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**Flash Arthritis is
published three times a
year**

in winter, spring and fall

Reach us :
by phone 438 630-7215
email info@arthriterivesud.org

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**to find about our
activities and various
information.**

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New Extraordinary Steps for the NEW YEAR

Arthritis Rive Sud ended another year on an extraordinary note, the first get together organized by the board of directors and two staff members, Nicolas Beaudoin and Julien Charles Lavoie. Never did I imagine a grain sowed in 2003 and where the first brick was laid for the creation of an organization would grow to such extraordinary heights. It goes to prove that a dream can become a reality even if it takes years with an incredible team. Since its inception in 2019 as an incorporated organization, Arthritis Rive Sud is now a charity organization with an extraordinary mission.

ARS is taking an extraordinary leap, a new step in the NEW YEAR. The board of directors have unanimously passed a resolution and stepped forward to make it a more sustainable organization with two employees. We hope with the necessary funding and resources we will be able to have two permanent positions that of a Director General and another as Coordinator for all our activities, a gradual transfer will take place in 2023 for the continuity and stability of ARS.

ARS will request for PSOC recurrent funding and continuously research and look for various grant applications to establish a solid financial amount for salaries and for maintaining all our activities. We will do our very best and work tirelessly to get the necessary funding. We need all your support and donations. We humbly request all members, volunteers, participants, supporters, donors, parliamentarians to join and give generously for this noble cause. We can now give you receipts for your donations. Please help!!!

ARS with its board members and its two staff members Nicolas Beaudoin and Julien Charles Lavoie have done Wonders within a span of a year. We raised our financing and our way of functioning to great heights. The transition stage from a volunteer organization to that of two paid employees came with its challenges. We were able to rise above and deal with these challenges. We are working on new policies and procedures for better day to day functioning, putting together a manual for volunteers, recruiting more members, working on our strategic planning, improving our visibility on our website, planning and reviewing our activities, networking and doing representation on various tables and committees. We never stop working for ARS as we know the importance of its existence. The organization along with its community are so resilient that we stand together to battle this chronic condition and give hope to each other to live better with any form of arthritis. A deed so good must not pass unnoticed.

Thanks a Million to each of you. May each of you and your loved ones be showered with blessings of Good health. May you take New Steps in the New Year to make an Extraordinary You.

Premela Pearson
Founding president

Conference (Free)

*L'importance du Plaisir pour vaincre la douleur
(Importance of pleasure to overcome pain)*

Mrs Danielle Gratton, a health professional (in French)

May 12, 2023, Friday 1:30pm to 3:30pm

Georgette-Lepage library, 7855 San Francisco Ave., Brossard, J4X 2A4

Register at the Library in April: [Activités adultes – Bibliothèque de Brossard](#)

Wellness Workshop and SPOTLIGHT ON ... (Free)

Introduction to arthritis (French)

French: February 28, 2023, Tuesday

Georges Dor library, 2760 Chemin de Chambly, Longueuil, J4L 1M6

Register at: [Rechercher des activités \(longueuil.quebec\)](#) (loisir.longueuil.quebec)

Spotlight on Osteoarthritis

English March 15, 2023, Wednesday, 7pm-8 :30pm

Georgette-Lepage Library, 7855 San Francisco Ave, Brossard, J4X 2A4

Register at: <https://biblio.brossard.ca/activites/>

Stress and its impact on arthritis

French: April 15, 2023, Saturday, 9:30-11h

English: April 16, 2023, Sunday, 10:30-12pm

St-Lambert Library, 490 avenue Mercille, St-Lambert, J4P 2L5

Register at: <https://saint-lambert.tuxedobillet.com/>

Group support: Causons d'arthrite/Share and Shine with Arthritis

Second (French) and last (English) Friday of the month. From 1:30 p.m. to 3 p.m., online and onsite at the Nathalie-Croteau Centre, 2210 André street, Brossard. Register at info@arthriterivesud.org

In **English** : Jan 27 (Stress and pain with Dr. Aleksandrina Skvortsova, see description page 7 Flash Arthritis), Feb 24, March 31, April 28, May 26, 2023

In **French** : Feb 10, March 10, April 14, 2023



I'm taking charge of my arthritis!

English: Monday April 24 to May 29, 2023, 1:30pm-3:30 pm. Bibliothèque Georgette Lepage, 7855 ave San Francisco, Brossard, J4X 2A4

French: Monday March 6 to April 17, 2023, 1:30pm – 3:30pm. Bibliothèque Georgette Lepage, 7855 ave San Francisco, Brossard, J4X 2A4

Please reserve your seat now. Register at info@arthriterivesud.org

Social Activities: Sunday Brunch

Date: February 3, March 3, April 7, May 6 at 11 a.m.

Location: Restaurant (address to be communicate at time of reservation). At the participants' expense

Book your place by e-mail as soon as possible at info@arthriterivesud.org

Adapted fitness exercises for arthritis (Free)

Every Tuesday, 10 a.m. to 11 a.m from Jan 10 to May 30, 2023.

Online and Onsite at Centre communautaire La résurrection, 7685 Boul Milan, Brossard, QC J4Y 2M7.

Please register at info@arthriterivesud.org

Open to all at all time.

Fitness adapted exercises for pain management (Free)

Every Wednesday, from Jan 11 to March 15, 2023.

For those with moderate physical difficulties: 2pm-3pm.

Online and onsite Centre ESPOIR Quebec, 6098 Grande Allée, St-Hubert J3Y1B4. Free registration at info@arthriterivesud.org.

Open to all at all time



Aquaform and Aqua-douceur activities

The city of Brossard will offer sessions of aquaform and of aqua-douceur, this winter at 3075 boul de Rome, J4Y 1R2. Visit brossard.ca or https://ludik.maville.net/Brossard-LudikIC2Prod_Enligne/Pages/Anonyme/Resultat/Page.fr.aspx?m=1

Aquaform

Session of 55 minutes of Aquatic fitness class (aerobics, strength training, stretching) in shallow water - Prerequisite: 16 years old at first class. Depth: 1.2 m to 1.4 m. Water temperature: 29°C/84°F.

Aqua-douceur

Aquatic fitness class (aerobics, strength training and mobility) given in the recreational pool in warm, shallow water. This format includes moderate exercises for the cardiovascular system and reduces the impact on the joints through wide-ranging movements while respecting limitations and abilities: Increase mobility and muscle tone. - Prerequisite: 16 years old at first class. Depth: 1 m to 1.2 m. Water temperature : 31 °C/88 °F.

News from Arthritis South Shore



Among the resources available to people with arthritis who want to improve their quality of life are assistive devices. Arthritis South Shore regularly demonstrates these at kiosks and other events.

For example, on November 22, Arthritis South Shore distributed assistive devices to members and participants and demonstrated their use. (Left photo: demonstration of

assistive devices. Below: Board members handing out kits)



In December, a new director, Andrée Besselle, joined the Board of Directors, replacing Louise Montpetit. Ms. Besselle aspires to bring relief and hope to people with arthritis and will represent ARS at various levels. Ms. Besselle, with 30 years of experience on boards of directors, will be a valuable addition to the current Board.

The founding president of ARS, Mrs. Pearson, received the Hommage aînés Québec award for the Montérégie region on November 2. This award recognizes the exceptional volunteer commitment of seniors like Ms. Pearson. Congratulations and bravo for this well-deserved honor.



Together with our partners and collaborators

Arthritis South Shore participated on October 15 in the "South Shore Community Fair 2022: Re-building Community Together" organized in St-Lambert by RHSSPT Montérégie.



ARS has developed 8 workshops available virtually or in person in the Longueuil agglomeration. For example, the Introduction to arthritis workshop was offered in person on September 27 at the Centre ESPOIR with translation into Arabic.

These workshops are also presented in collaboration with the libraries of Brossard, St-Lambert and Longueuil. Watch for our program.

News from Arthritis South Shore Volunteers

A warm thank you to all the people who help us regularly, punctually or by small gestures of kindness. All of those actions, big or small, are important and they deserve our gratitude.

We would like to thank and highlight our volunteers of this fall: Facilitator for the workshops and the self-management programs (Danielle Jacob, Mona Blais, Pauline Chu, Johanne Boisvert); logistical support of all kind (Danielle Jacob, Lisette Lemieux, Prem Pearson, Mona Blais, Denis Phillie, Dana Agoreara, Laurent-Patrick Ebendeng Ebendeng, Alex and Reinhart Schubert, A.P, J.H, F.G.); finances (Hélène Picard, André Faucher); technology support (Gaston Huot, Jean Santirosi); translation (Arlene Milo); and

organisation of social events (France Goyette).

With the expansion of activities in Brossard and Longueuil, we need more well trained and supervised volunteers to help us. We are preparing a half-day basic training this winter for all volunteers.

Let us know if you are interested in joining the South Shore Arthritis volunteer team at info@arthriterivesud.org or by calling us at 438-630-7215 ext 104.

See you soon !



Volo, volomus (latin phrase for "I volunteer, we volunteer")

Have you ever wondered how lucky we are to live in a province, a country where volunteering is cultivated? If not, let's take a few minutes to reflect... with a few 2020 statistics, in Quebec alone: 2.2 million volunteers, 268 million hours, 26% of the volunteers are at least 65 years. I challenge you to name another country in the world that does better than us.

But, indeed, why do we volunteer? For me, it's a free gesture that mutually benefits the other human being and me. It can be just a smile or the management of an organisation such as ARS. The personal or collective gains are spontaneous and heartwarming: a mere second of human connection or hours of sharing with an energized and happy community. So, don't wait anymore, lend a hand and you'll see how many other hands will help you in return!

Pauline Chu
Volunteer for ARS

First festive event for members and volunteers

Arthritis South Shore's Board of Directors and staff were proud to welcome volunteers and members to the first festive event since its founding. More than forty of us gathered at the Centre ESPOIR Québec on December 15th to talk, play, eat, sing and dance. There was something for everyone, from food to entertainment. There were many door prizes and freebies of all kinds, thanks to the many donors.



Above: part of the audience and the buffet. On the left, it's game time with Premela Pearson and Johanne Boisvert. On the right, Jean Proulx, instructor for ARS, gets us moving with his choreography to the music of Surfin' Safari by the Beach Boys, well known by many participants.

Some jokes on arthritis for those bad days ...

I am constantly torn between « I can't let this illness ruin my life" and "I have to listen to my body and rest"»

☎ Yes, hello, I'd like a refund on my body. It's kinda defective and really expensive

Dear chronic pain : you are the reason I have become stronger and you are still my weakness

My grandmother loves to knit but she was recently diagnosed with rheumatoid arthritis. She's holding out for some sort of cure. She has her fingers crossed. 🧵

What do you call two people with arthritis?
Joint sufferers

Apparently Sly Stallone is in talks to make Rocky 8.
In this one he'll fight Arthritis.

<https://www.pinterest.fr/littlewhite1252/bad-days/?etslf=6472&eq=bad%20days>

<https://upjoke.com/arthritis-jokes>

A new project manager at Arthritis South Shore



We are very pleased to welcome Julien-Charles Lavoie to our organization as project manager. Julien-Charles brings with him his experience as a psychosocial worker with Macadam Sud and in mental health with the CISSSMO. He is pursuing a technique in social work and has training in audio-video recording and editing. He will fill many of the needs of ARS. Welcome Julien-Charles!

Our speakers for this spring



Aleksandrina Skvortsova, PhD, will be facilitating the Share and Shine group support meeting on **January 27, 2023**. Her title is "Stress and pain: two sides of the same coin?". The presentation will be in English.

Ms. Aleksandrina Skvortsova is a post-doctoral researcher at the Alan Edwards Centre for Pain Research at McGill University. She is a clinical psychologist and holds a PhD in Health Psychology. During her doctoral studies in the Netherlands, Dr. Skvortsova was interested in the impact of people's expectations on their health. At McGill, she studied the role of hormones in pain and pain memory.

In her presentation on January 27, Dr. Skvortsova will look at the complex relationship between stress and pain and explore strategies to break the stress-pain cycle.



Ms Lysiane Jeanjean is a proud Franco-Canadian, a speaker for the "Causons d'arthrite" group support meetings and an advisor for Arthritis South Shore since November 2022.

"I am a clinical nurse who has spent much of my career in critical care. Since 2017, I have been Elaine Lavertu's working partner for the Rheumatology Clinic at Charles Le Moyne Hospital.

My hobby is to explain, teach and help people accept and live better with their disease.

All in good humour and with smiles 😊"

The next "Share and Shine" group support meetings will be: January 27, February 24, March 31, April 28 and May 26, 2023.

The importance of physical activity according to Jean Proulx

Since September 2019, the participants of the adapted exercises of ARS are greeted each week with this typical sentence "Hello everyone, I hope you are well. I am Jean Proulx, your teacher." One of Jean's best qualities is that he likes to share his knowledge about the benefits of exercise and physical activity. Here are a few excerpts from this fall's exercise sessions, hoping that they will inspire you to get moving.



Healthy physical activity helps people with arthritis because it keeps the joints mobile by putting pressure on them. On the contrary, immobility can worsen the pain of arthritis by causing muscle stiffness. The increase in muscle mass that is achieved through fitness exercise is also known to have a positive effect on arthritis.

The primary goals of weight training are simple: to develop sufficient strength and muscular endurance to support a comfortable and, above all, independent lifestyle. A research team lead by Gary Hunter, PhD, studied the effects of a 16-week strength training program on a group of 14 women between the ages of 60 and 77. At the end of the study, the strength of these women had increased an average of 52%. With more confidence, these newcomers were able to walk faster, improve their ability to carry out daily tasks such as rising from a chair and carrying a box of groceries, and go out with less fear of falling. The Effects of Strength Conditioning on Older Women's Ability to Perform Daily Tasks - Hunter - 1995 - Journal of the American Geriatrics Society - Wiley Online Library

"Your joints aren't just like your automobile tires that wear out as you use them," says Dr. Richard Loeser a rheumatologist who directs the Thurston Arthritis Research Center at the

University of North Carolina, Chapel Hill. In fact, exercise helps nutrients diffuse into cartilage in the knee and keep it strong and healthy: "By strengthening your muscles and by stimulating your cartilage you can still improve the health of your joint," Loeser says. Osteoarthritis Is Much More Common Now, Study Suggests : Shots - Health News : NPR

According to the Canadian Fitness and Lifestyle Research Institute, an active lifestyle can prolong the independence of older adults by making them stronger, more flexible and with greater aerobic and muscular power. Exercise has a beneficial effect on common health problems such as heart disease, hypertension, diabetes, osteoporosis, osteoarthritis, memory loss, anxiety and depression.

A major two-year study of arthritis in 6,000 people over the age of 65 found that people with arthritis who avoid exercise double their risk of becoming unable to perform tasks as simple as dressing, bathing or cooking. Recommended exercises are those that involve smooth, non-jerky movement and no bouncing, such as walking, aerobic routines, cycling, slow exercise with small dumbbells or a rubber band.

Food and vegetarianism

This is a summary of an article that appeared in AWISH's Fall 2022 publication, Joint Effort, p. 4.

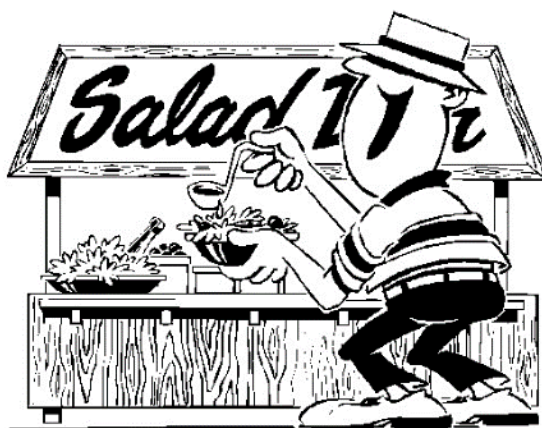
According to a study published in 2022, a low-fat vegan diet without caloric restriction helps reduce joint pain in patients with rheumatoid arthritis. Those who participated in the study lost weight and also improved their cholesterol levels. The study was published in the American Journal of Lifestyle Medicine.

Each participant's Disease Activity Score-28 (DAS28) was calculated based on painful joints, swollen joints, and C-reactive protein values, which indicate inflammation in the body. DAS28 increases with the severity of rheumatoid arthritis.

In the study, 44 adults previously diagnosed with rheumatoid arthritis were assigned to one of two groups for 16 weeks. The first group followed a vegan diet for four weeks, with elimination of additional foods for three weeks, and then reintroduction of individually eliminated foods for nine weeks. No meals were provided and participants managed food preparation and shopping on their own, with guidance from the research team. The second group followed an

unrestricted diet but were asked to take a supplement (placebo) daily, which had no effect on the study. Then the groups switched diets for 16 weeks.

In the vegan phase of the study, the DAS28 decreased by an average of 2 points, indicating a greater reduction in joint pain, compared to a 0.3 point decrease in the placebo phase. The average number of swollen joints decreased from 7.0 to 3.3 in the vegan phase, while this number actually increased from 4.7 to 5 in the placebo



phase. In addition to the reductions in pain and swelling, body weight decreased by an average of about 14 pounds on the vegan diet, compared to a gain of about 2 pounds on the placebo diet. There were also greater reductions in total, LDL and HDL cholesterol during the vegan phase. (Barnard ND, Levin S, Crosby L, Flores R, Holubkov R, Kahleova H. A Randomized, Crossover Trial of a Nutritional Intervention for Rheumatoid Arthritis. American Journal of Lifestyle Medicine. 2022;0(0). doi:10.1177/15598276221081819)

Arthritis adapted Yoga



Arthritis-friendly yoga is a great complementary health approach to managing your arthritis that can help ease pain

and improve physical function for some people. In addition, breathing exercises can help energize, improve focus and allow the nervous system to relax. In collaboration with the Arthritis Society of Canada, Julia McNally

(creator of The RA Yogi YouTube channel), a certified yoga instructor and chair yoga instructor, and herself a person with rheumatoid arthritis, brings you a six-part series of yoga adapted for people living with arthritis and other mobility issues. Episode [1](#) explains 3 forms of breathing. Episodes [2](#) and [3](#) feature chair and standing exercises.

The 4 best spices to fight arthritis

According to the Arthritis Society, spices not only enhance the flavor and aroma of foods but can also reduce the symptoms of arthritis by inhibiting pathways for specific transmissions that may be the source of the ignition. Here are 4 tasty spices and anti-inflammatories, to add to your recipes!



Garlic (*Allium* vegetables include garlic, onion leeks, chives and scallions): A long-term study showed that women whose diets were rich in allium vegetables, such as garlic, had lower levels of osteoarthritis. Other studies have shown its effect on reducing inflammation, pain and fatigue associated with rheumatoid arthritis.

Ginger: some studies have linked ginger to decreased joint pain and disability in people with osteoarthritis.



Cinnamon: its chemical compounds have been associated with reducing joint pain. Research has shown some promising results with cinnamon supplementation in reducing inflammation and oxidative stress.

Turmeric: it contains a compound known as curcumin that is associated with lowering inflammation and easing osteoarthritis pain. Another study showed curcumin played a role in preventing bone breakdown in people with rheumatoid arthritis. Reports show that curcumin should be paired alongside black pepper. The active compound in pepper, piperine, can increase the absorption of curcumin!



To learn more about how to use these spices in the treatment of arthritis and for cooking tips, visit The Arthritis Society: <https://arthritis.ca/living-well/2022/4-best-spices-for-arthritis>

Flash Pause

ONE WORD TOO MUCH

Find the odd one out in each group of five words
 (the exercise is not about the meaning of the words but about observation)

1. Behçet medical disease Raynaud Sjögren
2. Fibromyalgia Infectious Inflammation Juvenile Psoriatic
3. Arthritis Polyarthritis Pseudogout Pseudopolyarthritis Spondylitis

• *Answers : 1. Behçet (others have 7 letters). 2. Juvenile (others have two I). 3. Pseudogout (others terminate with itis)*

Heartfelt Thanks

Thanks to all our new members and those who have renewed their membership as well as all our invaluable volunteers.

Special thanks to:

Moisson Rive-Sud for their continual and generous contribution;
Father Tadros from Centre Espoir Quebec who always supports us generously for our activities;
The Maison internationale de la Rive-Sud for their generous and constant help when needed.

Thanks to the partners:

The City of Brossard;
The City of Longueuil;
The Arthritis Society, Quebec Division;

The Arthritis West-Island Self-Help Association (AWISH);
The CISSS Montérégie-Centre (CISSSMC 16).

Thanks to the collaborators:

Moisson Rive-Sud;
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Georges-Dor Library, Longueuil;
St-Lambert Library;
CISSS Monteregie-West;
CISSS Monteregie-East;
La Corporation de développement communautaire (CDC) de l'agglomération de Longueuil;
TROCM Table régionale des organismes communautaires et bénévoles de la Montérégie;
Table de concertation de Brossard;

Table de concertation Alliance Aîné.e.s de l'agglomération de Longueuil;
Table régionale de concertation Aînés Monteregie;
Regional Health and Social Services Table (RHSSPT);
COCO – Centre for community organizations;
Quebec Network of Junior Pain Investigators (QNJPI) of McGill University;
School of Physical and Occupational Therapy, McGill University;
Novalex.

Warm thanks to all community organisations that are regularly promoting Arthritis South Shore activities and services. Especially the support received from:

La Maison Internationale de la Rive-Sud;
Assistance and Referral Center ARC;
Monteregie West Community Network (MWCN);
La Résurrection Parish;
Centre ESPOIR Quebec;
Seniors Respite Monteregie;
Fondation Famille Alpha;
Formatio;
La Vigie Rive-Sud;
Association de fibromyalgie région Montérégie;
Centre sino-Québec de la Rive-Sud;
Le Centre pour femmes Com'femme;
Maison des Tournesols;

The South Shore Black Community Association;
Monteregie East Partnership for the English-Speaking Community MEPEC;
Service de l'organisation communautaire CISSMC;
The Yellow Door;
St. Antoine 50+ Community Centre;
Catholic Action Montreal;
Action prévention Verdun and La Station;
Le Centre social d'aide aux immigrants;
Leisure Club;
Association des femmes d'ici et d'ailleurs;
Filipino-Canadian Community of South Shore.

Thanks to the donors

Please note that since September 2021, Arthritis South Shore has been issuing tax receipts for all donations of \$5 and more.

To our private donors: Andrée Besselle, Colette Alarie, Cristina Correa, Pauline Chu, Suzanne Martel, and 6 anonymous donors.

Thanks to the MLAs of the Montérégie



JE SUIS LÀ POUR VOUS!

NOUS JOINDRE :

☎ 450 619-7313 📠 450 619-7519
✉ CHRISTIAN.DUBE.LAPRI@ASSNAT.QC.CA

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



ASSEMBLÉE NATIONALE DU QUÉBEC

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

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

Nathalie Roy
Députée de Montarville
Ministre de la Culture et des Communications



ASSEMBLÉE NATIONALE QUÉBEC

JEAN-FRANÇOIS ROBERGE
Député de Chambly



Shirley Dorismond
Députée de Marie-Victorin
Adjointe parlementaire du ministre responsable des Services sociaux



ASSEMBLÉE NATIONALE DU QUÉBEC

Hôtel du Parlement
1045, rue des Parlementaires, bureau RC.65
Québec (Québec) G1A 1A4
Tél. 581 628-1028

Bureau de circonscription
550, chemin de Chambly, suite 010
Longueuil (Québec) J4H 3L8
Tél. 450 651-9365
Shirley.Dorismond.MAVI@assnat.qc.ca

Arthritis South Shore Board of Directors

- Premela Pearson, President
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- Caroline Veilleux, Administrator
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The Flash Arthritis Team for this issue

- *Publisher:* Arthritis South Shore
- *Lead:* Johanne Boisvert
- *Collaborators:* André Faucher, Arlene Melo, Caroline Veilleux, Danielle Jacob, Lisette Lemieux, Lysiane Jeanjean, Mona Blais, Nicolas Beaudoin, Pauline Chu, Prem Pearson.

Arthritis South Shore Staff

Nicolas Beaudoin, Activity coordinator
Julien-Charles Lacroix, Project manager



Photo gracieuseté Anouk Groleau Lauzon, 2022

My country is not a country it's the winter
My path is not a path, it's the snow (...)
In this land of blowing snow (...)
The guest room will be such
That they will come from the other seasons
To build themselves next to it

Gilles Vigneault.
Translated extracts from its song My country

“The optimistic stance of believing something is possible is a requirement to make anything new real, and is thus more powerful than pessimism. In the long run, optimists shape the future.”

Kevin Kelly, author, ecologist. From: The future will be shaped by optimists [TED Talk](#)

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

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STREET: _____

CITY: _____

PROVINCE: _____

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EMAIL: _____

- I would like to receive the newsletter *Flash Arthritis* yes no
- I would like to receive regular information about the activities yes no

MEMBERSHIP: Renewal New member

 Type of membership: **\$20** Individual **\$30** Family **\$50** Corporate

 Family membership: please provide the names of family members.

DONATION Amount: _____\$ \$20 \$50 \$100

PAYMENT METHOD:

- by cheque made payable to *Arthrite Rive-Sud*. Please send your completed form and cheque to this mailing address: Arthrite Rive-Sud, 5811 rue Auteuil, Brossard (Québec) J4Z 1M9; or
- by interact or e-transfer (email: financement@arthriterivesud.org; Question : arthritis?; Answer: support). Please scan and email your completed form to: financement@arthriterivesud.org
- by credit card using our website : <https://arthriterivesud.org/don/>

CORRESPONDENCE: English French

VOLUNTEERING: Arthritis South Shore is looking for volunteers. Please check what you would like to do:

 Administration Facilitator Fundraising Stands Other : _____

Type of arthritis you have: _____

****** FOR OFFICE USE ONLY ******

 MEMBERSHIP

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 mm yyyy

 *DONATION

Payment _____\$

 Cheque Institution & # _____ Cash

 *Receipt and thank-you letter ____/____/____
 dd mm yyyy

Receipt # _____

 Update of relevant documents