



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

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Phone support to help break isolation

The Automated Call Program, led by the South Shore Volunteer Centre, is offered free of charge to citizens of the Longueuil agglomeration (Brossard, St Hubert, Greenfield Park, St Bruno, Boucherville and Longueuil) who are registered (retired, sick or living alone).

The program offers remote phone support, a reassuring service that helps break isolation.

How do you sign up?

To join the program, contact the South Shore Volunteer Centre at 450-679-5916.



THE ADVISOR

Information source for the South Shore English-speaking community

February is Heart Month

This is the month to bring attention to the importance of cardiovascular health, and what we can do to control our risk.

7 Signs of a Healthy Heart

- Heart Rate
- Energy Level
- Quick Recovery Rate
- Healthy Breathing
- Blood Pressure
- Cholesterol
- Good Oral Health

Prevention is key! Learn more on how to live a healthier lifestyle at www.heartandstroke.ca/healthy-living.

At ARC, we are offering a new workshop entitled **It's Time to Talk Series—Emotional & Mental Health**, for teens and parents of teens. This workshop will be offered on four Wednesdays in March and April. For more details, see page 5 and click on the link to register.

We added two physical activities to the calendar in January, **Yoga and Qi Gong**, offered weekly on Wednesdays. If you wish to sign up, email info@arc-hss.ca.

In collaboration with **Seniors Respite Montérégie**, they are now open on an additional day to provide respite for caregivers. On Mondays they will offer free day centre activities for seniors with memory loss. Activities are designed by professionals to stimulate cognitive, physical and social skills. Register at 450-341-0487 or info@seniorsrespitemonteregie.ca.

Volunteer facilitators are needed for the **English Conversation Clubs** at the CISSS-MC. These activities reach employees who wish to learn and practice English during their lunch hour. Due to the current situation, we offer these activities by phone or via Zoom. If you are interested in becoming a volunteer for our spring session please contact arc.cmtyhealthcoord@gmail.com.

The **Wellness Centres** are going online every Wednesday from 1:30 to 3:30. This month's theme is Jog Your Mind: Exercises for Memory and other fun stuff. Email info@arc-hss.ca to register or for more information.

Happy Valentine's Day!

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

Volunteer Opportunity at ARC—Recording Secretary

We are currently looking for a **Volunteer Recording Secretary** who will be responsible for recording and archiving the board meeting minutes and other required documents. This position requires an **estimated 8-10 hours per month**. Start date is immediate and the duration is to be negotiated.

[Read the full job description and desired qualifications](#) >>

If you are interested in supporting our non-profit organization, please forward your CV and letter of introduction to: [Board VP and Chair, Recruitment and Retention of Volunteers](#).



Tools for Planning Ahead Workshop Held on January 26, 2021

For those who may have missed, or would like to have a copy, the presentation by Educaloï on January 26, 2021, the PowerPoint is now available to download on our website.

This workshop covered:

- Power of attorney
- Protection mandate
- Advance medical directives
- Wills

[Download the presentation](#) >>

What's happening in Haut-Richelieu-Rouville

Integration Spotlight on Health and Social Services in Haut-Richelieu-Rouville

L'Entraide Plus, 2437 Bourgogne Ave., Chambly J3L 2A5
(450) 658-4469 www.entraideplus.org

This organization, located in Chambly and with a point of service in Saint-Mathias-sur-Richelieu, has a food counter with affordable meals that can be picked up or delivered (free delivery during the pandemic), transportation for shopping, and services for caregivers among other things. Some services have changed during the pandemic period. L'Entraide is the organization providing the meals for our weekly food assistance program and the feedback is that they are delicious!

Activities in Haut-Richelieu-Rouville

We are starting our **Virtual Wellness Centre** for the Montérégie-Centre region on Zoom. Each week we will chat and learn some new skills. The theme for February is "Exercises for our Brain". See the poster for more details.

Get out and exercise safely: The towns of Saint-Jean-sur-Richelieu (SJSR) and Chambly have a page telling you what sliding hills and ice rinks are available. There are several, including a skating trail in SJSR and a skating rink and cross-country ski trail in Chambly.

- SJSR: www.sjsr.ca/loisirs/patinage-et-sites-hivernaux/etat-sites-hivernaux
- Chambly: www.ville.chambly.qc.ca/sports-et-loisirs-2/conditions-hivernales-des-sites-dactivites

Coming up!

For Valentine's: At Domaine Trinity, 360, rue McGinnis, Saint-Jean-sur-Richelieu (Iberville sector), a land art sculpture is being created in time for Valentines Day and you can be one of the artists. Simply present yourself at the outside booth during opening hours to get a wooden heart that you will decorate and return in time for February 14th. At the same time, you can stroll along the path surrounding the centre, see the outside art installations and with your headphones listen to poetry that is broadcast. Sounds like fun! See the website for details:

www.maculture.ca/evenement/activite-creative-pour-la-st-valentin

Cooking on Zoom: If you can speak some French, you could participate in a zoom workshop on February 12, "Réconforts d'hiver" (The comfort food of winter) through the Centre des Femmes d'Haut Richelieu. Most activities are for women; however, the cooking activities can accept all genders. Call 450-346-0662 for more information or to register, or visit the program web page at www.centrefemmeshautrichelieu.ca/programmation-1.

WELLNESS CENTRE - ACTIVITIES FOR MIND & BODY

February theme:

Jog Your Mind: Exercises for Memory, and other fun stuff

During this period of confinement, we are pleased to bring you a Virtual Wellness Centre!

ZOOM online

When: Every Wednesday
(February 3rd, 10th, 17th, 24th)
1:30pm-3:30pm

What: Make yourself a cup of tea or coffee and join us to talk a little, learn a little



The zoom link will be sent to you when you register
Registration: info@arc-hss.ca
or 514-951-9711





ReCharge is a series of 7 workshops guided by a clinical nurse and mindfulness professionals for English-speaking caregivers throughout the Montérégie.



CARETAKER HEALTH CARE

As part of the program, we teach health care techniques to help you to best care for your loved ones: Basic first aid, mechanics of the body, medical emergencies (strokes & falls), medication, how to prevent infection and contamination, etc., and a special Alzheimer's workshop which includes information on the disease and where to find support.

CAREGIVERS PEACE OF MIND

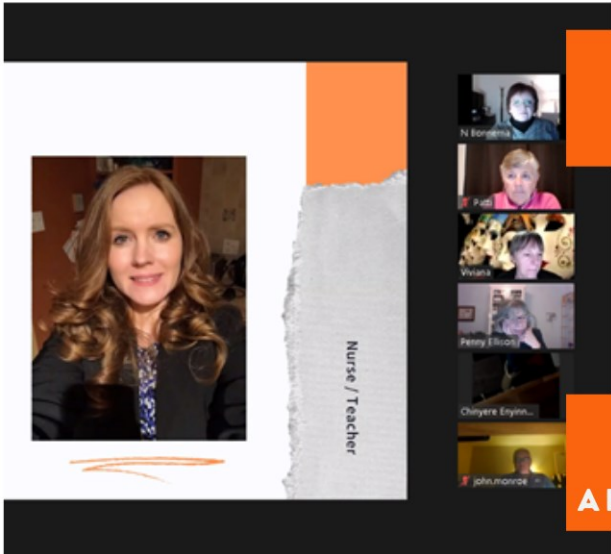
As a Caregiver, you need to take care of yourself. Did you know that some caregivers will pass before the one they are helping? Join us to learn how to take care of yourself as well as your loved one through the mindfulness activities that are part of the program, such as Qi-Jong, music therapy, drama therapy, yoga, and more...



NEXT ONLINE DATES!

There are two upcoming series of workshops offered for free online this Winter:

- Every Tuesday from Feb. 16th to March 30th from 6:00 pm to 8:00 pm.
- Every Thursday from Feb. 18th to April 1st from 6:00 pm to 8:00 pm.



**TO REGISTER:
514-608-9600**

ARC.PROJECTCOORD@GMAIL.COM

Rent Increases in Private Seniors' Residences CAAP Montérégie can help you!

For almost 2 years now, the Centre d'Assistance et d'Accompagnement aux Plaintes de la Montérégie (CAAP) has replied to over 400 calls from tenants experiencing difficulties with their leases in private seniors' residences. The majority of these calls address concerns about the increase in their rent.

Many seniors feel vulnerable and helpless and are not aware of their rights in residence, including the fact that they can refuse a rent increase while remaining in their dwelling. Refusal of a rent increase is a right that can be exercised in a private residence or in any other rental accommodation.

CAAP offers assistance to seniors of all regions in Quebec.

They seek to inform seniors in residence and their loved ones about their rights and obligations and to accompany them throughout the process. Their approach is to find an agreement and negotiation between the parties, while empowering seniors with knowledge of their rights. All their services are free and confidential.

Telephone: (450) 347-0670
Toll Free: 1 (800) 263-0670
Website: caapmonteregie.ca



ARC is Celebrating!

As we continue our journey through the years, join us for our monthly instalment of trivia and storytelling.

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

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

February 2021 – Chapter II

ARC's **glow** provided a beacon of light and hope creating the missing link between the English-speaking community and the Health and Social Services agencies and institutions of the territory.

Have we got you stumped? Try your hand at answering and have a chance to win a prize

Left over from January...come on, take a guess!

- ARC was founded in what month according to the original Letters of Patent?
- Who were the founding members of ARC, according to the original Letters of Patent? (**CLUE:** L.T. – J.B. – D.L.)



February Challenge

1. What year did ARC start working with the community?
2. In what towns does ARC offer its services?

If you think you know the answer, send us an email to info@arc-hss.ca. Look for Chapter III of ARC's story in the March issue of The Advisor.



Get Moving in 2021

A new year typically brings new resolutions. While making resolutions is easy, sticking with them is not. Exercise-related resolutions consistently make the top 10 list, but up to 80% of resolutions to be healthier, including promises to exercise more, are tossed aside by February.

If you're looking for a way to get moving and have fun, why not join one of our FREE physical activities?


We offer:

- ◆ Line Dancing on Tuesday
- ◆ Qi Gong on Wednesday morning
- ◆ Gentle Yoga on Wednesday afternoon

If you are interested, consult the Activity Calendar on page for details or to register email info@arc-hss.ca.

New Activity for Teens & Parents of Teens

Beginning in March, ARC will be offering a new 4-part webinar series, entitled Emotional & Mental Health, for teens & parents of teens. Reserve your spot today! <https://forms.gle/BkKQJ6cMcTjpDscx6>



PARENTEENFOCUS PRESENTS

EMOTIONAL & MENTAL HEALTH

IT'S TIME TO TALK SERIES

Free Webinars for
Teens & Parents of Teens

Every 2nd Wednesday / 7-8pm
March 10th + 24th + April 7th + 21st, 2021

Bringing the focus back to what really matters

RESERVE YOUR SPOT TODAY:

[HTTPS://FORMS.GLE/BKKQJ6CMCTJPDSCX6](https://forms.gle/BkKQJ6cMcTjpDscx6)



This ARC Assistance and Referral Centre initiative is made possible with funding from Health Canada through the CHSSN

5 TOP activities in January

The top 5 activities at ARC last month:

1. Tools and Mandates Workshop with Educaloï
2. Line Dancing on Tuesdays
3. Gentle Yoga on Wednesdays
4. Qi Gong on Wednesdays
5. McGill Health Conference offered monthly

Refer to the Monthly Activity Calendar or contact info@arc-hss.ca for more information.

Census Jobs

The census paints a portrait of Canada's population and the places where we live. Information from the census will ensure that your community has the data it needs for planning schools, day-care, housing, hospitals, emergency services, roads, public transportation, and employment skills training.

Statistics Canada is currently hiring approximately 32,000 people for census enumerator and crew leader positions across Canada. Be part of a great undertaking and join our 2021 Census team! Visit their website: census.gc.ca/jobs-emploi-eng.htm.

Hema-Quebec is looking for stem cell donors

For people with leukemia, lymphoma or certain types of cancer, a stem cell transplant is often necessary to overcome their illness. Unfortunately, in 75% of cases a compatible donor is not found within their family, so finding a compatible donor becomes their only chance to survive. If you are willing to donate stem cells to anyone who needs a transplant, you can volunteer by enrolling on Hema-Quebec's Stem Cell Donor Registry. To be eligible to become a donor, you must be between the ages of 18 and 35, and in good health. To learn more, consult Hema-Quebec's website at: www.hemaquebec.gc.ca.

Activity Calendar

Activities in **BLUE** are closed groups only. Additional activities may be made available throughout the month.
Watch for our emails or check out our [website](#) and [social media](#) for updates!

February 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Mother Goose GPK 1: 9:00-9:45 am 2: 10:15-11:00am English Conversation @ CISSS 12:00-1:00 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	2 Mother Goose Brossard 10:00-10:45 am English Conversation @ CISSS 12:00-1:00 pm x2 Jerry's Line Dancing via Zoom 1:30-3:30 pm	3 Mother Goose St Jean 10:45-11:30 am Sandra's Qj Gong via Zoom 10:30-11:30 am English Conversation @ CISSS 12:00-1:00 pm x2 Wellness Centre via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	4 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm	5 English Conversation @ CISSS 12:00-1:00 pm	6
7 Phoenix Kids' Club: JR Chef Via Zoom 2:00-3:00 pm	8 Mother Goose GPK 1: 9:00-9:45 am 2: 10:15-11:00am English Conversation @ CISSS 12:00-1:00 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	9 Mother Goose Brossard 10:00-10:45 am English Conversation @ CISSS 12:00-1:00 pm x2 Jerry's Line Dancing via Zoom 1:30-3:30 pm	10 Mother Goose St Jean 10:45-11:30 am Sandra's Qj Gong via Zoom 10:30-11:30 am English Conversation @ CISSS 12:00-1:00 pm x2 Wellness Centre via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm Recharge Caregiver's Discussion 7:00-8:30 pm	11 TBN Café Our Harbour 2:00-3:00 pm	12 English Conversation @ CISSS 12:00-1:00 pm	13
14 Phoenix Kids' Club: Valentine's Day Party Via Zoom 2:00-3:00 pm	15 Mother Goose GPK 1: 9:00-9:45 am 2: 10:15-11:00am English Conversation @ CISSS 12:00-1:00 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	16 Mother Goose Brossard 10:00-10:45 am English Conversation @ CISSS 12:00-1:00 pm x2 Jerry's Line Dancing via Zoom 1:30-3:30 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	17 Health Conference: Straight talk about end-of-life options 10:00-11:30 am Mother Goose St Jean 10:45-11:30 am Sandra's Qj Gong via Zoom 10:30-11:30 am English Conversation @ CISSS 12:00-1:00 pm x2 Wellness Centre via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	18 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	19 English Conversation @ CISSS 12:00-1:00 pm	20
21 Phoenix Kids' Club: Jazz Styles Via Zoom 2:00-3:00 pm	22 Mother Goose GPK 1: 9:00-9:45 am 2: 10:15-11:00am English Conversation @ CISSS 12:00-1:00 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	23 Mother Goose Brossard 10:00-10:45 am English Conversation @ CISSS 12:00-1:00 pm x2 Jerry's Line Dancing via Zoom 1:30-3:30 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	24 Mother Goose St Jean 10:45-11:30 am Sandra's Qj Gong via Zoom 10:30-11:30 am English Conversation @ CISSS 12:00-1:00 pm x2 Wellness Centre via Zoom 1:30-3:30 pm Linda's Gentle Yoga via Zoom 2:00-3:00 pm	25 TBN Café Our Harbour 2:00-3:00 pm Recharge for Caregivers via Zoom 6:00-8:00 pm	26 English Conversation @ CISSS 12:00-1:00 pm	27
28 Phoenix Kids' Club via Zoom 2:00-3:00 pm	For information or to register, please contact our Administrative Assistant at: info@arc-hss.ca or call: 514-951-9711					

These activities are made possible thanks to our funders:
 Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Montérégie,
 Dialogue McGill and Bright Beginnings.

ARC Activities This Month

online **DRAWING** Classes

EACH MONDAY FROM FEB 1ST TO MARCH 29TH FROM 2:00 PM TO 3:30 PM

To register:
514-951-9711
arc.admassistant@gmail.com

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

VIRTUAL COLOUR CAFE

Free registration: 514-951-9711
arc.admassistant@gmail.com

Thursdays (Feb 4, 18 + March 4, 18)
From 2:00 pm to 3:30 pm

This initiative is made possible with funding from Canadian Heritage

ReCharge Caregiver's Online Support Group

Discussion Topic
Asking for, accepting, giving and refusing help

Wednesday February 10th
From 7:00 pm - 8:30 pm

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

This initiative is funded by l'Appui Montérégie

CHSSN 2020 ANS ENSEMBLE POUR LE BIEN-ÊTRE

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

Straight Talk about End-of-Life Options

Presented by: Jennifer Hobbs Robert, M.Sc.A, BCN, CNEd, Senior Advisor - JHCP

This session addresses end-of-life options: palliative care, do not resuscitate orders, refusal or withdrawal of treatment, medical assistance in dying, and advanced medical directives.

Join us to learn how you can ensure that treatment is consistent with your final requests or those of your loved one.

WEDNESDAY, FEBRUARY 17
10:00 - 11:30 a.m.

via ZOOM

Register

Health Canada Santé Canada

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

RESPITE FOR CAREGIVERS

The Senior Respite Montérégie is offering day center activities for seniors with memory loss (dementia) to offer respite to their caregivers.

These activities are designed by professionals to stimulate cognitive, physical, and social skills, and are free of charge.

Mondays 10:00 a.m. to 3:00 p.m.
January 18 to March 31

Register with Franca
(450) 341-0487 or
info@seniorsrespitemonteregie.ca

This activity is made possible thanks to funding from Appui Montérégie through the Access and Referral Center (ARC).

PHOENIX KIDS' CLUB

Theme: Celebrating Love & Diversity

FEBRUARY
7TH-JR CHEF
14TH-VALENTINE'S DAY
21ST-JAZZ STYLES
28TH-THE UNDERGROUND RAILROAD

SPECIAL EVENT FEB 7
3PM
CELEBRATING CHINESE NEW YEAR
PRE-REGISTRATION REQUIRED

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

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

**Pack Your Bags: Southern Edition
The South Shore Reading (Literacy)
Council**

The Winter/Spring Pack Your Bags Southern Edition invites you to learn more about warmer destinations through virtual voyages from 12:00 -1:00 p.m. every second Tuesday of the months of February through May. Destinations include Nevada, Mexico, Australia and Jamaica. Next Destination: Tuesday, February 9, from 12:00-1:00 p.m.

Link for registration:

<https://form.123formbuilder.com/5770947/form>

**TED Circles: Conversations about big ideas in small group
The South Shore Reading (Literacy) Council**

TED Circles is an open community of small groups that meet for conversations about big ideas. You will discuss a variety of interesting topics.

Ted circles invite you to join the global conversation from 12:00 - 1:00 p.m. on the last Tuesday of every month from February through May.

Next Circle: Tuesday, February 23 from 12:00-1:00 p.m.

Link for registration:

[SSLC—Ted Circles Registration \(123formbuilder.com\)](https://form.123formbuilder.com/5770947/form)

The Augustine Series

St Augustine of Canterbury Parish

Offering free monthly Zoom conferences that seek to inform and inspire you.

Next Conference: February 28, 2:00 p.m.

Dogmatic Truths: What Dogs Teach Us About Life with Dr. Spencer Boudreau. The human relationship with dogs is older and more unique than that of humans with any other animal. Explores the virtues dogs can teach us which have such immeasurable capacity to enrich our lives.

To register: augustineseries@bellnet.ca.



**Reflections for Black History Month -
South Shore Retired Educators**

Next session: Thursday February 18th
1:00-3:00 p.m. via Zoom

For information:

southshoreretirededucators@gmail.com

A nominal annual fee. Why not come and join them for fun, fellowship and refreshments! SSRE Thursday meeting dates: February 18th, April 15th, May 20th

**Starting your vegetable garden from seed
Saint-Lambert Horticultural Society**

Thursday, February 18 at 7:30 p.m. via Zoom.

This meeting will be hosted by Christie Ann Lovat.

To become a member and sign up for the zoom link, visit their website: www.hortistlambert.com

Free Adapted Fitness Exercises online

Arthrite Rive Sud

Every Tuesday until March 16, from 10:00-11:00 a.m. via Zoom.

Warm-up, aerobic activities, stretching and fitness. Exercises done standing or on a chair using a rubber band, stick, dumbbells and balls, or home-made equivalents. Class led by Jean Proulx. Register at info@arthriterivesud.org to get the link.

**Support group: Share and Shine Together
Arthrite Rive Sud**

February 26, from 1:30-3:00 p.m. via Zoom.

A free, online, informal gathering for those who wish to join the arthritis community. This is a space to share your own story and experiences with arthritis, to inspire and be inspired, and learn from others. Register at info@arthriterivesud.org to get the link.

Mission New Generation (MNG) with the support of 80 volunteers help provided over 700 food baskets to families in need during the Holiday season. ARC was immensely proud to help recruit some of these volunteers to aid this most worthwhile community program. Here is Kevin Erskine-Henry, our Community Outreach Coordinator taking part in the activities over the two days of distribution.

MNG now provides food to over 1,500 families each week in Montérégie. Thanks to our many volunteers and our very generous donors, we can help these families in need by providing them with fresh products, fruits, vegetables, bread, meat and so much more.

Website: missionnouvellegeneration.org.



Talking is Prevention

The 30th Annual National Suicide Prevention Week will be held from January 31 to February 6 under the theme "**Talking about suicide saves lives**". Sponsored by the Association québécoise de prévention du suicide, the week brings forward to the public to the public a social problem that needs better awareness.

If you know someone who has expressed feelings about taking their life, or maybe you yourself need someone to talk with you, call 911 or the provincial suicide prevention hotline, open 24-7, at 1-866-277-3553. Young people can call the Kids Help Phone (Jeunesse, J'écoute) at 1-800-668-6868 or TelJeunes at 1-800-263-2266 – 24 hours a day, seven days a week – or go online to www.kidshelpphone.ca or www.teljeunes.com.

AQPS (Association Québécoise de Prévention du Suicide)

Toll Free: 1 (866) APPELLE (277-3553)

Website: www.aqps.info

Helpful tools: <https://howtotalkaboutsuiicide.com>

This service is available in English and French and open to all Quebecers across the province regardless of where you live.

Suicide Action Montreal

Telephone: (514) 723-4000

Website: www.suicideactionmontreal.org

Good News: Milder Flu Season!

Canada Public Health authorities are reporting that the 2020-21 flu season is milder than in previous years. The low incidence of influenza was already noticed over the summer, when countries in the southern hemisphere where flu typically peaks in July, such as Australia, reported far fewer cases than usual. While health care professionals are not certain of the cause for the decline, they speculate that it is linked to the public health measures recommended to avoid COVID-19 such as frequent hand washing mask wearing and social distancing.

Coronavirus disease situation in Quebec for everything you need to know visit: www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus

CHIP (Communicaid for Hearing Impaired Persons) offers assistance and workshops in English for persons who experience hearing loss.

Telephone: (514)488-5552

Email: info@hearhear.org.

Website: www.hearhear.org

Parkinson Disease—A bilingual Quebec-based social worker is available for people living with Parkinson's, their care partners and health care professionals.

Telephone: (514) 357-4291 ext. 3411

Toll Free: 1 (800) 565-3000 ext. 3411

Email: infoQC@parkinson.ca

Arthrite Rive-Sud is a volunteer run, non-profit organization, seeking to improve the lives of people living with arthritis.

Telephone: (438) 630-7215

Email: arthriterivesud@gmail.com

AMI Quebec—Offering services to individuals facing challenges due to mental illness.

Telephone Montreal: (514) 486-1448

Toll Free: 1 (877) 303-0246

Website: www.amiquebec.org

The Canadian Celiac Association is the national voice for anyone adversely affected by gluten and is dedicated to improving diagnosis and quality of life.

Email: info@celiac.ca

Website: www.celiac.ca

Com'Femme is a bilingual group with the mission of improving living conditions of women residing on the South Shore of Montreal.

Telephone: (450) 676-7719

Website: www.comfemme.org

The Yellow Door—online wellness groups for all.

Find them here: www.facebook.com/YDActivities

The South Shore Alzheimer Society's (Brossard) mission is to support, help and guide people with Alzheimer's disease or other neuro-cognitive disorders. They offer telephone consultations, counselling services, training workshops and in-home respite services .

Telephone: (450) 445-6660

Email: brossard@alzheimerivesud.ca.

Offices: 6955 Taschereau Blvd., suite 4, Brossard

Get your Bilingual Public Health Information updates online:

Montérégie Access Committee supports our Director of Public Health in producing and promoting subtitled video clips on COVID-19. They are available on the Public Health Facebook and YouTube channel: <https://youtu.be/D8gdWAKmgjk>. We invite you to share it.

Disposable Mask Will be the lasting legacy of COVID-19

We have all seen them, disposable masks disposed of everywhere. In a recent report by Ocean researchers, it is estimated there now a billion disposal masks flowing in world oceans. The biggest mistake people have about disposable masks is they think they are biodegradable, while they are designed out of plastic material that will not decompose. The new vaccines made rid us of COVID-19 by year's end, however, the legacy of trillions of improperly discarded masks will be with us countless years to come.

The right ways to dispose of masks:

RECYC-QUÉBEC, the para-public provincial agency, says the COVID-19 masks being worn for protection from the disease are now the new pollutant. Thrown away on sidewalks, masks and gloves end up in sewer systems then waterways like the St-Lawrence River. Then comes the danger of ingestion by birds or aquatic wildlife. The discards also present a public health problem for those cleaning the streets. And for these reasons, RECYC-QUÉBEC is advising on a proper waste disposal. Paper tissue, gloves, face masks, disposable wipes and protection equipment are potentially contaminated so they must be placed in a sealed bag disposed to be placed in a sealed garbage container. They should never be put in recycling or organic collection bins or in toilets.

Senior's Discounts

Discounts for seniors, often starting as low as 55+

Pharmacies	Age limit	When	Amount
Jean Coutu	65 years plus	always	10%
Brunet	65 years plus	always	10%
Uniprix	65 years plus	always	10%
Familiprix	65 years plus	always	10%
Pharmaprix	65 years plus	Thursdays	20%
Stores			
The Bay	60 years plus	1 st Tuesday of the month	15%
Giant Tiger	65 years plus	1 st Monday of the month	10%
Hart	55 years plus	1 st Monday of the month	15%
RONA	50 years plus	1 st Tuesday of the month	15%
Canadian Tire	65 years plus	1 st Wednesday of the month	10%
Bulk Barn	65 years plus	Every Wednesday	10%
Michael's	55 years plus	Always	10%
Village Du Value	60 years plus	Every Tuesday	30%
Salvation Army	65 years plus	Always	10%
Banana Republic	50 years plus	Always	10%
Reno Depot	50 years plus	1 st Tuesday of the month	10%
Restaurants	Various Policies Some offer special prices for seniors	Ask when the seniors discount special day is. Often it posted in the menu or on a banner	Discounts Ranges from 10% to 20% plus or they have added specials or free items
A & W	60 years plus	Always	10%
Dairy Queen	55 years plus	Always	10%
Wendy's	55 years plus	Always	10%

More discounts are available by becoming a member of Réseau FADOQ

which is the largest seniors' organization with 550,000 members in Canada. It brings together and represents people aged 50 and over with the goal of improving and maintaining their quality of life. Membership fees apply.



Visit: www.fadoq.ca/en/rive-sud-suroit

Participants Needed

Are you or do you know a man who immigrated to Quebec less than 10 years ago and who lives in the greater Montreal area? You could participate in a research project by completing an online survey!



See the PDF poster in English: https://bit.ly/participants_needed



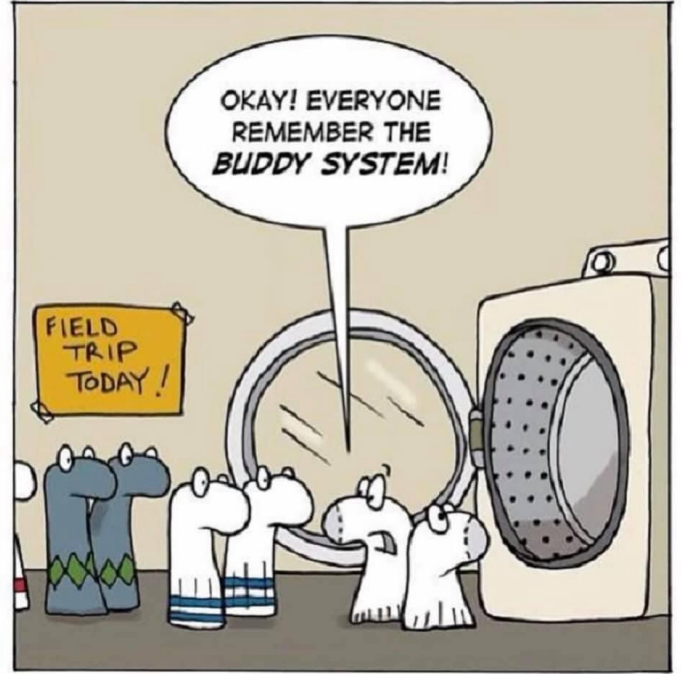
Answer the survey in English: https://bit.ly/immigrant_men

THE FUNNIES

LAUGHTER IS THE BEST MEDICINE!



JIM RECEIVES A NOTE UNDER THE DOOR AND IS INTRIGUED, ESPECIALLY BECAUSE IT'S THE CLOSET DOOR.



OKAY! EVERYONE REMEMBER THE **BUDDY SYSTEM!**

FIELD TRIP TODAY!



Fold..

Community Services

Our Harbour - English-language support and housing services for persons living with mental illness on the South Shore.

Telephone: (450) 671-9160

Email: info@ourharbour.org

Website: www.ourharbour.org

Mission Nouvelle Génération - Community Food Bank in Brossard (1423 Provencher)

Please call to book an appointment for an interview to determine if you are eligible.

Opening hours: Tuesdays from 4:00-8:00 p.m., Thursdays 1:00-5:00 p.m./6:30-8:30 p.m.

Telephone: (450) 486-7667

Website: www.missionnouvellegeneration.org

Gently used items can be donated to their thrift shop during their opening hours. Items will be sold at a low cost and the funds go right back into the community. Volunteers are welcome, very bilingual!

211 - Referral for community services for residents of the Greater Montreal area.

They can provide you with information on 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 and more. 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.

The Vinesh Saxena Family Foundation - The foundation provides financial aid to those temporarily experiencing real financial difficulties.

Telephone: (450) 468-7539

Email: founder@vsffoundation.ca, Website: vsffoundation.ca/english

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