



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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The month of October began with the delivery of 120 care packages to seniors in honour of **National Seniors Day**, which is celebrated on October 1. We were pleased to be able to personally deliver these packages to seniors in need with the help of our staff and volunteers.

Due to the current social climate, the Regional Health and Social Services Partnership Table (RHSSPT) will be holding its annual **“Community Fair”** virtually this year on Saturday, October 16 at 10:00 a.m. Learn more about organizations operating in the Monteregee who offer health and social services to the English-speaking community. Fifteen prizes of \$50 each to be won! Want to learn more or attend this event? See page 2 for complete details and how to register.

We are also helping collect adult-sized socks and brand new underwear for **Socktober**. All that is collected is donated to *Dans la Rue* in Montreal to help teenagers and young adults who are homeless. See page 3 for more information on how you can contribute.

We’re pleased to offer a Community Language Development Project with four information sessions facilitated by a speech language therapist. The first session’s topic is **Bilingualism and Early Childhood** on October 27. Open to all in the community. See page 3 for more details and how to register.

The CHP session is on October 13 and this month’s topic is **Dementia Education**. The link to register for this activity will be sent by email when made available.

We continue to offer two weekly in-person activities, the **Afternoon-Social** at the Greenfield Park Legion on Tuesday afternoons and the **Wellness Centre** in Chambly on Wednesday afternoons. Newcomers are welcome! Refer to the activity calendar on page 8 for more information.

Are you interested in volunteering? We’re currently seeking volunteers. See page 5 for more information.

We decided to postpone the **10th Anniversary Celebration** until 2022, due to COVID gathering limitations. More details coming soon!

Wishing you all a Happy and Healthy Thanksgiving!

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

Don't forget to check our activity calendar!



BUILDING COMMUNITY TOGETHER

Special Virtual Edition



Join us online Saturday, October 16 at 10:00 a.m.

Open to all

15 prizes with a \$50 value each to be won
(details on the day of the event)

Learn more about the services and activities
offered and maybe win a door prize in the process!

Register in advance for this meeting:

[Click here to register](#)



After registering, you will receive a confirmation email
containing information about joining the meeting.

Due to the current social climate, the Regional
Health and Social Services Partnership Table will
be holding its annual “Community Fair” virtually
this year.

We will begin with a short welcome presentation,
then discover at your pace organizations operating
in the Montérégie who offer health and social
services to the English-speaking community.

Videos available on the day of the event at
www.arc-hss.ca/virtualfair.

This activity was made possible thanks to funding from Health Canada through CHSSN

For more information:

✉ info@arc-hss.ca

☎ 514-605-9500

🌐 www.arc-hss.ca/virtualfair



Health
Canada

Santé
Canada



To register: https://us02web.zoom.us/meeting/register/tZ0qd-CvqjkuGNP_N1YXwxbgKiGkxhgKk1Vl

News from the GPK Office

Workshop on Frauds and Scams Targeting the Older Adult Community

Presented by the Cummings Centre's Social Action Committee

Join this very important and informative evening. Learn about the most common fraud and scams frequently used on seniors, how to identify the warning signs and best practices to protect yourself. Hear testimonials from older adults and seniors affected by fraud so as to destigmatize and empower others to take action.

Hosted by CJAD's Aaron Rand and featuring a panel of experts, Sarita Israel, Michel Gariépy and officers of the SPVM.

Monday October 25 • 7:00 – 8:30 pm

Location – Online, Language – Bilingual, no charge and open to all.

Registration is required. To register, [click on this link](#) or for more information call (514) 734-1805.



Shelter Allowance Program

Do you live in a low-income household and struggling to pay your 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 of their income on housing.

For more information about the program, [visit their website](#).

To check if you qualify for the program, contact **Revenu Québec** at 1 (855) 291-6467.

Maison Internationale de la Rive-Sud (MIRS)

MIRS is presently looking for English-speaking persons who could accompany individuals for various appointments. This person's role would be to help translate French language conversations to English. The person would need to be able to speak and understand French and communicate clearly in English to the person they are assisting.

The positions are on-call and appointments are on the South Shore. MIRS pays \$20 per hour (2 hour minimum) plus added expenses like transport. All information exchanged must be confidential and you must be respectful at all times.

For more information contact: Adrien Pasche, Responsable Banque d'interprètes at (450) 445-8777, ext. 222.

CHSSN2 ANS ENSEMBLE YEAR 2022-2023 **ARC**

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)

Dementia Education

With return presenters

Claire Webster, PAC, CPCA, Founder and President of Caregiver Crosswalk and **Dr. Serge Gauthier, MD-Neurology**, Director of Alzheimer's Disease and Related Disorders research unit

WEDNESDAY, October 13
10:00 - 11:30 a.m. via ZOOM

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

Health Canada Santé Canada

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

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 or call (514) 605-9500.

Community Language Development Project

Speech and language pathology is a very scarce resource and sorely needed, and not only in English.

ARC is pleased to be able to offer the Community Language Development Project, which will consist of:

- Four information sessions facilitated by a speech language therapist, with the goal of delivering practical, evidence-based information to parents. These sessions are open to all in the community.
- Six Parent-Child Dyad Sessions (WordPlay), focusing on mastering and integrating language stimulation techniques into daily routine and play. Participants would be parents of children on waiting lists for services, parents of children already identified as at risk or having a communication disorder.

The first two information sessions will be offered this fall, the last two in the winter 2022. Also, the six parent-child dyads will be offered beginning in mid-January. More information to follow.

Be an informed community player!

Bilingualism and early childhood

Wednesday, October 27 at 7:00 p.m. via Zoom

In this interactive session, we delve into bilingualism, myths about learning multiple languages and supporting the communication needs of children from 0-5 growing up in a multicultural context.

Listening to your interests, concerns, and questions, we'll discuss:

- How bilingualism and multilingualism impact language development
- What is expected in bilingual language development
- Why it is important to support the home language in a minority-language context

And how to:

- Recognize potential challenges and support bilingualism for children living with difficulties
- Prepare children for school entry in a language other than what's spoken at home

To register, email info@centremosaicque.ca

Supporting language development through the storytelling: Bedtime and beyond.

Tuesday, November 30 at 7:00 p.m. via Zoom

In this session, we will explore how books can help a child develop their language abilities.

We will discuss :

- When and how to explore books
- The connections between oral language and reading
- The importance of books for preschool age children
- Strategies for integrating books into routine at bedtime and throughout the day.

To register, email pm@arc-hss.ca

To register for either or both of the fall sessions, email Debra at pm@arc-hss.ca or call (514) 743-8058.

Socktober

Socktober is a collection of brand new adult sized **socks and underwear** collected throughout the month of October which are donated to Dans la Rue in Montreal to help teenagers and young adults who are homeless.

Drop-off points Mon-Thu 9-4

<p>Greenfield Park 106 Churchill Blvd. Greenfield Park, QC J4V 2L9 T: (514) 605-9500 E: info@arc-hss.ca</p>	<p>Haut-Richelieu-Rouville 927-B Seminaire Blvd. St-Jean-sur-Richelieu, QC J3A 1B6 T: (450) 357-0386 E: stjean@arc-hss.ca</p>	<p>Candiac 9 Montcalm Blvd., #512 Candiac, QC J5R 3L4 T: (438) 455-2747 E: candiac@arc-hss.ca</p>
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This Day in History

October 20, 1818 – 49th Parallel Forms as Border Between the US and Canada

The British and American committees who met after the War of 1812 to resolve boundary disputes recognized there would be much animosity in surveying the watershed boundary, and agreed on a simple border solution in the Treaty of 1818: the 49th Parallel. Both sides gained and lost some territory by this convention, but the United States gained more than they lost, particularly in securing the title to the Red River Basin. This treaty established the boundary only between the line of longitude of the northwesternmost point of the Lake of the Woods, on the east, and the Rocky Mountains, in the west. West of the Rockies, the treaty established joint occupation of the Oregon Country by both parties; east of Lake of the Woods, the boundary established in the Treaty of Paris would be retained.



The Candiac Corner

Viewing the fall colours from the water

The Rivière de la Tortue is a wonderful place to view the fall colours from a different perspective that flows to the St. Lawrence River. To launch a kayak or paddle board you can use the Candiac public docks that are located from the sentier de la Rivière-de-la-Tortue. Click here to see the map. candiac.ca/actualites/2021/05/21/sentier-de-la-riviere-de-la-tortue-accessible

Free skating

Have you missed skating? The Candiac Sports Complex has free skating on Sundays from 12:15 to 1:45 pm. To participate in this free activity, you must reserve your place online. Registration opens 48 hours in advance and places are limited to 25 people per activity.

For all the details on this activity and the instructions, consult the news on this subject by clicking here.

candiac.ca/actualites/2021/09/21/retour-du-patinage-libre-a-l-arena-tous-les-dimanches

La Corne d'abondance de Candiac – Volunteers needed

La Corne d'abondance is looking for male volunteers who are able to lift heavy loads, mainly to empty donation boxes and containers, a few hours per week, during the day. If you want to get involved with a dynamic team, do not hesitate to contact them by phone at (450) 444-6999 and specify the purpose of your call or via their Facebook page.

facebook.com/CorneAbondanceCandiac

Candiac en couleurs Contest

The streets of Candiac become an absolute spectacle of colour in the fall. For the occasion, residents are invited to participate in the *Candiac en couleurs* contest by decorating their front yard with pumpkins, grasses, hay bales or Halloween decorative items. No registration is required. Judges walk the streets during the month of October and render their verdict in early November. Winners receive a gift certificate to a local merchant (one prize per district). If you have any questions about the contest, please email the town of Candiac at concours@ville.candiac.qc.ca

Culture Candiac – Works of art

The City of Candiac places great importance on culture. In recent years, several works of art created by local artists have been acquired by the Municipality, which proudly encourages art and talented local artists. Consult the photo album to discover the works of art that are displayed in the City's municipal buildings.

myalbum.com/album/xzEQD6Ao6xfH?fbclid=IwAR21Z5XXQ9U03Tyjee7iFXPil7eiTXdhhUESWY3gSohgibTiNc49Nq7TCXE

Green Day - Shredding of confidential documents

The City of Candiac will hold a Green Day on October 15 & 16, dedicated to the shredding of confidential documents. During this day, Candiac residents will be able to take advantage of a free and fast shredding service to get rid of their confidential documents in a safe and ecological way thanks to a shredding truck. To learn more about this new service, click here.

candiac.ca/actualites/2021/09/09/actualites/2021/09/08/les-journees-vertes-dechiquetage-de-documents-confidentiels

Use water wisely

Did you know that in Candiac, drinking water consumption has climbed 21% since 2018 to 1,679 litres/household/day? That's 446 liters more than the provincial average, while Quebec is aiming for even more stringent reductions by 2025. Now more than ever, let's be smart citizens by using water wisely.

For more information: bit.ly/3fJ4Kli

Microchipping - SPCA Roussillon

Don't forget that owners of a dog or cat can benefit from the service offered by the SPCA Roussillon. Microchipping makes it easier to find your pet if it runs away, is lost or stolen. Micro clinics are held on Fridays at a cost of \$25. For more information, please contact the SPCA Roussillon.

spcaroussillon.com/en/home

Branch Collection

A collection of branches at home will take place on Monday, October 4. It will be spread over several days. Please remember that branches must be placed in a compact pile at the curb (not in the street) no earlier than the Saturday morning before the collection and no later than 7:00 a.m. on the morning of the collection. The cut end must be directed towards the street. Branches should not be tied up. Also, note that the maximum quantity of branches accepted is 4 m³ (1.25 m X 1.25 m X 2.6 m). Don't forget that branches are accepted at the ecocenter, according to the opening hours in effect.

For all the details and instructions to follow, consult the Collection and Recovery section.

candiac.ca/services/environnement-et-sante/collectes-et-recuperation

VOLUNTEERS NEEDED!

Are you creative and energetic?

ARC is looking for a volunteer to facilitate our weekly drop-in **social interactive activity** every Tuesday between 1:30 and 3:30. This weekly event has all kinds of fun activities including trivia, games and bingo. A fun place to get together to break isolation and laugh, chat and grab a coffee. If this volunteer opportunity interests you, contact Fiona at (514) 605-9500 or gpk@arc-hss.ca.

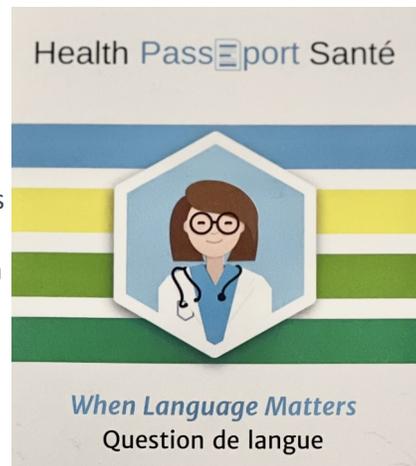
English Conversation Clubs with Hospital Employees

Do you, or someone you know, struggle to find someone to speak with you in English when receiving health and social services in the Monteregie? Would you like a rewarding volunteer opportunity to help employees practice and learn more English during their lunch hour, thereby improving the English-speaking community's access to health services in English? Then this is the volunteer opportunity for you! Contact Debra at (514) 743-8058 or by email pm@arc-hss.ca for more information.

CHSSN Health Passport App

Inspired by the paper version created by our colleagues at MCDC (*Megantic English-speaking Community Development Corporation*), the **Health Passport App** was designed by the CHSSN to help you and your family keep track of essential health information.

When downloaded onto your smartphone, the *Health Passport App* puts all of your health information, as well as helpful words and phrases in French at your fingertips when you visit a health clinic or an emergency room. With the ability to store information for more than one person, this app is a wonderful tool for families and caregivers alike.



You can find the CHSSN Health Passport by [clicking here](#).

NOTE: The paper booklet version is also available at all of our offices. Drop by to pick up a copy!

FOOD WASTE IN CANADA

THE FACTS



35.5 MILLION TONNES

of food produced in Canada is lost or wasted each year.

32% of this, amounting to

11.2 MILLION TONNES

could be **rescued** to support communities across Canada.

This is equivalent to the weight of almost

95 CN TOWERS

58%

of food produced in Canada is lost or wasted each year.



Food waste costs Canada's economy more than

\$49 BILLION each year.



Each year, food waste in Canada creates about

56.6 MILLION TONNES

of carbon dioxide-equivalent emissions.

Organics wasted in a landfill produce methane gas which is

25 TIMES

more damaging to the environment than carbon dioxide.



What's happening in Haut-Richelieu Rouville



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

Centre de crise et de prévention du suicide du Haut-Richelieu – Rouville (CCPSHRR), 136 Champlain, Saint-Jean-sur-Richelieu, 1 (866) 277-3553 (crisis situations) or 450-348-6300 (general enquiries), ccpsshr.ca

The objectives of this organization are to offer support, help and accompaniment to those suffering from psychological distress and crisis. They accomplish this through their crisis line which is available 7 days a week, 24 hours a day. All of their counsellors who work on the crisis line must speak some English. They also refer people to services that could be of help, offer counselling services to loved ones who have lost someone through suicide and also have crisis beds for those who are needing immediate supervised help short-term. During the pandemic, although suicide rates have not increased, the number of calls the centre receives has grown. This is a sign not only of the increased distress people have been experiencing, but also of the greater willingness of people to reach out for the help they do need. If you or a loved one is experiencing psychological distress, do not hesitate to reach out to this crisis line. The counsellors at the crisis centre will offer you advice as to how to best get help.

Activity in Haut-Richelieu-Rouville

Community Fridge project: ARC in Haut-Richelieu-Rouville (H-R-R), as part of the Food Security Committee in Haut-Richelieu, is participating in a project to build a network of community fridges in the region. A community fridge or “Frigo Partage” is a refrigerator available to the public that functions much like the portable community libraries (croque-livres). You put food in and you can take food out. They are frequently located outside within a shed or shelter although they can be inside as well. They are often administered by nonprofit groups who build relationships with food partners in order to stock the refrigerators. These organizations and/or a group of volunteers, work to ensure cleanliness and proper rotation of the food items. This is a project that addresses food security as well as food waste. Food waste is actually a problem which contributes up to 10% to greenhouse gas emissions worldwide. There are several community fridges in the province of Quebec, however, not many in the Monteregie. In the H-R-R area, funds are available from “Alternative Aliment Terre” to support organizations in establishing a Fridge and the committee will provide support and answer questions about various issues that could be encountered in the process. If you would like to learn more, you could visit this link which provides information about community fridge projects: hubbub.org.uk/the-community-fridge.

Les Weekends Gourmands: During the first three weekends of October, you can visit beautiful Rougemont, located in the MRC of Rouville, where you can experience apple picking, wagon rides, inflatable climbing structures for the kids, hiking and more at various sites in the village. For a guide to the various activities, visit tourismerougemont.com/les-week-ends-gourmands.

Collective Art Exhibits: As part of the “Route des Arts du Richelieu” which took place this past summer, collective art exhibits are being held at two locations: the old guard post at Fort Chambly (the corner of Park and Richelieu Streets) and at 610 Patriot’s Road in St-Denis-sur-Richelieu, which is also a historical site. The old guard station at the park of Fort Chambly is rarely open so this is a chance to view a heritage site while seeing the work of local artists. It will be accessible for the art exhibit the first two weekends of October, including Thanksgiving Day. The exhibit in St. Denis will be open until October 24. For more information, visit routeartsrichelieu.com.

The Wellness Centre in Chambly is growing! Last month, participants experienced yoga, heard from a pharmacist and learned about positive psychology. You are welcome to attend this health education activity each Wednesday from 1:30-3:30 at 2000 Bourgogne Blvd. Attendees must have their vaccination passport and pre-registration is mandatory. To register, contact Lynn at stjean@arc-hss.ca.

Wellness Centre
[At Chambly - Activities for mind & body]

St. Stephen's with St. James
Anglican Church, 2000 Bourgogne
Avenue, Chambly.

Wednesdays 1:30pm-3:30 p.m.
(October 6, 13, 20 & 27)

Because of health directives, registration is mandatory.

REGISTRATION:
450-357-0386
STJEAN@ARC-HSS.CA

ACTIVITIES AND REFRESHMENTS EACH WEEK!!!

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

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

Québec

CHSSN

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 EMPLOYMENT

The youth Canadian market has been evolving enormously in the last decades.

The participation of Canadian Youth in the labour market is indispensable.

In fact, Canada has one of the highest labour force participation rates for young people aged 15–24 among the G7 countries, ranking 6th in the world.¹ Moreover, young Canadians are not compromising their education to work; Canada ranks first in the world in terms of formal schooling received after high school.²

Often, a high participation level of young Canadians in the labour market along with a high level of education are promising indicators of economic prosperity.

First, we can now see a higher participation rate of young Canadian women in the labour market;

- An increase of participation of 13% between 1981 and 2019. Compared with a decrease of 2% for young men.
- An increase in median hourly wage of 22% for young Canadian women compared to an increase of 2.08% for young Canadian men.

Educated Canadian youth enjoy 3 advantages when it comes to finding and keeping a job and earning a decent salary. Educated young Canadians aged 25 to 30 are:

- 31% more likely to find a job.
- 4% more likely to find a permanent full-time job.
- Enjoy on average 65.83% higher wages. To put that in perspective, a young Canadian with a bachelor's degree earns annually on average \$25,698 more than a Canadian with only a high school diploma.³

In 2019, young Canadians are participating in the job market at a better rate than their parents did in the '80s. These days however, an increasing number of young Canadians are working part-time and contract jobs.

- 10% less young Canadian women are employed in permanent, full-time jobs.
- Meanwhile, 8% less young Canadian men are holding a permanent full-time job.

Portrait of youth in Canada: Employment

Young Canadians have had diverse labour market trajectories over the last four decades.

Percentage of youth aged 15 to 30 with a job, 1981 to 2019 (full-time students excluded)



Median real hourly wages (in 2019 dollars) of full-time employees aged 17 to 34, 1981 to 2019

Compared with less educated youth, highly educated young individuals enjoy a triple advantage in the Canadian labour market, as they are more likely to:

	Less than high school diploma	Bachelor's degree
BE EMPLOYED Percentage of youth aged 25 to 30 with a job, 2019 (full-time students excluded)	59%	90%
HAVE A PERMANENT FULL-TIME JOB Percentage of young workers aged 25 to 30 with a permanent full-time paid job, 2019 (full-time students excluded)	70%	74%
HAVE A HIGHER WAGE Average real hourly wages (in 2019 dollars) of full-time employees aged 25 to 30, 2019 (full-time students excluded)	\$21.53	\$28.96

Youth employment has become more precarious since the late 1980s.

Percentage of workers aged 15 to 30 in a permanent full-time job,¹ 1989 to 2019 (students excluded)



1. Workers include employees and self-employed individuals. Permanent full-time jobs comprise at least 30 hours per week and do not have a predetermined end date.

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Sources: Morissette, René, 2021. "Youth employment in Canada." *Portrait of Youth in Canada: Data Report*. Statistics Canada Catalogue no. 42280001; Statistics Canada, Survey of Work History, 1981, General Social Survey, 1989, and Labour Force Survey, 1981 and 2019.

www.statcan.gc.ca

Canada

1. <https://data.oecd.org/emp/labour-force-participation-rate.htm>
2. <https://www.cnn.com/2018/02/07/the-10-most-educated-countries-in-the-world.html>
3. A young adult with a bachelor degree earns annually on average \$75,212 before tax. On the other hand, youth with only a high school degree earns annually on average \$49,514 before tax. Source : <https://www12.statcan.gc.ca/census-recensement/2016/as-sa/98-200-x/2016024/98-200-x2016024-eng.cfm>

Ameer Al-Shammaa is our Youth Program Coordinator in Greenfield Park. He can be reached at (514) 712-6575 or youth@arc-hss.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!

October 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For information or to register, please contact our Administrative Assistant at: Info@arc-hss.ca or call: 514-951-9711</p> <p><i>These activities are made possible thanks to our funders:</i></p> <p><i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Monterege, Dialogue McGill and Bright Beginnings.</i></p>						
3	<p>4 Mother Goose GPK x 2</p> <p>English Conversation @ CISSS x 2</p> <p>Afternoon-Social in-person in Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>5 Mother Goose Brossard</p> <p>English Conversation @ CISSS x 3</p> <p>Jerry's Line Dancing via Zoom 10:30am-12:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p>	<p>6 Mother Goose St Jean</p> <p>English Conversation @ CISSS x 2</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>7 English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00 to 4:00 pm</p>	8	9
10	<p>11</p> <p>Happy Thanksgiving</p> 	<p>12 Mother Goose Brossard</p> <p>English Conversation @ CISSS x 3</p> <p>Jerry's Line Dancing via Zoom 10:30am-12:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p>	<p>13 Mother Goose St Jean</p> <p>English Conversation @ CISSS x 2</p> <p>Medical Emergencies in Seniors CHEP Videoconference 10:00-11:30 am</p> <p>Cooking Life Skill Class (Our Harbour) @ Senior's Respite Center 1:00-4:00pm</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>14 English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	15	16
17	<p>18 Mother Goose GPK x 2</p> <p>English Conversation @ CISSS x 2</p> <p>Afternoon-Social in-person in Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>19 Mother Goose Brossard</p> <p>English Conversation @ CISSS x 3</p> <p>Jerry's Line Dancing via Zoom 10:30am-12:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p>	<p>20 Mother Goose St Jean</p> <p>English Conversation @ CISSS x 2</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Addie's Colour Café via Zoom 2:00-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>21 English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>TBN Café Our Harbour 2:00 to 4:00 pm</p>	22	23
24	<p>25 Mother Goose GPK x 2</p> <p>English Conversation @ CISSS x 2</p> <p>Afternoon-Social in-person in Candiac 1:30-3:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>26 Mother Goose Brossard</p> <p>English Conversation @ CISSS x 3</p> <p>Jerry's Line Dancing via Zoom 10:30am-12:00 pm</p> <p>Afternoon-Social in-person @ GPK Legion 1:00-3:00 pm</p>	<p>27 Mother Goose St Jean</p> <p>English Conversation @ CISSS x 2</p> <p>Wellness Centre in-person @ Chambly 1:30-3:30 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p> <p>Walk the Talk: Bilingualism 7:00-9:00 pm</p>	<p>28 English Conversation @ CISSS</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	29	30
31						

ARC Activities This Month



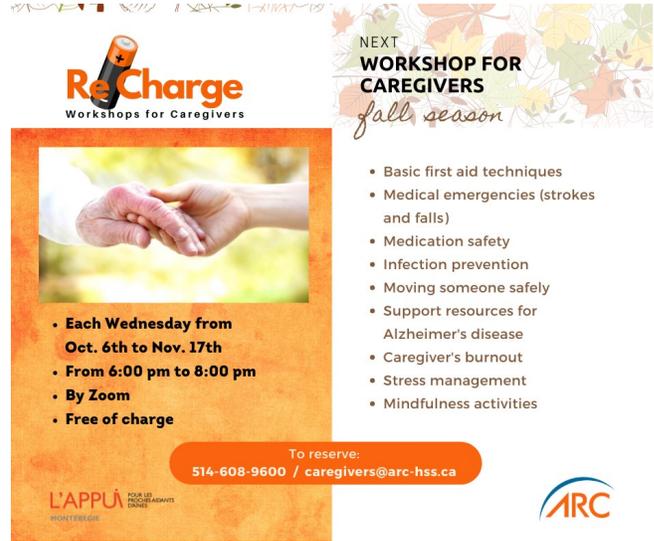
Addie's
COLOUR
Café

Free - Wednesdays - via Zoom
October 6 & 20
2:00 p.m. to 3:30 p.m.

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

This initiative is made possible with funding from Canadian Heritage





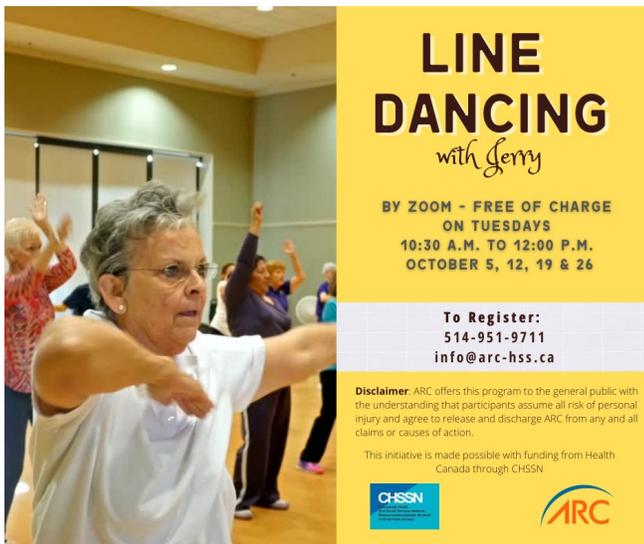
ReCharge
Workshops for Caregivers

NEXT
WORKSHOP FOR CAREGIVERS
fall season

- Basic first aid techniques
- Medical emergencies (strokes and falls)
- Medication safety
- Infection prevention
- Moving someone safely
- Support resources for Alzheimer's disease
- Caregiver's burnout
- Stress management
- Mindfulness activities

Each Wednesday from
Oct. 6th to Nov. 17th
From 6:00 pm to 8:00 pm
By Zoom
Free of charge

To reserve:
514-608-9600 / caregivers@arc-hss.ca

LINE DANCING
with Gerry

BY ZOOM - FREE OF CHARGE
ON TUESDAYS
10:30 A.M. TO 12:00 P.M.
OCTOBER 5, 12, 19 & 26

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 Health Canada through CHSSN




Afternoon Social

Tuesdays from 1:00 p.m. to 3:00 p.m.

In partnership with the Greenfield Park Legion

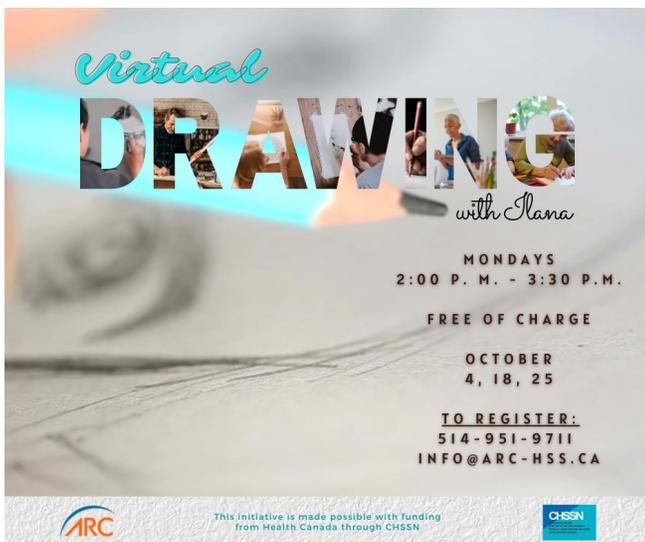
(October 5, 12, 19 & 26)

This activity will be taking place in-person, following Government health guidelines. Please wear a mask and respect social distancing.

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

ARC will be providing coffee & cake

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

Virtual
DRAWING
with Ilana

MONDAYS
2:00 P. M. - 3:30 P. M.

FREE OF CHARGE

OCTOBER
4, 18, 25

TO REGISTER:
514-951-9711
INFO@ARC-HSS.CA

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





Gentle Yoga
with Linda

Join us on Thursdays
2:00 p.m.-3:00 p.m.
(October 7, 14, 21, & 28)

To register:
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





Quality of Life Together - The Collectif GPK Collective

The Collectif GPK Collective, whose mission is to improve quality of life by fighting social exclusion and poverty in the community, invites you to its first two Grands Rendez-Vous.

Two important meetings for our future work in social development in Greenfield Park

Co-create a shared vision

Define the changes we want

Identify the actions to be implemented

Prioritize actions

Identify collective projects

Invitation Grands Rendez-vous

The *Collectif GPK Collective*, whose mission is to improve quality of life by fighting social exclusion and poverty in the community, invites you to its first two Grands Rendez-Vous.

Objectives:

- Map the organizations and stakeholders in the area;
- Shed light on the strengths and aspirations of Greenfield Park;
- Establish the vision and values of the *Collective*.

Where?

Zoom (the hyperlink will be sent to you upon confirmation of your participation)

When?

- 1st meeting: October 18, from 6.15 p.m. to 9.15 p.m.
- 2nd meeting: November 15, from 6.15 p.m. to 9.15 p.m.

How it works?

Throughout the activity, participants will be invited to discuss and ask questions in their preferred language (French/English).

COLLECTIF
GPK
COLLECTIVE

QUALITY OF LIFE
TOGETHER
COMMUNITY

For registration (required) or Information:

<https://forms.gle/VNErhz4i9GAccFhq5>, E: Raphael.Masse@longueuil.quebec, T: (514) 236-8991

Canadian 24-hour Movement Guides

These 24-Hour Movement Guidelines are relevant to adults aged [18-64 years](#) or [adults 65 years or older](#).

It is recommended that adults should limit long periods of sedentary behaviours and should practice healthy sleep hygiene (routines, behaviours, and environments conducive to sleeping well). Following the 24-Hour Movement Guidelines is associated with these health benefits: • a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, several cancers, anxiety, depression, dementia, weight gain, adverse blood lipid profile; and • improved bone health, cognition, quality of life and physical function.

- [Guide for 18-64 years](#)
- [Guide for 65 years and older](#)

65 years or older CANADIAN 24-HOUR MOVEMENT GUIDELINES

FOR ADULTS 65 YEARS OR OLDER
An Integration of Physical Activity, Sedentary Behaviour, and Sleep

PREAMBLE

This document is intended for use by policy makers, health professionals, and interested members of the public.

These 24-Hour Movement Guidelines are relevant to adults aged 65 years and older, regardless of their background, or socio-economic status. These Guidelines may not be applicable to older adults living with a disability or a medical condition; these individuals should consult their health care provider for individualized recommendations, or a health professional for more information.

Adults aged 65 years or older should participate in a range of physical activity (including walking, sport and recreation) in a variety of environments (e.g., home/workplace and outdoors) and contexts (e.g., leisure, transportation, occupation, household or community) and should limit long periods of sedentary behaviours and should practice healthy sleep hygiene (routines, behaviours, and environments conducive to sleeping well).

Following the 24-Hour Movement Guidelines is associated with these health benefits:

- a lower risk of mortality, cardiovascular disease, hypertension, type 2 diabetes, dementia, weight gain, adverse blood lipid profile, falls and
- improved bone health, cognition, quality of life and physical function.

The benefits of following these Guidelines far exceed potential harms. Following the Guidelines is challenging at times; progressing towards any of the Guideline targets will result in some health benefits.

These 24-Hour Movement Guidelines were informed by the best available evidence, including consultation, and consideration of values and preferences, applicability, and details on the Guidelines, the background research, their interpretation, and recommendations for further research and surveillance are available at [www.canada.ca/24hourmovementguidelines](#).

For health benefits, adults aged 18-64 years should be physically active each day, minimize sedentary behaviour, and achieve sufficient sleep.

A healthy 24 hours includes:

PHYSICAL ACTIVITY

Performing a variety of types and intensities of physical activity, which includes:

- Moderate to vigorous aerobic physical activities such that there is an accumulation of at least 150 minutes per week
- Muscle strengthening activities using major muscle groups at least twice a week

Several hours of light physical activities, including standing

SLEEP

Getting 7 to 9 hours of good-quality sleep on a regular basis, with consistent bed and wake-up times

SEDENTARY BEHAVIOUR

Limiting sedentary time to 8 hours or less, which includes:

- No more than 3 hours of recreational screen time
- Breaking up long periods of sitting as often as possible



Replacing sedentary behaviour with additional physical activity and trading light physical activity for more moderate to vigorous physical activity, while preserving sufficient sleep, can provide greater health benefits.

Progressing towards any of these targets will result in some health benefits.

HEALTH AWARENESS DAYS

For National Holiday enthusiasts, this is what October has to offer:

Breast Cancer Day - October 3 is the date for this year's event in Canada to support the breast cancer cause. Sign up now for the Canadian Cancer Society CIBC Run for the Cure, which is a 5k or 1k walk or run event @ support.cancer.ca. Contact 1-888-939-3333 or email connect@cancer.ca.

World Cerebral Palsy Day – October 6 is when the world comes together, to ensure that children and adults with Cerebral Palsy (CP) have the same rights, access and opportunities as anyone else in our society. Join the movement to help create awareness and action around Cerebral Palsy, because every person living with Cerebral Palsy is a reason to strive for change. Together – things will happen @ worldcpday.org.

World Mental Health Day - October 10. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. Click on the link below for access to the event "Mental Health Care for All: Let's Make it a Reality" @ www.who.int/campaigns/world-mental-health-day.

World Arthritis Day - October 12. Referred to as WAD, is a global awareness day held every year, which aims to help raise awareness in all audiences across the world of the existence and impact of rheumatic and musculoskeletal diseases (RMD). The debilitating effects of these diseases, of which more than 200 exist, are little known; their impact, however, is largely – and silently – felt. @ www.eular.org/world_arthritis_day.cfm.

National Psoriatic Arthritis Awareness Day - (October 19) and **World Psoriasis Day** (October 29) – Brings awareness to the experiences of patients and caregivers. Providing educational materials about living with psoriasis and psoriatic arthritis, available treatments, mental health impacts, comorbidities of these diseases and resources for kids. @ www.canadianpsoriasis.ca/en/about-us.

Brain Cancer Awareness Day - October 24 is the fourth annual Brain Cancer Awareness Day in Canada! On this day, people will become aware of the devastation of this disease, and also that there is HOPE! Join by wearing a hat, taking a selfie or group photo, and sharing it on social using #HatsForHope @ www.braintumour.ca/get-involved/raising-awareness/brain-cancer-awareness-day.

Canadian Intensive Care Week – October 24 to 30 is a week to reflect on the ICU practice. Help promote the work being done, the workplaces used, to acknowledge co-workers and to celebrate the Intensive Care Team! Caring for patients and families – every second – every day @ <https://caccn.ca/events/canadian-intensive-care-week>.

The Canadian Celiac Association's Quebec Support Group - Please consider donating to Team Quebec CCA Support Group for their October virtual run in the upcoming 2021 Scotiabank Toronto Waterfront Marathon @ raceroster.com/registration/48139/entry?team=340130 then click the 'x' to exit the registration page. Scroll to the page beneath this and in a column on the left, click VIEW TEAMS, and in the Search Bar enter Team Quebec CCA Support Group and click on the blue at the end of the bar, where you can donate to one of our teams. All funds donated will go directly to the Canadian Celiac Association: www.celiac.ca.

Interesting Observance Days

October 1 International Coffee Day & International Day of Older Persons! Enjoy a guilt-free cup or two of your favourite brew today! Read the paper, catch up on social media, get out and meet up with a friend or curl up with good book and enjoy. Even better, bring a nice, hot cup of Joe to an older person in your life and take the time to enjoy each others company.

October 5 World Teacher's Day – Send your kids or grandkids to school with a special card to give to their favourite teacher. A simple gesture can make a world of difference in someone's day. Our teachers have had a tough year and 2021 is equally as difficult. Let them know they are appreciated.

October 16 Boss's Day – I am sure we all have that one boss who we absolutely loved working with. Today is the day to celebrate them. Imagine sending a little thank you, to your current or one from the past, just to say, "Hey, you made a difference".

October 27 Take me Outside Day! – With winter fast approaching this is the perfect day to get out and enjoy before the cold, snow and ice take over! Take a walk, sit on the porch (balcony), meet friends for a chat, or take a loved one or a neighbour out for a little trip around the neighbourhood.

discover community activities for all

We're All In This Together is a one-of-a-kind web series that has been designed by seniors, especially for seniors. Each bi-weekly episode features entertainment, activities and conversations designed to connect with those in need of support and empathy. Episode 20 is **Organic Co-op Gardening with Hannah** and Episode 21 is **Author conversation with Richard King**.



You can find both episodes here:

www.youtube.com/WereAllInThisTogether

Solarium Concert by the Conservatoire de musique de la Montérégie – Friday, October 1 at 8:00 pm at the Multi-Purpose Centre, 81 Hooper Street. Email: culture@saint-lambert.ca, phone: (450) 466-3889, ext. 3303 – Free-for-all – register @ saint-lambert.tuxedobillet.com. Come and enjoy listening to the playing, lyrical flights of fancy, brilliant improvisations by the young Solarium quartet (saxophone, keyboards, electric bass, drums). A musical rendezvous that should not be missed!

Pack Your Bags Series – On October 12 at noon, the South Shore Literacy Council will present the Pack Your Bags virtual travel program to **Seattle and the Olympic Peninsula** with Lisa Eschendbach. Virtually explore this bustling port city, and discover the astonishing natural beauty of the nearby Olympic Peninsula and Mt. Rainier with a local host. Registration @ form.123formbuilder.com/5770947/form.

Chocolate creations for Halloween by Trucs et Truffes Chocolaterie – Saturday, October 16 from 10:30 am– 12:00 pm at the Multi-Purpose Centre on 81 Hooper Street. \$32 for one parent and child. Register @ https://ludik.maville.net/StLambert-LudikIC2Prod_Enligne/Pages/Anonyme/Recherche/Page.fr.aspx?m=1.

Pre-teen Girl Sports Program – October 17 to December 5, from 3:00 to 5:00 pm. Two hours of activities in-person in St-Hubert. For details, visit www.phoenixprograms.ca or email Jess at dir.phoenixprojects@gmail.com.

Fall Creative Writing Workshop with Jeanette Paul – titled *Write Small, Write Big*. Come explore several types of small/big writing through short exercises, various writing styles, be it a memoir, fiction, perhaps even poetry. The writings will be shared aloud for group appreciation and helpful feed-

back. No take-home assignments. All writing levels welcome! Limited number of participants. Masks on to enter and leave the library, off during socially distanced workshop. Vaccine proof required. Greenfield Park Library, 225 Empire St. (parking nearby) Thursdays, 2:00 – 4:00 pm from October 21 to December 9. Fee: \$40 for 8-week session. Email: jeanettepaul@yahoo.ca or call (450) 651-7044.

South Shore Literacy Council presents TED Circles - On October 26 at noon, discussing the theme of Optimism. "Circles discuss a TED Talk about the [monthly theme](#). By considering each other's perspectives, they create a global conversation. That conversation needs everyone so we hope you join Circles help communities stay connected." There is still time to register if you would like to participate. Registration link: form.123formbuilder.com/5778749/sslc-ted-circles-registration.

The Old Saint-Lambert Farmers' Market - October 28 from 3:00 – 7:00 pm on Hooper Street, there will be a weekly gathering of citizens and local farmers offering fresh produce from environmentally responsible "full-circuit" farming operations. For more information, visit [Old Saint-Lambert farmers' market](#) Facebook page or write to them at marchefermiervstlambert@gmail.com.

Thrombosis Canada Day – October 28. Join the virtual round table series, hosted by healthcare professionals for a 90-minute program that provides a valuable learning experience. @ thrombosiscanada.ca/virtual-roundtables.

Share and Shine with Arthritis – October 29 from 1:30 – 3:00 pm at the Nathalie-Croteau Centre in Brossard. Come join this English support group, and share about personal experiences, inspire others, and to learn about arthritis. Available online or in-person. Register @ info@arthriterivesud.org.

Lunch with members and friends of Arthritis South Shore – Sunday, October 31 from 12:00 – 2:00 pm. Everyone is responsible for the cost of their own meal. Book your place now by email at info@arthriterivesud.org. We will share the location of the restaurant by return email.

PUZZLE PAGE SYLLABILITY

The answers to the questions below are made up only of syllables found in the grid. Cross out the syllables as you use them. The number in parentheses indicates the number of syllables in the answer.

1. A prison for people convicted of serious crimes (5)

2. The outside boundary of a circle (4)

3. DEET or Raid (4)

4. Nil, zero (2)

5. College commencement (4)

6. Having no special or distinctive features, standard, typical (4)

Answers: 1. PEN-I-TEN-TIA-RY, 2. CIR-CUM-FER-ENCE, 3. IN-SEC-TI-CIDE, 4. NOT-ING, 5. GRAD-U-A-TION, 6. OR-DI-NAR-Y, VO-CAB-U-LAR-Y.

7. The totality of words known to a person (5)

A	CAB	CIDE	CIR
CUM	DI	ENCE	FER
GRAD	I	IN	ING
LAR	NAR	NOTH	OR
PEN	RY	SEC	TEN
TI	TIA	TION	U
U	VO	Y	Y



Excerpted from *299 On-the-Go Games & Puzzles to Keep Your Brain Young: Minutes a Day to Mental Fitness* by Nancy Linde. Workman © 2019

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Greenfield Park

106 Churchill Blvd., 2nd Floor
Greenfield Park J4V 2L9
Tel: (514) 605-9500
info@arc-hss.ca

Candiac

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

Haut-Richelieu-Rouville

927-B Seminaire Blvd.
St-Jean-sur-Richelieu J3A 1B6
Tel: (450) 357-0386
stjean@arc-hss.ca

www.arc-hss.ca, info@arc-hss.ca

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Stay in touch and follow us on social media



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canadien