



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



Information source for the South Shore English-speaking community

# THE ADVISOR

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## "Let us love winter, for it is the spring of genius."

Pietro Aretino

For this last full month of winter, we are offering only virtual activities and have had to cancel some in-person activities until further notice. Keep an eye on our [Facebook page](#) for updates and review our activity calendar on page 8.

To highlight a few activities going on this month:

- The Wellness Centre activity on February 2 and 9 is a two-part **Special First-aid** course on Zoom, especially designed for seniors. You can sign up with Lynn at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca).
- In Candiac, we have our only in-person activity, **Walk and Talk**, every Tuesday at 10:00 a.m. For those who enjoy chatting, exercise and fresh air, contact Sandra at [candiac@arc-hss.ca](mailto:candiac@arc-hss.ca).
- The Community Health Video Conference (CHEP) is on Wednesday, February 16 at 10:00 a.m. This month the topic is **From Social Isolation and Loneliness to Belonging and Well-being**. We'll send you the registration information by email on February 14.

February is **Black History Month** and to honour this we have created a two-page dedication, listing important inventions from the Black community and those who created them. See pages 5 and 6.

**Do you have any old eyeglasses hanging around?** Why not donate them? The glasses are collected, checked and then sent to countries in need. You can drop them off at ARC's office, 106 Churchill Blvd., Monday through Thursday 8:00 - 4:00 p.m. and Friday's from 8:00 a.m. - 12:00 p.m. Contact [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca) for more information or call (514) 605-9500.

And to add a little fun to this issue, we have a **Match the Staff Game** on page 3, where you can match current photos of the staff to their younger selves.

Happy Valentine's Day on February 14!

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

# HAUT-RICHELIEU-ROUVILLE

## Review



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

The time of COVID is longer than we thought it would be. It is normal to be tired of the situation, but it is also very important to look after one's mental health. This online app from the provincial government could help. It is called "Getting Better My Way" or "Aller Mieux" and helps one make a plan and gives suggestions for improving mental health. It can be found at [allermieux.criusmm.net/en/am-home](http://allermieux.criusmm.net/en/am-home). You can find resources for support groups and self-management workshops through [myrelief.ca](http://myrelief.ca). As well, AMI Quebec offers support groups and counselling services for family and friends of those suffering from mental health issues: [amiquebec.org/support](http://amiquebec.org/support).

### Activity in Haut-Richelieu-Rouville:

Despite the situation, the **Chambly Wellness Centre** is continuing on Zoom. Some activities we have done so far online: Zumba, DROM, trivia and art. To participate, contact Lynn Osborne at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) and the Zoom link will be emailed to you.

**Mother Goose:** Offered on Zoom by the South Shore Literacy Council. This is a ten-week early language intervention program for parents and their children aged 0-3 with singing, rhyming and simple dances. Haut-Richelieu-Rouville has its own online group on Wednesdays. Three sessions are held every year and a new session will be starting in April. For more information, contact Alexi Utrera at [npi@arc-hss.ca](mailto:npi@arc-hss.ca).

**Outdoor activities:** Get out and enjoy the winter safely! The towns of Saint-Jean-sur-Richelieu (SJSR) and Chambly have websites with information on open sliding hills and ice rinks. There are several, including a skating trail in [SJSR](http://SJSR) and a skating ring (not rink) and cross-country ski trail in [Chambly](http://Chambly). Several municipalities will lend equipment such as sliding tubes and snow shoes to their residents. [Chambly](http://Chambly) [Lacolle](http://Lacolle) [Marieville](http://Marieville).

### Coming Up

The **Wellness Centre** is offering a special first aid course especially designed for seniors. The course consists of 2 sessions of 1.5 hours each, wherein participants will learn what to do to help themselves or someone else in emergency health situations. The sessions will take place on February 2 + 9 from 1:30 - 3:00 p.m. on Zoom. Contact Lynn at [stjean@arc-hss.ca](mailto:stjean@arc-hss.ca) to register or call (450) 357-0386.



### First Aid Course for Seniors at Home

#### A TWO PART PRESENTATION

##### SESSION ONE:

Angina, Heart Attack and Stroke

##### SESSION TWO:

- Skin wounds and infections
- Falls
- Diabetes
- Nose bleeds

Wednesday, February 2, 1:30-3:00  
Wednesday February 9, 1:30-3:00



Presented by Jennifer Hobbs-Robert, senior advisor CHPP

Offered free by ZOOM:  
To register contact Lynn at  
[stjean@arc-hss.ca](mailto:stjean@arc-hss.ca)  
450-357-0389

This initiative is made possible through funding from the Secretariat for relations with English-speaking Quebecers



**Call for artists:** The city of Saint-Jean-sur-Richelieu (SJSR) has put out a call for artists' submissions and if accepted, the works will be displayed in municipal buildings. Submissions are being accepted until February 2, and consist of filling out the online form along with the artist's CV and digital pictures of their work. Art in different mediums such as paint, sculpture and digital are encouraged. Artists from the region will be prioritized. However, people from other regions will be considered as well. Go to [maculture.ca](http://maculture.ca) and click on « appel de dossiers » for more information.

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

# MATCH THE STAFF WITH THE CUTIES THEY WERE AS CHILDREN



ARC  
team



Debra



Sandra



Alexi



Chris



Fiona



Marianne



Ruth



Ameer



Lynn

*Solution on the back page*

# News from the GPK Office

**CHEP Health video conference via Zoom:** February 16 from 10:00 - 11:30 a.m. *“From Social Isolation and Loneliness to Belonging and Well-Being”* with presenter Darla Fortune, PhD, Professor Concordia University, Department of Applied Human Sciences.

**Do you have a low income and struggling to pay the rent?** Société d’habitation du Québec (SHQ) Shelter Allowance Program is providing supplementary financial assistance of up to \$80 per month for low-income households that spend too much income on housing. For more information about the program, [visit their website](#). To qualify for the program, contact Revenue Québec at 1-855-291-6467.

**The Mission Nouvelle Génération** - the Community Food Bank in Brossard (near the Mall Champlain), 1423 Provencher, is open on Thursdays from 1:00 - 5:00 p.m. and 6:30 - 8:30 p.m. as well as Tuesdays from 4:00 - 8:00 p.m. The content varies weekly. If interested in accessing the food bank, book an appointment for an interview to determine eligibility. The telephone number is (450) 486-7667. The thrift shop accepts donations of gently used items that may be sold at a low cost and the funds go right back into the community. Items can be dropped off from 10:00 a.m. - 4:00 p.m. on Tuesdays and Thursdays. Volunteers are welcome, very bilingual. [www.missionnouvellegeneration.org](http://www.missionnouvellegeneration.org).

**The Our Harbour Community** presently have a long-term vacancy for one woman. Our Harbour is a non-profit organization that provides caring, cost-effective, long-term, supported housing for adults living with mental illness. Please [consult](#) the program for details. Current program fees are \$470 per month and all applicants must provide proof of vaccination. For a telephone evaluation call (450) 671-9160.

**Many Quebecers** will receive a notice of **repossession or eviction** in the next few weeks. If you’re a tenant, it’s important to understand your right. The landlord can take back the apartment to: live in it themselves, house their children or parents, house any other relative or in-laws for whom they are the main breadwinner, such as a mother-in-law or son-in-law, to house their former married or civil union spouse from whom they are separated or divorced, but for whom they are the main breadwinner. This is called “repossession”, and the landlord must send a Notice of Repossession, in writing, containing specific information, and be received by the end of December if the lease ends on June 30. For more information, see the Educaloï article [Repossession of Rental Housing](#).

## Interesting and unusual observance days in February

**February 1** - Spunky Old Broads Day is a holiday where we celebrate women who are aged 50+ who don’t want to get old quietly, and are “interested in living a regret-free life”.

**February 2** - Groundhog Day is when the question asked is: Six more weeks of winter? Only a groundhog knows for sure! Each year on Groundhog Day, people await the forecast of the local rodent celebrity. Originating with German settlers, who came to Pennsylvania in the 1700s, legend has it that if the groundhog sees his shadow on February 2, the winter chill will continue. Oddly, if the weather is cloudy and he doesn’t see his shadow, warmer temperatures and an early spring are expected.

**February 4** - National Homemade Soup Day - In the 18<sup>th</sup> century, French street vendors started to make and sell high-quality exotic soup dishes called ‘restoratifs’, which led to the birth of the first restaurants. Furthermore, in 1765, a particular businessman in Paris opened up a shop that was dedicated entirely to the preparation of good quality soups. Apart from Europe, North America also played a role in the progression of soup.

**February 18** - National Caregivers Day is observed every year, on the third Friday in February. This day honors individuals who selflessly provide personal care, physical and emotional support to those who need it most. There are different types of caregivers who are not just limited to the health sector, which include family caregivers, professional caregivers, independent caregivers, private duty caregivers, and informal caregivers. While not always paid, it is essential to appreciate and thank them for their long-term commitment.

**Fiona Thain** 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) 605-9500.



## WONDERFUL AND MUCH-NEEDED INVENTIONS CREATED BY BLACK COMMUNITY MEMBERS

February is **Black History Month** and to honour this celebration we want to recognize 10 super useful inventions made by members of the black community throughout the years. All of those inventions have eased our lives in lots of different ways. It would definitely be difficult to live without them.

We would like to share some of them here with you...

CONTINUED ON NEXT PAGE...



*Carbon Filament for the Incandescent Light Bulb invented by Lewis Latimer*



Garrett Augustus Morgan was an African-American inventor, businessman, and community leader. His most notable inventions were a **three-position traffic signal** and a **smoke hood** (a predecessor to the gas mask notably used in a 1916 tunnel construction disaster rescue).



Marie Van Brittan Brown was a nurse and an innovator. In 1966, she invented a **video home security system** along with her husband Albert Brown, an electronics technician. In the same year, they applied for a patent for their innovative security system, which was granted in 1969.



George T. Sampson was an African-American inventor, best known for inventing the **automatic clothes dryer** in 1892 and receiving a patent for it in 1893. He also invented a propeller for a sled, which was a pedal-powered device that made snow travel easier.

# WONDERFUL AND MUCH-NEEDED INVENTIONS BY BLACK COMMUNITY MEMBERS



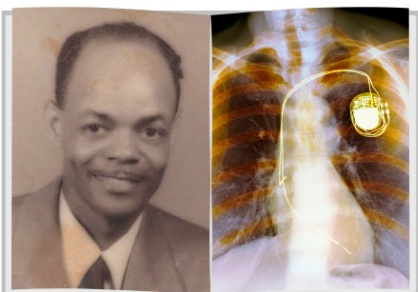
**John Burr** was born in Maryland in 1848. His parents were slaves who were later freed, and he may also have been a slave until age 17. He put his mechanical skills to work making a living repairing and servicing farm equipment and other machines. His **Lawn Mower** patent was officially granted on May 9, 1899.



**Patricia Era Bath** was an American ophthalmologist, inventor, humanitarian, and academic. She was the inventor of **laser cataract surgery**. Her invention was called Laserphaco Probe. A holder of five patents, she also founded the non-profit American Institute for the Prevention of Blindness in Washington.



African-American Inventor **Joseph H. Smith** improved upon the **lawn sprinkler** by patenting the first rotary-head lawn sprinkler in 1897 that sprayed water in two directions. In 1898. His invention eliminated the need to drag a hose over the lawn and re-position it periodically to ensure a relatively even watering.



**Otis Boykin** most famous invention was a control unit for the **artificial cardiac pacemaker**. The device essentially uses electrical impulses to maintain a regular heartbeat. He is best known for inventing multiple different electronic control devices in guided missiles, IBM computers. Among his other inventions is a burglar-proof cash register.



**Valerie Thomas**, the American NASA scientist who **invented 3D movies**. She invented the illusion transmitter, for which she received a patent in 1980. She was responsible for developing the digital media formats image processing systems used in the early years of the Landsat program.



**Philip B. Downing** was an African-American inventor, best known for his patent on the **modern day letter box** in 1891. One year earlier, Downing patented an **electrical switch for railroads** which allowed railroad workers to supply or shut off power to trains at appropriate times.



# The Candiac Corner

**Candiac Walk & Talk** - Every Tuesday at 10:00 a.m., take the time to go outside and enjoy the company of others while getting fresh air and admiring the winter scenery.

**Candiac Twisted Stitchers** - On a sadder note, because of the Quebec Covid-19 shutdown the [Twisted Stitchers](#) is cancelled until further notice.

**Snowman Building Contest** - Get your mittens! All Candiac residents are invited to build the most beautiful snowman in the comfort of their own backyard. To participate, citizens must send a photo of their snowman to: [loisirs@ville.candiac.qc.ca](mailto:loisirs@ville.candiac.qc.ca). Don't forget to include your full name, address and phone number. The contest runs till February 6. Only one entry per address will be accepted. Prizes will be awarded: A deluxe snow artist's kit & a \$50 gift certificate from Griffon Toys & Games in La Prairie.

**Video game collection at the library** - Did you know that the Candiac Library has a video game collection from which you can borrow? New video games are being added to the collection, which now has over 100 titles to be enjoyed on your home console! Check out all of the [video games](#).

**Grizzly slope - On your mark... Slide** - Cherbourg Park's Grizzly Slope is officially open. With brand new snow and safety corridors, it's ready to welcome everyone for some fun times. Happy sliding! To find out the status and conditions of all our [winter](#) facilities.

**Act of vandalism against trees** - Trees have unfortunately been damaged and cut down in the wooded area behind Haendel Park and the library. The City of Candiac strongly condemns this act which contravenes the by-law concerning nuisance, peace and good order for damage to public property. If you witness an act of vandalism, report it to the [Régie intermunicipale de police Roussillon](#).

**Snowshoe rental** - The free snowshoe rental service is back! A fun winter sport for a family outdoor outing! Reservations are made online at [candiac.ca](http://candiac.ca) and loans are for six days, Thursday to Tuesday. Click here for all the information: [bit.ly/3GdBLqY](http://bit.ly/3GdBLqY)

**Free winter equipment rental at the RécréoParc for Candi-**

**Walk & Talk**  
Tuesdays @ 10 a.m.

Meeting Location to be informed every week

Enjoy the company of others while getting fresh air and admiring the winter scenery.

For details:  
438-455-2747  
[candiac@arc-hss.ca](mailto:candiac@arc-hss.ca)



**ac residents** - Winter activity lovers will be delighted to learn there is access to the free loan of outdoor equipment at the RécréoParc in Ste-Catherine. Upon presentation of citizen card or proof of residence, one can rent snowshoes, skates, sliding tubes, scooters and dog harnesses. For all the details: [bit.ly/3n51k60](http://bit.ly/3n51k60)

**Exhibition "Couleurs sans fin"** - Until March 29, the exhibition Couleurs sans fin by artist Geneviève Jobin will be presented at the Sentier des arts in André-J.-Côté Park. To discover the 2022 exhibition program, go to the [arts and culture section](#).

**Return of the Candiac Winter Fair "Féries D'hiver"!** - It is with great enthusiasm that Candiac announces the return of the Winter Fair from January 22 to February 12. A festive atmosphere for young and old. For further [information](#).

*Sandra Vocino is our Community Outreach Coordinator in Candiac. She can be reached at (438) 455-2747 or [candiac@arc-hss.ca](mailto:candiac@arc-hss.ca).*

# YOUTH EMPLOYMENT

## Impact of the COVID-19 pandemic on Canadian families and children

Canadian parents were asked about their concerns for their children and family during the COVID-19 pandemic.

While there are a great number of youths reading books/stories as well as practising physical activities, almost 90% of Canadian children choose to spend some time in front of the screen as a way of entertainment.

With several schools shifting toward online classes, the majority of parents are mostly concerned about their children's opportunities to socialize with friends. The amount of time spent in front of the screen, loneliness, and general mental health are a big concern for Canadian parents as well. According to Statistics Canada, since COVID-19, those aged 15-24 reported the greatest decline in mental health among all other groups.

Some parents reported having a difficult time balancing work, child care and schooling while others are having a difficult time managing their child's behaviour (stress level, emotion, anxiety, etc.)

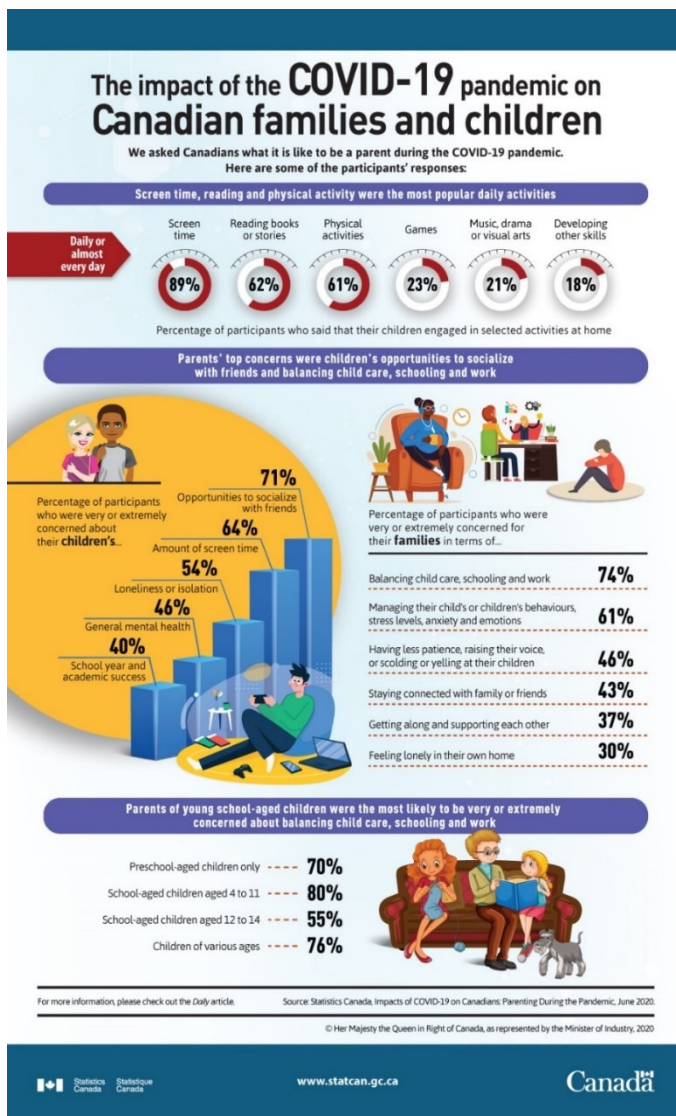
Parenting is not easy since COVID-19 has impacted families in different ways. Parents, caregivers and children are facing new challenges. Fortunately, there are ways that can help to adjust to this new and unexpected situation.

According to the Canadian public health, the first step is to recognize changes in your loved one's behaviour. Some people express stress differently, especially among children. Common signs of stress in children include

- excessive worry or sadness;
- unhealthy eating or sleeping habits;
- difficulty with attention or concentration.

Studies have shown that often, when a young child displays challenges or emotional behaviour, it's their way of telling you they need a happy time with you, the parent or the caregiver. Whenever possible, having one-on-one time with your child makes them feel loved and secure, and shows them that they are important. Although, some parents are worried about the increase in screen time among their children, it's still important for children to stay connected with their friends and extended by email, video chats, phone calls, etc.

Sources: <https://www150.statcan.gc.ca/n1/pub/11-631-x/2020004/s9-eng.htm>  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-parents-children.html>



Statistics Canada / Statistique Canada

www.statcan.gc.ca





# 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!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Mother Goose Brossard English Conversation @ CISSS x4 <b>Walk &amp; Talk in-person @ Candiac</b> 10:00-11:30 am Jerry's Line Dancing via Zoom 1:30-3:00 pm	<b>2</b> Mother Goose St Jean English Conversation @ CISSS <b>Wellness Centre via Zoom</b> @ Chambly 1:30-3:30 pm	<b>3</b> Mother Goose St Lambert English Conversation @ CISSS <b>Linda's Gentle Yoga via Zoom</b> 2:00-3:00 pm	<b>4</b> English Conversation @ CISSS	<b>5</b>
<b>6</b>	<b>7</b> Mother Goose GPK x 2 English Conversation @ CISSS x 3 Afternoon-Social in-person @ Candiac 1:30-3:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>8</b> Mother Goose Brossard English Conversation @ CISSS x 4 <b>Walk &amp; Talk in-person @ Candiac</b> 10:00-11:30 am Jerry's Line Dancing via Zoom 1:30-3:00 pm Caregivers Support Group 7:00-8:30pm	<b>9</b> Mother Goose St Jean English Conversation @ CISSS x4 <b>Wellness Centre via Zoom</b> @ Chambly 1:30-3:30 pm <b>Addie's Colour Café via Zoom</b> 2:00-3:30 pm	<b>10</b> Mother Goose St Lambert English Conversation @ CISSS <b>Linda's Gentle Yoga via Zoom</b> 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	<b>11</b> English Conversation @ CISSS	<b>12</b>
<b>13</b>	<b>14</b> Mother Goose GPK x 2 English Conversation @ CISSS x 3 Afternoon-Social in-person @ Candiac 1:30-3:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>15</b> Mother Goose Brossard English Conversation @ CISSS x 4 <b>Walk &amp; Talk in-person @ Candiac</b> 10:00-11:30 am Jerry's Line Dancing via Zoom 1:30-3:00 pm	<b>16</b> Mother Goose St Jean English Conversation @ CISSS x4 Cooking Life Skill Class (Our Harbour) @ Arc Referral Centre 1:00-4:00pm <b>Wellness Centre via Zoom</b> @ Chambly 1:30-3:30 pm	<b>17</b> Mother Goose St Lambert English Conversation @ CISSS CHSLD Seniors Activity @ CHSLD <b>Linda's Gentle Yoga via Zoom</b> 2:00-3:00 pm	<b>18</b> English Conversation @ CISSS	<b>19</b>
<b>20</b>	<b>21</b> Mother Goose GPK x 2 English Conversation @ CISSS x 3 Afternoon-Social in-person @ Candiac 1:30-3:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<b>22</b> Mother Goose Brossard English Conversation @ CISSS x 4 <b>Walk &amp; Talk in-person @ Candiac</b> 10:00-11:30 am Jerry's Line Dancing via Zoom 1:30-3:00 pm	<b>23</b> Mother Goose St Jean English Conversation @ CISSS x4 <b>Wellness Centre via Zoom</b> @ Chambly 1:30-3:30 pm <b>Addie's Colour Café via Zoom</b> 2:00-3:30 pm	<b>24</b> Mother Goose St Lambert English Conversation @ CISSS <b>Linda's Gentle Yoga via Zoom</b> 2:00-3:00 pm TBN Café Our Harbour 2:00-4:00 pm	<b>25</b> English Conversation @ CISSS	<b>26</b>
<b>27</b>	<b>28</b> Mother Goose GPK x 2 English Conversation @ CISSS x 3 Afternoon-Social in-person @ Candiac 1:30-3:30 pm Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm	<p style="text-align: center;"><b>For information or to register, please contact our Administrative Assistant at:</b>  <a href="mailto:info@arc-hss.ca">info@arc-hss.ca</a> or call: (514) 951-9711</p> <p style="text-align: center;"><i>These activities are made possible thanks to our funders:</i>                      Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, ERCC, APPUI Monteregie, Dialogue McGill and Bright Beginnings.</p>				

**Addie's colour Cafe**

Free - Wednesdays - via Zoom  
**FEBRUARY 9 AND 16**  
 2:00 p.m. to 3:30 p.m.

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

Canadian Heritage / Patrimoine canadien / ARC

**LINE DANCING** with Jerry

By Zoom - Free of charge  
 On Tuesdays

**FEBRUARY 1, 8, 15, & 22**  
 1:30 p.m. - 3:00 p.m.

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

Canadian Heritage / Patrimoine canadien / ARC

**DRAWING**  
 With Ilana

**Mondays from 2:00 p.m. - 3:30 p.m.**  
**FREE OF CHARGE**  
**February 7, 14, 21 & 28**  
 514-951-9711 / info@arc-hss.ca

CHSSN / ARC

Linda's **Gentle Yoga**

**THURSDAYS FROM 2PM - 3PM**  
**FEBRUARY 3, 10, 17, AND 24**  
**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.

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

Health Canada / Santé Canada / CHSSN / ARC

**Wellness Centre at Chambly**

Free Activities for mind & body  
**WEDNESDAYS 1:30 - 3:30**  
**(FEBRUARY 2, 9, 16 & 23)**

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

Held virtually on Zoom

Because of health directives, registration is mandatory  
**ACTIVITIES AND REFRESHMENTS EACH WEEK!!!**  
The views expressed herein do not necessarily represent the views of the government of Québec.

This initiative is made possible through funding from the Secretariat for relations with English-speaking Quebecers

Québec / CHSSN / ARC

**5** DIFFERENT WAYS TO TAKE

**ReCharge**  
 Workshops for Caregivers

ReCharge is a series of workshops facilitated by a clinical nurse that responds to the needs of English-speaking caregivers throughout the Montérégie region, by providing a variety of technical and practical health care topics to take care of their loved ones, as well as mindfulness activities that serve for the caregivers to recharge their own energy!

1. We are offering our series of workshops via Zoom. The interaction, questions, and answers are the same as if in-person.
2. We are planning to go back to in-person shortly. Stay tuned!
3. If you prefer to access the workshops at your own pace, no worries, we can lend you a set of **DVDs** that contain the complete Recharge series.
4. Don't have a DVD player? Not a problem, we also have a complete series of **USB keys** that can also be lent to you.
5. Another good option is our **YouTube Channel**. We can give you access and you can take the whole series at any time.

YouTube

ARC

For more information call or email:  
 514-608-9600 / arc.projectcoord@gmail.com

This program is made possible thanks to the financial support of L'APLU

## Chinese New Year

**1 February**

is Chinese New Year  
2022

People in China get  
**7 days**  
off work from  
31 January to 6 February

**16 days**

of celebrations -  
31 January to  
15 February

**2022**  
is the year  
of the tiger



The holiday is  
also called  
**'Spring Festival'**

It's celebrated  
by more than  
**2 billion**  
people worldwide

**3.5 billion**  
journeys in China during  
the new year period

**Billions**  
of red envelopes  
are exchanged filled  
with money

Washing hair or clothes is  
not allowed on the first day  
of the lunar year because  
it is seen as "washing one's  
fortune away"

GRAPHIC: MARK HALL

**Chinese New Year** is February 1, and is by far the most important festival of the Chinese lunar calendar. It is celebrated on the second new Moon after the winter solstice. The holiday is a time of renewal, with debts cleared, new clothes bought, shops and homes decorated, and families gathered for a reunion dinner. Chinese New Year is marked by fireworks, traditional lion dances, gift giving, and special foods. [Learn more about Chinese New Year traditions.](#)

## This Day in History

### February 17, 1815 - marked the end of The War of 1812

The War of 1812 (June 18, 1812 - February 17, 1815) was a conflict fought by the United States of America and its indigenous allies against Great Britain and its allies in British North America, with limited participation by Spain in Florida.

It began when the US declared war on June 18, 1812 and although peace terms were agreed upon in the December 1814 Treaty of Ghent, it did not officially end until ratified by Congress on February 17, 1815.

Whether the annexation of Canada was a primary American war objective, has been debated by historians.

Some argue it was an outcome of the failure to change British policy through economic coercion or negotiation, leaving invasion as the only way for the US to place pressure on Britain. This view was summarised by Secretary of State James Monroe, who said "It might be necessary to invade Canada, not as an object of the war but as a means to bring it to a satisfactory conclusion".

Occupation would also disrupt supplies to colonies in the British West Indies and Royal Navy, and prevent the British arming their allies among the Indian nations of the Northwest Territory.

[Read more here](#)

## February Health Awareness Days

**Canadian Cancer Society** - [Dry Feb](#) is a fundraiser that challenges an alcohol-free month. Get healthy while raising funds to make a difference for Canadians affected by cancer.

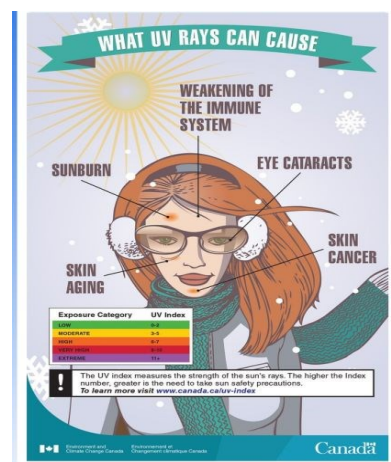
**Pink Shirt Day** is February 23 - Diversity is becoming more visible than ever as people continue to embrace cultures, identities, true selves and having greater acceptance, respect, and inclusion for everyone. Get a [Pink Shirt](#) and help lift each other up!

**Rare Disease Day** on February 28 - A globally coordinated movement on rare diseases, working towards equity in social opportunity, healthcare, and access to diagnosis and therapies for people living with a rare disease. For more [information](#).

### Did you know?

That [February](#) came from the Latin word *februa*, "to cleanse." The month was named after the Roman Februalia, which was a month-long festival of purification and atonement.

**Sunburn in the winter?**  
**Yes, it is possible because the UV Index is very low during Canadian winters.**  
**Bright white surfaces – like snow – can double the UV index.**



# discover community activities for all

**Managing Negative Self Talk** - February 2, 9, 16, 23 - Free event. In our modern time, there is constant criticism and judgement applied to ourselves and others. Learn breathing techniques, meditation and other tips and strategies on how to proactively engage with the body and environment, manage the mind and emotions, and stay calm and in control in the everyday challenges of life, both internal and external. [Click here to register.](#)

**Arthritis Rive-Sud Brunch** - February 4 @ 11:00 a.m. The location will be confirmed after registration. This activity is conditional on the reopening of the dining rooms. Everyone pays for their meal. Reserve your place by email as soon as possible. Register @ [info@arthriterivesud.org](mailto:info@arthriterivesud.org).

**The Quebec Canadian Celiac Association (CCA) Support Group** - February 8 @ 8:00 p.m. A free online Chat Hour to share about living on a gluten-free diet. Registration is required by emailing: [events@celiacquebec.ca](mailto:events@celiacquebec.ca).

**Advance Medical Directives and Living Wills: What They are and How to Make Them** - February 8 from 10:00 - 11:30 a.m. Free workshop. Richard Goldman, a lawyer at Educaloï, will explain the three specific medical situations and the five medical treatments to which Advance Medical Directives (AMDs) apply and will go through the process. To register, send an email by February 7 to [info@seniorsactionquebec.ca](mailto:info@seniorsactionquebec.ca), with your name, contact information and organization. An email confirming your registration will be sent within 2-3 business days.

**Gluten Free 101: Getting Started on the Gluten-Free Diet** - February 13 @ 2:00 p.m. Free webinar developed for newly diagnosed Canadians with celiac disease or gluten sensitivity who want to build confidence in managing this disease. [Register here.](#)

**CHEP Health video conference via Zoom**: February 16 from 10:00 - 11:30 a.m. "From Social Isolation and Loneliness to Belonging and Well-Being" with presenter Darla Fortune, PhD, Professor Concordia University, Department of Applied Human Sciences.

**Spotlight on osteoarthritis** - February 16 from 7:00 - 9:30 p.m. Online and free. [Register here.](#)

**Wellness workshop/Introduction to arthritis** - February 17, from 6:30 - 8:30 p.m. Online and free. Register @ [info@arthriterivesud.org](mailto:info@arthriterivesud.org).

**My Trip to Kenya—A Photographic Story** - February 17, from 1:00 - 3:00 p.m. via Zoom. Presenter: Cynthia Bowllan. Photographic presentation will showcase the animals, landscapes, and people of Kenya during a safari taken to this beautiful country. 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, are all eligible to join. For information, email [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com)

**Gervais Deschenes's first exhibition in Saint-Lambert** - Every Thursday (5:00 p.m. - 8:00 p.m.) + Saturday (9:00 a.m. - 12:00 p.m.) February 17 - March 10, at the multi-purpose centre. Symbolizing a return to creative endeavours and affiliation with the community. Exhibiting a few paintings created over a long period of artistic production, these works, like cornerstones, trace the evolution of his journey over time. For more details [visit here.](#)

**Black History Month "Achievers through the Centuries"** - February 17 from 1:00 -3:00 p.m. via Zoom. Register @ [southshoreretirededucators@gmail.com](mailto:southshoreretirededucators@gmail.com)

**Group support: Share and Shine with Arthritis about food and nutrition** - February 25 from 1:30 - 3:00 p.m. Online. Register @ [info@arthriterivesud.org](mailto:info@arthriterivesud.org)

**Public skating** at the Eric Sharp Arena: Wednesday 7:00 - 8:50 p.m./ Friday 5:00 - 8:50 p.m./ Saturday + Sunday 1:00 - 4:50 p.m. [Register here.](#)

**Fitness adapted exercises** - Every Tuesday from 10:00 - 11:00 a.m. Online and free. Register @ [info@arthriterivesud.org](mailto:info@arthriterivesud.org). Prof: Jean Proulx. Warm-up, aerobic activities, stretching, fitness. Exercises done standing or on a chair with a rubber band, stick, dumbbells, balls, or home-made equivalent.

**I'm taking charge of my arthritis!** - Every Wednesday from 1:30 - 3:00 p.m. Online. Personalized 6-week program to help you live better with arthritis. [More details.](#)



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

From  
Social Isolation and  
Loneliness to  
Belonging and  
Well-Being

For more info:  
514-605-9500 / [gpk@arc-hss.ca](mailto:gpk@arc-hss.ca)

Free, on February 16, 2022  
From 10:00 am to 11:30 am



 Health Canada  Santé Canada 

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



# Snow Fort Challenge

Get out and join the winter fun by building a snow fort.  
No one is too young or too old to participate in this amazing challenge. You can submit your snow forts from **January 10, 2022 to March 14, 2022**

### SNOW FORT CHALLENGE RULES:

#### ELIGIBILITY

The "Snow Fort Challenge" is open to all residents of the province of Québec, regardless of age or city of residence.

#### HOW TO PARTICIPATE

Simply build a snow fort, take a picture of it and submit it on the *Défi Château de Neige* website [www.defichateaudeneige.ca](http://www.defichateaudeneige.ca)

#### PRIZES

Head to [www.defichateaudeneige.ca/prix-a-gagner](http://www.defichateaudeneige.ca/prix-a-gagner) and select your region to find out about the exclusive prizes associated with each region. Prize draws for each category is done at random and will take place on the dates mentioned in the list of prizes.

\*All participants consent, by entering the draw, to the potential use of their name and photograph for promotional and publicity purposes



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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](mailto:info@arc-hss.ca)

### Candiac

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

### Activity Centre

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

[www.arc-hss.ca](http://www.arc-hss.ca)

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

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