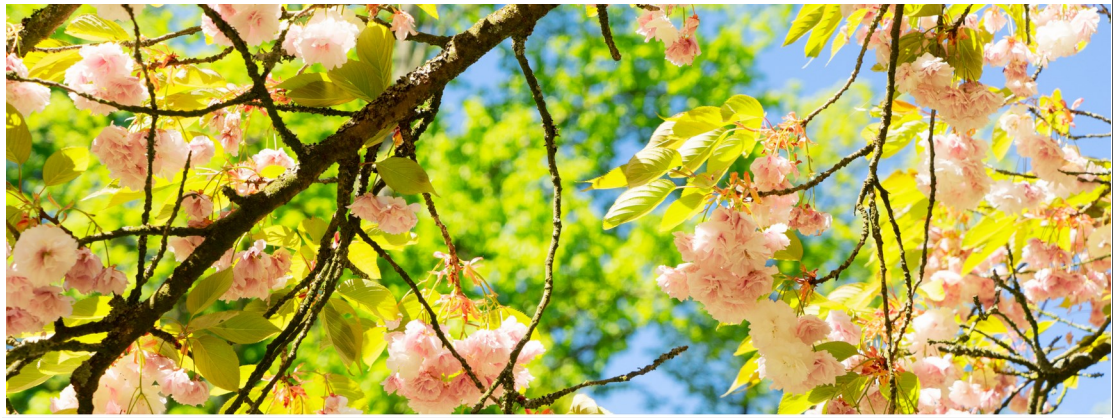




ARC is dedicated to assist and empower people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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During the month of May many organizations bring awareness to their cause with special events and activities. May is Awareness Month for Cystic Fibrosis, Huntington Disease, Multiple Sclerosis and the Canadian Celiac Association (more information on these organizations on page 12).

Also Mental Health Week is May 3-9 and this year the Canadian Mental Health Association is focussing on how naming, expressing and dealing with our emotions—even when they’re uncomfortable—can make us feel better. Many studies indicate that more people than ever are experiencing symptoms of anxiety and depression. #GetReal about how you feel, visit mentalhealthweek.ca.

On Saturday, May 8, we’re co-hosting an event with our partners MEPEC and MWCN called Mental Health & You. We’ll have guest speakers, yoga, line dancing, laughter yoga, door prizes and more! See page 3 for more information on Mental Health Week.

International Nurses Day is celebrated every year on May 12, the anniversary of Florence Nightingale’s birth. We would like to thank nurses in our community for their continued selfless dedication during these challenging times.

This month’s CHEP topic is Ticks and Lyme Disease on May 19 from 10:00-11:30 a.m. The registration information is on page 12 for those interested in participating.

And don’t forget that we are offering in-person activities each week at the Greenfield Park Legion on Tuesday afternoons and St. Stephen’s with St. James Anglican Church on Wednesday afternoons. Have a look at our activity calendar on page 7 for complete details.

On Thursday, June 10 we’ll be holding our Annual General Meeting from 4:00 to 6:00 p.m. In anticipation, we’re relaunching our annual membership drive. Have a look at page 5 for details on how you can become a member.

Lastly, we’re looking for a Social Worker to facilitate workshops in the ReCharge Program. The job posting information is on page 5.

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

Don't forget to check our activity calendar!

page 7

What's happening in Haut-Richelieu-Rouville

**La Porte Ouverte, 81 Frontenac St, Saint-Jean-sur-Richelieu
(450) 346-3283 assisto.ca/ressource/lb**

This literacy service offers help with improvement of reading and writing in French, as well as Francisation for those learning French as a second language, newcomers and English speakers. They also offer courses, such as math and French, to those wishing to complete their secondary studies. La Porte Ouverte does not have a website – the above link is for their page on *assisto* – the website that lists community resources for Haut-Richelieu-Rouville. However, if you wish to contact them, the teacher there does speak English and will be able to answer your questions.

Activities in Haut-Richelieu-Rouville

In April, ARC's Haut-Richelieu-Rouville Wellness Centre got under way. We were able to have 6-7 people attend and learn about topics such as how to establish a daily exercise routine and mindfulness meditation. We also had a guest speaker, Celine Labossiere from the CAAP who gave a very informative talk on the complaints process for health and social services. Please see the flyer below for information on our May Wellness Centre.

WELLNESS CENTRE - ACTIVITIES FOR MIND & BODY

*We are pleased to bring you a Wellness Centre **in person**
(with health guidelines in place)*

When: Every Wednesday 1:30pm-3:30pm
(May 5, 12, 19, 26)

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

Enjoy refreshments and join us to talk a little and
learn a little.

If you cannot attend in person, please give us a call
to discuss alternate options.

**Be sure to join us May 19th to hear from a
special guest speaker.**



Because of health directives, **registration is mandatory.**
If attending by ZOOM, the link will be sent to you when you register
Registration: arc.programcoord@gmail.com
or 450-357-0386



Also in mid-April, the new session of **Mother Goose** began on Zoom. We are happy to say that with the combined promotion efforts of ARC and the Southshore Reading Council, we now have approximately 5 families from the Haut-Richelieu area attending. Of course, nothing replaces word of mouth, so please continue to tell your network of this important activity for parents/grandparents and children ages 0-3.

If you are looking for a family outing, an affordable and beautiful place to try out is the **Parc Régional Saint Bernard**. Here for a very reasonable price, you can spend the day hiking or for a bit extra, you can do things like play disc golf or mini-putt. They also have a training circuit called "Benchfit" or "Trekfit" using only park benches for the exercises and comprising 7 stations with instructions to follow at each one. Sounds like a great way to get fit! They are located at: Parc Régional Saint-Bernard, 219 Rang Saint-André, Saint-Bernard-de-Lacolle, parcstbern@hotmail.com, 450-246-2598 (park), 450-246-3348 (municipal office) www.parcregionalst-bernard.com

Mask and glove drop-offs: The Ville de Chambly has made available stations where you can drop off your one time use procedural masks and gloves for use in an incineration plant that produces heat and electricity. The drop-offs are located at the Pôle culturel de Chambly (1625 de Périgny Boul.), and the parking lot of the fire station Serge-Caron (1303 Fréchette Boul.).

Coming Up

In May, the Piste Cyclable Route des Champs is opening for the season, a bike path that runs from St. Paul d'Abbotsford (in the MRC of Rouville) all the way to Granby, with opportunities to stop in between. Last year, they also had various stations where it was possible to borrow bikes for free. This initiative has not been announced for this season but watch the website for more information. Here you will also find the map and other valuable information. tourismecoeurmonterege.ca/en/cycling.

St. Paul's Anglican Church in Greenfield Park has joined in the efforts to make 2000 sandwiches per week that are then donated to **Bread and Beyond** which is a Montreal-based community organization with a mission to provide a reliable supply of fresh, nutritious sandwiches to organizations serving clients in a homeless and vulnerable situation such as The Old Brewery Mission, Chez Doris, Welcome Home Missions just to name a few. If you would like to help, please contact Gloria Kidd at glokidd@hotmail.ca or call (450) 678-2460.

Mental Health & You Event to Celebrate Mental Health Week

Join us on Saturday, May 8 from 10:00 a.m. to 12:00 p.m. to learn and practice useful tools to help maintain good mental health, including:

- Laughter Yoga
- Loving kindness meditation
- Line dancing

Keynote speakers from Bishops University and AMI Quebec.

Door prizes and more!

To register, email info@arc-hss.ca or call (514) 743-8058

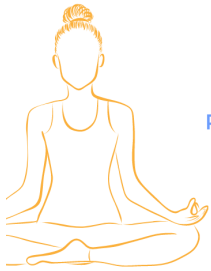


Join us to celebrate Mental Health Week

MENTAL HEALTH & YOU

DOOR
PRIZES!

May 8th from 10am-12pm



Receive and practice useful tools to help maintain
mental health

PARTICIPATE IN
LINE DANCING WITH JERRY ALFONSO,
LAUGHTER YOGA WITH AILEEN BORUELL
& LOVING-KINDNESS MEDITATION

Learn about the importance of expression **#GetReal**

Keynote Speakers:

Adrianna Mendrek Ph.D, Professor of Psychology at Bishop's University
Ella Amir, Executive Director of AMI-Quebec

To register

info@arc-hss.ca or 514-743-8058



Mental Health Week

#GetReal

Mental Health Week is being observed May 3-9, 2021.

The core objective of Mental Health Week is to promote mental health, because mental health is something we can promote and protect, not just something we can lose.

A time of unprecedented stress and anxiety 40% of Canadians say their mental health has deteriorated since the onset of the pandemic.

Putting emotions into words

When we put our feelings into words, we are actually constructing and making meaning of our emotions. Without words for emotions, our feelings might seem unclear to us. When people put their feelings and thoughts about upsetting experiences into language, their physical and mental health often improve. Writing about our feelings can reduce physician visits and positively influence our immune function. Writing can also reduce cortisol (stress) levels and negative mood states. Expressing “negative” emotions – such as anxiety, fear and sadness – increases support from others, builds trust in new relationships and deepens intimacy.

If you or someone you love is struggling, there is hope and help:

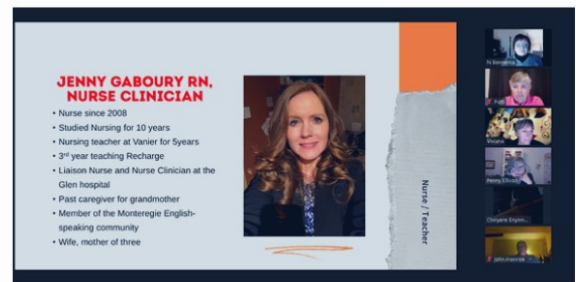
- Please contact [your local CMHA](#).
- Visit www.cmha.ca/bounceback.
- Visit the Government of [Canada's Wellness Together](#) portal.
- Thinking of suicide? Please call 1-866-277-3553.

Source: [Canadian Mental Health Association](#)

5 DIFFERENT WAYS TO TAKE RECHARGE WORKSHOPS FOR CAREGIVERS

ReCharge, a series of 7 workshops for Caregivers, was traditionally provided in-person throughout the Montérégie-Centre, but the pandemic changed everything and we started giving the workshops by Zoom, but now, to make it even better and easier for you, we have not just 1 but 5 different ways in which you can take the training:

- 1 If you don't have an internet connection, no worries, we can lend you a set of **DVD's** that contain the complete Recharge training, included the mindfulness activities.
- 2 Don't have the a DVD player? Not a problem, we also have the complete training on **USB keys** that can also be lent to you.
- 3 Maybe you're unable to attend the training on Zoom or don't like Zoom. EASY! We can give you access to **our YouTube Channel** and you will be able to take the training at your own pace.
- 4 If you prefer the interaction, we are still giving the training online, by **Zoom**.
- 5 In Person? As soon as the authorities give the go ahead, we're going to go back to **in-person** training. Stay tuned!



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'APPU POUR LES PROCHES AIDANTS
MONTÉRÉGIE

Are you studying in a Health and Social Services Program?

You could be eligible for a bursary of up to \$10,000!

Next steps:

1. Review the application guide to see if you qualify
www.arc-hss.ca/mcgill-bursary
2. If you are eligible, complete both application forms
3. Submit forms by : **May 7, 2021**
to info@arc-hss.ca

Questions? **514-743-8058**



Job Posting: Social Worker to Facilitate Workshops

ARC is looking for a qualified Social Worker, active or retired, that would be interested in offering one workshop on five different occasions on grieving as part of the ReCharge training and also to be the facilitator of the caregiver's support group twice per month in different locations of the Montérégie-Centre, either virtually or in person.

Currently, both the grieving workshop and the support group are given by zoom due to the current health regulations.

If this position interests you, please view the complete job description on our website:
www.arc-hss.ca/social-worker-job-posting

Calls to HELP Break Isolation

During these times, many can feel isolation on a level that even those close to them are not aware. We have busy lives, work, errands, zoom meetings and families.

Do you know someone who could benefit from a call? A simple hello, how are you, can make all the difference to those vulnerable to feelings of isolation.

ARC is currently reaching out by phone to those in need. If you know someone that would appreciate a check-in and chat, send us their contact info and we will be happy to reach out to help reduce the loneliness!

Contact:

- * Fiona at (514) 605-9500 for Greenfield Park and surrounding area
- * Lynn at (450) 357-0386 for Haut-Richelieu-Rouville

A graphic for the Annual Membership Drive. It features the ARC logo at the top. Below it, the text "ANNUAL MEMBERSHIP DRIVE" is prominently displayed. Underneath, it says "The yearly \$10 membership fee will give you:" followed by a bulleted list of benefits. The background is a light blue and green gradient with faint text like "FAMILY oppo", "volunt", "service", "incl", "comm", "co", "un", "dive", "toget". At the bottom, it says "Show your support and become a member today! Sign up at www.arc-hss.ca/become-a-member".

ANNUAL MEMBERSHIP DRIVE

The yearly \$10 membership fee will give you:

- The right to vote at our Annual General Meeting (AGM) and elect the Board of Directors
- An opportunity to express your opinion and/or make suggestions at the AGM
- Above all, it will give you a chance to be a part of this growing organization

Show your support and become a member today!
Sign up at www.arc-hss.ca/become-a-member



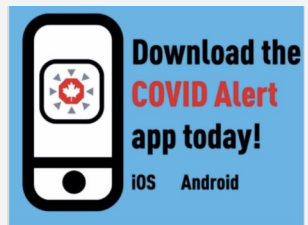
May 12th

INTERNATIONAL NURSES DAY

We thank nurses everywhere for their selfless dedication!

COVID Alert Mobile App

As you may be aware, the Government of Canada, in collaboration with other levels of government, has developed a nationwide mobile app known as [COVID Alert](#). COVID Alert uses strong measures to protect the privacy and confidentiality of any data it collects. The app does not track a user's location nor does it collect personally identifiable information. The Office of the Privacy Commissioner of Canada continues to be engaged on COVID Alert, and supports its use by Canadians.



Weekly Afternoon Social Activities

ARC is holding a weekly Afternoon Social activity on Tuesdays from 1:30 p.m. to 3:30 p.m. at the Greenfield Park Legion located at 205 Empire Street.

Afternoon Social activities will have all the safety protocols in place. Social distancing, masks, hand sanitizing and washing.

We look forward to once again being able to meet with you in-person and help break the isolation that COVID has forced on us this past year. Space will be limited, so registration will be required until further notice and attendance limits are lifted. Please check our Activity Calendar and email your attendance request to

arc.coord@gmail.com or call (514) 605-9500. Updates will be posted on our Facebook page.

Afternoon-Social

Drop-in for games, conversation and a snack at the Greenfield Park Legion

Every Tuesday in May from 1:30 to 3:30 p.m.

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

ARC will be providing coffee and cake.

For details: 514-605-9500 or arc.coord@gmail.com



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



Health Canada

Santé Canada



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!

May 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For information or to register, please contact our Administrative Assistant at: arc.admassistant@gmail.com or call: 514-951-9711</p> <p><i>These activities are made possible thanks to our funders:</i> <i>Health Canada through the CHSSN, Canadian Heritage, Secretariat for Relations with English-speaking Quebecers, APPUI Montérégie, McGill and Bright Beginnings.</i></p>						1
2	<p>3 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>4 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p>	<p>5 Mother Goose St Jean</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>6 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>7 English Conversation @ CISSS</p>	8
9	<p>10 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>11 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>12 Mother Goose St Jean</p> <p>English Conversation @ CISSS</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p> <p>Support Group for Caregivers (Improving Wellbeing) 7:00-8:30 pm</p>	<p>13 TBN Café Our Harbour</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>14 English Conversation @ CISSS</p>	15
16	<p>17 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>18 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>19 Ticks and Lyme Disease CHEP Videoconference 10:30-11:30 am</p> <p>Mother Goose St Jean</p> <p>English Conversation @ CISSS x2</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>20 Addie's Virtual Colour Café via Zoom 2:00-3:30 pm</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>21 English Conversation @ CISSS</p>	22
23	<p>24 Mother Goose GPK</p> <p>English Conversation @ CISSS</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>25 Mother Goose Brossard</p> <p>English Conversation @ CISSS x2</p> <p>Afternoon-Social in person @ GPK Legion 1:30-3:30 pm</p> <p>Jerry's Line Dancing via Zoom 1:30-3:00 pm</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>26 Mother Goose St Jean</p> <p>English Conversation @ CISSS x2</p> <p>Wellness Centre in person @ Chambly 1:30-3:30 pm</p> <p>Linda's Gentle Yoga via Zoom 2:00-3:00 pm</p>	<p>27 TBN Café Our Harbour</p> <p>English Conversation @ CISSS</p> <p>Recharge for Caregivers via Zoom 6:00-8:00 pm</p>	<p>29 English Conversation @ CISSS</p>	30
31						

ARC Activities This Month



ReCharge

Workshops for Caregivers

- Basic first aid techniques
- Medical emergencies (strokes & falls)
- Mechanics of the body
- Support & resources for Alzheimer's disease
- How to prevent infections
- Caregiver's self-care
- Stress management
- And many more topics

By Zoom
Free of charge

- May 6th - June 17th
- 6:00-8:00 p.m.

To register:
514-608-9600
arc.projectcoord@gmail.com

ARC L'APPLU POUR LES PROCHES AIDANTS D'AVANCE



Improving Well-being

CAREGIVERS SUPPORT GROUP

WEDNESDAY, MAY 12
FROM 7:00-8:30 P.M.

TO RESERVE YOUR SPOT, CONTACT
514-608-9600
ARC.PROJECTCOORD@GMAIL.COM

L'APPLU POUR LES PROCHES AIDANTS D'AVANCE

GENTLE YOGA

with Linda

Join us every Wednesday
2:00-3:00 p.m.
(May 5, 12, 19, 26)

To register contact:
arc.admassistant@gmail.com or (514) 951-9711



ARC 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

Line Dancing with Jerry

BY ZOOM EVERY TUESDAY 1:30-3:00 P.M.
(MAY 4, 11, 18, 25)



ARC 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

Virtual DRAWING Classes

EVERY MONDAY IN MAY
FROM 2:00 TO 3:30 P.M.

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

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

CHSSN ARC

VIRTUAL COLOUR CAFE

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

Thursday
May 6 & 20
2:00 to 3:30 p.m.

This initiative is made possible with funding from Canadian Heritage

Canadian Heritage Patrimoine canadien ARC

Huntington Society of Canada is raising awareness this month with weekly activities. For full details on their programming, visit: www.huntingtonsociety.ca/hd-awareness-month-2021

Week 1 (May 3): Fill Your Feed with Blue and Purple: Post photos featuring people places or things in blue and purple using #HDAwarenessMonth.

Week 2 (May 10): Fun and Fundraisers: Check in for fun activities to do via Facebook or to print off and share with the family.

Week 3 (May 17): HD Spirit @ Home: Show your HD Spirit @ Home with lights, banners, bunting, chalk art, arts and crafts, etc. Check out some early photos of Light It Up 4 HD across Canada and across the world.

Week 4 (May 25): Who is Your Huntington Hero? Post photos or videos of your Huntington Hero or with your Huntington Hero T-shirt.

Wellness workshop on **Daily living with arthritis—Family life, workplace, travelling.**

To register contact Michèle Tibblin at (450) 923-6350, ext. 6280 or michele.tibblin@brossard.ca

May 10 from 1:30-3:30 p.m.

MS Canada is offering a free online, exercise program. There are two levels, and each class is one hour. **The session starts May 3 and runs weekly** through June 28.

The Time at Home program level 1 is suited for you if you are able to walk at least 10 metres (30 feet) by yourself, with or without a cane or walker. This is roughly the distance to cross the street in a residential neighbourhood.

The Time at Home program level 2 requires a bit more stamina and fitness, so in addition to the above criteria it is also recommended that you are used to being on your feet for 15+ minutes (walking or standing) without experiencing excessive fatigue. Participants taking level 2 must have previously participated in a level 1 class to be sure they are ready for the added challenge.

For more information, and to register, visit:

www.mssociety.ca/events/1420/time-at-home

Boulingrin Saint-Lambert Lawn Bowling Club invites you to enjoy the ancient, fascinating, yet little-known sport of **Lawn Bowling**. This sport is accessible for all ages. Covid health regulations are being closely followed so participants can feel safe while having fun. All new players receive individual coaching for rules and techniques of the sport, before taking part in friendly matches. For more information, contact (450) 923-6612 or check the website:

www.organismes.saint-lambert.ca/en/directories/sport/club-de-boulingrin-de-saint-lambert



Join Arthritis Rive Sud's online, informal gathering "**Share and Shine Together**" for those who wish to share about arthritis, talk of their own story and experience, inspire and be inspired, learn from others. The emphasis for this time will be stress and well-being.

Register at info@arthriterivesud.org to get the link. **May 28 from 1:30-3:30 p.m.**

South Shore Retired Educators. 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. Very interesting speakers! A nominal annual fee applies. This is the final meeting this year, news for the September meeting will be made available late August or early September. Have a great summer!

May 20th 1:00-3:00 p.m. via Zoom. For information: southshoreretirededucators@gmail.com

Coping Skills with Ami Quebec. We cope all the time. Awareness of how we cope can increase our ability to notice when we engage in defensive patterns and move toward practising new skills that will provide us with more safety, peace, and general well-being. **May 18 from 6:00-8:00 p.m.** To register, visit: <https://amiquebec.org/skills/>

For a powerful and pleasant gentle exercise routine that boosts the immune system, and builds vitality, try the ancient, easy-to-learn art of **Qi Gong**. A great way to improve mood, find focus and stay fit, even during periods of lockdown. Join Sandra, from the comfort of your home, in one-hour sessions on Zoom. Ongoing classes **Monday and Friday mornings 10:30 a.m.** or 8-week Beginners Session from **Wednesday, May 5th at 10:30 a.m.**

For details, contact Sandra at (450) 466-7200 or: taichirivesud@gmail.com

Webinar: **Celebrating Life with Arthritis.** Yes, you can find a quality of life with arthritis. Join Premela Pearson as she shares her journey from diagnosis to creating the Arthritis South Shore organization and what she has learned along the way. An invitation as part of the Augustine series organized by the St-Augustine Church, St-Bruno-de-Montarville. To reserve your place and to receive the Zoom link please send an email to augustineseries@bellnet.ca **May 30 from 2:00-3:00 p.m.**

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

Celiac disease (CD) is a common disorder that is estimated to affect about one percent of the population. It is a condition in which the absorptive surface of the small intestine is damaged by a substance called gluten. The damage to the intestine can lead to a variety of symptoms and result in an inability of the body to absorb nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health.

Email: info@celiac.ca **Website:** www.celiac.ca

Coronavirus disease situation in Quebec for everything you need to know visit: www.quebec.ca/en/health

AQPS (Association Quebecoise de Prevention du Suicide) Contact: 1 (866) APPELLE (277-3553), www.aqps.info

Get your Bilingual Public Health Information updates online! Subtitled video clips on COVID-19 are available on the Public Health Facebook and YouTube channel: <https://youtu.be/D8gdWAKmgjk>.

Canadian Mental Health Association has put together some resources and suggestions to help support your mental health during this time of uncertainty. A pandemic is a very stressful event for individuals and communities. It's normal to feel some stress and anxiety. It's also very common for people to display great resiliency during times of crisis.

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.

We encourage you to share this page. They will be updating it regularly, so please check back for new resources: www.cmha.ca/news/covid-19-and-mental-health

AMI Quebec offers services to individuals facing challenges due to mental illness.

Telephone Montreal: (514) 486-1448

Toll Free: 1 (877) 303-0246

Website: www.amiquebec.org

8-1-1 Info-Santé: Open 24/7 giving you access to nurses and social workers. For English, press 9. For

Community Services

Éducaloi is a charitable organization that has played a leading role in improving access to justice since it was founded in 2000. Its core mission is to explain to Quebecers the law, their rights and their responsibilities.

Visit: www.educaloi.qc.ca

Y4Y Québec is a non-profit youth network committed to addressing the issues facing English-speaking youth, ages 16 to 30. Become a volunteer, listen to their podcast or join their slack channel! Lots of ways to connect with other young anglophones. Visit: www.y4yquebec.org

Maison du Pere L'Espoir is an organization, based out of Longueuil, offering food baskets for \$15. For more details contact (514) 233-6703

Maison le Point Commun offers support, activities and supervised living for those with severe mental health issues. Call (450) 346-5706 or visit www.maisonlepointcommun.org

PAIR offers a free automated calling service to seniors living alone, to make sure they are okay. This program is organized by the Centre de Bénévolat de la Rive Sud. Subscribers receive a call one or more times a day, if there is no answer, then an alert is launched to the family or to 9-1-1.

Visit: www.benevolatrivesud.qc.ca

Pavillon Marguerite de Champlain is a shelter for women who are victims of conjugal violence, and their children. Confidential, free and bilingual. 24-hour telephone service, 7 days a week.

Call (450) 656-1946 or visit www.pavillonmarguerite.com

Amika, a personalized homecare service, offers meal preparation, light housekeeping, personal care and hygiene, assistance with mobility and continuous monitoring and respite services. Visit www.soinsamika.com/en

Get in Motion

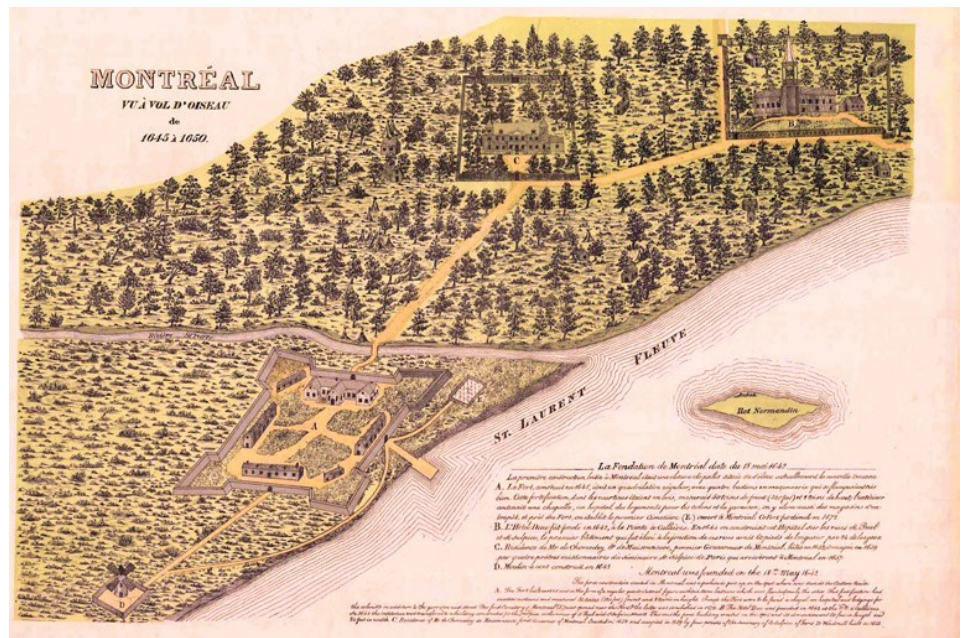
[Get In Motion](#) provides Canadians with a physical disability an opportunity to speak with a Physical Activity Coach (PAC) who provides support to start or maintain an at-home physical activity program. Physical disabilities supported by Get in Motion include spinal cord injury, multiple sclerosis, stroke, cerebral palsy, fibromyalgia, rheumatoid arthritis, osteoarthritis, post-polio syndrome, or an amputation. This program is run by the [Canadian Disability Participation Project](#) (CDPP). For more information, or to sign up, [visit their website](#).



May 18—This Day in History

On this day in 1642, Paul de Chomedey de Maisonneuve, a pious ex soldier and equally devout Jeanne Mance, a nurse, founded the colony of Ville-Marie with the goal of establishing a Catholic missionary community. Within one year they had established a fort for defense, a hospital, chapel and lodging for about 70 people who lived there. Soon to be named Montreal, this would become the most important trading post in New France.

Source: [Archives de Montreal](#)



Cummings Centre—Free Events This Month

Everything you wanted to know about your pelvic floor and never dared to ask

Speaker: Marie-Josée Lord

Tuesday, May 11, 3:30-4:30 p.m.

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJMsd-6rrTkiHNI4b-ky4eiTimgBJGDC-QoH>

Food & Immunity

Speaker: Jennifer Abdulezer Mashaal

Wednesday, May 12, 3:30-4:30 p.m.

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJlkcO6grDloGtBwLhC2g-RrvOkCGB7HX7Oq>

Understanding and experiencing guided meditation

Speaker: Jeannette Litvak-Levine

Thursday, May 13th, 3:30-4:30 (English)

Register in advance for this meeting:

<https://cummingcentre.zoom.us/meeting/register/tJEqud-vrT4pH9VYNKkeL8OKUQqxGuCO-1LS>

Art Electric

The virtual art show displaying the Cummings Centre Members' Art.

Wednesday, May 5

<https://cummingcentre.zoom.us/j/96073319122>

The Month of May is...

Cystic Fibrosis (CF) Awareness Month — CF is the most common fatal genetic disease affecting Canadian children and young adults. At present, there is no cure. It causes various effects on the body, but mainly affects the digestive system and lungs. The degree of cystic fibrosis severity differs from person to person, however, the persistence and ongoing infection in the lungs, with destruction of lungs and loss of lung function, will eventually lead to death in the majority of people with CF. To learn more, or to donate, visit www.cysticfibrosis.ca.



Huntington Disease Awareness Month — Huntington disease (HD) is a hereditary, neurodegenerative illness with physical, cognitive and emotional symptoms. It is caused by a mutation in the gene that makes the protein called huntingtin. The mutant huntingtin protein causes certain parts of the brain to die. As the brain cells die, symptoms will appear in each of the three components (physical, cognitive and emotional). To date, there are no drugs to slow or stop the progression of Huntington disease; however, there are specific drugs available to reduce some of the symptoms. Research is being conducted in Canada and globally to find promising treatments and approaches to treating HD. To learn more visit www.huntingtonsociety.ca.



Multiple Sclerosis (MS) Awareness Month — Canada has one of the highest rates of MS in the world, and our collective involvement will lead us towards a world free of MS. Show your support of the MS community by participating in our annual Virtual Carnation Pinning on Wednesday, May 5. Share the #TakeActionForMS graphic on your social media or print out our poster and take a selfie to let your followers know that you stand with the MS community. To download the graphics, visit: <https://bit.ly/3eqd4uF>



Celiac Awareness Month (www.celiac.ca) — The Canadian Celiac Association is encouraging anyone who has the means, to donate non-perishable gluten-free food to their local Food Bank in a brown bag, labelled **SaveMe4Gluten-Free** in English or in French. Through the link below, you can learn more and can click to download and print out the SaveMe4GlutenFree signs to staple to your brown bag. We are asking Food Banks to make sure these donations only go to people who need to eat gluten-free for medical reasons. Visit: www.celiac.ca/get-involved/savemeforglutenfree



CHSSN2 ANS ENSEMBLE YEARS TOGETHER

ARC

COMMUNITY HEALTH EDUCATION PROGRAM (CHEP)


Ticks & Lyme Disease

How to stay safe as you live, work and play outdoors.

Lyme disease by tick bites poses a significant risk to Canadians spending more time outdoors and who may be at a greater risk of this severe illness that is ever-present and spreading.

WEDNESDAY, May 19
10:00 - 11:30 a.m. via ZOOM

Everyone MUST register in advance.

 Health Canada Santé Canada

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

[Click here for the Zoom registration link](#)

PUZZLE PAGE

Every word in this list is missing the letters F-I-N-E. Can you put those letter back (in any order) in the spaces below to reveal a common English word?

1. K _ _ _ _
2. B E _ _ _ T
3. C O _ _ _ D _
4. _ _ F T E _ _
5. I D _ _ T _ _ Y
6. O _ F _ _ S _ V E

From **299 on-the-go-games & puzzles to keep your brain young** by Nancy Linde

Given a list of three items, rearrange them in the order called for in the question.

1. Put these structures in order of height, starting with the tallest:
____ Statue of Liberty
____ Golden Gate Bridge
____ Eiffel Tower
2. Put these inventions in order of the year they were invented, starting with the earliest:
____ Elevator
____ Telephone
____ Telescope

Answers: Knife; Benefit; Confide; Fifteen; Identify; Offensive
Order: 1. Eiffel Tower; Golden Gate Bridge; Statue of Liberty. 2. Telescope; Elevator; Telephone

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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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