

In this issue:

- 1 History
- 2 Activities
- 3 Updates
- 4 Spoon Theory
- 5 Arthritis and Winter
- 6 Special thanks
- 8 Membership - donation

Flash Arthritis is released three times a year, in September, January and May

You can reach us at all times by email at:
arthriterivesud@gmail.com

Do you know that :

In Canada, 1 woman in 4 and 1 man in 5 have arthritis ?

Good News

ARTHRITIS SOUTH SHORE is finally here!

In 2003, after a bike accident, Premela Pearson contacted the Mayor of Brossard about the lack of an arthritis information center on the south shore. The Mayor encouraged her to start one herself. Premela took the leader's training course for the Arthritis Self-Management Program at the Arthritis Society-Quebec Division, she became a volunteer for the Society, giving workshops and conferences to this day.

Climbing Machu Pichu in Peru in 2007 left her with an unforgettable experience of pain and rehabilitation. It was a major life changing experience. She applied everything she knew to take charge of her arthritis. She needed to share this information and do something about it.

Through the years, Premela realized that an arthritis organization was essential on the South Shore. In 2018, she decided it was time to move.

She met many people at the municipal, provincial and federal levels who encouraged her. Many organizations and individuals from Brossard and the South Shore showed interest and the need for this organization. Many doctors thought it was well needed here.

Dedicated volunteers, Virginia Cisneros, Danielle Jacob and Johanne Boisvert joined her and formed the provisional board of directors in early 2019. Meeting every week for months, the members of this committee accomplished feats in a very short while : obtaining the Letters Patent in April, holding the general assembly meeting in June (two new directors were elected, André Faucher and Louise Montpetit), obtaining recognition as a local organization by the City of Brossard in August, planning activities and services that start on October 7.

Premela Pearson, now President of the organization, wishes to thank the initial collaborators and partners of Arthritis South Shore: the Arthritis Society-Quebec Division, the Arthritis West Island Self-Help Association (AWISH), the Montérégie-Centre Integrated Health and Social Services Center and the City of Brossard.

She also wishes to thank Dr. Marie Hudson and Ada Pagnotta as well as each of the supporters, collaborators, donors, members and volunteers who, each in their own way, help the organization take roots on the south shore of Montreal.

Programming – 2019 Autumn

Free presentations in collaboration with the
Bibliothèque de Brossard Georgette-Lepage

Conferences (in French)

October 16 at 7 pm: « Comment mieux vivre avec l'arthrose et l'arthrite » by Ada Pagnotta, Occupational Therapist and Lora Salvo, Physiotherapist

November 29 at 1 :30 pm : « Prise en charge de l'arthrite et des rhumatismes » by Dr. Marie Hudson, Rheumatologist

Wellness Workshops (from 1:30 pm to 3:30 pm)

Monday, October 7 : « Introduction à l'arthrite »

Monday, November 4 : « Outils pour mieux vivre avec l'arthrite »

Monday, December 2 : « Alimentation et arthrite »

Each presentation is followed by a question and exchange period

Other activities offered in Brossard

Please register for the following activities by email at arthriterivesud@gmail.com or at 438-630-7215

Adapted Fitness Exercises – with Jean Proulx

On Tuesdays, from October 15 to December 17 (from 10 am to 11 am)

At the Nathalie-Croteau Community Center – minimum 10 and maximum 15 participants

Warm-up, aerobic activities, stretching, relaxation, fitness information, exercises done sitting or standing

Cost: 55\$ for members / 65\$ for non-members, payable in cash or by check at the first meeting

Registration deadline: October 8 - Having a Bciti Leasure Pass is mandatory

Café entraide

Friday, November 8 and December 13, from 1:30 pm to 3 pm

At the Nathalie-Croteau Community Center – minimum 10 and maximum 15 participants

Informal meeting to talk about arthritis, share experiences and questions, in a friendly supportive environment

Cost : 3\$ per meeting, to be paid cash at the meeting - Having a Bciti Leasure Pass is mandatory

Sunday Brunch

You are cordially invited to share lunch with members and friends of South Shore Arthritis on Sunday October 27 and November 24 at 12 :30 pm. The cost of the meal is at each participant's expense

Please contact us by email to reserve your place no later than October 10th or November 10th. The name and address of the restaurant will be confirmed at that time

Free workshops at the Green Park Chartwell Residence
2975 Taschereau Boulevard, Greenfield Park

Wellness Workshops (from 2 to 4 pm) :

November 12: Introduction à l'arthrite / January 14: Outils pour mieux vivre avec l'arthrite

To register, contact Marilou Caron at the Greenfield Park Chartwell Residence, by phone at 450-923-9595, x 1500 or by email at mariloucaron@chartwell.com

Each presentation is followed by a question and exchange period

We were there!

It was with great enthusiasm that Arthritis South Shore held its first kiosks in June and August.

June 23: Arthritis South Shore attended the Journée du Député de Vachon in Parc de la Cité in St-Hubert. 86 visitors showed up at our booth, they asked questions about arthritis and tools to deal with it and registered to receive information on services and activities scheduled in the fall.

August 3-4: Arthritis South Shore held a booth at the OFF Cultural Festival. Over a hundred people looked at our videos, took flyers and attended our adapted exercises demos.

We offered one-year memberships to people whose name had been drawn.

Most of the visitors had osteoarthritis or had a relative with the disease, seniors as well as younger people; all were interested in sharing their experience with us during these 2 events.

We will be happy to meet you

On October 1st from 2 pm to 4 pm - we have been invited by the City of Brossard to attend the Salon des organismes "Salon des 50 +" (part of the 5th edition of the Semaine des Jeunes de Coeur de Brossard), at the centre socioculturel Alphonse-Lepage, 7905 San Francisco Avenue.



We will be present to answer your questions about arthritis and osteoarthritis and to promote conferences and activities that will start on or after October 7.



6th Edition of the Arthritis Forum

The Arthritis Society will hold the 2019 edition of the Arthritis Forum on Saturday, October 26, at the Centre des congrès de Québec.

The whole day is dedicated to arthritis with more than 20 conferences and workshops and an exhibitors' lounge.

You cannot go to Quebec?

You can select 8 lectures presented by experts in French and watch them by webcast for \$10. The registration also gives access to all recorded conferences after the event.

If you need Information on conference selection and registration, you can go to this website: <https://rencontreathrite.ca/categorie/webdiffusion/>.

The Spoon Theory ? ¹

Christine Miserando came up with the Spoon Theory when she was trying to explain to a friend what is constant fatigue caused by chronic diseases (which her friend did not understand).

As an example, she explained that a person affected by a chronic disease has 16 spoons at the beginning of each day.

This person must carefully choose what she will do throughout the day, since the spoons disappear once they have been used.

She has to pay close attention to how much energy she has and how best to use it depending on her daily physical condition.

Thus, on good days (when the tasks require less spoons), she can plan ahead and:

- Buy a bit more at the store
- Make easy-to-prepare dishes and freeze them
- Get ahead with the housework
- Have one or more comfortable indoor outfits on hand
- Have on hand a bottle of water, some food, a book, the computer or the phone ...

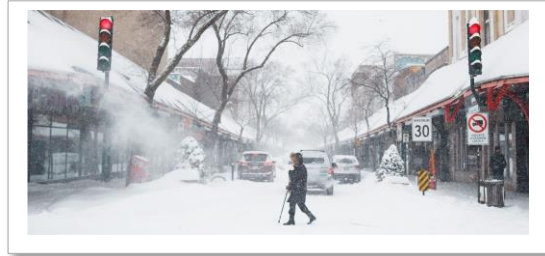
When she doesn't feel so good (it takes more spoons to carry out tasks), it is important to:

- Above all, not feel guilty and remember that it is the disease that imposes limits
- Take breaks as needed
- Choose which tasks to perform and in which order
- Take the time and means to carry them out and not exceed her limits
- Ask for help

When arthritis makes our days more difficult, we must think about the spoons we need to carry out our day and still keep going!



¹ Christine Miserandino : : www.butyoudontlooksick.com



Arthritis and Winter

The cold and wet weather affects people with arthritis. Many say they feel their level of pain change hours before it rains or gets cold.

During winter, increased pain is not caused by snow, cold or rain but by the change in barometric pressure (i.e. the force exerted on a surface by the weight of the atmosphere in a given point). As the pressure drops, body tissues can expand and exert increased pressure on the nerves that control the pain signals.

What can we do then?

Dress properly:

- Dress warmly
- Wear multiple layers of loose clothing that can be removed as needed
- Wear mittens or gloves, a hat and scarf
- Wear waterproof socks and boots
- Choose sturdy footwear that provide traction and stability
- Avoid slippery surfaces
- Use a cane, walker or walking sticks to keep balance

Ensure one's comfort:

- Check with your doctor if it is appropriate to take supplements, vitamin D, glucosamine or Omega 3
- Use anti-inflammatory foods
- Keep hydrated
- Keep the thermostat at a reasonable and comfortable setting
- Keep warm with an electric blanket or sheets
- Use massage or acupuncture
- Shovel only when you are able to do so and only with an adequate shovel
- Start or end your day with a "comfort" beverage (hot chocolate, tea, coffee)

Stay active:

- Exercise at home (eg, treadmill, stationary bike)
- Walk indoors, use the stairs
- Exercise outdoors when possible
- Take hot baths
- Swim or do exercises in a heated pool
- Take up an adapted physical activity (yoga on chair, tai chi, Pilates, ...)
- Practice meditation or mindfulness

Our heartfelt thanks

- To the members, supporters and volunteers who help out with activities and events
- To our generous donors



514-778-2050



- To our initial collaborators
 - The City of Brossard – for recognizing the association on August 27, 2019
 - The Arthritis Society-Québec Division – for their documentation, support and collaboration - *Eric Amar, Ken Gagnon, Carl Julien, Diane de Bonville and Karima Zeroual*
 - The Arthritis West-Island Self-Help Association (AWISH) – for their documentation and collaboration – our mentor and guide *Paulette Zielinski*, (President of AWISH) and *Ginette Gagné* at Administration
 - The Montérégie-Centre Integrated Health and Social Services Center (CISSSMC 16) – for their support and collaboration - *Danielle Auclair*, Community Organizer
- To our other precious collaborators
 - La Résurrection Parish
 - Bibliothèque de Brossard Georgette-Lepage – for their collaboration - *Magda Zemmou and Michelle Tibblin*
 - The GSSAA - Advisor - *Julie Felix*
 - Chartwell Residence – for their collaboration and support - *Deborah Humphrey*, Regional Specialist, Community Development
 - CDC de l'agglomération de Longueuil – collaboration and publicity - *Maude Boulay*, Community Development Officer
 - Logo – graphic artist who created our logo - *Diana Cortijo*
 - COCO - Information and documents - *Philippe Angers Trottier*
 - Friend and Supporter - *Phil Lafranca*
 - Supporter from the very beginning: *France Guillou*

Our guest speakers

- *Dre Marie Hudson*, Rheumatologist at the Jewish General Hospital and Assistant Professor in the Department of Medicine at McGill University
- *Ada Pagnotta* – Occupational Therapist at the Jewish Rehabilitation Hospital
- *Lora Salvo* – Physiotherapist at the Jewish Rehabilitation Hospital

Dre Marie Hudson is pursuing research on systemic autoimmune rheumatic diseases. Her presentation focuses on the management of arthritis and rheumatism. She will review the most common joint problems and their treatments, including lifestyle and pharmacological approaches.

Ada Pagnotta cumulates 40 years of experience in physical rehabilitation, especially with patients suffering from rheumatological diseases. She trains and supervises occupational therapy students, presents lectures and publishes research articles. Her talk is entitled **Comment mieux vivre avec l'arthrose/arthritis**.

Since 1988, Lora Salvo has worked successively with an adult arthritis and neurology patients, adults in rehabilitation and a pediatric clientele. An occasional speaker at the School of Physical and Occupational Therapy at McGill University, she is involved in research projects and supervision of master's projects. She joins Ada Pagnotta for the presentation on **arthrose/arthritis**.

Our team of administrators

- Premela Pearson, President
- Virginia Cisneros, Vice-President
- Johanne Boisvert, Secretary
- Danielle Jacob, Treasurer
- André Faucher, Administrator
- Louise Montpetit, Administrator and Editor

A Hero is an ordinary individual
who finds the strength to persevere and endure
in spite of overwhelming obstacles
Christopher Reeve

The articles in this newsletter, whether translated or modified, are for informational purposes only. They do not necessarily represent the opinion of Arthritis South Shore.

They cannot in any case substitute for a medical opinion or diagnosis. You should consult your doctor if you have questions about a diagnosis or treatment.

PERSONAL INFORMATION

NAME: _____

STREET: _____

CITY: _____ PROVINCE: _____

POSTAL CODE: _____ TELEPHONE: _____

EMAIL: _____

➤ Would you like to receive our Newsletter and information about our activities? yes no
By email By mail

MEMBERSHIP: Renewal New member
Type of membership: **20\$ Individual** **30\$ Family** **50\$ Corporate**

If for Family membership, please provide the names of family members:

DONATION Amount: _____\$

PAYMENT METHOD: by cheque made payable to *Arthrite Rive-Sud*

CORRESPONDENCE: English French

VOLUNTEERING : ARS is looking for volunteers. Please check what you would like to do:

Administration Facilitator Fundraising Stands Other : _____

Type of arthritis you have : _____

Please send your completed form and cheque to our mailing address:

Arthrite Rive-Sud, 5811 rue Auteuil, Brossard (Québec) J4Z 1M9

(Please do not cut)

**** FOR OFFICE USE ONLY ****			
MEMBERSHIP <input type="checkbox"/>	Effective: ____/____/____ mm yyyy	*DONATION <input type="checkbox"/>	
Payment _____\$	Cheque <input type="checkbox"/> Institution & # _____	Cash <input type="checkbox"/>	
*Receipt and thank-you letter	____/____/____ dd mm yyyy	Receipt # _____	
Update of relevant documents <input type="checkbox"/>			