



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



THE ADVISOR

Information source for the South Shore English-speaking community

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Call for Volunteers

With the ongoing situation in Ukraine, we are anticipating that some families will be relocating to the Montérégie region in the near future. In preparation, we are developing a databank of volunteers who would assist by providing accompanying services, which could include driving them to a variety of appointments, household errands, etc. English-speaking members of the community and those who speak Ukrainian are most welcome to participate in this effort.

In addition, we would like to set up French conversation activities to help them become familiar with the French language, common phrases and the customs of our province to ease integration.

If you are interested and have some time to volunteer for this needful cause, please contact [Ameer](#) by email or (514) 712-6575 for more information and how to sign up.

We would like to **welcome Deborah Humphrey** to the role of Outreach Program Coordinator in Greenfield Park. After a prosperous career in sales and in real estate, Deborah discovered a passion for helping seniors while working at a retirement residence for over a decade. More recently she worked at La Maison des Tournesols as the "Intervenante de milieu" for vulnerable seniors, where she met with isolated seniors who were in great need of assistance. We are very pleased to have her join our team and she can be reached at gpk@arc-hss.ca or (514) 605-9500.



We are currently **recruiting for the Caregivers Coordinator role**, working 4 days per week from the Greenfield Park location. The job description is available on page 6. If you or someone you know is interested in this position, please contact Debra at (514) 743-8058 or pm@arc-hss.ca.

Last but not least, we are planning on **two new activities in Greenfield Park** and to gauge community interest we're looking for feedback. The first is a walking club, which would be a social group getting together once each week and walking in the area. The second is French conversation group for English speakers, to learn more conversational French. If you are interested in either of these activities, please get in touch with [Deborah](#).

Wishing you all a warmer month to come.

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



Activities FOR ALL



We had a busy March, getting out in the community and hopefully by May our NEW Activity Centre will be fully open. Located at 91 Churchill Blvd. in Greenfield Park, the centre is on the ground floor, therefore wheelchair and walker accessible.

On March 15, we celebrated **St. Patrick's Day** at the Greenfield Park Legion with John and Sally McNamara entertaining us with some folk singing. What a great time we had with everyone!

Also on March 15, the **Social Cooking** group had their first cooking experience together at the new ARC Activity Centre. Everyone had a good time chopping, grating and mixing and even took stuffed cannelloni home for their dinner. Next time we will be making Vietnamese Spring Rolls. Anyone interested in joining the group, please contact Jody at (514) 647-5679, as space is limited.

The Wellness Centre activity in Chambly was back in-person each Wednesday, with a variety of topics. And we were lucky enough to have the McNamara's back again to bring some cheer to one of the sessions. If you are interested in joining this group, contact [Lynn](#).

You'll be seeing the ARC team around town and at activities sporting new jackets displaying our logo. If you see one of us, come up and say hello!

The **Walking Group** in Candiac is going strong with 6-12 people joining us each week and discovering new routes. If you're interested in joining this group, contact [Sandra](#).



Activities Open to Everyone

Physical

- Line Dancing – weekly on Tuesday
- Candiac Walking Club – weekly on Tuesday
- Yoga – weekly on Thursday

Creative

- Drawing – weekly on Monday
- Colour Café – twice a month on Wednesday
- Twisted Stitchers – weekly on Tuesday

Social

- Afternoon Social – weekly on Tuesday
- Cooking – twice a month on Tuesday
- Wellness Centre – weekly on Wednesday in two locations

Information

- CHEP session – once a month on Wednesday
- ReCharge for Caregivers – starting in May

April Activity Calendar–Page 1

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>For information or to register, please contact our Administrative Coordinator at:</p> <p>info@arc-hss.ca or call (514) 951-9711</p> <p>These activities are made possible thanks to our funders:</p> <p><i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monteregie, Dialogue McGill and Bright Beginnings.</i></p>				1	2
3	4	5	6	7	8	9
	<p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitchers in-person @ Candiac 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Caregivers Support Group 7:00-8:30pm</p>	<p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p>		
10	11	12	13	14	15	16
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p> <p>Understanding Language and Learning Disorders Via Zoom @ 7:00 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Cooking Life Skill Class (Our Harbour) @ Activity Centre 10:00am-12:00pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitchers in-person @ Candiac 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>Mother Goose Online</p> <p>CHEP – Music Therapy via Zoom 10:00-11:30</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		

April Activity Calendar–Page 2

Activities in **bold** are open to everyone. Additional activities may be made available throughout the month, watch for our emails, or check out our website and social media for updates!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18	19	20	21	22	23
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00 am-12:00pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitches in-person @ Candiac 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>Mother Goose Online</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Seniors Activity @ CHSLD 2:00-3:00 pm</p>		
24	25	26	27	28	29	30
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiac 10:00-11:30 am</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p> <p>Twisted Stitches in-person @ Candiac 1:00-3:00 pm</p>	<p>Mother Goose Online</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		

Activity Locations

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8

Wellness Centre – Chambly @ Randell Hall

2000 Bourgogne Ave.
Chambly J3L 1Z4

Afternoon Social @ Legion

205 Empire St.
Greenfield Park J4V 1T9

Twisted Stitches @ Candiac ARC office

9 Montcalm Blvd. N., #512
Candiac J5R 3L4

Health and Social Services Community Network Bursary Program

This program provides financial support to students from the Montérégie region with English and French language skills pursuing full-time studies in the area of health and social services in a government recognized educational institution.

Last year we had two recipients from our community network who were awarded bursaries of \$10,000 for university studies and \$5,000 for CEGEP.

Application guide and forms: www.arc-hss.ca/mcgill-bursary.

The deadline to send your application to us is May 16, 2022. Email application and supporting documentation to pm@arc-hss.ca.



Dialo@gue McGill  **Health Canada**  **Santé Québec**

HEALTH AND SOCIAL SERVICES COMMUNITY NETWORK BURSARY PROGRAM

This program provides financial support to students from the Montérégie region with English and French language skills pursuing full-time studies in the area of health and social services in a government recognized educational institution.

Outside Home Region: This type of bursary is offered to students studying in an educational institution located outside of the Montérégie.
University \$10,000.00, Cegep \$5,000.00

Within Home Region: This type of bursary is offered to students studying in an educational institution located within the Montérégie.
University \$5,000.00, Cegep \$2,500.00, Vocational \$2,000.00

Application guide and forms: www.arc-hss.ca/mcgill-bursary
Contact: pm@arc-hss.ca or (514) 743-8058

 **APPLICATION DEADLINE**
MAY 16, 2022

This initiative was made possible through a financial contribution from Health Canada, supported by Dialo@gue McGill at McGill University.



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

TRAINING FOR FAMILY - NATURAL CAREGIVERS

ReCharge is a training for informal Caregivers given through a seven-week pace, once per week. Free of charge, online and live!



ReCharge Program for Caregivers

With funding from L'Appui, we have been offering ReCharge Training for Caregivers, free of charge to informal, family or natural English-speaking caregivers throughout the Montérégie region for over three years and now we are able to offer this training to caregivers living anywhere in the province of Quebec.

Pre-register for May: email caregivers@arc-hss.ca or to request more information

For information:
514-608-9600
caregivers@arc-hss.ca

FREE

Dates to be announced soon!



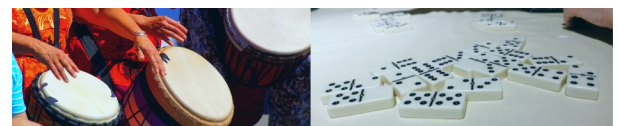
Wellness Centre Activities now in Chambly and Greenfield Park

Every Wednesday afternoon from 1:30 to 3:30, we will be hosting Wellness Centre activities in Chambly and Greenfield Park.

Each week the focus is on wellness, whether it be mental health, physical health, an information session with a speaker, a creative or fun activity!

Chambly, contact Lynn at stjean@arc-hss.ca

Greenfield Park, contact Deborah at gpk@arc-hss.ca



Wellness Centre Activities

GREENFIELD PARK

Registration:
514-605-9500
gpk@arc-hss.ca

CHAMBLY

Registration:
450-357-0386
stjean@arc-hss.ca

Every Wednesday from 1.30 pm to 3.30 pm, **registration is mandatory**

ACTIVITIES AND REFRESHMENTS EACH WEEK!!!

The views expressed herein do not necessarily represent the views of le Gouvernement du Québec.





WE ARE HIRING

JOIN OUR TEAM

APPLY NOW

CAREGIVERS PROGRAM COORDINATOR

The Assistance and Referral Centre (ARC) is a non-profit community-based organization whose mission is to facilitate access to services in English for the English-speaking community of Montérégie-Centre. We are based in Greenfield Park.

ARC is currently recruiting for a Caregivers Program Coordinator. The general mandate will be to work with public and community partners to facilitate access to services and activities in English in the area.

Responsibilities:

- Coordinate all aspects of our APPUI for caregiver's program.
- Represent ARC and the English-speaking community with regional health institutions and bodies.
- Write/translate information documents/bulletins concerning health issues for the benefit of the members of the English-speaking community.
- Develop and implement activities and tools to promote careers in the health sector in partnership with local and regional English schools.
- Develop and implement information tools to raise awareness about health issues in the English-speaking community.
- Participate to regional and provincial meetings and symposiums on health issues.
- Write narrative and financial reports required by Appui.
- Ensure that objectives of the ARC's Appui programs are met on time and on budget.
- Execute any other related tasks.

This is a permanent position and is based on a working schedule of 32 hours per week. Occasionally, the person will be asked to attend evening or week-end activities. The position is based in Greenfield Park, but the person will be required to travel occasionally. The salary is \$23.00 to \$25.00 per hour, commensurate with experience.

The ideal candidate will meet the following criteria:

- College, university degree or significant experience in a related field (academic background in health or social services would be an asset).
- Able to take initiative and perform in a fast-paced environment requiring innovative thinking and adaptability.
- Minimum of 2 years of experience in a coordination capacity.
- Excellent communication, interpersonal and organizational skills.
- Good computer skills (MS Office suite).
- Fluent in both French and English and access to a car.

If this position interests you, please forward your curriculum vitae as soon as possible to pm@arc-hss.ca or by mail:

ARC Assistance and Referral Centre
106 Churchill Blvd., Greenfield Park J4V 2L9

News from the GPK Office

The upcoming April CHEP health video conference via **Zoom: Music for the body, mind and soul**, Wednesday, April 20 from 10:00 – 11:30 a.m. via Zoom with presenter Victoria McNeil, Music Therapist. You must register in advance to obtain the Zoom link. [Register here](#).

This year **The Community Outreach Group** was formed to include all of the community, not just St. Paul's, and has decided to go back to the monthly themes. Instead of food, the collection of hygienic items is the theme and will be collected throughout the year (different items each month) and put aside for the shelters, families, and the homeless, and given out upon special request (which seems to come more often lately) or kept for Christmas.

If you would like to participate, bring these items to St. Paul's, 321 Empire in Greenfield Park on any Wednesday between 11:30 and 1:30. Please attach your name to the items. April items requested—deodorants for both men and women.

Filling out tax returns can be a daunting task.

However, it is important in order to benefit from all available tax credits and deductions. That is why tax clinics allow people on a low income to take advantage of such services to get help with filling out tax returns, for free or at a low cost. Please note that the deadline for filling out returns for the 2021 taxation year is April 30, 2022.

Centre de bénévolat de la Rive Sud – Saint-Lambert site Tax Clinic. Call (450) 465-6130 to make an appointment by phone. Fee \$10 per taxation year, per person.

La Mosaïque – Ville Lemoine Tax Clinic. Call (450) 465-1803 to make an appointment by phone, there is usually an English-speaking receptionist in the afternoons. Fee \$10 per taxation year, per person.

The Brossard Library – Brossard Tax Clinic. Call (450) 923-6350, ext# 6136 to make an appointment by phone. In collaboration with Revenu Quebec and Revenue Canada, the tax clinic is offered by appointment only and it is provided by trained volunteers.



CHSN
The COMMUNITY HEALTH EDUCATION PROGRAM
(CHEP) invites you to the conference

Music
THERAPY
for the Mind,
Body, and Soul

For more info:
514-605-9500 / gpk@arc-hss.ca

Free, on April 20th
From 10:00 to 11:30 am

Health Canada Santé Canada ARC

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

The poster features a woman wearing a headset and smiling, with vertical bars overlaid on her image, suggesting a focus on audio or music therapy.

Could a simple phone call be the cure for loneliness? As mentioned last month, the TIP-OA (Telehealth Intervention Program for Older Adults) service which is an initiative that began at the onset of the COVID-19 pandemic. The team, based at the Jewish General Hospital, provides comprehensive training to volunteers that provide confidential, FREE, friendly phone calls at regular weekly intervals to their matched clients. Volunteers also help assess basic needs such as access to medication, food, and healthcare, and as-needed broker community resources, thus acting as preventative carers who deliver compassionate support. They are currently accepting referrals for clients 60+ and their caregivers, francophone, anglophone, or multi-lingual clients (their volunteers speak Russian, Arabic, Chinese, Hebrew, Italian, Spanish, Tamil and more). This service open to any senior who could benefit from social connection and conversation with a volunteer. However certain exclusion criteria apply.

To make a referral, first obtain verbal consent from the person needing the service to share their contact information.

Email: referrals.telehealthmontreal@ssss.gouv.qc.ca and cc: jade.se@mail.mcgill.ca and provide the person's name, phone number, and also include treating clinician's name and phone number, if possible.

If you are interested in the service for yourself, call and leave a message at 1-888-698-8331, leaving your name and phone number, and someone from the team will call back as soon as possible!

Deborah Humphrey 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 or call (514) 605-9500.

HAUT-RICHELIEU-ROUVILLE

Review



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

Since April is the month of Earth Day (April 22), we will be highlighting activities/organizations that support sustainable development. One such organizational model is the co-op, which has at its heart, equality and respect for the community. The cooperative Mobil'Aid is an example of this. Since 1999, this member-owned cooperative has been providing light housekeeping services, help with laundry and heavy housecleaning to people over 65 and to younger individuals with disabilities referred by social services. They serve the territories of Haut-Richelieu, Rouville, Chambly and Carignan. To use their services, you must contact them and if you are approved after an assessment from the CLSC. There may be a waiting period due to high demand, so it is important to get on the list.

Contact: (450) 346-1011, poste 4 or toll-free: (514) 447-3630
mobilaide.com.

Activity in Haut-Richelieu-Rouville:

The Chambly Wellness Centre is continuing its in-person activities every Wednesday from 1:30-3:30. Some sessions will be hybrid (zoom) so you can still benefit from our information and/or exercise sessions even if you can't attend in person. Last month we had live music played by our own Wellness Centre member, Lancelot, as well as John and Sally McNamara who also played for the St. Patrick's Day activity in Greenfield Park. For April, we have lots of interesting activities in mind. Watch for announcements on the ARC Facebook page. To participate, contact Lynn at stjean@arc-hss.ca or call (450) 357-9547.


Did you know that we have an electricity co-op available for some people living in MRC Rouville? The Coopérative régionale d'électricité de Saint-Jean-Baptiste de Rouville has been in existence since 1944 and provides reliable electricity to residents and businesses in rural areas. The tariffs are the same as Hydro-Quebec. However, members have a benefit in having a say as to how the business is run as well as having a chance to participate in the profits. In the ARC territory, the municipalities served are Marieville, Mont St-Gregoire, Rougement, St-Pie, Ste-Angele-de-Monoir, Ste-Sabine and Ste-Brigide d'Iberville. For more information, call (450) 467-5583, toll-free 1-800-267-5583 or visit their [website](http://www.rc-arc.com).

New in Chambly! On the municipal website, you are able to automatically chat with a city employee who will answer your questions. I have been informed that they can accommodate English speakers with this service. If you have a question, don't hesitate to go to the website and try it out during normal business hours. It might save you driving over to city hall!

Coming Up

In honour of Earth Day, why not consider buying locally produced delicious honey. Better yet, if you have the space, you could start your own beehive. A local business, Sanctuaire des Abeilles, based in Ste-Brigide-d'Iberville, sells their delicious honey products as well as a hive start up kit (available in early May). For more information: (514) 618-0556 or visit their [website](http://www.sanctuairedesabeilles.com)/ [Facebook](https://www.facebook.com/sanctuairedesabeilles).



To help its citizens to be more ecologically minded, the city of St-Jean-sur-Richelieu is offering several on-line workshops (in French) during the month of April. Offered on Wednesday-April 6, 13 and 20 at 12 p.m. and 7 p.m., these workshops will provide information about composting, reducing food waste and recycling. For more information or to register visit compo.qc.ca/reduire.



MFRC - ARC
Book Club
Tuesday, April 12
7:00 to 8:30 p.m.
on Zoom

For April: We will be discussing books that have the theme of "new beginnings".

Registration: carolinevdm32@gmail.com



The Candiac Corner

Candiac Walk & Talk Once the days get longer, and the weather begins to warm up, with colourful flowers popping up, we will be ready to get outside and bask in the glory of the season—every Tuesday at 10:00 a.m. Take the time to go outside and enjoy the fresh air, there is nothing lovelier than springtime! To celebrate these days, we've rounded up the best spring quotes. For more details call: (438) 455-2747 or email: candiac@arc-hss.ca.

Candiac Twisted Stitcher has started back up! Meet, mingle and trade yarns with local knitters or crocheters! Come to a Twisted Stitchers afternoon get together and have fun comparing patterns, sharing techniques and trading tips on stitches, hats, mittens, slippers, etc. Beautiful things come together one stitch at a time! For more details call: (438) 455-2747 or email: candiac@arc-hss.ca.

The City of Candiac has raised the Ukrainian flag on the City Hall flagpole, as a sign of solidarity following the attack on the people of Ukraine. "I join my voice to those of all Candiac residents to express our sadness at the suffering of the Ukrainian people. Our thoughts are with the families and friends affected by these difficult times," said Normand Dyotte, Mayor of Candiac.

Signing of a collective agreement for school crossing guards. This agreement was reached with the Canadian Union of Public Employees-Local 2912, which represents 10 municipal crossing guard employees. The 7-year agreement started in 2019 and will run until December 31, 2025. The employees covered by this agreement voted by a large majority, 90%, at a meeting held on December 16, 2021. Their new agreement includes an 11.95% wage increase over five years and a two-year wage catch-up. "This labour agreement was concluded in a spirit of cooperation and aims to provide Candiac's crossing guards with competitive conditions," said Alain Desjardins, Director General. "All crossing guards play an important and essential role in road safety. They are the ones who protect Candiac schoolchildren on their way to and from school, morning and evening. We are

therefore pleased with this agreement which will contribute to improving their conditions and will recognize the quality of their work," said Mayor Normand Dyotte. [For more details.](#)

Registration for Candiac activities featured in the Spring 2022 News has begun and it is on a new registration platform where creating an account is mandatory. This step, which requires a valid Citizen's Card (offered free of charge, the Citizen's Card gives access to several services in the city, including recreation and library activities. It is a privileged access for Candiac residents), is done in just a few clicks and takes less than 5 minutes to complete. To facilitate the use of the new platform, procedures are available to help you create an account, register online or reserve space @ [register here](#).



Registration | Specialized Day Camp | Regular Day Camp starts on June 27. The day camp will be closed on Friday, July 1st. It will not be possible to register a child for day camp without the health form being completed. [More information here.](#)

Climate change has its consequences and disruptions on the planet. Candiac is taking the necessary measures to adapt to pro-

jected climate conditions and to guarantee Candiac residents the best possible living conditions. [Read more here.](#)

Arts and culture - Exhibition "Mémoire" from March 30-June 7. The City of Candiac and the Hélène-Sentenne Foundation offer many cultural activities. A gathering place dedicated to arts and culture, the André-J.-Côté Park welcomes artists and visitors from the region in its Sentier des arts and at the Maison Hélène-Sentenne. The exhibition Mémoire by artist Jonathan Severin, will be presented at the Sentier des arts du parc André-J.-Côté. To discover the 2022 exhibition program, [click this link](#).

Return of weekly organic collection means summer is coming! Take out [Brutus](#) every week starting Thursday, April 7. To learn more about tips and tricks to avoid summer inconveniences or about accepted and prohibited materials.

YOUTH EMPLOYMENT

Statistics Canada occasionally conducts a survey called the Survey of Approaches to Educational Planning (SAEP). This survey is to gather information from parents and guardians about the strategies they use to prepare for their children's postsecondary education, their financial plans for paying for their schooling, and the barriers they face to save for higher education.

Parents and guardians can prepare in several ways.

They can proactively plan for the financing of their children's postsecondary education by putting aside savings for that purpose and by actively participating in government-sponsored mechanisms that facilitate savings for postsecondary education (e.g., RESP - Registered Education Savings Plans).

85% of parents who save for their children's education are using a RESP.

A **registered education savings plan (RESP)** in Canada, is an investment vehicle available to caregivers to save for their children's postsecondary education. The principal advantages of RESPs are the access they provide to the Canada Education Savings Grant (CESG) and as a method of generating tax-deferred income.

Parents who don't save for their children's education say that they don't have enough money to save. Fortunately, parents can also prepare in a non-monetary fashion by encouraging, guiding and supporting their children through their early education, thereby laying the groundwork for participation in postsecondary education. For example, 76% of parents stated that they would be paying for their children's postsecondary education when the time comes, while others would be helping by providing a room or use of a car.

For more information about ways to save for your child education, visit:

<https://www.canada.ca/en/services/benefits/education/education-savings.html>

For more information about RESP, visit:

<https://lautorite.qc.ca/en/general-public/investments/saving-plans/resp-registered-education-savings-plan>

Saving for postsecondary education, 2020

From February 4 to June 20, 2020, Statistics Canada conducted the Survey of Approaches to Educational Planning (SAEP) to understand how parents and guardians* of children aged 0 to 17 were planning for their academic future after high school.



*SAEP collected information from a parent or guardian who was a member of the child's household at the time of collection.

69% of children have savings set aside for postsecondary studies

Percentage of children with savings set aside for postsecondary studies, by region



Most common methods used to save* for children's postsecondary studies

*among children with savings set aside



31% of children did not have savings set aside for postsecondary studies

Top reasons why children's parents and guardians did not save



Parents and guardians will help with the costs of postsecondary education in other ways than through savings



48% of children's parents and guardians who were not saving said that they would save later.

Source: 2020 Survey of Approaches to Educational Planning.

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Sources

- <https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2020059-eng.htm>
- <https://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=4442>
- https://en.wikipedia.org/wiki/Registered_education_savings_plan

All About April

For all you National Holiday Enthusiasts this is what April has to offer

- **April 2** Ramadan starts
- **April 10** Palm Sunday
- **April 15** Good Friday (Passover starts)
- **April 17** Easter Sunday
- **April 18** Easter Monday
- **April 24** Orthodox Easter

Here are some of the other interesting and unusual observance days throughout the month of April:

April 1 is April Fool's Day—Where many unleash creative sides, all in a hilarious – sometimes over the top – attempt at bamboozling those around. Why is this done and where did it start? Surprisingly there isn't a concrete conclusion by historians. There's no consensus on how it all began, but a popular theory is that while nowadays, January 1 is when the new year starts, this wasn't the case before 1592. Using a calendar called the Julian calendar- created by Julius Caesar in 45 BC – it showed every new year began on April 1!

April 4 is National Hug a Newsperson Day—This day seeks to appreciate and acknowledge those who work in the news. It seems to have started in the 1990s as a show of appreciation for newsmen whether it being journalists, reporters, forecasters and everyone else that makes broadcasting the news possible.

April 6 is National Tartan Day—This day is a celebration of Scottish heritage which also marks the anniversary of the signing of the Declaration of Arbroath signed in 1320 to

declare Scotland as an independent and sovereign state. National Tartan Day originated in New York City.

April 7 is World Health Day—World Health Day seeks to raise awareness about a major global health concern selected by the World Health Organization. This year's theme: Our planet, our health. What better time than spring to get moving and maybe get out for a leisure walk.

April 7 is also National Beer Day—National Beer Day celebrates the passing of the Cullen-Harrison Act. President Franklin D. Roosevelt signed the act in 1933. It allowed for the sale of beer and wine with an alcohol content up to 3.2% (by weight) in the United States. This was an important step toward ending prohibition. Cheers everyone.

April 11 is National Pet Day—National Pet Day seeks to show appreciation for all the pets in the world. This day encourages people to love their pets and if possible, adopt those pets in need of a home.

April 22 is Earth Day—This day seeks to highlight and promote efforts dedicated to the protection of the environment. We face many environmental crises including global warming, deforestation, endangered wildlife, shortage of potable water and widespread pollution. Earth day is celebrated by billions of people around the world and is observed in over 190 countries.

This day in Canadian History

On April 3, 1957—Elvis has (not) left the building! Ottawa was "All Shook Up" as Elvis Presley performed before 9,000 ecstatic fans at the Auditorium. The previous evening, the King of Rock and Roll played to a full house at Toronto's Maple Leaf Gardens. These were the only two concerts that Elvis ever performed in Canada.

Decorative Eggs

How to create homemade natural egg dye. Boil the eggs ahead of time and cool. These recipes make for some fabulous naturally coloured eggs. Here's the food used and the ratio of water to veggie to vinegar.

6 purple onion + 2 cups boiling water + 2 tsp vinegar = jade green
2 tbsp paprika + 1 c. boiling water + 2 tsp vinegar = red-orange
2 tbsp turmeric + 1c. boiling water + 2 tsp vinegar = mustard yellow
6 yellow onions skins + 2c. boiling water +3 tsp vinegar = orange



¼ head of red cabbage + 4c. boiling water + 2 tbsp vinegar = blue
1 beet, chunked + 4c. boiling water + 2 tbsp vinegar = dark pink

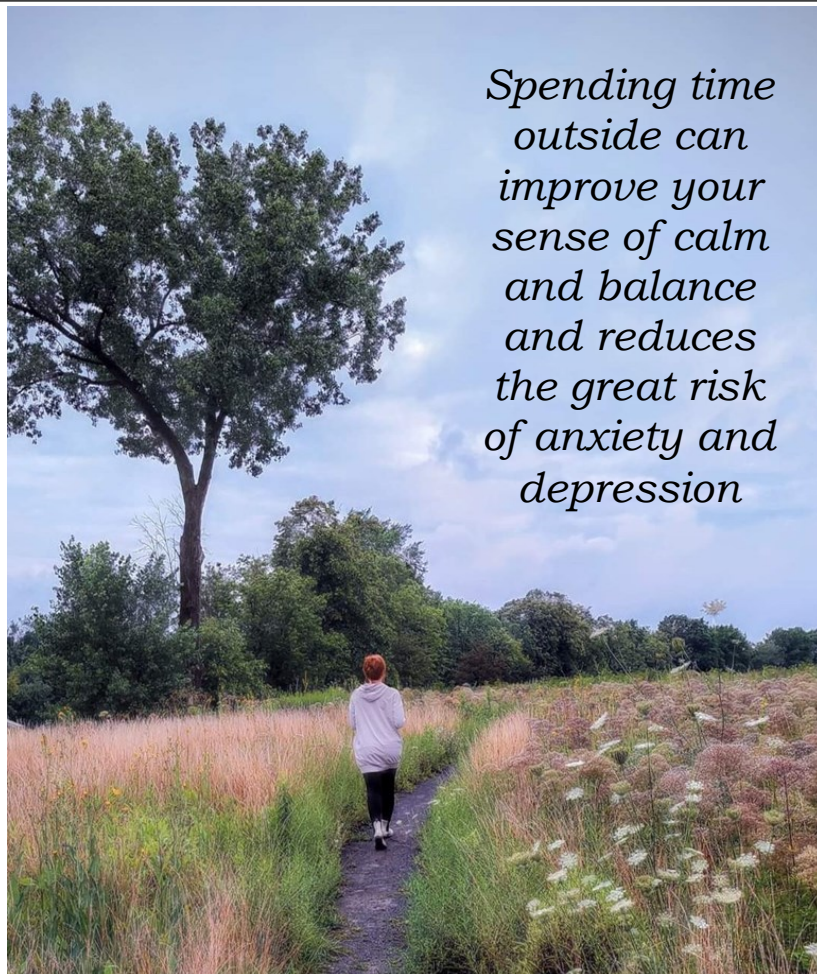
Spring into Action

Since the beginning of the pandemic, we have learned to reconnect with ourselves, avoiding crowds, nurturing our gardens, riding bicycles, going on walks in the park, learning to cook or switching to a healthier diet, learning to play a musical instrument, working from home, etc. We discovered the best antidote to stress without even looking for it.

Keeping these habits will be very important post-pandemic, to strengthen our mental health and in general, to give us a better, healthier, more well-rounded and productive way of living.

Here are some ideas to implement this spring...

- ◆ Take your camera and go look for beauty to capture, even in your everyday life, but which you have ignored due to always being in a rush!
- ◆ When you're out walking or cycling, use Google maps to find interesting, safe routes you don't know and explore!
- ◆ Go for a walk in the blue hour, when the day is just beginning, the air is fresher and you can feel calm air, the tranquility of everything around you and maybe even try to catch a sunrise, feel those first rays of light on your skin.
- ◆ Have lunch in the park, make yourself comfortable, take a book with you.
- ◆ Explore the historical sites of the area, this connects you to your region but also to your community.
- ◆ Go for a walk in the park, walk barefoot if you prefer, free your feet, the rest will follow.
- ◆ Leave your car parked, if you are going out to the shop, or to the pharmacy, whatever you have to do in the neighbourhood: walk!
- ◆ Give yourself 5 minutes a day of deep breathing.
- ◆ Get out of your house! Whenever you have the chance, get out and enjoy life!
- ◆ For more ideas, visit
 - ⇒ [La Route Verte](#)
 - ⇒ [Tourism Monteregie](#)



Spending time outside can improve your sense of calm and balance and reduces the great risk of anxiety and depression



Did you know? The March equinox marks the exact moment when the Sun is located directly above the equator. The word 'equinox' comes from Latin and means 'equal night.' On the equinox, day and night are of approximately equal length all over the world. [Read more on the Weather-CAN APP.](#)

ARC Activities This Month

**GENTLE
YOGA
BY LINDA**

ARC

Join us on Thursdays
2:00 p.m. - 3:00 p.m.
(April 7, 14, 21 & 28)

**By zoom
Free of charge**

REGISTRATION:
info@arc-hss.ca
(514) 951-9711

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

LINE DANCING with Jerry

by Zoom
Free of charge

**Tuesdays
1:30 p.M. to 3:00 p.m.
April 5, 12, 19 & 26**

**To Register:
514-951-9711
info@arc-hss.ca**

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

This initiative is made possible with funding from Canadian Heritage

**Addie's
colour
Café**

Now with varied activities,
inspired by everyday objects
and great artists!

Online - Twice a month

**Wednesday, April 6 and 20
2:00 to 3:30 p.m.**

Register at
info@arc-hss.ca or (514) 951-9711
Limited spots!

**Social
COOKING
WITH
JODY**

In-person @ 91 Churchill
Blvd. in Greenfield Park

Twice per month, beginning
on Tuesday, March 15
from 10:00 a.m. to Noon

Limited spots
ceccarelli@videotron.ca
514-647-5679

Afternoon Social
In partnership with the Greenfield Park Legion

**Tuesdays, April
5, 12, 19 & 26**

From 1:00 p.m. to 3:00 p.m.

Registration:
514-605-9500 /
gpk@arc-hss.ca

This initiative is made possible with funding from Canadian Heritage

**Ilana's virtual
Drawing**

**MONDAYS FROM 2:00 P.M. - 3:30 P.M.
FREE OF CHARGE
APRIL 4, 11, 18 & 25**

To register:
514-951-9711 / info@arc-hss.ca

Activities for Families and Children



Free Workshop for Parents

Understanding language and learning disorders

Using an interactive format, we delve into the details of language and learning disorders identified in young children and school age children.

Facilitated by a speech language therapist

**Monday, April 11
7:00 p.m. via Zoom**

Register at: pm@arc-hss.ca

ARC

Centre Musculaire de Québec
Clinique d'orthophonie

CHSN

South Shore Literacy Council

**Mother Goose Program
Spring 2022 Session**

*A pre-literacy singing program for parents and young children (ages 0-4)
The program is offered free of charge to participants.*

**THURSDAYS - ST LAMBERT
14 APR - 16 JUN 2022
Time: 10:00-11:00 am
St. Lambert Elementary School
81 rue Green, Door E,
St. Lambert J4P 1S4**

Registration: lhwitt.clc@gmail.com

**MONDAYS - GREENFIELD PARK
11 APR - 20 JUN 2022
Group 1: 9:00-10:00 am
Group 2: 10:30-11:30 am
Greenfield Park Baptist Church
598 rue Bellevue,
Greenfield Park J4V 3K7
Registration: jana4goose@gmail.com**

**TUESDAYS - BROSSARD
12 APR - 14 JUN 2022
Time: 9:30-10:30 am
La Maison de la Famille Brossard
2210 rue André,
Brossard J4Z 2Z8
Registration: jana4goose@gmail.com**

**WEDNESDAYS - MONTRÉGIE EAST
13 APR - 15 JUN 2022
Time: 9:00-10:00 am
Mt. Bruno Elementary School
20 rue des Peupliers,
St-Bruno J3V 2L8
Registration:
leslie_mothergoose@gmail.com**

**WEDNESDAYS - ONLINE
13 APR - 15 JUN 2022
Time: 10:00-11:00 am
Registration: lhwitt.clc@gmail.com**

Registration by e-mail begins 28 March 2022

SOUTH SHORE LITERACY COUNCIL
www.southshoreliteracy.org/
450-671-4375

Thanks to our Funding Partners:

ARC Mspac D'Étude Des Apprentissages

PHOENIX COMMUNITY PROJECTS PRESENTS

EASTER SCAVENGER HUNT

ALL-AGES • TEAM OR ON YOUR OWN • ONSITE ACTIVITIES

APRIL 9TH | 1PM-4PM

GREENFIELD PARK
START POINT TO BE DETERMINED

438-935-0372 | WWW.PHOENIXPROGRAMS.CA

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For Children 5-12

Camp Artemis - Summer Day camps

Organized By Phoenix Community Projects

Looking for an amazing day camp for your child?
With our qualified, staff we provide a safe environment for children to make friends, share adventures and learn something new while having fun
This summer our themes will have campers travelling back in time!

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- * CRAFTS
- * GAMES
- * SCIENCE
- * FUN

July 11-15 Greek Gods and Goddesses
July 18-22 Pioneer Frontier
July 25-29 Time Warp from 50s-90s
Aug 1-6 To Infinity and Beyond Exploring the Future

Time: 8:00am-5:00pm

Cost: \$150 - First Child
\$125-Second Child
\$100-Third Child

Ask Us About Our Bursary Program

4955 MONTEE ST. HUBERT
ST. HUBERT, QUEBEC
WWW.PHOENIXPROGRAMS.CA

INFORMATION
438-935-0372
DIR.PHOENIXPROJECTS@GMAIL.COM



discover **community** **activities** for all

Arthritis South Shore cordially invites everyone to come and have lunch with members and friends. April 1 from 11:00 a.m.-1:30 p.m. Each person will cover the cost of their own meal. Book your place now by email at info@arthriterivesud.org. The location of the restaurant will be shared by return email.

The Quebec Canadian Celiac Association Support Group will meet for a restaurant meal at Bonaparte restaurant in Old Montreal, 443 rue Saint-François-Xavier, Montreal H2Y 2T1 – Phone (514) 844-4368 on Friday, April 8 @ 6:00 p.m. Email - events@celiacquebec.ca to reserve before April 6 as places are limited.

Brossard Library collection of books – April 6 from 5:00-7:00 p.m. @ 7855 San-Francisco Ave. in the *Hall Commun*, Les Amis will accept donations of books: novels, biographies, cooking, travel, children's books. Encyclopedias are not accepted because of space limitations.

I'm taking charge of my arthritis from April 7-May 12, every Thursday from 1:30-3:30 p.m. This is a personalized 6-week program to equip oneself to live better with arthritis, a self-empowering and self-motivating tool to maintain and improve life quality. It is a 2-hour-per-week program combining theory, support and practical applications. This free activity will be held in-person at La Maison Internationale. The number of seats is limited. Please register at info@arthriterivesud.org.

Easter Scavenger Hunt – April 9 from 1:00-4:00 p.m. Start point to be determined. Call (438) 935-0372 or for [more info](#).

Chat Hour – Tuesday, April 12 at 8:00 p.m. Join this free event on Zoom. Email events@celiacquebec.ca to register. There will be a short presentation by Dr. Lucia Perez Repetto who is a member of the Canadian Celiac Association's prestigious Professional Advisory Council.

Rum – The Golden Liquid of the Sun from 1:00-3:00 p.m. on April 21, at the Mount Bruno United Church Hall, 25 Lakeview Ave in St. Bruno by the lake. For information contact: southshorere-tirededucators@gmail.com.

The fantastic duo of Gigi et Géronimo will entertain with exciting and impressive magic and circus arts on April 24 @ 3:00 p.m. at 81 Hooper Street in Saint-Lambert, [tickets here](#).

"Share and Shine with Arthritis", Friday, April 29 from 1:30 p.m. to 3:30 p.m. online and in-person for an informal gathering. Join to share about gratitude in life, the science behind it and its possible benefits for people with arthritis. Please register at info@arthriterivesud.org.

Health Awareness Days in April

April is Cancer Awareness Month in Canada, and also known as Daffodil Month. The daffodil is the symbol of the Canadian Cancer Society (CCS). The CCS is a community-based, national organization of dedicated volunteers who have adopted the daffodil as a symbol of hope in the fight against cancers of all kinds. [More information here](#).

Parkinson's Awareness Month observed in April is an opportunity to increase awareness about the ailment and its symptoms, as well as to support victims. Parkinson's is a long-term disorder where the central nervous system degenerates and that affects the motor system, like trembling, stiffness, and rigidity. [For more information](#).

Hemophilia Day is on April 17 and is recognized worldwide to increase awareness of hemophilia, Von Willebrand disease and other inherited bleeding disorders. [Read more here](#).

April is IBS awareness month. Irritable Bowel Syndrome is so common that it's likely that people know at least one person with this functional disorder. [For helpful articles](#).

Autism Speaks celebrates [World Autism Month](#), beginning with the United Nations-sanctioned World -15th annual Autism Awareness Day on April 2. Throughout the month, focus on sharing stories and providing opportunities to increase understanding and acceptance of people with autism, fostering worldwide support and to creating a world where all people with autism can reach their full potential.

The National Day of Mourning on April 28 is not only a day to remember and honour those lives lost or injured due to a workplace tragedy, but also a day to collectively renew our commitment to improve health and safety in the workplace and prevent further injuries, illnesses and deaths. [More info here](#).

Why 'tock-tick' does not sound right. Ever wonder why people say tick-tock, not tock-tick or ding-dong, not dong-ding, King-Kong, not Kong-King? Well, it is one of the unwritten rules of English, known without knowing that if there are three words, then the first is I then the second is either A or O. It applies to mishmash, chit-chat, dilly-dally, shilly-shally, tip-top, hip-hop, flip-flop, Tic Tac, sing-song, ding-dong and ping-pong. Food for thought!



Community Bulletin Board

The Our Harbour Community presently has an immediate vacancy for two men. As of April 1, an additional four vacancies will be available (men and women). Our Harbour is a non-profit organization that provides caring, cost-effective, long-term, supported housing for adults living with mental illness. Please contact Tanya Angelo for a telephone evaluation @ (450) 671-9160 or for [more information](#).

Ami-Quebec's support groups include groups for family caregivers, those suffering from mental illness, anxiety, OCD, bipolar, depression, hoarding, and many more. (514) 486-1448 or register @ [support groups](#).

Ami-Quebec's also offers interactive workshops These workshops are all free but space is limited. For questions, please call (514) 486-1448/email registration@amiquebec.org or register @ [workshops](#).

Hope & Cope – Newly Diagnosed Breast Cancer Support Group
Six sessions will be held every second Wednesday evening, combining presentations by health experts on topics such as stress management, medical care, exercise, and nutrition, with opportunities for sharing and discussion among the closed group, 6-part series starting Wednesday, April 6 to June 15, [Register here](#).

Hope & Cope – Breast Friends Support Group for women living with metastatic breast cancer. April 13, 4:00-5:30 p.m. [To Register](#). To see all the Support Groups offered, see the [Calendar here](#).

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Greenfield Park (Main Office)

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

Candiac

9 Montcalm Blvd., #512
Candiac J5R 3L4
Tel: (438) 455-2747
candiac@arc-hss.ca

Activity Centre

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 605-9500
info@arc-hss.ca

Haut-Richelieu-Rouville

927-B Seminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca

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

Stay in touch and follow us on social media



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