



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



THE ADVISOR

Information source for the South Shore English-speaking community

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There's a lot to be happy about in May. Mother's Day is celebrated across the world, in more than 50 countries, though not all countries celebrate it on the same day. May also brings warm temperatures, bursting buds and spring flowers. Gardeners will flock to the nurseries and begin planting on the Victoria Day/National Patriots Day weekend.

Beginning the week of May 16, we're starting two new sessions of the **ReCharge Caregiver's Program**, offered weekly on Mondays or Wednesdays for 7-weeks. If you are taking care of a loved one, a neighbour or a friend; a few hours a week or full time; at home or not, **you are a natural caregiver**. A breakdown of the schedule is available on page 3. Email caregivers@arc-hss.ca for more information or to register.

We have a new activity for those who want to get some exercise and enjoy the warmer temperatures. Starting on Thursday, May 5, we will be having a weekly **Walk and Talk in Greenfield Park**. Meeting up at the Activity Centre at 10:00 a.m. each Thursday, the facilitator will take you on a different route each week to explore neighbourhoods and socialize with new friends. If you are interested, contact Deborah at gpk@arc-hss.ca or (514) 605-9500 or simply show up at 10:00 a.m. sharp!

May 2 - 8 is Mental Health Week with this year's message **Before you weigh in, tune in**. Bring empathy alive with the people in your life. Be there, listen completely, and see the world through their eyes. It's how to really help. #GetReal. See the [Canadian Mental Health Association](https://www.canadianmentalhealthassociation.ca/) website to learn more.

The May CHEP health video conference topic is **Age-Related Hearing Loss – Causes, Complications and Care** with Sylvie Auger, Audiologist on Wednesday, May 18 from 10:00 - 11:30 a.m. You must register in advance to obtain the Zoom link: [Register here](#).

We would like to thank those who contacted us last month with offers to assist Ukrainians moving to our area. This is a community who cares!

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





On April 23, in partnership with the Centre d’Action Benevole of Clarenceville, CAB Noyan, the CLC of Butler & Farnham Elementary School, and “POSA-Porte Ouverte Sur l’Avenir -Source des Monts” successfully hosted the first of three in a series of three workshops.

This workshop, which was hosted in this vulnerable English-speaking community, provided youth ages 9 to 15 with a training in audio-visual arts, podcast production and the elaboration of an intergenerational community mural. With the podcast, participants are building self-confidence in expressing their ideas with a newfound autonomy.

The **Video Storytelling** activity allows them to explore different ways of expressing themselves and encourages them to “raise their voices”. Creation of a community mural shows the unity of a group of individuals under a common concern, and develops a sense of belonging.

We wish to further strengthen these partnerships due to the visible impact we have already witnessed on our participants and their families. ARC will continue to accompany this community with this project, specifically during the months of May and June.

Registration is now open! Next activity: Community Voice Podcast production. Contact npi@arc-hss.ca for more information or to register.



Activities Open to Everyone

Physical

- Line Dancing – weekly on Tuesday
- Cadiac Walking Club – weekly on Tuesday
- Greenfield Park Walking Club – weekly on Thursday
- Yoga – weekly on Thursday

Social

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

Creative

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

Information

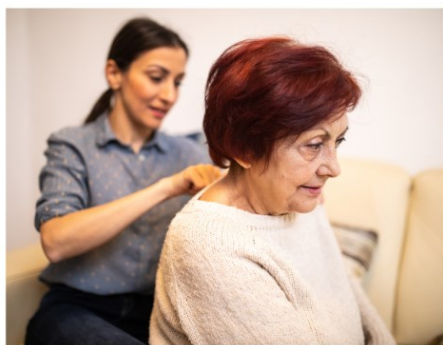
- CHEP session – once a month on Wednesday
- ReCharge for Caregivers – starting Mondays and Wednesdays in May



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

TRAINING FOR FAMILY - NATURAL CAREGIVERS

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



Session 1

Each Monday from May 16 to June 27

Session 2

Each Wednesday from May 18 to June 29

Program

Workshop 1:

- Welcome – What is ReCharge?
- What does it mean to be a caregiver?
- Caregivers burn out

Workshop 2:

- Body Mechanics
- Caregiver's boundaries and self-care

Workshop 3:

- Fall prevention
- Communication and role definition

Workshop 4:

- Understanding dementia – Alzheimer Society
- Basic first aid

Workshop 5:

- Stress and depression
- Infection prevention

Workshop 6:

- Medication safety
- Elder abuse

Workshop 7:

- Wrap-up
- Community support and resources – various organizations
- What's next
- Post survey

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

FREE



May Activity Calendar–Page 1

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

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

May Activity Calendar–Page 2

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

15	16	17	18	19	20	21
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiatic 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiatic 10:00-11:30 am</p> <p>Social Cooking with Jody @ Activity Centre 10:00am-12:00pm</p> <p>Twisted Stitches in-person @ Candiatic 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>CHEP: Age-Related Hearing Loss Via Zoom 10:00-11:30 am</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00-4:00 pm</p> <p>Seniors Activity @CHSLD 2:00-3:00 pm</p>		
22	23	24	25	26	27	28
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiatic 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiatic 10:00-11:30 am</p> <p>Twisted Stitches in-person @ Candiatic 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Talking to Improve Well-being (Youth) via Zoom 7:00 p.m.</p>	<p>Mother Goose on Zoom</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in-person @ Chambly + @ Activity Centre 1:30-3:30 pm</p>	<p>Mother Goose St. Lambert</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ GPK 10:00-11:00 a.m.</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>		
29	30	31				
	<p>Mother Goose GPK x 2</p> <p>English Conversation @ CISSS</p> <p>Afternoon-Social in-person @ Candiatic 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>Mother Goose Brossard</p> <p>English Conversation @ CISSS</p> <p>Walk & Talk in-person @ Candiatic 10:00-11:30 am</p> <p>Twisted Stitches in-person @ Candiatic 1:00-3:00 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>				

Activity Locations

Activity Centre
91 Churchill Blvd.
Greenfield Park J4V 3L8

Wellness Centre Chambly @ Randell Hall
2000 Bourgogne Ave.
Chambly J3L 1Z4

Twisted Stitches @ Candiatic ARC office
9 Montcalm Blvd. N., #512
Candiatic J5R 3L4

News from the GPK Office

The upcoming May CHEP health video conference via Zoom: **Age-Related Hearing Loss – Causes, Complications and Care** on Wednesday, May 18 from 10:00 - 11:30 a.m. With presenter Sylvie Auger Audiologist, clinic owner and director at Audiologist Centre Ouest Inc. You must register in advance to obtain the Zoom link: [Register here.](#)

This year, the **Community Outreach Group**, a new group formed to include all of the community, not just St. Paul's, has decided to go back to the monthly themes but instead of food, hygienic items will be collected throughout the year (different items/different months) and put aside for the shelters, families and homeless and given out upon special request (which seems to come more often lately) or kept for Christmas. To participate, please read the list below and bring said items to St. Paul's, 321 Empire, Greenfield Park on any Wednesday between 11:30 a.m. and 1:30 p.m. Please attach your name to the items. May 2022 items requested – Shampoo, bars of soap, body wash and hand sanitizer.

St. Lambert Spring Market: ARC will have a booth on May 7 at the St. Lambert United Church located at 415 Mercille from 10:00 a.m. - 4:00 p.m. Stop by and meet us, we would love to share all our upcoming activities with you.

Senior's Discounts—Don't forget to ask!

Archambault: 10% every Monday - to be claimed at the cashier's desk upon presentation of an ID card (60+)

Bulk Barn: 10% off every Wednesday - to be claimed at checkout upon presentation of an ID card (65+). This discount does not apply to promotional products and cannot be combined with the \$3 coupon in their flyer.

Jean-Coutu (with Privilege Card 65+) program that gives a 10% discount on certain items in the store.

The Bay: On the first Tuesday of every month, The Bay offers customers 60+ a 15% discount using the promo code SAVE for online orders.

Laura Secord: 10% off all purchases on the first Monday of each month (65+). In December, this discount applies to the first three Mondays in December.



Deborah Humphrey is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 605-9500.

The flyer features the CHSSN logo at the top, followed by the text 'The COMMUNITY HEALTH EDUCATION PROGRAM (CHEP) invites you to the conference'. The main title is 'Age-Related Hearing Loss' in large blue font, with 'with Sylvie Auger, Audiologist' below it. Contact information includes '(514) 605-9500 / gpk@arc-hss.ca'. A red arrow icon points to the text 'Free, on May 18th From 10:00 to 11:30 am'. Logos for Health Canada, Santé Canada, and ARC are at the bottom. A small note at the bottom reads 'A CHSSN initiative funded through Health Canada's Official Languages Health Contribution Program 2018-2023'. On the right side, there is a vertical photo of two elderly women smiling, partially obscured by vertical bars.

Museums: Free admission on the first Sunday of each month - see [the list here.](#)

Pharmaprix: Seniors' discount day on the last Thursday of each month when seniors receive a discount on regular-priced items (some exceptions apply). To qualify for the discounts, a customer must be at least 65 years of age and present their personal Shoppers Optimum Card.

Telus Mobility "Good for seniors" program A low-income senior may be eligible for the Mobility for Good and Internet for Good for seniors' programs. Mobility for Good for low-income seniors provides Canadian seniors receiving the Guaranteed Income Supplement (GIS) benefit with low-cost wireless service.

Requirements to apply:

1. Receive the GIS benefit.
2. Provide Old Age Security statement, T4A(OAS), indicating amount paid in box 21 (net supplements paid).

How to apply:

1. Confirm eligibility.
2. Email Old Age Security Statement to mobilityforgood@telus.com.

Any questions about the Mobility for Good or Internet for Good programs please contact: mobilityforgood@telus.com.

The Candiac Corner

Our Activities

Candiac Walk & Talk is held every Tuesday at 10:00 a.m. All things seem possible in May and every moment is a fresh beginning. Take the time to go outside and enjoy the fresh air, there is nothing lovelier than springtime. For more details: (438) 455-2747 or email: candiac@arc-hss.ca



Candiac Twisted Stitches is held every Tuesday at 1:00 p.m. Come and enjoy this get-together and have fun comparing patterns, sharing techniques and trading tips on stitches, hats, mittens, slippers, etc. Beautiful things come together one stitch at a time! For more details: (438) 455-2747 or email: candiac@arc-hss.ca



Municipal News

Annual Candiac Big Garage Sale is back on! - This year, the big garage sale will be held on May 28 + 29, rain or shine! Take advantage of this opportunity to unearth treasures or to empty the basement. There is no charge and no registration. The sale must take place within the limits of residential properties. [More info here.](#)

Spring cleaning reminders - Bulky waste must be put out before 7:00 a.m. on the morning of the collection day, or the day before at the time allowed by your municipality's by-law. Garbage and bulky items are collected between 7:00 a.m. - 7:00 p.m. Bulky items are collected by the MRC de Roussillon on the same day as the garbage collection, i.e., every two weeks. For more info, consult the following [link](#).

Green Day - Shredding of confidential documents is on May 21 from 8:00 a.m. - 4:00 p.m. Come and take advantage of a free shredding service to get rid of confidential documents in a safe and ecological way at the Roméo-V.-Patenaude Complex parking lot. Reserved exclusively for Candiac residents, no registration required (proof of residence is required), paper only (no metal or other media) and there is a limit of 5 boxes per address. For more [details](#).

Helping Ukrainians affected by the conflict in their country, the City of Candiac has made a donation of \$5,000 to the Canadian Red Cross Humanitarian Crisis in Ukraine Relief Fund. Donations to the Emergency Fund will enable the Red Cross to respond to humanitarian needs and to support and carry out preparedness initiatives and relief operations in the context of the current tensions in Ukraine. Citizens wishing to make a donation can do so online through the Canadian Red Cross [website](#) or by calling 1-800-418-1111. The Municipality's heart goes out to the Ukrainians. To show support and solidarity with the people of Ukraine, the City raised the Ukrainian flag on the City Hall flagpole on March 2.

Arts and Recreation

MRC of Roussillon - Route verte is on its way to being completed! "The main missing section of the Route verte in the Montérégie linking the Beauharnois-Salaberry RCM and the urban perimeter of the city of Saint-Constant will finally be completed!", announced Christian Ouellette, Mayor of Delson and Reeve of the RCM of Roussillon. This important 18-kilometre bicycle path will be built on a width of approximately 3 metres and will rest on the existing ballast stone foundation. For more information, visit the [project page](#).

Exhibition "À visages découverts" is now showing at the Maison Hélène-Sentenne in the André-J.-Côté Park. Come and meet people, and view the dry pastel portraits of local artist Ginette Girard until May 29. [Click here for more info.](#)

Lecture "Memory" - Jonathan Severin on May 16: Come and meet Artist Jonathan Severin at the Sentier des arts at André-J.-Côté Park. He will be giving a lecture on the background of his exhibition, "Memoire": his inspiration, his methods and how he creates his optical illusions. [More info here.](#)

HAUT-RICHELIEU-ROUVILLE

Review



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

CAVAC (Crime Victim Assistance Centres) offers free support to victims or witnesses of crime by offering comprehensive psychological, social and judicial services throughout Quebec, such as post-traumatic intervention, accompaniment and legal information. Help is available to victims and witnesses even if the perpetrator has not been identified and/or arrested. The main centre for Montérégie is in Longueuil (you must have an appointment to visit) at 370 Ch. de Chambly Longueuil, (450) 670-3400 and they also offer a point of service at the St-Jean-sur-Richelieu court house at (450) 358-0152. [Click here for more information.](#)

Activity in Haut-Richelieu-Rouville:

Activities such as the Wellness Centre in Chambly (Wednesdays from 1:30-3:30), Mother Goose (Zoom), our Book Club (Zoom) and now mental health motivational sessions (Zoom) are continuing. The mental health sessions are discussions of various topics related to mental health facilitated by Phillippe Vaillancourt of POSA in Chambly (see the poster at right). Phillippe has been on a journey of recovery for quite some time and now uses his skills to support youth in the Chambly area. Also in Haut-Richelieu, a focus group activity (St-Jean) to learn about the needs of the English-speaking community took place in April as well as a youth video storytelling project in Noyan (Haut-Richelieu).

The upcoming topics for the Wellness Centre are Tai Chi with Luisa, "Organizing your home," "How to adjust to climate change," and "A how-to for container gardening". To participate in any of these activities or for more information, contact Lynn at stjean@arc-hss.ca or Alexi at npi@arc-hss.ca.

Coming Up

May 18 is **National Museum Day** and it may be a good time to view the new First Nations exhibit at the Musée Haut-Richelieu. Even though most of the exhibit will be in French, this is a rare opportunity to learn about the history of indigenous people in Haut-Richelieu. Such learning is

important for reconciliation between nations as emphasized at the Truth and Reconciliation Commission. The exhibit is running until May 29. Admission is \$10. [Click here for more info](#) or stop by at 182 rue Jacques-Cartier N., St-Jean-sur-Richelieu, (450) 347-0649.

May is the time to **sign up your children for summer day camp** - a service provided by municipalities for school age children. Part of the fees for day camp are reimbursable through income tax. Registrations normally take place in the early part of May, so it is important to check with the municipality to find out about the deadlines. For those living in St-Jean-sur-Richelieu, the "Garnison de St-Jean-sur-Richelieu" offers a bilingual camp called Plein Soleil. In the past, this camp has been open for children in the general population after priority has been given to military families. If interested, please [contact](#) them to find out about these openings or call (450) 358-7099 # 7262.



Talking to Improve Well-being
Tuesdays, May 10 & 24
at 7:00 pm



With Phillippe Vaillancourt, a specialist motivational speaker, we will be discussing how to decrease stigma about mental health and build emotional skills and resiliency (coping).

Come and join the conversation...your voice matters!
This month the conversations will be about anxiety (May 10) and self-care/self-management (May 24).

Secrétariat à la jeunesse Québec  

THIS ACTIVITY IS PRESENTED ON ZOOM

To register or more info:
npi@arc-hss.ca

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

YOUTH AND EMPLOYMENT

Mother's Day is May 8 in Canada, and many people express their gratitude towards mothers and mother figures on this special day. Mother figures may include step-mothers, mothers-in-law, guardians (e.g., foster parents), and family friends. It is the time for people to thank mothers and mother figures for taking the time to care for them and help them through life's challenges.

In 2020 there were 358,604 new births in Canada, a decrease of 3.36% compared to 2019. An estimate of 150,613 (43%) of newborns were to first-time mothers.

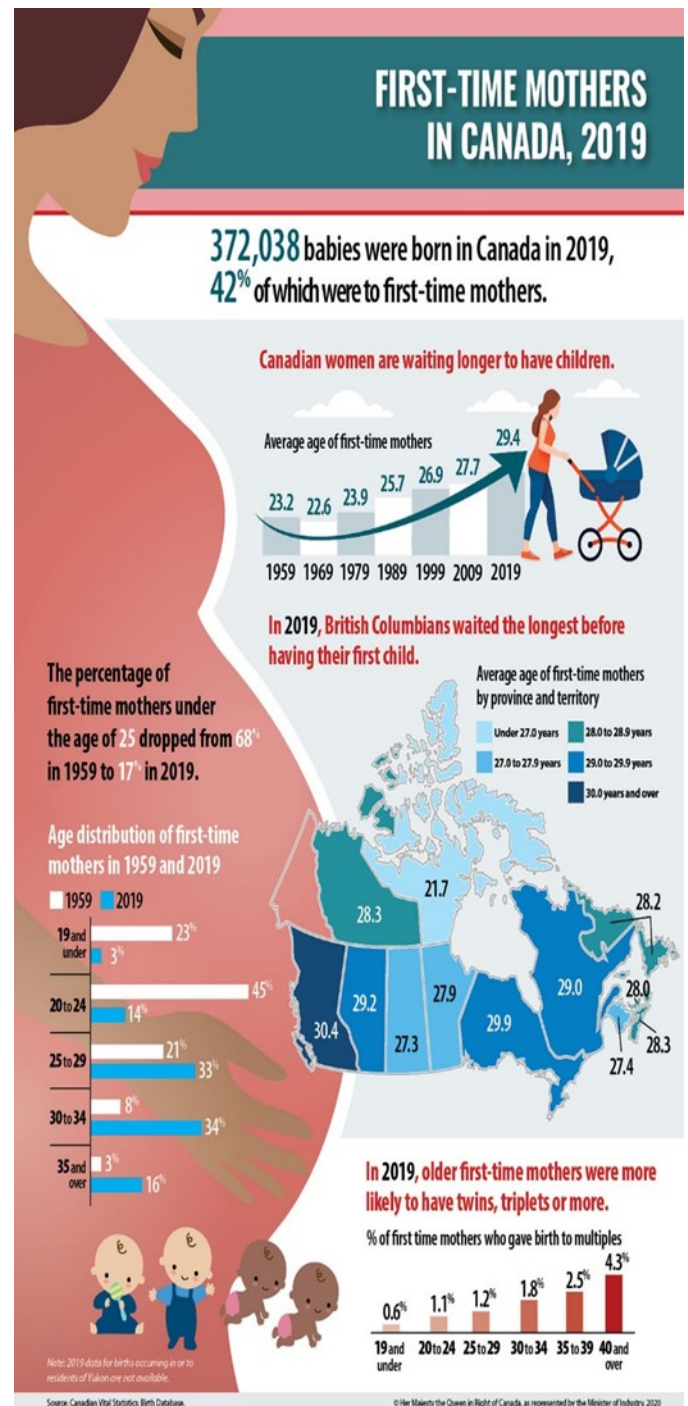
The average age of first-time mothers is increasing, with an average of 29 years. Additionally, the fertility rate of Canadian women has decreased from 2.64 children per women in 1937 to 1.49 children per women in 2020.

While some might think it's a concerning issue, for the most part, it seems that it's for the best interest of the mother.

The data suggests that the age that women become mothers varies significantly by geography and education. First-time mothers are older in big cities and younger in rural areas. Women with college degrees have children significantly later than those without and often use the years in between to finish school and build their careers and incomes. Women in Canada overachieve in higher education compared to men in general. Forty-five percent of women aged 25-34 in Canada have earned a university degree, compared to 33% of men. Also, career-wise, the motherhood penalty for women who have children is high, so many try to advance in their careers before giving birth. Motherhood penalty is a term coined by sociologists who argue that in the workplace, working mothers encounter biological and culturally based disadvantages in pay, perceived competence, and benefits relative to childless women. Specifically, women may suffer a per-child wage penalty, resulting in a pay gap between non-mothers and mothers that is larger than the gap between men and women.

Source:

<https://www.timeanddate.com/holidays/canada/mother-day>
<https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2014002-eng.htm>
<https://www.nytimes.com/interactive/2018/08/04/upshot/up-birth-age-gap.html>
<https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2021075-eng.htm>
https://en.wikipedia.org/wiki/Motherhood_penalty



Health and Social Services Bursary Program

Application Deadline May 16, 2022

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

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

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

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



Dialogue McGill  **Health Canada**  **Service Canada**

HEALTH AND SOCIAL SERVICES COMMUNITY NETWORK BURSARY PROGRAM

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

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

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

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

 APPLICATION DEADLINE
MAY 16, 2022

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



Wellness Centre Activities

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

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

Every Wednesday from 1.30 pm to 3.30 pm, registration is mandatory
ACTIVITIES AND REFRESHMENTS EACH WEEK!!!

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

Wellness Centre Activities now in Chambly and Greenfield Park

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

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

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

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

CMHA Mental Health Week MAY 2-8, 2022

Choosing not to judge

 **#GetReal** about how to help.
mentalhealthweek.ca



This is empathy.
Before you weigh in, tune in.

ARC Activities This Month



Addie's colour Café

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

Online - Twice a month

Wednesday, May 4 & 18
2:00 to 3:30 p.m.

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

 Canadian Heritage  



WALK & TALK

Thursdays 10 a.m.

Now in Greenfield Park

Meeting location:
91 Churchill Blvd

 Secrétariat aux relations avec les Québécois d'expression anglaise Québec 

For details:
(514) 605-9500
gpk@arc-hss.ca



LINE DANCING with Gerry

by Zoom
Free of charge

Tuesdays
1:30 p.m. to 3:00 p.m.
May 3, 10, 17, 24, 31

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

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

This initiative is made possible with funding from Canadian Heritage

 Canadian Heritage  



Ilana's virtual Drawing

MONDAYS FROM 2:00 P.M. - 3:30 P.M.
FREE OF CHARGE
MAY 2, 9, 16, 23, 30

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

   Santé Canada



Social COOKING WITH JODY

Twice per month
In-person @ 91 Churchill Blvd.
Greenfield Park
from 10:00 a.m. to Noon

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

 Canadian Heritage  



GENTLE YOGA



BY LINDA

Join us on Thursdays
2:00 p.m.-3:00 p.m.
May 5, 12, 19, 26

By zoom
Free of charge

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

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

  Santé Canada 



May 1 - May Day: In about 140 countries, May Day is also Labour Day, and is a worker's holiday. In many countries, the Labour Day holiday is on May 1 unless it falls on a Saturday or Sunday, when it is then held on the following Monday. Only 3 countries, the United States, Canada, and Bermuda observe Labour Day in September.

May 2 - Brothers and Sisters Day is a day to cherish siblings. Sure, there are times when brothers and sisters are loved, and times when disowning them is a thought. All in all, having a brother and/or sister or two, is invaluable. The older one gets, appreciation for them becomes stronger. Don't have a brother or sister? Chances are, there is an organization nearby where you can become a volunteer brother or sister to a young person in need.

May 3 - National Teachers Day: Teachers certainly are among the most deserving of a special day. This day honours those hard-working, patient and understanding people with whom our children are entrusted to. Teachers mould kids, thus affecting who they are and who they become. If any teachers are reading this, a great big shout out to each and everyone – thank you so much for everything!

May 6 - International No Diet Day encourages the recognition that people come in all shapes and sizes... and that's okay. It's a good opportunity to reassess and evaluate weight management goals and to appreciate what was given to us. Remember the old saying, "Your body is your temple." In efforts to make your temple a healthy one, do so in a safe and healthy way.

May 26 - National Sally Ride Day. This day honours the first American woman astronaut who went into space. Dr. Ride accomplished this feat as a mission specialist aboard STS-7, the second flight of the Space Shuttle "Challenger".

This Day in Canadian History

May 2, 1964, was when Northern Dancer won the Kentucky Derby, the first Canadian horse to do so. A hero's welcome awaited upon his return home to Toronto – the mayor even gave a key to the city! The racehorse was named 1964's Athlete of the Year by Canadian sportswriters. Over the two-year career, Northern Dancer won 14 of the 18 races and was considered a Canadian icon, and was the first horse inducted into the Canadian Sports Hall of Fame, in 1965. Watch the [video here](#).

Satisfying snack recipes with only 3 ingredients!

Crispy chickpeas

Rinse and drain canned chickpeas.
Place on a baking sheet and bake for 25 minutes at 180 °C (350 °F).
Squeeze 1 lime, sprinkle 5 mL (1 tsp) of black pepper and toss.
Store leftovers in an airtight container in the fridge for up to 4 days.

Easy edamame

Add frozen edamame to a microwave-safe bowl.
Microwave for 3 to 5 minutes.
Sprinkle paprika and red pepper flakes.

Spicy popcorn

Make popcorn on the stovetop.
Add unsalted shelled sunflower seeds.
Sprinkle chili powder and toss.

Cinnamon apples

Core an apple and cut horizontally in 4 slices.
Add nut butter of your choice.
Sprinkle cinnamon.



The Fallacies of “Dressing Your Age”

Dressing your age is a topic not easy to unpack. What does this phrase actually mean? Are there style barriers to a person with every passing decade? Although there are many factors that do have a direct influence, such as your economic situation, physical type and personal style, is it right to assume that age is an essential factor when it comes to dressing?

Youth gives an undeniable advantage when it comes to how others perceive what you are and aren't “allowed” to wear. But having a personal style that is reflected on the outside has nothing to do with age, and can be easily summed up: Be authentic.

If you feel very young and full of energy, even if you're a middle-aged person, you will always be able to find something suitable and at the same time possess that fun touch and exciting quality that reflects your inner self. You can be in your twenties and think you know it all and refuse to experiment, or live in fear of stepping out of your comfort zone and never risk wearing different clothes because you can't stand criticism or surprising others. Therefore age, in the end, is not the key, it's your desires.

The clothes you choose are independent of your age. Dressing on the outside is about raising your mood and emotional state



by freely expressing who you are. It's about looking inside yourself to see how you feel and how willing you are to experiment. Sometimes, it is simply opening your wardrobe and taking that shirt that you know suits you and a pair of black trousers that highlight your figure and trusting in your exterior to strengthen your interior, which may be a little low on self-confidence that day, and this, once again, is independent of age. It is your mood that guides you. When your inner "I" is not strong enough, it is your outer "I" that has to carry the day forward!

When it comes to dressing, you have to dare to imagine, be creative, spend some time looking through your things and above all, don't get carried away by stereotypes and dress so you feel your best. Having your own style is something that you build over time, it is something that is uniquely yours and that makes you feel like yourself. You don't have to conform to anyone else's ideas about what you should and should not wear. Remember that age is nothing more than a number and that when you feel good and confident in how you express yourself outwardly, it is easier to smile. Dis-

regard phrases like “Shouldn't you be dressing your age?”, which are only truly meant to embarrass the person being spoken to. Focus on what's important, dressing according to whom you want the world to know you as, don't fear expressing yourself!

Health Awareness Days in May

Turn May Grey by wearing your favourite grey shirts, pants, hats, nail polish ... anything and everything to #TurnMayGrey. Join the fundraising effort and encourage family and friends, generosity helps provide programs and services for brain tumour patients and loved ones, and funds life-changing research. Share stories and [get involved here](#).

Multiple Sclerosis Awareness Month aims to raise awareness about this condition which affects the central nervous system (directly affects the brain and spinal cord). For information, visit the [Canadian MS Society website](#).

Monday, May 2 to Sunday, May 29 marks National Sun Awareness Month. The month will kick off with recognizing Melanoma Monday on May 2 and during the month CDA (Canadian Dermatology Association) will share information about public opinion research, myths, facts and trends in sun exposure and sun protection attitudes. [More info here](#).

May 9-15 is National Nursing Week with celebrations taking place from the Monday to the Sunday of the same week as Florence Nightingale's birthday, May 12. The theme this year is #WeAnswerTheCall and was developed by CNA to showcase the many roles that nurses play in a patient's health-care jour-

ney. The pandemic brought to light the courage and commitment that nurses work under every day and showed the important role that nurses play in the community. This year, Johnson & Johnson, the world's largest and most broadly based health-care company, has sponsored National Nursing Week to showcase its commitment to the well-being of Canada's health-care professionals. [Click here for the schedule](#).

May 16 is International Celiac Awareness Day. The Olympic stadium in Montreal will be lit green at sunset to mark the occasion.

May 17 at 7:30 p.m. Chat Hour for teenagers with celiac disease. To register and receive the Zoom link, please e-mail: events@celiacquebec.ca

Hemochromatosis Awareness Month is held in May each year. Looking for ways to create awareness of hereditary hemochromatosis, wondering how to alert those at risk for this inherited disorder? Many who have symptoms of iron overload may not recognize them as such, so awareness is one important path to diagnosis. Learn more [here](#).

discover community activities for all

St. Augustine's Fund-tasia is an exciting fundraising campaign to raise funds for the second phase of the St. Augustine Heritage project and to raise visibility of the church as a heritage site in St. Bruno and the surrounding areas.

The Fund-tasia Launch - May 5 from 5:00 - 7:00 p.m. at 1741 Roberval, St. Bruno-de-Montarville J3V 2K8, with live music and a silent auction to officially launch the campaign.

- **St. Augustine Walk with Minta** - May 7 at 9:30 a.m. at 1668 Montarville, St. Bruno.
- **Concert of classical and Celtic music** - May 8 from 2:00 - 4:00 p.m. Enjoy the sounds of the violin, harp, classical guitar, and the piano. At 1741 Roberval, St. Bruno Cost: \$20
- **Flavours of Italy** - A fun evening with dinner, dancing and live music! May 28 @ 5:00 p.m. at 1741 Roberval, St. Bruno Cost: \$60

For more information and to order tickets:

fund.tasia2022@gmail.com or call (450) 653-4402.

Spring market at the St Lambert United Church on May 7 from 10:00 a.m. - 4:00 p.m. featuring artists, artisans, antiques, books, baked goods and a BBQ lunch by the Lions Club! [Click here for more info.](#)



The Brossard Library now has Hoopla and most of the content is in English. This platform allows the streaming of films, TV series and high-quality courses (binge passes) on a variety of subjects (history, science, hobby & leisure, literature & language, travel, health and lots more). Visit their [website](#). Then click on Hoopla, enter your email and create a password, type in the name of the library that you wish to link to, enter your Library account number (QBD00XXXXXXX) and password for that account and start streaming!

The Ladies Auxiliary Royal Canadian Legion Branch 94, 205 Empire Street, will be holding a silent auction on May 7 from 11:00 a.m. - 3:00 p.m. There will be many different items, a bake table with home-made baked goods and the kitchen will be open selling hamburgers, hot dogs and sandwiches. Bidding on the silent auction will end at 2:00 p.m. For more information, please call the Legion @ (450) 466-0308.

The Seniors Respite Centre Montérégie has been granted support funding through the New Horizon program to promote Emergency Preparedness. Every family needs a [disaster response plan](#). The Seniors Respite Centre Montérégie in partnership with Public Safety Canada is promoting Emergency Preparedness Week from May 1 to 7. The week is an opportunity to encourage Canadians to take concrete actions to be better prepared to protect themselves and their families during emergencies. Everyone can participate by having an [emergency kit](#) at hand, which will meet the family's basic needs for 72 hours in the event of a natural disaster or other emergency. For more information, you can visit the [Urgence Québec](#) and [Government of Canada's Get Prepared](#) websites.

Open house at St. Lambert Lawn Bowling Club for a fun introduction to lawn bowling. Bring the family, drop in and try out this friendly yet competitive sport. May 13 from 7:00 - 9:00 p.m. and May 14 from 10:00 a.m. - 3:00 p.m. 662 Oak, St. Lambert.

National Bowls Day is June 4 from 10:00 a.m. - 3:00 p.m. Come join in the fun lawn bowling games in conjunction with the Inter-generational Project of St. Lambert. Information: (450) 923-6612 or email inquiries to boulingrinsaintlambert@gmail.com.

Chat Hour for teenagers with celiac disease on Tuesday, May 17 at 7:30 p.m. Learn about other support groups for teenagers with celiac disease and how they cope. This is a great opportunity to share your experiences as well as any obstacles you encounter. To register and receive the Zoom link, please email events@celiacquebec.ca.

Camp Celiac 2022 from August 13 - 25 for 7 to 16 year-old children. Information [Video for 2022](#). Camp Celiac is a unique summer camp program where children with and without Celiac and gluten sensitivities can explore their independence while enjoying a fun-filled, worry-free experience! For campers ages 7-16, the week-long opportunity is exactly what a summer camp should be, with one big difference: the entire food service program is Gluten Free! This is an integrated program that allows campers with and without gluten challenges to take part in an unforgettable adventure together. [Visit their website](#) for more info.



Community Bulletin Board

The Our Harbour Community presently has immediate lodging vacancies for several men and 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 contact Tanya Angelo for a telephone evaluation @ (450) 671-9160 or for [more information](#).

Ami-Quebec's support groups are free, and begin at 6:30 p.m. on May 2, 16 and 18. Depression, anxiety/OCD, and borderline personality disorder are some of the groups available. For more information and to register @ [support groups](#).

Hope & Cope – helps people to cope with cancer and is a beacon to anyone touched by cancer. To see all the Support Groups offered, see the [calendar here](#).

Rebâtir offers four hours of free legal advice from a legal aid lawyer for sexual abuse or domestic violence. No need to qualify for legal aid to use this service and there's no requirement to file a police report. How to [contact Rebatir](#): (for English, click on "EN" on the bottom right side of the home page) or call 1-833-REBATIR (1-833-732-2847) – service available in English or email projet@rebatir.ca.

Weather Quiz! What is the official name of the distinctive odour that frequently accompanies the first rain after a long period of warm, dry weather? **Petrichor**. Yes, this is the official name and it comes from Greek word Petra, meaning 'stone' and is the fluid that flows in the veins of the Gods in Greek mythology.

[Read more on the Weather-CAN APP.](#)

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

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