. Join us on Saturday, April 12 from 10:00 a.m.-12:00 p.m. at the Royal Military College in the Dextrase Building, located at 15 Jacques-Cartier Street N. in Saint-Jean. Afterwards, enjoy a delicious lunch (soup, entrée, drink and dessert) for only \$15 in the Dextrase dining room. RSVP to [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or call (514) 605-9500 to reserve your spot.

**NEW! Weekly French Conversation Club in Saint-Jean** "Parlez-Vous? Let's Chat!" is a weekly French conversation club designed for English speakers who want to improve their French in everyday situations. Whether you're a begin-

ner or looking to refine your skills, this informal group offers a relaxed and friendly setting to practice speaking and build confidence. Starting April 24, join us every Thursday evening from 6:00-7:30 p.m. at the ARC office in Saint-Jean-sur-Richelieu (900 du Séminaire Blvd. N., #201). Parking validation is available. For more information or to register, contact Céline by [email](#) or call (514) 980-8900.

**Parent & Tots play dates in Saint-Jean:** Are you interested in connecting with other parents and their small children every week, sharing parenting tips and being a friendly face to welcome new moms and dads? We are looking for parent volunteers to help make this program a success! If you are interested in volunteering, please reach out to us! Contact [Céline](#) to register or to express your interest in volunteering.

**Home Cooked Cooking Collective in Saint-Jean** Our cooking club is open to the entire English-speaking community! Cooking together is a great way to make friends, learn new skills and even save money. Groups are formed according to their preferred availability. The activity takes place at the Centre des Femmes du Haut Richelieu, 390 Georges-Phaneuf St., Saint-Jean-sur-Richelieu. For more information, or to register, contact Céline by [email](#) or (514) 980-8900.

continued on next page >>>

*Céline von Engelhardt* is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville (HRR).  
For information, please feel free to reach out to her at (514) 980-8900 or [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca).

## HRR Review *continued from previous page...*

**Senior Wellness Activities in Clarenceville** provides enriching activities designed to stimulate physical, cognitive and mental well-being for English-speaking seniors aged 55 and over. We meet every Wednesday from 1:30-3:00 p.m. at the Centre des Loisirs in Clarenceville, located at 1A Tourangeau Street. Please contact Céline for more information, or to register: [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

- **April 2 (Special Event!) Field Trip to Chambly** for nurse Penny Fleming's presentation on sleep. Learn valuable tips for improving sleep quality, with practical advice on how to get a restful night.

- **April 9 (Special Event!): Field trip to Saint-Jean-sur-Richelieu's** Boulodrome des Deux Rives, where we'll enjoy bocce ball/pétanque-it's a great game for socializing, relaxing, and having fun.

- **April 16: Whimsical Spring Crafting.** Join us for a fun and whimsical hands-on session that will tap into your creativity and add a touch of spring to your home.

- **April 23: Movie time!** Together we'll watch a feel-good film about a group of spirited seniors who form a cheerleading squad to take on the world! Bring a comfy chair and we'll supply the popcorn!

- **April 30: The Soundtrack to Your Life:** A fun and relaxing sing-along session where we'll revisit the songs that shaped

our lives. Whether you prefer to sing along with the group or take the spotlight for a solo, it's all about enjoying great music and celebrating the songs of our youth.

### **Parent & Child Playtime in Lacolle**

Join us every Friday at the Léodore-Ryan Community Centre in Lacolle, 12 Ste-Marie Street, from 10:00 a.m.-12:00 p.m. for a fun-filled morning of games, crafts and activities with your child aged 0-5 years. Contact Céline for more information, or to register: [hrr@arc-hss.ca](mailto:hrr@arc-hss.ca) or (514) 980-8900.

- **April 4: Musical Instruments** From tambourines to maracas, we'll explore different ways to create music with simple, everyday materials. Let the creativity flow and make some noise!

### - **April 11: Garden Gnomes**

It's time to get crafty and whimsical with garden gnomes! We'll be making fun and quirky gnome faces that can later grow grass as hair. Perfect for celebrating spring and adding a little charm to your windowsill.

- **April 25: All About Me!** Through fun activities, kids will learn about body parts, their senses and how we take care of ourselves. Parents will also have the opportunity to ask questions during a special visit from a pediatric nurse from l'Etoile who will answer questions and offer tips on keeping children safe, healthy and happy.

## Connect for Your Mental Health

In recent years there has been a greater public awareness of the impacts of chronic illness on a patient, their family and their community. A chronic illness is a condition that lasts at least one year and requires ongoing medical attention or limits activities of daily living or both. Examples of chronic diseases include autoimmune diseases, diabetes, epilepsy, heart disease, multiple sclerosis and pain. The United States National Institute on Mental Health has found that chronic illness can increase your chance of developing a mental health condition but a mental health condition can also increase your chance of developing a chronic health condition.

People who have a chronic disease are at a higher risk of developing depression. Depression can be triggered by:

- Anxiety, stress, or other challenges caused by a chronic disease.
- Brain changes from a chronic disease (such as Parkinson's disease or stroke).
- Medication used to treat a chronic disease.

People who have depression are at higher risk of developing certain chronic diseases, including heart disease, diabetes, stroke, pain, osteoporosis and Alzheimer's disease. This may be due to:

- Challenges completing tasks that are good for health, such as eating well and exercising, due to symptoms like fatigue.
- Challenges accessing medical care that could help prevent, detect, or treat physical health issues early and avoid the progression of a chronic disease.
- Changes in the way the body functions due to depression, such as increased inflammation, reduced blood circulation and heart rate control, and abnormalities in stress hormones.

Research suggests that people who have a chronic disease and depression tend to have more severe symptoms of both illnesses and have a harder time adapting to their medical conditions. A medical team that includes mental and physical health professionals can ensure better health outcomes.

*Therese Callahan is ARC's Outreach Program Coordinator and oversees the mental wellbeing initiative. For information, please feel free to reach out to her at (514) 605-9500 or [outreachqpk@arc-hss.ca](mailto:outreachqpk@arc-hss.ca).*



# CAREGIVERS CORNER

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

## Caregiver Grief...It's Complicated.

When a caregiver loses a loved one, the journey through grief can be pretty complicated. It's not just about feeling sad; it's a mix of emotions and challenges that can hit hard. We've put together an accessible look at what caregiver grief is all about:

**What makes it unique?** Caregivers often start grieving long before their loved one actually passes away. They've been mourning the loss of abilities and independence for a while, which means they might feel anticipatory grief for a long stretch.

**It's a rollercoaster ride.** After the loss, caregivers can experience a rollercoaster of feelings-sadness, anger, guilt, relief and sometimes confusion. They might also find themselves feeling isolated and struggle to get back to their old routines.

**The self-care that you rarely get to experience.** Easier said than done, right? It's extremely important for caregivers to take care of themselves. Ignoring their own needs can make the grief even heavier and harder to manage. People telling you need to jump on the self-care wagon don't always understand how you're feeling. What works for others might not be the thing for you. Accept their suggestions and do it your way. Break it down into small steps and build from there-visit a coffee shop, make a self-care pharmacy purchase or even take a walk if that's all you can manage right now.

**Post-Caregiver Syndrome-it's a real thing.** After a loss, some caregivers might experience what's called post-caregiver syndrome - feelings of anxiety, depression, or irritability. This is a pretty normal response to the stress of caregiving and the loss itself.

**Support...it's powerful.** Having a solid support system in place - friends, family, or even grief counselors can make navigating through grief a bit easier. But what if you don't have an extensive network, or your children live out of province and can't readily be there in person to support you? Community organizations like ARC can help you find resources, mental health services and welcome you to group support activities like our weekly Caregivers Café.

## Caregivers Cafe

**Caregiver's Cafe** meets every Wednesday from 10:00-11:30 a.m. at 91 Churchill Blvd. in Greenfield Park. What makes it special? We welcome all types of caregivers-whether you're dealing with a loved one at home with a complex illness, supporting someone you love in long-term care, or if your time as a caregiver has come to an end and you're not quite sure how to fit in, you are welcome. We're not afraid to delve into caregiving-related grief at the Café and we're making it one of our primary focuses as we start a new fiscal year at ARC.

- **April 2:** Come meet the gang! We're having a roundtable discussion on all things caregiving and caregiving-related loss, sharing updates and welcoming new members.
- **April 9:** Nurse Penny will be there to answer your health and caregiving questions. Share your challenges and the team will be ready to guide you.
- **April 16:** If you're new to the Café, then you might not realize how much fun we have together. Step into the ARC studio for a special edition of Caregiver Jeopardy!
- **April 23:** If you saw last month's edition of The Advisor then you know what we have a special canine facilitator at the Café! Penny and her sidekick Pepper will be ready with another great caregiving presentation. We'll be ready with coffee and refreshments.
- **April 30:** It's our very first **Music Therapy Caregivers Café**. "*Songs for Caregivers: Stories Behind the Music That Connect Us*" with special guest musician Gary White who'll guide us through an interactive live acoustic performance that celebrates the resilience of caregivers and reminds us of the importance of finding joy in our everyday lives.

*Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs. For information, please feel free to reach out to her at (514) 608-9600 or [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca).*

# BILINGUAL EMPLOYMENT WORKSHOP SERIES



**April 10** – Self awareness and values in the workforce

**April 22** – Working on CVs and cover letters

**May 6** – Learn about stress and time management

**May 20** – Presentation on managing your finances and budgeting

**June 3** – Interview coaching

**June 17** – Using social networking to find employment

**Location: ACCESS Professional Training Centre**  
7900 Taschereau Blvd.,  
building C, office 100, Brossard



**Time of  
Workshops:**  
1:30-3:00 p.m.

Please scan the QR code or call (514) 712-6575  
to register for the workshops that interest you



 **access.**  
brillant comme vous l'êtes  
brilliant as you are

espace  
**PIVOT**

**ARC**

# Community Activities

**Brossard Library:** A series of 5 basic computer classes in English, from April 1-29 every Tuesday morning from 9:00 a.m.-12:00 p.m. To sign up/info call Michele Tibblin at (450) 923-6311 ext. 6280.

**Hope & Cope: Men's Club in-person** April 1 at 4:00 p.m. Bilingual activity. This group offers a safe, secure space where men coping with a cancer diagnosis can confide in each other, learn and connect in a supportive environment. The group meets every first Tuesday of the month. Click [here](#) for more info.

**Used Book Sale** April 4 from 4:00-8:00 p.m. and April 5 from 9:00 a.m.-3:00 p.m. at Randell Hall, 2000 Bourgogne Ave. in Chambly. Email: [st.stephens1820@gmail.com](mailto:st.stephens1820@gmail.com).

**The South Shore Retired Educators** presents *Militarism, Capitalism, Feminism* by Sam Allison, retired history Teacher on April 10 at 1:00 p.m. at the Mount Bruno United Church Hall in Saint Bruno. For information send an email to: [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com).

**AMI-Quebec:** Support Group on April 7 from 6:30-8:00 p.m. will be held in person only at 91 Churchill Blvd., Greenfield Park. Click the [calendar](#) for more info about all the groups/workshops or call (514) 486-1448.

**All Aboard the Mighty Via Canadian:** Climb aboard for a four-day, cross-country odyssey on the Via Canadian on April 9 from 7:00-9:00 p.m. at the Brossard Library, 7855 San Francisco Ave. Enjoy the magical sunsets of Northern Ontario's boreal lakes, to the vistas of Saskatchewan's bright yellow canola fields and the spectacular mountainous landscapes of the Rocky Mountains at Jasper National Park with Frederic Hore, freelance photojournalist, writer and instructor. Register [here](#).

**Théâtre Saint Bruno Players, English section,** is performing the play, *What's in a Name*, adapted by Jeremy Sams from the original by Alexandre De La Patellière and Mathieu Delaporte. Adapted to Montreal references, a fast-paced contemporary story about Vincent who is turning 40 and becoming a dad for the first time. April 11 and 12: tickets are available [here](#) or by calling (450) 653-4149 or (514) 265-2627.

**The Quebec Support Group for Celiac Canada:** April 16 at 8:00 p.m. **Chat Hour** on Zoom. Email: [quebecsupportgroup@celiac.ca](mailto:quebecsupportgroup@celiac.ca) for the Zoom link. Dietician Kristina Bischoff will discuss how to manage a balanced diet with more than one dietary restriction besides gluten-free.

**Saint Lambert Horticulture:** April 17 with Christie Lovat on *Starting Your Vegetable Garden From Seed*. To register, send an [email](#) or click [Facebook Page](#) for more info.

**Observe, Remember, Imagine:** This creative writing workshop aims to fine-tune your observing, remembering and imagining skills through various short writing exercises. Participants will share their writings aloud with the group. For all levels. Tuesdays from April 22 to May 27 from 2:00-4:00 p.m. Fee: \$20 for 6 weeks. For more info: [jeanette-paul@yahoo.ca](mailto:jeanette-paul@yahoo.ca) or call (450) 651-7044. Location: Greenfield Park Library (Muriel-Anne Brown Library) 225 Empire.

**Book sale** April 26 from 9:00 a.m.-3:00 p.m. at Saint Francis of Assisi, 844 Notre Dame, St Lambert. Please bring your own bags.

**Park Players of Greenfield Park** is putting on *Lafferty's Wake*, by Susan Turlish. Our darlin' wild rover, Charlie Lafferty, is being waked in grand style in his home away from home, the local pub. Click [here](#) for tickets on Facebook/or by following the link below [Thursday, May 1/ Friday, May 2/ Saturday, May 3 Matinee/ Saturday, May 3 evening](#).

**Tai Chi/Qigong Classes** in Greenfield Park and Saint Bruno. For flexibility, balance, energy, stress management and general good health. For all ages and fitness levels. For more information contact certified instructor Sandra at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or [www.taichi-qigong.ca](http://www.taichi-qigong.ca).

**Strength and Stretch fitness class** (low impact, for all levels) at Randell Hall, 2000 Bourgogne Ave. in Chambly. Saturday mornings from 8:00-9:00 a.m. The cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, email Devon at [devon.phillips@videotron.ca](mailto:devon.phillips@videotron.ca).

**Arthritis South Shore:** Adaptive exercises and adaptive dance. Click [here](#) to consult the calendar for dates, times and zoom links.

**Le Bonhomme à lunettes:** Optician Philippe Rochette is helping to keep operating costs as low as possible as well as actively collaborating with community organizations to promote accessibility to glasses, enabling hundreds of thousands of customers to save on an essential purchase. For all the information please click [here](#).

**Parks Canada** is seeking energetic, enthusiastic students and temporary workers to support summer 2025 operations. With a vast network of national parks, historic sites and marine conservation areas, work will take place in some of the most beautiful and culturally significant places in the country, while playing a key role in preserving the environment and Canadian heritage. To apply click [here](#).

**Comedy Gala:** May 10 at 7:00 p.m. at Saint Francis of Assisi, 844 Notre Dame, St. Lambert. For tickets call: (450) 672-5887 or (450)671-1042.

# The Last Word

**April is Parkinson's Awareness Month.** Living with Parkinson's can be challenging, but doesn't have to be faced alone. This month, please take a moment to visit [Parkinson Canada](#) to learn more about Parkinson's and to find out how to support Canadians affected by Parkinson's and their families and caregivers. Consider joining the 50 km Walk Challenge for Parkinson Canada by clicking [here](#).



Parkinson's disease is a movement disorder of the nervous system that worsens over time. The nervous system is a network of nerve cells that controls many parts of the body, including movement. To learn more about Parkinsonism in Canada, including Parkinson's Disease click [here](#). Parkinson's support line: 1-888-664-1974.

The cover of a report titled 'PARKINSONISM IN CANADA, INCLUDING PARKINSON'S DISEASE HIGHLIGHTS FROM THE CANADIAN CHRONIC DISEASE SURVEILLANCE SYSTEM'. It features a collage of images: a brain made of dots, a person using a walker, and a person at a computer. The text on the cover includes the title, a subtitle, a brief introduction, a section 'WHAT IS PARKINSONISM?', and the Canada logo at the bottom.

**PARKINSONISM IN CANADA, INCLUDING PARKINSON'S DISEASE**  
HIGHLIGHTS FROM THE CANADIAN CHRONIC DISEASE SURVEILLANCE SYSTEM

Parkinsonism, including Parkinson's disease, can have significant impacts for those affected, their caregivers, and society. With a growing and aging population, it is estimated that the number of Canadians living with parkinsonism will double between 2011 and 2031 and that the incidence will increase by 50%.<sup>1</sup>

The Public Health Agency of Canada (PHAC), in collaboration with all Canadian provinces and territories, conducts national surveillance of parkinsonism to support the planning and evaluation of related policies, programs, and services. This fact sheet presents an overview of the data on diagnosed parkinsonism, including Parkinson's disease, from the Canadian Chronic Disease Surveillance System (CCDSS, Box 1).

**WHAT IS PARKINSONISM?**

Parkinsonism is an umbrella term that includes Parkinson's disease, secondary parkinsonism and atypical parkinsonism. While the majority of parkinsonism cases are due to Parkinson's disease, cases also arise due to other neurological disorders, medication side effects, or toxins.<sup>2,4</sup>

Parkinsonism refers to a set of signs and symptoms usually characterized by the following motor features:

- rigidity
- tremor
- bradykinesia (abnormal slowness of movement), or
- postural instability.<sup>2,4</sup>

In addition, individuals living with parkinsonism often experience non-motor symptoms such as:

- pain
- mood disorders
- sleep problems
- cognitive impairment or dementia
- constipation
- urinary incontinence
- sexual dysfunctions, and
- reduced sense of smell.<sup>5,6</sup>

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