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December is a time of joy and celebrating the holiday season with family and friends. This year we need to be careful and follow the government directives, as outlined in the Health and Wellness section on page 9, to ensure we have a happy and healthy start to the new year.

In addition to the [regular activities](#) we offer here at ARC, we have added two new activities for adults 55+. With the Quebec Writers' Federation, a 4-session workshop entitled **We're All Storytellers - Learning the Craft of True-life Storytelling**, offered exclusively for our community in February (details on page 3) and **Coffee, Cake & Chat**, a weekly in-person activity at Seniors Respite Monteregie on Wednesday afternoons from 1:00 to 3:00 p.m. (details on page 4).

On Thursday, December 3, a Zoom presentation on **Stress and Anxiety – What's the Difference?** from 10:00 to 11:30 a.m. (details on page 5).

Also, we are pleased to be able to offer members of our community access to the **Cummings Centre and its Virtual Learning Library** for adults 50+, free of charge!!! All content is in English and includes over 220 videos, mostly on health-related topics. See page 5 for complete details.

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

## Inside this issue

Haut-Richelieu-Rouville	2
Writers' Workshop	3
Coffee, Cake & Chat Activity	4
Stress & Anxiety Presentation	5
Virtual Learning for 50+	5
Activities This Month	6
Community Activities	7
Star Program Montréal	7
Christmas Activities	8
Health & Wellness	9
The Funny Page	10
Community Services	11



## Christmas Baskets 2020

Here are the phone numbers to apply for a Christmas basket. Please note that you can only make one request per family (a Christmas basket or a cheque from The Gazette Christmas Fund).

### Brossard

450-445-7124

Call on December 16 to make an appointment

The distribution will take place on December 17, 18 and 19 at the Alphonse Lepage Sociocultural Centre 7905 San Francisco Ave.

### Greenfield Park

450-463-7100, ext 2327

Until December 18  
Tuesday-Wednesday-  
Thursday - 11 a.m. to 4  
p.m.

People must present themselves at the Cynthia Coull Arena 195 Empire Street

### St-Lambert

450-671-5721, ext 0

St. Thomas Aquinas Parish

Clearly leave your name and phone number between November 15 and December 15



## What's happening in Haut-Richelieu-Rouville

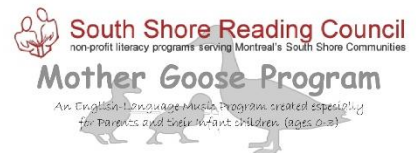
**Guignolée and Christmas Baskets:** Organizations in the area are holding their Guignolée and gathering much needed items for their Christmas Baskets. For more information, you may contact the following organizations:

- **Saint-Jean-sur-Richelieu:** In Saint-Jean, four organizations are taking part, depending on where you live in the city. The Guignolée will take place December 6 and non-perishables can be dropped off at the locations of the organizations which are available online at <https://sjsr.ca/guignolee>. To find out more information or to register for a Christmas basket, call the number that matches with the area where you live. 1. Société de Saint-Vincent-de-Paul: 450-358-1222 for the main part of the city. 2. CAB d'Iberville: 450-357-1172 for those who live in Iberville and area. 3. Comité de Dépannage de L'Acadie: 450 357-2386 for those who live in Acadie, and 4. Conférence Saint-Vincent-de-Paul de Saint-Luc: 450 349-1553 for those living in the St. Luc sector.
- **Chambly and Carignan:** Aux sources du Bassin de Chambly: 450-658-1568 the Guignolée took place the last week of November, however, to see if there is still time to donate, contact them at the above number. The deadline for signing up to obtain a Christmas Basket is December 12 by calling the number above.

**Coming up!** Mother Goose parent-child activity which will be taking place in January in Saint-Jean-sur-Richelieu. If you know parents with children ages 0-3 please let them know about this fun and enriching group. Registration by email to [wagner.rachel@gmail.com](mailto:wagner.rachel@gmail.com) January 4-9, 2021.

### Activity in Haut-Richelieu-Rouville

Believing that it is important to continue to do things together despite the pandemic, the Anglican Church Women of St. Stephens with St. James in Chambly are holding a Virtual Bake Sale for their church community. They are planning for their proceeds to go to a local cause. The sale closed November 30 and lots of delicious Christmas treats will be distributed December 12 following all COVID-19 precautions. Something to look forward to! To find out more about this anglophone church community, contact them at 450-658-5882.



## Come Join us!

- When:** Wednesdays 10:00-11:15 AM  
Jan. 13, 2021 – Mar. 24, 2021
- Where:** Centre de Ressourcement Spirituel Saint-Jean  
80 Lajeunesse (Gouin)  
Saint-Jean-Sur-Richelieu J3B 5G1  
(The program may be offered by Zoom depending on COVID restrictions)
- Who:** Parents & their young children (ages 0-3)
- Cost:** It's free to participants
- To Register:** [wagner.rachel@gmail.com](mailto:wagner.rachel@gmail.com)  
Registration is Jan 4-9, 2021

This initiative is funded by ARC, Assistance and Referral Center, with a financial contribution from Bright Beginnings through CHSSN.





WRITERS' WORKSHOP FOR SENIORS 55+

## WE'RE ALL STORYTELLERS: LEARNING THE CRAFT OF TRUE-LIFE STORYTELLING

WITH NISHA COLEMAN



This dynamic online workshop aims to reconnect the participants with their natural storytelling selves. With an oral exercise off the top, participants get to know each other and understand quickly that they are already storytellers. With a segment on story structures, building tension, layered meanings, scenes, sensory details, and beginnings and endings, participants begin to conceptualize the story they want to tell by the end of the class and gain valuable insight by working in pairs and small groups. An additional segment on performance techniques equips them not only for their final "performance" but to be a better communicator in their lives at home, school, or work. Nisha will record video of all who are willing, providing them with a lasting souvenir of the workshop. The workshop dynamic is supportive, safe, and welcoming, allowing participants to be vulnerable, open, and honest.

**About the Workshop Leader:** Nisha Coleman is a writer of fiction and memoir and an award-winning storyteller. Her memoir, *Busker: Stories from the Streets of Paris*, was released in 2016 by Radiant Press and was chosen as one of the 2016 Best Books of the Year by *Pickle Me This*. Her stories have been broadcast on *The Moth Radio Hour*, *Risk*, *PBS*, and *CBC*. Her solo storytelling show, *Self-Exile*, was featured at the *Centaur Theatre* for the 2017 *Wildside Festival* and won the 2016 *Montreal Best of Fringe* as well as the *Sarasolo Festival Award of Excellence*.



Workshop offered on 4 consecutive Wednesdays in February 2021

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

Space is limited. Registration:  
[arc.cmyhealthcoord@gmail.com](mailto:arc.cmyhealthcoord@gmail.com)  
or 514-743-8058

Workshop given via ZOOM  
[WWW.ARC-HSS.CA](http://WWW.ARC-HSS.CA)

## Dementia Activity Booklet

### Why are activities important?

Engaging in meaningful activities is important for individuals of all ages. For individuals with dementia, it is important for them to continue engaging in the activities that they enjoy by making suitable adaptations. Aligning activities with a person's interests and abilities will contribute to their sense of self, promote creativity and add to their quality of life.

### How to use this book

In the following book, developed by graduate occupational therapy students at McGill, they propose 40+ activities that you and your loved one can engage in and enjoy together.

The book is available to download on our website in two parts >> [Useful Links - Caregivers \(arc-hss.ca\)](#)



COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

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

Dr. Camillo Zacchia, Ph.D, Psychologist

WEDNESDAY, JANUARY 20TH, 2021

10:00 - 11:30 a.m.

ATTEND VIA ZOOM

Register at [arc.coord@gmail.com](mailto:arc.coord@gmail.com) or 514-743-8058

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



Health Canada Santé Canada

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

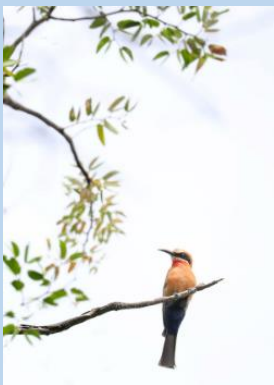


## Take part in a national study of birds in your backyard

Birds Canada invites everyone to take part in this year's FeederWatch project, which will be held across North America from November 14 to April 9.

You can participate in Project FeederWatch by becoming a member of Birds Canada; you then set up a bird-feeding station in your backyard; count the number and species of birds and the dates they visited; and enter the results in an online database.

For more information, go to [birdscanada.org/you-can-help/projectfeederwatch](https://birdscanada.org/you-can-help/projectfeederwatch).



## In-person Activity for Adults 55+



## COFFEE, CAKE & CHAT

Adults 55+ are welcome to join and meet old and new friends for conversation, games, coffee and snacks

Wednesdays, December 2, 9 and 16  
1:00 p.m. to 3:00 p.m.

Location: Seniors Respite Montérégie  
83 Churchill Blvd., Greenfield Park J4V 3L8

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

Registration: [arc.coord@gmail.com](mailto:arc.coord@gmail.com) or 514-605-9500



## Food Initiative Funding

ARC recently received \$2,500 in funding from Nicole Ménard, the deputy of Laporte. This will go toward a food security initiative, delivering food to vulnerable families and seniors in the Montérégie-Centre. ARC would like to thank Madame Ménard for her generous donation.







ASSISTANCE AND REFERRAL CENTRE

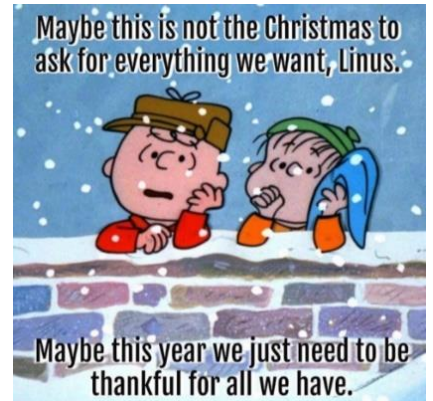
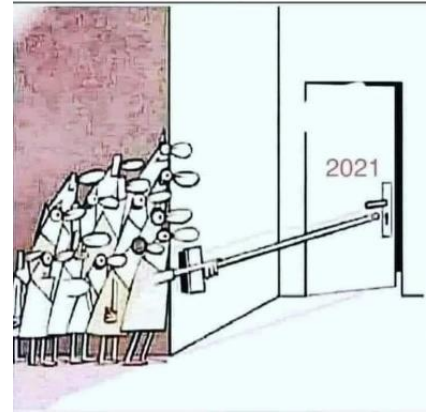
# Stress and Anxiety: What's the difference?

Learning how to reduce stress, better handle anxiety and why it is important to know how they are different

Thursday, December 3, 10:00am-11:30am

To receive the ZOOM link email [arc.programcoord@gmail.com](mailto:arc.programcoord@gmail.com) or call 450-357-0386

Presented by Lynn Osborne, Social Worker, member OTSTCFQ



## Virtual Learning for English-speaking Adults 50+

Exclusive **free** access to the Cummings Centre's  
Virtual Learning Library

With 220+ videos of Cummings Centre events, classes and lectures including : health and wellness, global affairs, music and art, exercise, entertainment and so much more, presented by experts in the field of well-aging.



**To register** for free access to the library, contact [arc.coord@gmail.com](mailto:arc.coord@gmail.com) or 514-605-9500.





**ReCharge Caregiver's**  
Online Support Group

**Discussion Topic**  
**Caregiver stress: What is it and how can we do to prevent or relieve it?**

Wednesday December 2nd  
From 7:00 pm - 8:30 pm

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

This initiative is funded by  
L'Appui Montérégie

L'APPUA POUR UN DÉBUT EN SANTÉ MONTRÉGIE




**PERSONAL FINANCE: I'M IN CHARGE®**  
EDUCATIONAL PROGRAM

Next online workshop on Budgeting:  
Numbers that speak for themselves  
Learn how to use a budget to reach your goals and create an overview of your financial situation

**Answers to your questions**


Try these free workshops to learn how to budget, consumer tips, ways to save and more!  
desjardins.com/personalfinanceincharge

ARC  
Desjardins  
Canada  
union  
EBL

**When:**  
Wednesday December 16th  
from 1:30 pm to 3:00 pm

**How to participate:**  
send an email to  
arc.admassistant@gmail.com

\*An access to a computer with webcam is recommended, but not necessary.



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

Mondays December 7, 14 and 21  
From 2:00 p.m. to 3:30 p.m.

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

In case you have technical problems, we will help!

TO REGISTER:  
514-951-9711  
arc.admassistant@gmail.com

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

CHSSN  
ARC



With Professional Line Dance Instructor  
**JERRY ALFONSO**

**FREE**

**ZOOM LINE DANCING**

Tuesday, December 1, 8, 15  
from 1:30 p.m. to 3:00 p.m.

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

CHSSN  
ARC

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



**PHOENIX KIDS' CLUB**

**THEMES**  
DECEMBER  
6TH-COUNTING DOWN TO WINTER BREAK  
13TH-HOLIDAY PARTY  
28-31ST WINTER CAMP (SPECIAL EVENT FOR WEEK OF WINTER BREAK)

ONLINE PROGRAMMING SUNDAYS 2:00PM-3:00PM  
TO REGISTER PLEASE CONTACT JESSICA BICKFORD  
438-935-0372 OR DIR.PHOENIXPROJECTS@GMAIL.COM OR WWW.PHOENIXPROGRAMS.CA

ARC

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



Acrylic painting class with artist  
**Addie Malkus**

Thursday, December 10 and 17  
2:00 p.m. to 3:30 p.m.

**Virtual Colour Café**

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

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

This initiative is made possible with funding from Canadian Heritage

Canadian Heritage / Patrimoine canadien  
ARC



# Community Activities

- Georgette-Lepage Library is having a Facebook Live activity, **Children's Story Hour in English**, on Saturday, December 5 from 11:00 a.m. to 12:00 p.m. [www.facebook.com/bibliobrossard](http://www.facebook.com/bibliobrossard).
- **Seniors Respite Montérégie** invites you to attend their Coffee Meetups every Monday from 10:00 a.m. to 4:00 p.m. for people aged 55+. Meet new friends for coffee and conversation. Respite care is still being offered at the centre in-house. At the centre it is on Tuesday, Thursday and Friday each week, from 9:30 a.m. to 4:30 p.m. Visit their website for more details <https://adultdaycare.ca>.
- **The South Shore Women's Circle** wishes everyone a safe and happy holiday season, celebrated in small acts of creativity and meaning, as called for during these times. The Circle will resume its gathering (either in-person or online) in 2021 on the 4th Monday of each month, starting Monday, January 25th at 7:00 p.m. The Circle connects like-hearted women of all ages and backgrounds by providing a space to share our stories openly and authentically. Newcomers always welcome. To learn more about the Women's Circle, please reach out to Julie at [womenswayscirclemtl@icloud.com](mailto:womenswayscirclemtl@icloud.com).
- **Qi Gong sessions** are given twice a week on Zoom. Mondays and Fridays 10:30 a.m. for one hour in English. Mondays and Thursdays 4:15 p.m. for 75 minutes in French. Please contact Sandra at [taichirivesud@gmail.com](mailto:taichirivesud@gmail.com) or 450-466-7200 for further details.
- **Wellness Workshops: Introduction to Arthritis**, December 14 at 1:30 p.m., online (TEAMS). This will be a formal presentation about facts and statistics on arthritis; the difference between osteoarthritis and the various forms of inflammatory arthritis; nutrition and physical activity; assistive devices; and complementary therapies. Register at [info@arthriterivesud.org](mailto:info@arthriterivesud.org) to receive the link and the instruction.

**We invite you** to nominate an employee, volunteer or a team at a community or public organization who made a special effort to improve the health and well-being of our English-speaking community in the Montérégie.



Selected candidates will receive a certificate of congratulations, a gift card as a token of appreciation, and they will be featured in the newsletter publications and Facebook pages of diverse health organizations across the Montérégie

To nominate a candidate or a team, please complete the form at <https://fr.surveymonkey.com/r/TNYYH5> or call us at 514-605-9500 for more information.

*Star Program, an initiative of the Regional Health and Social Services Partnership Table (RHSSPT), is a program that highlights individuals or groups who demonstrate support for the Montérégie English-speaking community.*



# Community Christmas

## Activities, Fairs & Markets

- **St. Paul's Church** will be having their **Children's Christmas Pageant** via Zoom on Sunday, December 20. If anyone would like to tune in, they can send Gloria an email or call 450-678-2460 for the link, password or if they would like to watch the children and maybe sing along with our Christmas Carols.

- **South Shore Retired Educators – Festive Zoom Celebration** via Zoom on December 10 from 1:00 p.m. to 3:00 p.m. For information: [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com).

- **Saint Lambert Holiday Treasure Hunt** beginning on Tuesday, December 1 at 8:30 a.m. throughout the city. To take part, simply print the list of clues, which will be available here [www.saint-lambert.ca/en/calendar](http://www.saint-lambert.ca/en/calendar), and check off the boxes for each item as you see it. The goal is to find them all. Longueuil has some good news to share. **The Traditional Christmas Market** will be online this year. You are invited to visit the magic of Longueuil Christmas market which features over 40 various merchants between November 24 to December 24<sup>th</sup>. With handcrafted items that you can buy and arrange for delivery from the comfort of your home. Throughout this period there are artists, craft workshops and featured musical performances. So, visit the site often <https://metierstraditions.com/>.



- **Looking for unique Christmas gifts?** The Ventures is a Program designed for Special Needs Adults aimed at teaching our students how to be autonomous. This holiday season they are creating beautiful products for their *Unik Boutique*. One of the main components of the program is to build work skills, in hopes that the students will eventually contribute to the workforce in their own unique way. We encourage you to look through their catalogue of products at

<https://www.facebook.com/Unikboutikventures>. For orders, please contact Julie Paquette at [Julie.paquette1@rsb.qc.ca](mailto:Julie.paquette1@rsb.qc.ca) or 450-676-3636.



- **The St-Lambert Gourmet Christmas Market** (Le Marché fermier du Vieux Saint-Lambert) will be held outside on December 12 from 10:00 a.m. to 3:00 p.m. in front of the multipurpose centre at 81 Hooper Street. Come and stock up on a variety of local delights in preparation for your holiday celebrations. For more information, visit the Facebook page: <https://www.facebook.com/marchefermiervstlambert>.

- **Centennial Regional High School** (CRHS) will be holding their **Annual Craft Fair** online November 16 to December 18. Please visit their Facebook page for more details [https://www.facebook.com/CRHSCraftFair/photos/?tab=albums&ref=page\\_internal](https://www.facebook.com/CRHSCraftFair/photos/?tab=albums&ref=page_internal).



## COVID-19-related instructions for the holiday season

### From December 17 to 23

Voluntary confinement applies. Limit yourself to essential travel.

### From December 24 to December 27

Participation in private gatherings is permitted:


- Gatherings must be limited to not more than 10 people.
- Individuals from different households must always remain 2 metres apart. It will be especially important to display the utmost rigour in the case of individuals 70 years of age and over, those suffering from chronic diseases, or those whose immune systems are weakened or deficient.
- The following individuals must avoid participating in gatherings:
- anyone who has COVID-19, who must remain isolated for the period prescribed by public health authorities;
- anyone who is isolating after coming into contact with a case of COVID-19, regardless of whether the person is displaying symptoms;
- anyone displaying symptoms, regardless of whether the person has been tested;
- anyone who has been tested for COVID-19 and is awaiting the result.

### From December 28 to January 3

Voluntary confinement applies. Limit yourself to essential travel.

## Is going to the hospital emergency room your best option?


You are the best judge of your health. However, it can be difficult to assess whether your problem is urgent. Before heading to the emergency room, did you think about other options available to you?

 Call Health Info 8-1-1


Nurses offer health tips tailored to your health condition.

 Consult the health wellness portal


The option brings together information on symptoms, treatments and resources: [www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca)

 Consult your family doctor

The majority of family doctors offer time slots within 48 hr.

 Consult your pharmacist

They can advise you on the use of over-the-counter medications related to your symptoms.

 Consult a medical clinic without an appointment

Several clinics offer consultation to people without a family doctor. For more details visit <https://www.rvsq.gouv.qc.ca/en/public/Pages/home.aspx>

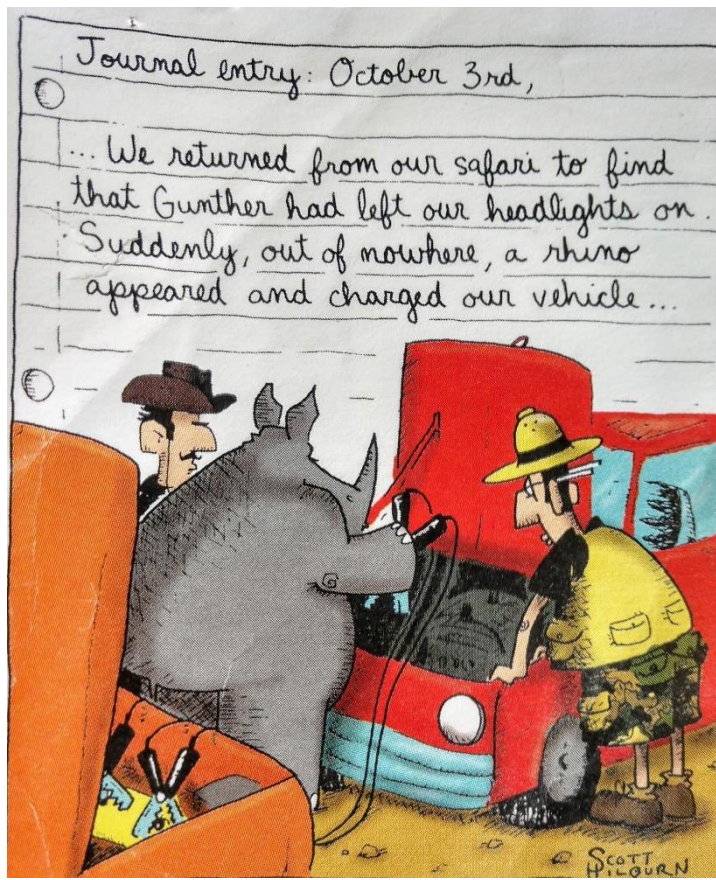
- **Coronavirus disease situation in Quebec** for everything you need to know visit: [www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus)
- A new subtitled video clip on COVID, made by the Director of Public Health of the Montérégie, is now available on the Public Health Facebook and YouTube channel. <https://youtu.be/Qu3dkjL4MPU>



# The Funny Page



## "Turns out it was a marble in the ashtray"





- **CAAP—Montérégie** (Complaint Assistance and Support Centre) The Complaint Assistance and Support Centre can help you formulate your health care complaints and how to use the recourse mechanisms available. This organization is appointed by the Quebec Health and Social Service Minister. Services are free, bilingual and confidential. Call 450-347-0670 or 1-800-263-0670.
- **Our Harbour** offers English-language support and supervised housing services for persons living with mental illness on the South Shore. They have 8 apartments, which are presently occupied but more are expected at a later date. If you know of a person or persons who may benefit from this program, please contact them. Volunteers and supporters are always welcome. Call 450-671-9160, email [info@ourharbour.org](mailto:info@ourharbour.org) or visit [www.ourharbour.org](http://www.ourharbour.org).
- **The Mission Nouvelle Génération**, the Community Food Bank in Brossard (near the Champlain Mall), 1423 Provencher, is open on Thursdays from 1:00 p.m. to 5:00 p.m. and 6:30 p.m. to 8:30 p.m. Tuesdays from 4:00 p.m. to 8:00 p.m. The content varies weekly. If you are interested in the food bank, you can book an appointment for an interview to determine if you are eligible. The telephone number is 450-486-7667. Also, if you have any gently used items, we suggest you donate them to their thrift shop. The items may be sold at a low cost and the funds go right back into the community. You can drop items off from 10:00 a.m. to 4:00 p.m., Tuesdays and Thursdays. Volunteers are welcome, very bilingual! [www.missionnouvellegeneration.org](http://www.missionnouvellegeneration.org).
- **211** is an easy number to remember. The 211-telephone referral for community services is available for residents of the Greater Montreal area, including the South Shore. By calling the 211-telephone line, you receive information on community and social resources, such as home support and housing for seniors, support associations for people with intellectual or physical disabilities, psychosocial support for victims of domestic violence and sexual assault. Treatment for addiction and mental health advocacy groups. The service is free, multilingual, and is available seven days a week from 8:00 a.m. to 6:00 p.m. Residents can visit the website for more information [www.211qc.ca/en/about](http://www.211qc.ca/en/about).



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

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[www.arc-hss.ca](http://www.arc-hss.ca), [info@arc-hss.ca](mailto:info@arc-hss.ca)

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

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



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