

April 2023



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

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### EGG HUNT rules

**Prepare the eggs for the hunt**  
You can use both real eggs decorated for the holiday, and plastic ones

**Buy goodies**  
Plastic eggs can be filled with treats such as chocolate, candy, jelly, dragees, fruits

**Choose a place for egg hunting**  
Choose safe, open spaces, such as a living room or children's room, instead of a pantry

**Hide eggs**  
Write down the location of each Easter egg when you hide them in order not to score and hide them

**Hide the Prize Egg**  
Hide a prize egg with a special colour and reward the person who finds it with a special prize



Information source for the South Shore English-speaking community

# THE ADVISOR

*"Here comes the sun, and I say, it's all right"* - The Beatles

**Our Super Supper** is back on April 22 with an Italian-themed evening, complete with DJ and dancing. All ages welcome! Spaghetti with a choice of meat or vegetarian sauce, garlic bread, salad and dessert will be available for \$15/adult and \$7.50/child 8 and under. From 5:00-10:00 p.m. at the Greenfield Park Legion, Branch 94. [Reserve before April 14](#) to guarantee your place.

With our new fiscal year beginning in April, it's time for us to review our **membership** base, with some memberships expiring at the end of March. In the next week, we will be emailing those of you who are members with newly expired memberships.

For others who are not currently members, why not join our growing membership? Here are a few reasons why.

- **Support** our initiative to sustain services, programs and free activities for the English-speaking community.
- **Priority** notifications and early-bird signup for activities.
- **Vote** at the Annual General Meeting (AGM) with an opportunity to express your opinion and participate in the organization's future orientation.
- **Exclusive** pin which will identify you as an ARC Member.
- **Access** to member-only events.

The membership form is available to [complete on our website](#) and you can either e-transfer or mail the payment. If you would like to check the status of your membership, contact Marianne at [admincoord@arc-hss.ca](mailto:admincoord@arc-hss.ca) or (514) 951-9711.

We are currently **recruiting for volunteers** to participate in an English-speaking conversation activity with hospital workers to help them increase their English skills and become more comfortable when assisting patients. If you are interested in participating, please reach out to Tania at [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.


And lastly, our joint Candiac office with MWCN will now be uniquely operated by MWCN beginning in April. We wish Sandra Vocino and MWCN all the best in Candiac and Sandra may now be reached at (450) 659-4647 or [sandra@mwcn.ca](mailto:sandra@mwcn.ca).

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

# April Activity Calendar

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!

**For information or to register, please contact our**  
Administrative Coordinator at: [info@arc-hss.ca](mailto:info@arc-hss.ca) or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>These activities are made possible thanks to our funders:</p> 					1
2	<b>3</b> Mother Goose GPK Moms & Tots Walking GPK 10:00-11:00 a.m. French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>4</b> Mother Goose Brossard Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Conversations About Grief Support Group via Zoom 7:00-8:30 pm Baby Tai Chi @ St Jean 10:00-11:00 am	<b>5</b> Mother Goose on Zoom SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm	<b>6</b> Mother Goose St. Lambert Tai Chi/Qi Gong 9:00-10:00 <b>NEW!</b> GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	7	8
9 <i>Happy Easter</i>	10 <b>ARC CLOSED</b>	<b>11</b> Caregivers Support Group with Emma Pepall-Schultz via Zoom 7:00-8:30 pm Baby Tai Chi @ St Jean 10:00-11:00 am	<b>12</b> SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Affordable baskets @ Activity Centre 3:00-7:00 pm AmiQuebec @ Activity Centre 6:30-8:00 pm	<b>13</b> Tai Chi/Qi Gong 9:00-10:00 <b>NEW!</b> GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm	14	15
16	<b>17</b> Mother Goose GPK English Conversation @ CISSS Moms & Tots Walking GPK 10:00-11:00 a.m. French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00-2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>18</b> Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Baby Tai Chi @ St Jean 10:00-11:00 am	<b>19</b> Mother Goose on Zoom English Conversation @ CISSS CHEP: Advanced Care Planning entitled "Love Is in The Details - A Guide To Assist You Prepare Your Legacy Notebook" Via Zoom 10:00-11:30 am SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Addie's Colour Café via Zoom 2:00-3:30 pm	<b>20</b> Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 <b>NEW!</b> GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm Seniors Activity @ CHSLD 2:00-3:00 pm	21	<b>22</b> Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm  Super Supper @ Legion GPK 5:00-10:00 pm
23/30	<b>24</b> Mother Goose GPK English Conversation @ CISSS Moms & Tots Walking GPK 10:00-11:00 a.m. French Conversation Group @ Activity Centre 10:30-11:30 am Rock Painting Workshop @ Activity Centre 1:00 -2:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>25</b> Mother Goose Brossard English Conversation @ CISSS Social Cooking with Jody @ Activity Centre 10:00 am-12:00 pm Baby Tai Chi @ St. Jean 10:00-11:00 am	<b>26</b> Mother Goose on Zoom English Conversation @ CISSS SWC @ GPK 1:30-3:00 SWC @ Chambly 1:30-3:30 Affordable baskets @ Activity Centre 3:00-7:00 pm	<b>27</b> Mother Goose St. Lambert English Conversation @ CISSS Tai Chi/Qi Gong 9:00-10:00 <b>NEW!</b> GPK Community Centre Walk & Talk @ GPK 10:30-11:30 am Linda's Gentle Yoga via Zoom 2:00-3:00 pm	28	<b>29</b> Write Your Story with Comics Workshop @ St-Jean 10:00 am-4:00 pm

# CAREGIVERS CORNER

"Caregiving is a constant learning experience."

- VIVIAN FRASER

## Perspectives on Grief for Former Caregivers

Grief is a natural emotion – it's a universal experience that makes us human. When caregiving ends through death, many caregivers feel a loss of their identity and it's normal to feel a sense of emptiness or loss of purpose. It can be hard to adjust to life without your loved one after they've been a part of your daily life for such a long time. When the person you were caring for dies, you also lose the role that may have defined you and given a focus to your life.

You likely also feel a sense of relief, especially if your loved one was chronically ill or in pain. You'll freely express feelings of relief that they're no longer suffering. Grief however, is a complicated, uncomfortable feeling and what you might not want to say aloud is that you're relieved to be released from the daily demands of caregiving. It's not uncommon for a caregiver to feel a sense of relief over now being free to participate in activities that give pleasure. This can turn to feelings of guilt – you might feel selfish or even question if you could have done more while your loved one was still here.

**Stages of Grief – Am I Even Doing This Right?** Grief lasts a long time and the feelings might not even fully start until days, weeks or even months after a loved one's passing. This is known as *delayed grief* and it's not an atypical response. Research has shown that intense grieving lasts from three months to a year and many people continue experiencing profound grief for two years or more. Sometimes we feel like society expects us to be "doing fine" within weeks and we often think there's something wrong with us if our grief "lasts too long." Experts note that there are more stages of grief than they initially thought and dispute the classic grief model made famous by Elisabeth Kübler-Ross in 1969. Recent literature now reports that grief doesn't follow any linear scale, but rather we "visit" the stages at various times during the grieving process, depending on what is happening in our lives, such as on special occasions like anniversaries and birthdays. For those who have faced many losses before, there is no blueprint for how you will experience this new loss.

## Reaching Out for Support – 'Conversations About Grief' at ARC

Caregiving depletes physical, emotional, mental and spiritual resources, and now you could be the one in need of support. Talking about your caregiving and grief experiences may scare you – it's also hard to be vulnerable and to rehash the events surrounding your loved one's passing. Being around others who understand grief and loss can help you feel more comfortable in expressing grief. And what if sharing your own experiences with loss might be the way to also help someone else? 'Conversations About Grief' is a monthly online support group at ARC with a unique approach to bereavement. Guided by a social worker and a drama therapist, participants are encouraged to share and honour their loved ones through personal stories and anecdotes and to form connections and build a community. To register: <https://forms.gle/48bcagtUCRSd7HA>.

**References:** Thrower C, Barrie C, Baxter S, et al. [Interventions for Grieving and Bereaved Informal Caregivers: A Scoping Review of the Canadian Literature](#). *Journal of Palliative Care*. 2023;38(2):215-224.

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



**CONVERSATIONS ABOUT GRIEF**  
Online Support Group

April 4  
7:00  
8:30

with grief support guides  
**Emma Pepall-Schultz, MSW**  
Social Worker - Counsellor  
& **Leigh Bulmer, MA, CCC**  
Drama Therapist, Member CCPA

"Grief is just love with no place to go"  
- Jamie Anderson

Please join us as we honour special people we have lost and build a community of support and healing.

Everyone is welcome - for info: [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca) (514) 608-9600

**Appui**  
proches aidants



**Caregiving Community Support Group**  
Online

Tuesday, April 11 @ 7:00 pm

Let's Talk About  
Building a support network and self-care for spring  
facilitated by Emma Pepall-Schultz, MSW

To register: <https://forms.gle/umRCeZTBVtFPC8>

Join our discussion about caregiving, anticipatory grief, and navigating challenges in caring for those we love while caring for ourselves.

For more info: [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca) (514) 608-9600

**Appui**  
proches aidants



This month's **CHEP (Community Health Education Program)** will be held on Wednesday, April 19 from 10:00-11:30 a.m. The topic is "*Love is in the details - A guide to assist you prepare your legacy notebook*". Registration is required by [clicking here](#) to obtain the zoom link for the presentation.



**Our Seniors Wellness Centre** activities at our Activity Centre (91 Churchill Blvd. in Greenfield Park) is open to seniors 55+ in the community. Join us every Wednesday for an afternoon of activities from 1:30-3:00 p.m.

- **April 5** we will start with an icebreaker game of Canadian Trivia. Followed by gentle yoga with Linda.
- **April 12** we will divide the room in two and host our own game of *Family Feud*!
- **April 19** Professor Darla Fortune, PhD, will be joining us to give a presentation on *Social Leisure and Experience of Belonging*.
- **April 26** Do you have questions about using your device? Bring them in for a special *Tech Cafe*. The Atwater Library will be in person to help you sort things out. Registration is required as space is limited.

Contact Tania for more information at (514) 213-3744 or email: [gpk@archss.ca](mailto:gpk@archss.ca).

Our next monthly **Caregiving Community Support Group** takes place on **Tuesday, April 11 at 7:00 pm** on Zoom. Join social worker Emma Schultz and exchange with other caregivers on topics that matter to you. For more information contact Christine at [caregivers@arc-hss.ca](mailto:caregivers@arc-hss.ca) or call (514) 608-9600.

Have you ever wanted to improve your French? You can do it with ARC in a fun and informal social setting! Our **French Conversation Club** is **NOW ON MONDAYS**, at the Activity Centre from 10:30-11:30 a.m. For more information: [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) or (514) 213-3744.

AVC-Aphasie Laval and the Dementia Education Program of the Faculty of Medicine and Health Sciences at McGill University have partnered to offer a conference on April 26 at 11:00 a.m., presenting '**Adopting Strategies for Healthy Ageing.**' Dr. Morais will discuss how to increase the odds of ageing well to maintain physical and cognitive health through nutrition and lifestyle choices, including the importance of fitness for fall prevention and to promote healthy ageing. This conference is offered in hybrid mode. [Register here.](#)

Sunny skies and warmer temperatures ahead! Our **GPK Moms and Tots Walking Club** meets on Monday mornings at different locations depending on the weather. Want to meet a wonderful group of parents and learn more about our weekly stroller walks and other activities for families on the South Shore? Join our growing Facebook community 'Mom and Tots South Shore Community Group' or contact our Early Childhood Coordinator at (514) 608-9600 or [gpk.walkingmomtots@gmail.com](mailto:gpk.walkingmomtots@gmail.com).

**St. Paul's Church** in Greenfield Park is now collecting items throughout the year to be put aside for the men's and women's shelters, families, the homeless and also to be given out upon request or just kept for our Christmas baskets campaign. If you would like to participate for April, they are **collecting deodorant** for men, women and children. Simply drop off items at St. Paul's on any Wednesday between 11:30 and 1:30. Please include your name with your donation. For more information, contact Gloria at (450) 678-2460 or [gkidd71@yahoo.com](mailto:gkidd71@yahoo.com).

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

# HAUT-RICHELIEU-ROUVILLE

## Review



### April 29 Come and Tell Your Story.... With Comics!!!

This April, for our participants between 14 and 20 years old, we have planned a spectacular activity! ARC, in conjunction with the Quebec Writers' Federation offers a **StoryScaping Comics Workshop**, with artist Kate Lavut, a graphic novelist and playwright. Graphic novel-making is a perfect way to increase literacy and encourage students to tell their stories, ask questions and explore art from their own perspective. Through low-pressure exercises, the students express themselves and at the end of each session, they will have created a beautiful mini-comic.

This activity will take place on April 29 at the ARC satellite office in St-Jean-sur-Richelieu, located at 927B Séminaire Blvd. N. This activity is designed for a group of 10 participants, we still have some spots available if you wish to register. Please send an email to [npi@arc-hss.ca](mailto:npi@arc-hss.ca) and remember to include the participant's full name, age, as well as contact info (registration closes on Thursday, April 20).

### Baby Tai Chi Returns!

For this second session of Baby Tai Chi, instructor and psychologist specializing in child development, Luisa Montes, returns with more energy than ever and has designed a session that may be enjoyed by parents and baby participants!

Practising Tai Chi with your baby is a rewarding and beneficial experience, but above all, it is very relaxing for both of you. Sign up for our April session (every Tuesday in April from 10:00-11:00 a.m.) by sending a text message to (450) 525-1176 with your name and the word "Baby Tai Chi ARC."

### Seniors Wellness Centre Activities

On March 22, the Chambly Wellness Centre family went to a local Cabane à Sucre in Mont St-Gregoire. We met for lunch, followed by dessert and maple syrup on snow - we even got to check out the petting zoo. The weather was perfect and the outdoor fireplace kept us warm while we sat around chatting after our meal. Keep an eye out for future outings because this one was a huge success!

ARC's famous **rock painting workshop** will be coming to Chambly on April 5 – just in time for Easter. The session will be led by the talented Therese Callahan. If you wish to register for this activity or to be added to the mailing list for updates on future Seniors Wellness activities, please contact Veronica at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) or (450) 357-0386.

### Mother Goose in St-Jean!

Mother Goose is back for the spring session and for the first time offered in person at the St-Jean satellite office! The Mother Goose program is a free pre-literacy music program for parents and their children aged 0 to 3, offered in collaboration with the South Shore Literacy Council (SSLC). This program promotes parent-child interaction while stimulating language acquisition and socialization. The activity will take place weekly from April to June. Come sing, laugh and play with us. To register, contact [npi@arc-hss.ca](mailto:npi@arc-hss.ca) or (450) 525-1176.

**Alexi Utrera** is our NPI Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 525-1176 or [npi@arc-hss.ca](mailto:npi@arc-hss.ca).

**Veronica Gareau** is our Outreach Coordinator in Haut-Richelieu–Rouville. She can be reached at (450) 357-0386 or [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).



## Solastalgia or Eco-anxiety- A newly described type of psychological suffering

April marks the return of spring and a warming daily temperature. The warmer months are often full of weather events such as hurricanes, tornadoes, floods and droughts. Solastalgia or eco-anxiety is a newly described type of psychological suffering that presents as distress about climate change and its impacts on the landscape and human existence. Eco-anxiety can manifest as intrusive thoughts or feelings of distress about future disasters or the long-term future of human existence and the world. A 2021 study from the University of Bath in the United Kingdom surveyed 10,000 people between the ages of 16 and 25 in 10 countries and found that 59 percent were either very worried or extremely worried about climate change, with 84 percent at least moderately worried.

The following groups may also be more likely to experience eco-anxiety:

- displaced people and forced migrants
- Indigenous communities and people with a close connection to the land such as agricultural workers
- people with pre-existing mental or physical health conditions
- people of lower socioeconomic status
- children, young adults and older adults

According to Sara West, an environmental-art therapist in Nelson B.C., “What we’re seeing is that eco-anxiety is emerging in popular discourses and mainstream media, while before, it was mostly a nameless grief.” It is important to remember that eco-anxiety is not a mental illness but a rational, health reaction -no matter how distressing it feels. People who have personally experienced a climate-related disaster may have an increased range of mental health issues such as:

- trauma and shock
- post-traumatic stress disorder (PTSD)
- anxiety
- depression
- substance abuse
- aggression
- reduced feelings of autonomy and control
- feelings of helplessness, fatalism, and fear.

In addition to mental health challenges, chronic stress associated with the loss of property, job or a person due to a climate change can cause heart disease and high blood pressure. Managing eco-anxiety can be different for each person but current recommendations are to re-take some of the sense of control over your future that the unpredictability of climate change can erode.



- Make decisions about your own environmental footprint by choosing what you eat, how you travel and what you purchase.

- Talk about climate change in your own circles. Sharing can help diminish fear.
- Be an activist. Participate in a campaign or start your own group.
- Demand that governments and business take action now.
- Demand that health professionals and teachers know how to recognize and respond to eco-anxiety in children.

For more ideas on climate solutions that can help reduce eco-anxiety, visit The Power to the People documentary series [here](#). Search for Eco-anxiety: despair is rising by clicking [CMHA National](#). Search for What is Eco-Anxiety and how to handle it by clicking [here](#).

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

**Your opinion matters!** Take this survey on accessing health services in English on <https://chssn.org/crop-2023>. Please complete by the April 15th deadline. Thank you.



**Your Opinion Matters!**

We are currently conducting an important survey among English-speaking residents of Quebec to better understand your opinions about accessing health and social services across Quebec.

Please take a few minutes and share your experience using the link to the survey.

[chssn.org/crop-2023](https://chssn.org/crop-2023)



## Community Bulletin Board

**Long-term housing available in the Our Harbour Community.** They presently have a vacancy for TWO MEN in the near future and a short waiting list. Attention social workers, case managers, special educators, or family members of adults with mental illness seeking long-term, supported housing. Our Harbour is a non-profit organization that provides caring, cost-effective, long-term, supported housing for adults living with mental illness. Please contact them for a telephone evaluation: (450) 671-9160.

**Smartphones & Tablets help:** Get to know the device better so that more can be done with the smartphones and tablets in use every day. Set up and maintain devices, understand app permissions, learn hidden features, and more. For helpful information, click [here](#).

**Mission Nouvelle Generation:** The MNG Store, situated beside the Mission at 1423 Provencher Blvd.,

Brossard, offers a large variety of new and used goods at low prices. Clothes, home accessories, furniture and other interesting items to be found. Click [here](#) for more info.

**La Maison Internationale de la Rive-Sud** is an independent community organization, whose mission is to support newcomers and public refugees with the settlement process and socio-economic integration. For more info click [here](#).

**AMI-Quebec Action** is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. Programs are free! Click [here](#) for information on workshops.

**Hope & Cope** helps people cope with cancer. Guided by professional staff, cancer-experienced volunteers provide psychosocial support and practical resources that help patients regain a sense of control and well-being, re-

duce isolation and restore hope. Easily accessible and open to all and is located at the Jewish General Hospital's Segal Cancer Centre and the Hope & Cope Cancer Wellness Centre. Click [here](#) to see events and activities offered.

**Seniors Action Quebec** works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors. Click [here](#) to read more.

**Quebec Support Group of Celiac** is a direct Support Group of Celiac Canada and exists for persons with celiac disease and gluten-related disorders in Quebec, to provide them with information about local activities and peer support, as well as links to events at the national level. Click [here](#) for information.



# discover community activities for all

**I Honoured Him Until the End – Impact of Dementia in Indigenous Communities**, presented by Danielle Alcock PhD. April 5, 12:00 to 1:00 pm. Via Zoom. This presentation will focus on background information about the impact of dementia in Indigenous communities, using storytelling to discuss the barriers of continuity of care and the importance of culturally safe care. Free. Register [here](#).

**Éducaloi:** April 12 from 1:30 to 3:00 p.m. workshop entitled *Tools for Planning Ahead*. An overview of some important legal tools to make life easier for your loved ones down the road. Click [here](#) to register.

**Spring 2023 Creative Writing Workshop:** Improve skills and stimulate creativity by doing short writing exercises. Share writings aloud for constructive group feedback. Beginners welcome. April 13-June 1, every Thursday from 2:00-4:00 p.m. at the Greenfield Park Library, 225 Empire Ave., GPK. \$40 for 8 weeks. Info: Jeanette Paul (450) 651-7044 or [jeanettepaul@yahoo.ca](mailto:jeanettepaul@yahoo.ca).

**Stress and its Impact on Arthritis:** Sunday, April 16, 10:30 a.m. - 12:00 p.m. at the St-Lambert Library, 490 Mercille Ave. Register [here](#).

**South Shore Retired Educators:** April 20 from 1:00-3:00 p.m. come and join our get-together for anyone who has worked in elementary and high school education as a teacher, support staff, administrator, school board personnel or those who have worked with students or staff. It's at the Mount Bruno United Church Hall, 25 Lakeview Ave in St. Bruno by the lake. Very interesting speakers & snacks!

For information, send an email to: [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com). For a nominal annual fee, join for fun, fellowship and refreshments!

**I'm Taking Charge of my Arthritis Personalized Wellness Program** for people with problems related to all forms of arthritis, and for caregivers. To help improve our self-management of arthritis symptoms (osteoarthritis, rheumatoid arthritis, etc.) April 24 to May 29 every Monday from 10:00 a.m.-12:00 p.m. at Bibliotheque Georgette-Lepage de Brossard, 7855 San Francisco Ave. Mandatory registration for small group of 5-9 people. Contact: Arthrite Rive-Sud at (438) 630-7215 or send an email to [info@arthriterivesud.org](mailto:info@arthriterivesud.org). Click [here](#) for more info. This program is in English.

**Borealis (new feature documentary)** by acclaimed director Kevin McMahon (Waterlife). April 24 at 7:00 p.m. in the multi-purpose room of the Brossard Library. Free. Join his travels deep into the heart of the boreal forest to explore the chorus of life in Canada's iconic wilderness. How do trees move, communicate and survive the destructive forces of fire, insects, and human encroachment. Borealis offers an immersive portrait of the lifecycles of the forest from the perspective of the plants and animals that live there. To register, click [here](#)

**St. Lambert Horticulture Society:** April 27 - *Autobiography of a Garden: The Story of the Glen Villa Art Garden in the Eastern Townships* at St-Lambert Library at 6:30 p.m. Click [here](#) for info.

## Important News for Seniors and Youth

### What is the Guaranteed Income Supplement?

The Guaranteed Income Supplement (GIS) is a monthly benefit that is not taxable and income-based. It is paid to Canadian residents who receive Old Age Security benefits and have low incomes.

GIS benefits are renewed automatically each July, provided that the client files an income tax return by April 30. If you are eligible and would like to apply, the form is available on the [Service Canada website](#).

Seniors can also check out the Service Canada page for assistance with [completing your tax return](#) at no cost.

### English Eligibility Certificates

Information about how to apply for a certificate and who is eligible to attend English schools in Québec.

Bill 96 is bringing important changes to French courses in Quebec's CEGEPs and private colleges. Beginning in the fall of 2023, students who have not applied for their English eligibility certificate will have to pass a new French exam before they can graduate and may be required to take three French literature classes to prepare them for the exam.

[Read more here](#).

## Notable Dates in April

**April Fools' Day** or All Fools' Day is an annual custom on April 1 consisting of practical jokes and hoaxes. Jokesters often expose actions by shouting "April Fools!" at the recipient. Mass media can be involved with pranks, which may be revealed as such the following day. The custom of setting aside a day for playing harmless pranks upon one's neighbour has been relatively common in the world historically.

**Green Shirt Day**, in honour of the Logan Boulet Effect, is to support organ donor awareness/registration across Canada. On April 6, 2018, Canadians were heartbroken to hear the news of the Humboldt Broncos bus crash. Of the 29 passengers, sixteen lost their lives and thirteen will all bear physical and emotional scars for life. On April 7, 2018, Humboldt Broncos defenceman Logan Boulet succumbed to his injuries. His parents, Bernadine and Toby Boulet offered to donate his organs so that six lives could live on. Click [here](#) for more info.

**National Organ and Tissue and Awareness Donation Week** takes place the last full week of April. Canadian Blood Services honours NOTDAW through an awareness campaign developed in collaboration with a national Public Education and Awareness Committee that includes members of each provincial organ donation organization in Canada. Green ribbons, and green-lit landmarks, pop up across Canada during NOTDAW to honour the donors and donor families who gave the gift of life, and also acknowledge the thousands of patients in need of a transplant and those who have died waiting. Click [here](#) for more info.

**Administrative Professionals Day** is April 26, and is observed yearly in a small number of countries and falls within Administrative Professionals Week. Professionals Day recognizes and celebrates the work of secretaries, administrative assistants and other office professionals for their contributions to the workplace.

To be added to our contact list, please [email us](#) with your name and email address.

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### Greenfield Park (Main Office)

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