



ARTHRITE RIVE-SUD

ARTHRITIS SOUTH SHORE

3rd Annual Report 2021-2022



The artisans of the Resource Kit at the launch in March 2022. From left to right: Carmen Tang, Elena Turtureanu, Ada Pagnotta, Prem Pearson, Danielle Jacob, Brossard's mayor Doreen Assad, Gaston Huot, Fadima Diallo representing Alexandra Mendes, Federal Member of Parliament for Brossard-St-Lambert, Danielle Boucher

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Introduction

Legal Status

Arthrite Rive-Sud (Arthritis South Shore) is a non-profit organization (NPO) incorporated on April 26, 2019, under Part III of the Quebec Companies Act. Its registered Quebec business number (NEQ) is 1174517889. Charitable organization registration number is 752149872RR0001.

ARS's head office is at 5811 Avenue Auteuil, Brossard (QC), J4Z 1M9; its telephone number is (438) 630-7215 and its email address is info@arthriterivesud.org

The territory served by the organization is the area known as the South Shore of Montreal.

Mission

ARS is a community-based organization dedicated to informing, supporting and assisting individuals and their loved ones to live better with all forms of arthritis.

Vision

To live in a world where people with all forms of arthritis have access to information and services to help them manage their condition and improve their quality of life.

Values

ARS's values are respect, mutual aid, equality, empathy and transparency.

Membres

ARS had 75 members and a distribution list of more than 580 individuals and organizations as of March 31, 2022.

Our Guest Speaker for the AGM 2022

“From Disease Management to Health Promotion: Towards a Sustainable Health Project” (in French)



Jean-Pierre Després is a renowned researcher and full professor in the Department of Kinesiology, Faculty of Medicine, Laval University. His research interests include the prevention of chronic diseases through physical activity and healthy eating. He is the scientific director of the Centre de recherche en santé durable VITAM at the Centre intégré universitaire de santé et services sociaux de la Capitale-Nationale. He is the recipient of numerous awards from scientific and medical societies and is one of the most cited researchers in his field.

A Message from the President and Founder



It is an honour and with great pleasure as the founder and President of Arthritis Rive Sud/Arthritis South Shore to present the third annual report. The year 2021/2022 came with all its various battles of wars and challenges. Even with all the instability and uncertainty everywhere we still managed to hold the fort of Arthritis South Shore. We could not have done it without you - members, volunteers, participants, supporters, donors, municipal, provincial and federal parliamentarians, guest speakers, partners, animators, collaborators, community organizations along with the tireless work of the board of directors. We continued to offer without space, nor an office, the numerous programs and services in a hybrid format free of charge. The mission and vision of Arthritis South Shore are always at the core of its very existence.

Another exceptional year, as we saw so many wonderful things happening because of Togetherness.

We are now a recognized charitable organization. We have been accepted for the recurrent PSOC funding. We are accredited by the city of Longueuil. Moisson Rive Sud has generously accepted to help our participants. We signed an agreement with the Brossard Georgette-Lepage Library as partners. Our nonstop efforts paid off through our grant applications. We could hire our first employee and maintain all our activities with the help of the PAAQ funding. We put together a fabulous toolkit to help and render our participants autonomous in daily living through the New Horizon funding. We will be offering adapted exercises for both movement and pain management, through a project funded by FQIS thanks to the Alliances pour la solidarité de la Montérégie and the Ministère du Travail, de l'Emploi et de la Solidarité sociale (MTESS). We developed many new partnerships with various community organizations through concerted collaborations. We represented our needs and interests at the many Tables and Committees and participated in the many public events for raising awareness on the various forms of arthritis.

We are growing rapidly and so is arthritis, always on the rise. We need more volunteers and animators. We need permanent employees. We need a solid base for our organization. We need space for our activities. We need space for storage. We need a place called home for people with arthritis, so they can drop in and get all the tools and tricks to live a great life and are able to celebrate life with arthritis.

Please give generously to Arthritis South Shore thus making a difference in the lives of others. Togetherness Counts. Thanks A Million

Premela Pearson
President and Founder

Administrative Management

List of the board members for 2021-2022 and the 3 positions to be filled at the AGM on June 6, 2022, for the 2022-2024 term.

Name	To be filled √	Executive function 2021-2022
Premela Pearson		President
André Faucher		Vice-President
Danielle Jacob	√	Treasurer
Johanne Boisvert	√	Secretary
Ron Latchman	√	Administrator
Louise Montpetit		Administrator
Caroline Veilleux		Administrator

Meeting of the Board of Directors (BD) and Officers

11 regular and 3 special BD meetings.

More than 40 committee meetings, with weekly email updates to the BD.

1 special general assembly, August 10, 2021.

Activities of the Board of Directors

The BD administered the head office, day-to-day business, communications and representation, and adopted policies and procedures required for sound management. Specific achievements for the year 2021-2022 include

- ✓ Obtaining additional letters patent modifying the objectives;
- ✓ Obtaining charitable status (August 24, 2021);
- ✓ Obtaining eligibility for financial support from the Program de soutien aux organismes communautaires (PSOC);
- ✓ Accreditation by the city of Longueuil;
- ✓ Accreditation as a member organization of Moisson Rive-Sud;
- ✓ Application for five grants and award of three: Programme Amis des Aînés du Québec (September 2021), Fond québécois d'initiatives sociales (FQIS March 2022) and Allocation Éclaireurs (March 2022);
- ✓ Hiring of a first employee as coordinator of activities;
- ✓ Development of agreements including free or low-cost access to facilities such as the Brossard Georgette-Lepage library, Seniors Respite Monteregie, La Resurrection Community Centre, Maison Internationale de la Rive-Sud, Centre ESPOIR Québec, and the Alpha Family Foundation.

Main Activities and Projects of ARS in 2021-2022

Activities for our participants done in 2021-2022

The activities offered to its users and the public by ARS in 2021-2022 are aligned with the following strategic objectives:

To promote the health of people living with arthritis by providing them with support services such as workshops and fitness programs tailored to their condition and aimed at alleviating their condition, as well as offering arthritis management programs including training and toolkits, particularly for seniors, to encourage their independence and improve their quality of life.

To promote health by providing people with arthritis and their families with access to counselling, information or group support programs, and by organizing activities to break their isolation.

To educate and raise awareness about the lives of people with arthritis through training, kiosks, newsletters, testimonials, awareness conferences and other public presentations aimed at encouraging people with arthritis symptoms to seek help and care.

ARS offered 33 activities alone or in partnership, and three adapted exercise sessions (10, 14 and 10 weeks). All activities were free of charge. They were offered in both online and in-person when health guidelines allowed.

During this period, there were over 430 registrations. The activities offered reached more than 100 new people. The adapted exercises on Tuesdays were the most popular activity, with an average of 30 participants per online and onsite meeting, and an average of 40 views (between 16 and 86) per video.

Activities	Number of events
Conferences	2 conferences
Workshop	11 workshops
Group support	14 meetings
Adapted exercises	3 sessions of 10, 14 and 10 weeks
Self-management	4 sessions of 6 weeks
Social events	2 brunches
Flash arthritis	3 publications

Among the participants, we note that more than 70% came from Brossard, 18% from the city of Longueuil and 90% from the agglomeration.

Projects 2021-2022

Project *Prise en charge (Self-Management).*

The project was carried out between April 1, 2021, and March 31, 2022, with a \$25,000 grant from the Government of Canada through the New Horizons for Seniors Program. It allowed for the hiring of 2 professionals.



Ms. Danielle Boucher, in charge of coordinating the activities and preparing posters and publicity (left photo);

Ms. Ada Pagnotta, occupational therapist, responsible for facilitating the first session of “I’m taking charge of my arthritis” (ITCA) program in both languages and for training volunteers to coach the program (right photo).



Among its achievements, ARS offered 4 sessions of the MAJMC program, 3 in French and 1 in English. The program recruited 14 new senior volunteers.

Also, a testimonial video and 10 videos capsule showing tips were produced.

A resource toolkit was developed that includes tips, reference materials and simple tools that are readily available but often overlooked.

Project *Maintaining and Adapting Activities for Total Wellbeing*

ARS received funding from the Ministère de la Santé et des Services sociaux through the Program Action Aînés Québec (PAAQ) for one year in October 2021. This funding is helping maintaining ARS activities and providing access to the expertise needed to conduct its activities simultaneously in a hybrid manner, both onsite and online. Access to the activities is available to all South Shore residents, including those sensitive to COVID-19 (immunosuppressed) and with reduced mobility. This project also allows us to develop a technical expertise.

Project *Adapted Physical Exercises for Pain Management*

In March 2022, with the help and support of 10 community partner organisations, ARS obtained a grant from the Fonds québécois d'initiatives sociales (FQIS) thanks to the Alliances pour la solidarité de la Montérégie and the Ministère du Travail, de l'Emploi et de la Solidarité sociale (MTESS). This funding will make it possible to offer a physical exercise program adapted to people with moderate and severe mobility problems. This project “Adapted physical exercises for pain management” aims to promote pain management by offering two levels of free adapted physical exercise sessions. There will be a 30-minute session for people with reduced mobility or severe physical problems. There will be a 60-minute session for people with moderate mobility impairments. The exercises will take place at the Centre Espoir Québec. Also, 10 adapted exercise videos will be produced in 5 languages to promote social reintegration and break down the barriers of isolation, thus eliminating inequalities in health and social life, reducing social exclusion and poverty.

Project Activities to Reinforce Both the Physical and Psychological Resilience

ARS obtained funding from the CISSS de la Montérégie-Centre RLS-Champlain through the Allocation Éclaireurs, to carry out a project focused on the development of adapted exercise activities to develop and stimulate resilience for the general population.

It is a 12-session program in 3 parts: 1) a workshop with 10-step to build resilience; 2) 10 sessions of rhythmic physical exercise (combining exercise and music) to counter the negative effects of the pandemic on physical and psychological wellbeing; 3) an empowerment and self-assessment workshop. This project will start in September 2022. Participation will be free and open to all.

Surveys

Various means were used to evaluate the activities offered and gather suggestions from participants, members and volunteers. For example, surveys were conducted with participants at face-to-face and social events; emails were sent, and calls made to members and volunteers for suggestions/comments.

Planning for 2022-2023

ARS will continue the programming of public activities developed in 2021-22, to consolidate activities in Brossard and Longueuil, and to promote adapted exercises in a pool.

- Wellness workshops in French and English;
- “Spotlight on...” workshops in French and English;
- Group Support meetings in both languages;
- Flash Arthritis (3 bilingual newsletters);
- Adapted fitness exercises for people with arthritis, people with moderate mobility problems and people with severe mobility problems; and
- Self-Management Program “I’m taking charge of my arthritis” sessions, in both languages.

ARS will continue the 2021-22 programming aimed at the community at large

- Holding conferences in person and online;
- Participation in information meetings on financing and training on the operation of NPOs;
- Presence of ARS at public events (kiosks) in Brossard and the agglomeration of Longueuil;
- Presence of ARS on the internet and social networks;
- Presence at invitations to participate in events from organizations in Brossard, the agglomeration of Longueuil and neighbouring cities; and
- Participation in events organized by various tables.

ARS will continue to promote ARS at various relevant tables and groups in the region.

ARS will develop advertising, promotion and communication strategies and tools.

ARS will establish a volunteer policy in 2022-2023, including a recruitment action plan throughout the ARS territory to ensure the provision of services (skills and experience required, training of facilitators, motivation of volunteers). Training sessions will be in both languages.

ARS will raise funds (solicitation activities through letters, reminders, meetings, lobbying/networking, advertising) to ensure the sustainability of the organization (employees, premises).

Voluntarism

Volunteer support

Despite the restrictions imposed by the health regulations and the reduction of its public activities, ARS benefited from the active contribution of 33 volunteers during the year 2021-2022 for more than 4000 volunteer hours.

We would like to acknowledge the generosity and support of some volunteers. Dr. Rhym Haouari, rheumatologist, agreed to give a lecture on medication. Mr. Gaston Huot acted as a resource person for the recording of more than 30 videos and the development of the website. Mr. Jack Boutros, a researcher at McGill University, gave a volunteer workshop on pain.

List of active volunteers in 2021-2022

Alex Schubert	France Goyette	Louise Montpetit
André Faucher	France Guillou	Marie-Josée Fontaine
Andrée Besselle	Gaston Huot	MJM
Anouk Lauzon Groleau	Isabelle Martel	Mona Blais
Arlène Milot	Jack Botros	Monique Dagenais
Brenda Hatch	Jean Santirosi	Monique Rondeau
Caroline Veilleux	JMAC	Pauline Chu
Danielle Boucher	Johanne Boisvert	Premela Pearson
Danielle Jacob	Johanne Fortier	Renée Parenteau
Denis Philie	Linda Boudreault	Ron Lee Latchman
Diane Denny	Loris Bénéteau	Virginia Cisneros

We would also like to thank Ms. Paulette Zielinski, President of AWISH, for her advice and support as a mentor; Ms. Diane de Bonneville, Director of Communications at the Arthritis Society, for her generous support and advice; Ms. Maryse Lessard, Community Organizer at the CISSSMC for her support; Mr. Jean-Philippe Desrochers, kinesiologist at the CISSSMO for his advice, documents and videos on adapted exercises; Ms. Franca Sparapani for her logistic support; Ms. Christine Berry, for promoting our activities; Ms. Eva Liscano, for promoting our wellness workshops; Philippe Angers of COCo for his timely advice; Ms. Maude Boulay and Marie-Ève Campbell and the entire CDC team for their ongoing support; Mr. Mame Moussa, Director of MIRS, for his constant support; Ms. Marguerite Cadieux and Lise Benoit, Joie de vivre, for their ongoing support; Ms. Diane Alexander, President of SSBICA, for promoting our activities; Ms. Ginette Mantha, Executive Director and founder of Prema-

Québec, for her support and advice; Mrs. Suzanne Paquette, Director of the Brossard Library for the promotion of our Launch.

Training

Eight volunteers attended the first coanimator training offered by Ms. Ada Pagnotta on 1, 8 and 15 December 2021. No cost to the participants.

Four directors took three courses offered by the Corporation de développement communautaire de l'agglomération de Longueuil (CDC AL): Role and responsibilities of a Board of Directors; Legal responsibilities of the Board of Directors; and Understanding financial statements as members of a Board of Directors.

Staff

Activity Coordinator



Since January 2022, ARS has its first full-time employee, Nicolas Beaudoin. Many people have already met him by phone or by participating in activities. He will coordinate all the activities of ARS. He has already put his multiple skills in community organization management and information technology at our service. Not to mention his expertise in massage therapy and kinesiotherapy. He has a lot of ambition for ARS. We welcome him into our dynamic team of volunteers.

Communication and Representation

Launch of the resource kits

On March 21, at the Brossard Georgette-Lepage Library, the new Resource Kit developed by Arthritis South Shore was launched. Premela Pearson, the president and founder, opened the ceremony which was hosted by Mrs. Danielle Boucher. Several senior volunteers participated in this project funded by the New Horizons Program: Marie-Josée Fontaine, Renée Parenteau, Monique Dagenais, Dianne Denny, Danielle Jacob, Premela Pearson and Ada Pagnotta. We were also able to benefit from the skills of two interns, Carmen Tang and Elena Turtureanu, from the School of Physical and Occupational Therapy at McGill University.

Several personalities were present. By alphabetical order: Mrs. Doreen Assaad, Mayor of Brossard; Mrs. Maude Boulay, CDC; Mr. Robert Bourguignon, Head of the Division of Community Life and Social Development; Mrs. Suzanne Dagenais, from Vigie Rive-Sud; Mrs. Fadima Diallo, Advisor, Citizen Relations, Constituency Office of the Federal Member of Parliament for Brossard-Saint-Lambert, Mrs. Alexandra Mendes; Mr. Alain Lewis, president, Formatio; Ms. Xi Xi Li, general manager of the Sino-Québec Centre and city councillor; Ms. Suzanne Payette, director, Brossard Library; Mr. Mame Moussa Sy, general manager, MIRS. From left to right, Maude Boulay, Suzanne Dagenais, Prem Pearson, Mame Moussa Sy, Doreen Assaad, Fadima Diallo, and Alain Lewis.



The kit contains many items that have been proven to help people with arthritis: hot/cold packs, foam sleeves, grippers, openers, shoehorns, wash strips, exercise balls and rubber bands, and more. There is also a USB stick with videos of tips, tricks and testimonials, exercise capsules, and much more. Everything comes in a pretty blue cloth bag with the Arthritis South Shore logo.

Publications, Releases

Flash Arthritis is a newsletter published in French and English and distributed to over 550 organizations and individuals. It is mainly distributed in the Longueuil agglomeration (99%) and more specifically in Brossard (77%). It contains the ARS calendar of events and references on arthritis. Three issues: September 2021, January 2022 and March 2022.

Video advertisement and participation in the Virtual Fair organized by ARC - Assistance and Referral Centre, October 16, 2021.

Interview in Le Courrier du Sud, November 12, 2021 : Bien vivre avec l'arthrite en apprenant à s'adapter.

<https://www.lecourrierdusud.ca/bien-vivre-avec-larthrite-en-apprenant-a-sadapter/>

Interview with TVRS March 29, 2022 with Premela Pearson on the Resource Kit.

<https://www.tvrs.ca/emissions/rs360/h22/episode-485/segment-2>

Interview in Le Courrier du Sud, published April 1, 2022: "Arthrite Rive-Sud crée une trousse d'aide". <https://www.lecourrierdusud.ca/arthrite-rive-sud-cree-une-trousse-daide/>

Interview of Premela Pearson by CBC, April 13, 2022: <https://www.cbc.ca/listen/live-radio/1-383-lets-go/clip/15906657-one-south-shore-woman-made-mission-support-people>

Interview of Premela Pearson by CBC-News, April 19, 2022:

<https://www.cbc.ca/player/play/2024454211748/>

Publicity in newspapers and other media advertising:

Le Coursier (CDC), Mon Loisard (ville de Brossard), Ma Bibliothèque (Bibliothèque de Brossard), la Société de l'arthrite, 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 Prevention Verdun and La Station, South Shore Black Community.

Other dissemination through organizations such as the Table de concertation de Brossard, the Table des Aînés-RSL Champlain, the Regional Health and Social Services Partnership Table.

Representations with government bodies, local and regional organizations

Federal Ministers/Members of Parliament and their assistants including

Alexandra Mendez/Stav Tsamitros, Sherry Romanado/Catherine Brigden, Denis Trudel/Cathy Lepage and Stéphane Bergeron/Benjamin Gagnon

Ministers/Members of the provincial parliament and their assistants including

Christian Dubé/Claudine Binette, Gaétan Barrette/Francine Lamontagne, Nicole Ménard/Maxime Labrecque, Lionel Carmant/Liette Cousineau, Ian Lafrenière/Benoit Morin, Jean-François Roberge/Catherine Papineau

Cities:

Brossard : Office of the Mayor, Service des loisirs and Bibliothèque Georgette Lepage

Longueuil : Service de Loisir

Others:

Charles Lemoyne Hospital

Hospital Pierre Boucher Foundation

Clinic Dix 30 and other clinics in Brossard

Abbvie, Pharmaceutical company

CDC Longueuil agglomeration

Networking and participation in events

- AWISH Annual General Meeting (AGM) and webinars
- Canada Arthritis Society webinars
- Networking and participation in numerous activities at the Brossard Library
- Conference and support groups at the Association québécoise de la douleur chronique (AQDC)
- AGM of COCo, Centre des organismes communautaires
- AGM and networking with the cultural community of the Centre Sino-Québec
- Com'Femme. - panel on International Women's Day
- AGM of the Maison Internationale de la Rive Sud
- Virtual Fair and networking with the Assistance and Referral Centre (ARC) - Health and Social Services and liaison with the English-speaking community
- CRC - Community Resource Centre
- City of Brossard at Seniors' Week
- TRCAM - Health Partners Forum and MADA CDC, "Faire bouger Longueuil" event
- Table des aînés, Christmas dinner at the Maison des Tournesols

- Montreal South Shore Black Community Association, networking at Parc de la Cité
- Abbvie Forum

Participation at several tables de concertation and committees

- Table de Concertation de Brossard and Comité de coordination de CoCo
- Portrait Social De Brossard -Développement social et qualité de vie
- Table des Aînés, RLS Champlain and comité Santé et services sociaux
- Comité d'experts sur les handicapés, ville de Brossard
- Regional Health and Partnership Table English Community
- Centres de développement Communautaire (CDC) de l'agglomération de Longueuil
- DASAL – Démarche de l'Alliance pour la solidarité de l'agglomération de Longueuil
- DASAL Brossard and DASAL Greenfield Park
- Comité inter-réseau-COVID19
- Cellule d'urgence Aînés-Longueuil
- CoCo Vigil DSVL and CoCo Brossard – Grande rencontre collective
- Comité de résilience de l'agglomération de Longueuil
- Rencontre du vendredi/Reaching-out en temps de pandémie, de l'agglomération de Longueuil
- QCGN-Quebec Community Group network, Building a more vital community together.
- Governance DSVL

Funding activities

Solicitations were made in person via exploratory and information meetings (20+) and by letter (30+) to provincial and federal MPs and other organizations (see Communication and Representation section).

Arthritis South Shore applied for five government grants and the recurrent funding from the PSOC.

Collaboration and Partnership

Partners

- City of Brossard
- City of Longueuil
- The Arthritis Society, Quebec Division
- The Arthritis West-Island Self-Help Association (AWISH)
- The Centre intégré de santé et de services sociaux de la Montérégie-Centre (CISSSMC)

Collaborators

- Bibliothèque de Brossard Georgette-Lepage
- La Resurrection Parish
- Service de l'organisation communautaire (CISSSMC) – Kinesiologist

- Centre intégré de santé et services sociaux de la Montérégie-Ouest
- Maison internationale de la Rive-Sud
- Assistance and Referral Centre (ARC)
- Moisson Rive-Sud
- Formatio
- Association de fibromyalgie, région Montérégie
- La Vigie Rive-Sud
- Centre Sino-Québec de la Rive-Sud
- Centre ESPOIR Québec
- Seniors Respite Montérégie
- Chartwell Greenfield Park
- Alliance Carrière Travail
- Fondation Famille Alpha
- Corporation de développement communautaire de l'agglomération de Longueuil (CDCAL)
- Centre d'aide aux organismes communautaires
- Quebec Network of Junior Pain Investigators (QNJPI) of McGill University
- School of Physical and Occupational Therapy, McGill University
- TROCM Table régionale des organismes communautaires Monteregie

Community Organizations

- Joie de Vivre
- Monteregie West Community Network (MWCN)
- Monteregie East Partnership for the English-speaking Community (MEPEC)
- Le Centre Com'femme.
- The South Shore Black Community Association
- Association des Femmes d'ici et d'ailleurs
- Filipino Canadian Community of the South Shore
- Canada-Peru Association
- Centre social d'aide aux immigrants
- Action Prevention Verdun and La Station
- Yellow Door
- St-Antoine 50+ Community Centre
- Catholic Action Montreal

Recognition

Arthritis South Shore is proud of the honours bestowed upon its founding president in recognition of her tireless work and commitment to the arthritis cause since 2003. For 2021-2022, Ms. Pearson received the National Mary Pack Award for Volunteer Excellence from The Arthritis Society (2022); the Lieutenant Governor of Quebec Medal for Seniors (2022); the National Assembly Medal (2021); the Hommage Bénévolat-Québec Award (2021); and the Taillon Outstanding Volunteer Award (2021).



Mrs. Premela Pearson with the lieutenant governor, the Honourable J. Michel Doyon.



ARS has been selected as a recipient of the STAR (Special Thanks and Recognition) program, an initiative of the Montérégie Regional Health and Social Services Partnership Table (RHSSPT) that recognizes the special efforts of a group to improve the health and wellbeing of the English-speaking community (July 2021). Mrs. Johanne Boisvert, ARS secretary, received a certificate from the STAR program for her support to the English-speaking community during the COVID-19 pandemic (July 2021).

Special Thanks

Arthritis South Shore is deeply grateful for our sustainability is entirely due to each of you. A million thanks.

Special thanks to all the members, volunteers, supporters and participants of Arthritis South Shore.

ARS thanks its partners, collaborators and community organizations who have enabled it to overcome the challenges and achieve its mission through a wide variety of adapted activities.

We would like to thank all the donors, sponsors, subsidizers and individuals who contribute financially to the maintenance of free or low-cost activities and the development of Arthritis South Shore.

- Christian Dubé, Deputy La Prairie
- Gaétan Barrette, Deputy La Pinière
- Lionel Carmant, Deputy Taillon
- Ian Lafrenière, Deputy Vachon
- Sherry Romanado, Deputy federal Longueuil-Charles-Lemoyne
- Alexandra Mendès, Deputy federal Brossard-Saint-Lambert
- Denis Trudel, Deputy federal Longueuil-Saint-Hubert
- Nicole Ménard, Deputy Laporte
- Jean-François Roberge, Deputy Chambly
- Stéphane Bergeron, Deputy federal Montarville
- Private donors: Mrs. Paulette Zielinski, Mrs. Jean Roger, Mrs. Johanne Boisvert, Mr. James Burgess, Mr. André Bahl, Mrs. Joyce Caron, Mrs. Marie-Josée Goulet, Mrs. Marie-Josée Fontaine Mrs. Christiane Merle, Mrs. Pauline Chu, Mrs. Ilse Schubert, Mrs. Suzanne Martel, Mr. Phil Villafranca.

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longueuil



JE SUIS LÀ POUR VOUS!

NOUS JOINDRE :
 450 619-7513 450 619-7519
 CHRISTIAN.DUBE.LAP1@ASSNAT.QC.CA

CHRISTIAN DUBÉ
 DÉPUTÉ DE LA PÎNIÈRE
 MINISTRE DE LA SANTÉ ET DES SERVICES SOCIAUX

ASSEMBLÉE NATIONALE
DU QUÉBEC

Gaétan Barrette

Député de La Pinière

Bureau de circonscription
 6300, avenue Aubin, bureau 425
 Brossard (Québec) J4Z 3P2
 Tél. : 450 678-0611
 Téléc. : 450 678-1728
 Gaé-
 tan.Barrette.LAP1@assnat.qc.ca



brossard



ASSEMBLÉE NATIONALE
DU QUÉBEC

LIONEL CARMANT
 Député de Talon et ministre délégué
 à la Santé et aux Services sociaux

NOUS JOINDRE :
 498, boulevard Roland-Therrien
 Longueuil (QC) J4H 3V9
 Téléphone : 450 463-3772

ASSEMBLÉE NATIONALE
DU QUÉBEC

IAN LAFRÈRE

Député de Vachon

Adjoint parlementaire de la
 ministre de la Sécurité publique



TOUJOURS LÀ POUR VOUS!

A.W.I.S.H.
 Association d'Entraide d'Arthrite de l'Ouest de l'Île
 Arthritis West Island Self Help Association



ASSEMBLÉE NATIONALE
DU QUÉBEC

JEAN-FRANÇOIS ROBERGE
 Député de Chambly

ASSEMBLÉE NATIONALE
DU QUÉBEC

Nicole Ménard

Député de Laporte

Bureau de circonscription
 228, rue de Woodstock
 Saint-Lambert (Québec) J4P 1B5
 Téléphone : 450 672-1845
 Télécopieur : 450 465-8046
 nicole.menard@assnat.qc.ca




Alexandra Mendès
 Députée fédérale / MP
 Brossard – Saint-Lambert

225-6955 Taschereau, Brossard, QC J4Z 1A7
 450-466-6872
 Alexandra.Mendes@parl.gc.ca
 f AlexandraMendesLiberal2015



Sherry Romanado
 Députée fédérale / Member of Parliament
 Longueuil—Charles-LeMoine

www.sherryromanado.ca
 sherry.romanado@parl.gc.ca
 450 671-1222
 f Sherry Romanado, députée/MP
 @SherryRomanado

SOCIÉTÉ
Arthrite



CHAMBRE DES COMMUNES

Stéphane Bergeron
 Député de Montarville

1990, Léonard-de-Vinci, bur. 201
 Sainte-Julie, Québec J3E 1Y8
 Tel.: 450 922-BLOC (2562)
 Stephane.Bergeron@parl.gc.ca
 StephaneBergeron.net



Denis Trudel
 Député de Longueuil—Saint-Hubert
 Chambre des communes
 Porte-parole Solidarité sociale

BLOC
Québécois

192 rue Saint-Jean, bureau 200
 Longueuil (Québec) J4H 2X5
 450-928-4288
 denis.trudel@parl.gc.ca

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info@arthriterivesud.org
 438 630-7215