

Arthritis South Shore 2nd Annual Report 2020-2021

Summary

Message from The President

It is a privilege and an honour as founder and president to present the Second Annual Report. The year 2020/2021 will go down in the history of mankind as the year of the pandemic but it will also go down in the history of Arthritis South Shore as an organization that survived and stood up to the adversity. We are alive and together we are doing Wonders. I take this opportunity to thank each of the participants at all our activities, each member for their attendance and renewal of membership, each volunteer for their generous time, each donor for their continual financial support, each guest speaker for their volunteerism, each federal and provincial minister for their financial contribution, each partner for their incredible partnership, each collaborator for their help and guidance, each community organization for promoting our activities, each friend and supporter for spreading the word, to the City of Brossard for recognizing our tireless efforts and to the dedicated board of administrators who never stopped giving throughout this pandemic. Thanks a million.

The year 2020/2021 has been a challenging but an incredible year for Arthritis South Shore. It has taught us not only to be resilient to this challenging incurable chronic disease but also to the challenging times of the pandemic. Our second year started with the lock down and with it came uncertainty. We had to reflect, readjust, and reorganize our way of functioning for our arthritis community. We understood the goodness of mankind and we knew people will come forward and together we can make it through. We quickly applied for the Red Cross and Government of Canada emergency funding to keep our arthritis community alive, active, and healthy through both the chronic health condition and the pandemic. We were able to offer all our programs and services virtually and saw the implication and participation at our activities. We were able to connect, communicate and set the arthritis community in motion on a virtual platform. People joined our conferences, wellness workshops, group support, and adapted exercises. We obtained the New Horizon Funding which permitted ARS to offer our new individual empowerment sessions titled "I am taking charge of my arthritis" given by an occupational therapist. Our newsletter Flash Arthritis, Website and Facebook are now our great tools for outreach.

This year we represented your many needs and interests on various Tables and committees. We are constantly networking, representing, promoting, and spreading the word that Arthritis South Shore is fidel to its mission. Our strategic plan helped us make sure your needs are met and identify our needs. A permanent employee is essential for the sustainability of Arthritis South Shore, and this means ensuring recurrent funding. Hence, we applied for the PSOC and for the PAAQ Funding. We also applied to the Canada Revenue Agency for the Charity Status. We are working on establishing partnerships with the two hospitals, clinics and various CISSS in our region. We are hoping to offer our programs and services in other cities on the South Shore. We welcome and need you all. Together we can do Wonders.

Premela Pearson
President and founder, Arthritis South Shore

Composition of the Board of Directors (BoD) 2020-2021: Premela Pearson, President; Virginia Cisneros, Vice President; Danielle Jacob, Treasurer; Johanne Boisvert, Secretary; André Faucher, Director (Strategic Plan); Linda Boudreault, Director (Support Groups); Ron Latchman, Director (Volunteers). There were 10 Board meetings and over 20 working meetings (including weekly SCRUM meetings)

Administrative management 2020-2021

- ✓ Preparation and application for a charity status
- ✓ Finalization and adoption of the 2020-2023 strategic plan
- ✓ Application for eligibility to the PSOC program
- ✓ Applied and Obtained funding from the Red Cross and the Government of Canada under the Community Support Emergency Fund
- ✓ Applied and Obtained funding from the Government of Canada under the New Horizons Program
- ✓ Development of a virtual platform, website and Facebook page as well as a user manual
- ✓ Establishment of policies and procedures for volunteers
- ✓ Recruitment and training of volunteers
- ✓ Development and approval of 4 new wellness workshops
- ✓ Obtained a license from the Centre de recherche et d'expertise en gérontologie sociale (CREGÉS) of the Centre intégré universitaire de santé et services sociaux du Centre-Ouest-de-l'Île-de-Montréal for the use of their self management program - I am taking charge of my arthritis (MAJMC)
- ✓ Phone calls to all members on a few occasions
- ✓ Two surveys
- ✓ Etc.

Key planning points for 2021-2022

- ✓ Continue the programming of public activities developed in 2020-21, consolidate activities in Brossard and promote adapted fitness exercises in the pool.
- ✓ Continue to promote ARS at various tables and relevant groups in the region.
- ✓ Maintain a website and a Facebook page.
- ✓ Establish agreements to offer our activities in other cities in the Longueuil agglomeration.
- ✓ Recruit volunteers and interns.
- ✓ Hire an employee to ensure the continuity and stability of the organization.
- ✓ Etc.

Summary statistics of program and activity achievements for 2020-2021

ARS has 62 members in good standing and a Flash Arthritis distribution list of over 550 individuals and organizations as of March 31, 2021. It is mostly distributed in the Longueuil agglomeration (99%) with about 77% in Brossard.

On December 8, 2020, the City of Brossard invited ARS members to visit and evaluate their new aquatic facilities. There were about 19 ARS members who participated. Their comments were positive.

As of March 31, 2021, there were more than 330 registrations for the 21 activities (2 conferences, 8 workshops, 11 group support meetings) and two fitness adapted exercise sessions (each session were for 10 weeks). Near 200 people participated in at least one of the 23 activities. At the end of March, the number of registrations for the adapted fitness exercises were 50 people, 33 of whom participated at least once online. In winter 2021 the average online participation per session was 25 people.

The profile of our participants looks like this: 82% female, with arthritis problems (72%) or caregiver (8.3%). Seniors over 65 accounts for 61%, visible minorities and immigrants for 16.6% each. Just over 19% said they were disabled by arthritis.

Volunteer support

Despite the restrictions imposed by health regulations and the reduction of its public activities, ARS benefited from the contribution of 19 volunteers during the year 2020-2021 for a total of 4376 volunteer hours.

We would like to acknowledge the generosity and support of some of our volunteers. Ms. Caroline Berthiaume, kinesiologist, gave a lecture on the benefits of physical activity adapted to arthritis patients on October 23, 2020. Ms. Ada Pagnotta, occupational therapist, and Ms. Lora Salvo, physiotherapist, gave a lecture on how to live better with osteoarthritis/arthritis using self-management strategies on February 17, 2021. Mr. Gaston Huot acted as a resource person for the recording of more than 20 videos and provided the necessary facilities. Ms. Sabrina Bouferguene volunteered to give a workshop on pain and accepted to write articles in Flash Arthritis. Mr. Jean Proulx worked at a reduced rate as a teacher of adapted fitness exercise sessions. Ms. Anouk Lauzon Groleau developed and maintained our Facebook page. The JMAC youth team (Jul, Mel, Alex, Cat) graciously created games for the Flash Arthritis. Mr. Richard Yates provided us with documents and advice.

We would also like to thank Ms. Paulette Zielinski, President of AWISH, for her guidance and mentoring; Ms. Diane de Bonneville, Director of The Arthritis Society, for documents and timely advice; Ms. Maryse Lessard and Ms. Danielle Auclair, Community Organizers at CISSSMC, for their support; Mr. Jean-Philippe Desrochers, kinesiologist at the CISSSMO for his advice, documents and videos on adapted exercises; Ms. Christine Berry, coordinator at Com'Femme for promoting our activities; Ms. Eva Liscano, facilitator of the Volet 50+ with Action Prévention Verdun for promoting our wellness workshops; Mr. Philippe Angers of COCo for his timely advice and support; Ms. Maude Boulay and Ms. Marie-Ève Campbell and the entire CDC team for their ongoing support; Mr. Mame Moussa Sy, Director of MIRS, for his letter of support; Ms. Marguerite Cadieux and Ms. Lise Benoit, Joie de vivre, for their generous support; Ms. Diane Alexander, President of SSBCA, for promoting our activities; Ms. Ginette Mantha, Director General and founder, Préma-Québec, for the support and guidance.

Training

Seven volunteers and 130 users have been trained to use the virtual platform and its tools. A user guide is available.

Publications, releases

Flash Arthritis is a newsletter published in French and English and distributed to more than 550 organizations and individuals. It includes the ARS calendar of events and references ~~and resources~~ on arthritis. Three issues: September 2020, January 2021 and March 2021.

TVRS interview with Brian Peddar, June 26, 2020. <https://www.tvrs.ca/emissions/vibe/episode-25>

Newspaper and other media advertising: Le Coursier (CDC), Mon Loisard (City of Brossard), Ma Bibliothèque (Brossard Library), The Arthritis Society, The MEPECER (Monteregie East Partnership for the English-Speaking Community), MWCN (Montérégie West Community Network), The Advisor South Shore (ARC Assistance and Referral Centre), Action Prévention Verdun, and La Station.

Networking and participation in events - Virtual. Participation at the Table de Concertation de Brossard, Table des Aines and various Committees of Longueuil (13 round tables and committees many times during the year). Participation in over 15 public events.

Collaboration and partnership

Partners (4): City of Brossard, The Arthritis Society-Quebec Division; The Arthritis West-Island Self-Help Association (AWISH); The Montérégie-Centre Integrated Health and Social Services Centre (CISSSMC).

Collaborators (11): Bibliothèque de Brossard Georgette-Lepage, La Resurrection Parish; The Montérégie-West Integrated Health and Social Services Centre (CISSSMO); Chartwell Retirement Residences, Greenfield Park; GSSAA; Alliance Carrière Travail; Corporation de développement communautaire de l'agglomération de Longueuil (CDC); Centre d'aide aux organismes communautaires (COCO) ; Quebec Network of Junior Pain Investigators (QNJPI) of McGill University; Action Prévention Verdun and La Station; Préma-Québec.

Main community organization collaborators (12) : Montérégie West Community Network (MWCN); Assistance and Referral Center Health and Social Services; Filipino Canadian Community of the South Shore; Joie de Vivre; Maison de la Famille; Association des Femmes d'ici et d'ailleurs; Le Centre pour femmes Com'femme; South Shore Black Community Association; Maison internationale de la Rive-Sud; Canada-Peru Association; Centre Sino-Québec de la Rive-Sud; Monteregie East Partnership for the English-Speaking Community (MEPEC)

Our Heartfelt Thanks

Thank you to all the members, volunteers, supporters and participants in the activities, of Arthritis South Shore.

ARS would like to thank its collaborators and partners who have helped it overcome challenges and achieve its mission. These collaborations and partnerships have resulted in the organization of workshops, advertising in their communication media, in-kind and cash donations, networking, loans of premises and other resources, etc.

We thank our two major funders : the Red Cross and the Government of Canada for the Emergency Community Support Fund; and the Government of Canada for the New Horizon for seniors program.

We would like to thank all the donors, sponsors, funders and individuals who contribute financially to the maintenance and development of Arthritis South Shore's activities.

- Christian Dubé, deputy La Prairie
- Gaétan Barrette, deputy La Pinière
- Lionel Carmant, deputy Taillon
- Ian Lafrenière, deputy Vachon
- Sherry Romanado, federal deputy
federal Longueuil-Charles-Lemoyne
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- Stéphane Bergeron, federal deputy
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- Private Donors : Ms. Paulette Zielinski, Ms. Jean Roger, anonymous, Ms. Christiane Merle, Ms. Pauline Chu & Mr. Dan Shields, Ms. Ilse Schubert, Mr. Alex Schubert, Mr. Reinhard Schubert, Ms. Rollande Labelle, Ms. Mily Villafranca & Mr. Phil Villafranca, Ms. Johanne Fortier, Ms. Susan Leclair & Mr. Claude Perrault, Ms. Colette Alarie.



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