

In this issue:

Editorial p. 1
Spring 2023 calendar p. 2-3
News from Arthritis South Shore p.4
News from Volunteers p.5
Next Speaker p. 6
Stress and pain p. 6
Varia p. 7
Myths on arthritis p. 8
Heartfelt Thanks p. 9
Membership & donation p. 12

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

in winter, spring and fall

To Reach us :

438 630-7215

info@arthriterivesud.org

Follow us:

<https://arthriterivesud.org>
<https://www.facebook.com/ARS.OSBL>

To donate:

<https://arthriterivesud.org/en/make-a-donation/>

Since September 2021, Arthritis South Shore delivers receipt for income tax purpose for donation above \$5.

Legal deposit

Library and archives
Canada. Bibliothèque et
archives nationales du
Québec.

ISSN 2816-8011

Together we can achieve great things and face all of the storms in life

Arthritis South Shore (ARS) is heading towards sustainability despite the many storms. Together we stand to achieve great things – members, board of administrators, staff, instructors, funders, supporters, donors, partners, collaborators, community organizations, tables and committees, parliamentarians at all levels, volunteers and all our participants. We need all of your constant help and support in every form, and this is the strong bond that binds us together in this great momentum where ARS is heading. We are humbly grateful and highly appreciative.

Our essential programs and services are maintained because of your generosity. We still hope to have some office space. ARS has at the heart of its programs and services inclusion, universal accessibility, and social diversity. We know the importance of equal access where health and total wellbeing is concerned by giving information and support in various forms, offering free activities, breaking down language barriers and home confinement, and fighting against poverty so all can participate equally.

ARS is no longer run by a volunteer board of administrators as we have transitioned to an employee organization by unanimous approval of the board. Nicolas Beaudoin, coordinator, and Julien-Charles Lavoie, project manager, are accepting the challenges and bringing new concepts to the growth of the organization. They are tirelessly working with the CA members in this period of transition to uphold the mission, vision and the values of ARS. It is a very challenging task as they are involved in the progress, growth and evolution of ARS. They have a passion for the cause and are loved by the participants at all our activities, programs and services. Nicolas and Julien have hosted two very successful events. Congratulations to both of you and continue serving the community of Arthritis South Shore. ARS will soon have a director general and a coordinator for its continuity and stability. Thank you both for your professionalism and contribution towards ARS.

Our members, participants and volunteers are always welcome to share their testimonials and other information by contacting info@arthriterivesud.org. We need many volunteers for the various programs and services. Please feel free to contact us. A special appeal to all our donors as we can now give you an income tax receipt. Please give generously for this noble cause.

Spring brings new life despite the various storms. Nature revives and survives and so does Arthritis South Shore. Let's enjoy each day with new life and new zest.

Premela Pearson, Founding president.

Conference (Free)

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

Mrs Danielle Gratton, a retired psychologist (in French)

Friday, May 12, 2023, 1:30 p.m. to 3:30 p.m.

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

Register at the Library in April: <https://biblio.brossard.ca/activites/limportance-du-plaisir-pour-vaincre-la-douleur-12-mai/>

Wellness Workshop and SPOTLIGHT ON ... (Free)

Stress and its impact on arthritis

French: Saturday, April 15, 2023, 10:30-12 p.m.

English: Sunday, April 16, 2023, 10:30-12 p.m.

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

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



[Crédit](#)

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** : March 31 (Back pain with Mrs Mahsa Vafaei), April 28, May 26, 2023

In **French** : April 14, 2023



I'm taking charge of my arthritis!

English: Monday April 24 to June 5, 2023, 10 a.m.–12 p.m. Bibliothèque Georgette-Lepage, 7855 ave San Francisco, Brossard, J4X 2A4. Holiday break May 22.

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

New sessions will take place this fall – check our Web site (arthriterivesud.org)

Social Activities: Monthly Friday Brunch

Date: May 5 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 March 28 to May 30, 2023.

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

Mandatory registration at info@arthriterivesud.org

Limited places on site but open to all at any time online

Fitness adapted exercises for pain management (Free)

Every Wednesday, from March 22 to May 24, 2023.

For those with moderate physical difficulties: 2 p.m.-3 p.m.

Online and on site at Centre ESPOIR Quebec, 6098 Grande Allée, St-Hubert J3Y1B4.

Mandatory registration at info@arthriterivesud.org.

Limited place on site but open to all at any time online



Aquaform and Aqua-douceur activities

The city of Brossard will offer sessions of aqua form and of aqua-douceur, this spring 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 – Objectives: 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



Nearly 60 people, both in person and online, participated in the adapted exercise program held on Wednesdays from April 6, 2022 to March 15, 2023. This program was an important part of the “Adapted Exercises for Pain Management” project funded by the Fonds québécois d’initiative sociales (FQIS). An evaluation of the project took place on March 15 after the exercise session. We would like to thank all the participants (about 35 people) who took part in the evaluation. We would like to remind everyone that we would be very happy to receive your comments, suggestions and opinions on how important these exercises were for you: please send us your testimonial to info@arthriterivesud.org.

We would like to take this opportunity to thank all those who made this Wednesday March 15th afternoon activity possible, and all who supported the Adapted Exercise programme for Pain Management: Nicolas Beaudoin for the smooth coordination of the program and event, Julien-Charles Lavoie for the smooth functioning of the activity and for organizing the super brunch that was much appreciated, Father Tadros and his team, Jean Proulx the instructor, the kinesiologists Jean-Philippe Desrochers and Sophie Forest, Gaston Huot the tech and video capsules producer, Danielle Boucher volunteer for the publicity, seven partners and collaborators as well as several community organizations, the Table de concertation de Brossard for the support, as well as the participants, who are always there to encourage and help ARS in

every way at every activity. Due to the high demand, we were able to extend the agreements with the teacher Jean Proulx and Father Tadros of Centre Espoir Inc. to offer a spring session until May 24. We hope that you will continue to come to socialize and do exercises! The benefits are numerous.



The next Annual General Meeting (AGM) of members will be held on June 5th. Only members in good standing can vote. More details to come in May. Watch your email and the noticeboard (website).

In addition to preparing for the AGM, the Board of Directors is developing its strategy for 2023–2026 for presentation at the AGM.



September’s programming is already shaping up to be extensive and varied. Grant applications have been submitted to various granting agencies to continue current activities and to offer new ones in the fall and winter. ARS was awarded funding to implement the project “Activities to strengthen physical and psychological resilience”. A similar project had been conducted last fall and due to its great success, ARS was able to obtain a grant to offer it again.

News From Arthritis South Shore Volunteers

This year's Volunteer Week takes place from April 16 to 22, 2023. The event was first celebrated in 1943 but it was in 1990 that the North American volunteer movement agreed to hold the week on a fixed date in April. This week has become the highlight of the year to celebrate the efforts of millions of volunteers ([Réseau de l'action bénévole du Québec, RABQ](#)). The Fédération des Centres d'action bénévole du Québec (FCABQ) has chosen "Bénévolons à l'unisson" as its theme this year, and Volunteer Canada has chosen "Volunteering Weaves Us Together" as its theme. At ARS, volunteering builds a vibrant and resilient community for people affected by arthritis and their loved ones. ARS volunteers are generous, caring, dedicated and empathetic. Last year, more than 4,000 volunteer hours were logged at ARS: "Like each individual thread makes weaving stronger, every volunteer's experience, perspective, and abilities add to our collective resilience." ([Volunteer Canada](#))

Arthritis South Shore would like to take this opportunity to express its gratitude to all volunteers, who have performed great acts of kindness each in their own way. All ARS volunteers, and all the volunteer tasks they perform, whether it is a carpool, a suggestion, a smile, greeting, facilitation, etc., represent a fortune in terms of improving the quality of life for people with arthritis. Let us also take this opportunity to highlight the exceptional

contributions of 12 volunteers who devoted more than 50 hours in 2022: there are the 7 members of the Board of Directors who meet every week or so, and in alphabetical order Mona Blais, Pauline Chu, Gaston Huot, Lisette Lemieux, and Denis Philie. Other volunteers have distinguished themselves: France Goyette, Arlene Melo, Hélène Picard, and Jean Santirosi. About twenty other people contributed on an ad hoc basis by offering a free lecture, by holding a kiosk, by helping to welcome people during activities, etc. We are grateful to all of you who help make life a little easier for people with arthritis! A Million Thanks to your exceptional contribution as volunteers of ARS.

This winter, with the help of 6 experienced volunteers and staff, ARS has developed a volunteer policies and procedures, and a volunteer guide. All volunteers will receive basic training to familiarize them with the organization, its values, respect its mandates, the rights and responsibilities of each volunteer, the various roles or tasks that can be performed, and the follow-up and support offered. The objective is that volunteers feel better equipped to work within the organisation, according to their interests and availability.

Join Arthritis South Shore's volunteer team at info@arthriterivesud.org or call us at 438-630-7215 ext. 104.

Our speaker for this spring



crédit

Mrs. Danielle Gratton will be our guest speaker on May 12, 2023, 1:30 p.m., at the Georgette-Lepage Library in Brossard. Mrs. Gratton is a retired psychologist. She worked for more than 15 years in physical rehabilitation, and she has a specialization in chronic pain and neurology (study of the brain).

Her presentation is entitled: "The importance of pleasure in overcoming pain". In summary, brain research and practice with patients in persistent pain has demonstrated the importance of pleasure in thwarting and reducing pain. Based on a new way of looking at pain, this presentation aims to help to: 1- Recognize the importance of wellness on healing and pain control; 2- Know how to promote the production of wellness in people with persistent pain. In addition to regaining pleasure, we will review the usual means of pain control to ensure that everyone uses them in the most effective way possible. And we will see how to increase their effect by using the smallest to the greatest pleasure.

You can register with the following link: <https://biblio.brossard.ca/activites/limportance-du-plaisir-pour-vaincre-la-douleur-12-mai/>

Stress and pain—excerpts from an oral presentation

On February 25, Dr. Aleksandrina Skvortsova came to share her expertise at the “Share and Shine with Arthritis” support group. She spoke about the relationship between stress and pain. Dr. Skvortsova is currently a postdoctoral researcher at the Alan Edwards Pain Research Centre at McGill University. She is a clinical psychologist. Here are a few points that came out of her presentation where she linked our psychological state to pain.

Stress is a response of the body to something physical, emotional, or psychological that demands our attention or action. Stress stimulates the sympathetic nervous system causing an increase in heart rate, blood pressure, blood glucose, muscle tension, levels of cortisol and noradrenaline (two hormones that respond to stress), and the rate of aging. If we relax, then it is the parasympathetic nervous system that is activated, and its action is to reduce all these biological factors instead.

Recent research shows that pain increases with the level of stress in a linear fashion up to a certain level of



stress; above this threshold, pain decreases with increasing stress. The reason for this change is not well understood.

Researchers have shown that there is a stress-pain circle. This circle works like this: stress generates an increase in pain; this increase leads to a decrease in activity; this decrease is associated with poor sleep; poor sleep increases feelings of anxiety and depression; feelings of anxiety increase stress. And the loop starts again.



But by acting on some of the factors in the circle, it can be broken. So good sleep hygiene, activity, social networking can help break the cycle. For example, avoiding caffeine and alcohol, sleeping in a dark room, avoiding blue light from screens, walking, swimming, sitting exercises, and cultivating a social network, can help reduce the effects of stress on pain.

In conclusion, Dr. Skvortsova’s top message for reducing pain can be summed up in three points: reduce stress, improve sleep and increase physical activity.

Exercises and swimming

Those who swim and have arthritis know that it is good for their joints. The production of “bdnf” is another reason to exercise, especially swimming. The Brain-derived neurotrophic factor (bDNF) is a unique protein that promotes brain function through its effects on connections and their growth. This is why it is believed to have powers of cognitive health (learning skills, memory), which unfortunately tends to decline with age. However, the regular practice of a sport, especially

swimming, would counteract these natural effects of time by maintaining the secretion of this famous protein and reactivating connections. “Swimming slows down the ageing process [of the brain],” summarizes Seena Mathew, neurobiologist, Mary-Hardin-Baylor University, Texas. Swimming and exercising would therefore help to maintain our memory and learning abilities, and even improve them!

Excerpts from [La Presse, 4 janvier 2023](#)

“It is better to know”

The Canadian Arthritis Society has launched a nationwide campaign to raise awareness about the first signs of arthritis and the importance of catching them early: “It is better to know”. By clicking on the [link campaign](#) you will have access to many resources such as [a symptom checker](#), a guide [on how to prepare to your appointment](#) and [tips to maintain your joint healthy](#) and find symptom relief.



Can a new drug be the solution to arthritis?

Senolytics are a class of drugs that selectively clear senescent cells (SC). SC accumulate with ageing and are normally destroyed by a process called apoptosis or by the immune system. The most damaging SC are resistant to apoptosis, allowing them to survive despite killing neighbouring cells. Senolytics can lead to the death of these SC cells. In preclinical models, senolytics can potentially alleviate over 40 conditions opening a new route for treating age-related dysfunction and diseases. Early pilot trials of senolytics suggest they decrease senescent cells, reduce inflammation, and alleviate frailty in humans. Clinical trials for diabetes, idiopathic pulmonary fibrosis,

Alzheimer’s disease, COVID-19, osteoarthritis, osteoporosis, eye diseases, bone marrow transplant, and childhood cancer survivors are underway or beginning. Some researchers think that, if it works, the first treatments for delaying or even inverting osteoarthritis could be available by 2030 in the United States!

Kirkland J.L. and T. Tchkonja, 2020; Senolytic drugs: from discovery to translation. *J. Intern Med*, 288(5), 518–536. [Available online.](#)

Roizen M.F., P. Linneman et A. Ratner, 2023. The groundbreaking promise of “cellular housekeeping”, *National geographic*, [online February 28, 2023](#)

Uncover the truth—myths about arthritis ([excerpts from the website of the Arthritis society](#))

Myth 1: Cracking knuckles causes arthritis

“There is no evidence that says cracking knuckles cause damage [to the joints],” says Ashima Narayan, an Arthritis Society Canada physiotherapist. While cracking your knuckles excessively could end up harming ligaments or tendons and may also contribute to reduced grip strength over time, it is not going to cause arthritis.

Myth 2: Weather can affect arthritis

One “myth” that has something to it: [weather can sometimes affect arthritis](#) due to changing temperatures and barometric pressure. For some people, rising barometric pressure and humidity can increase pain. We don’t know why exactly—it’s been suggested that atmospheric changes affect circulation and fluid pressure in our joints, increasing inflammation.

Some researchers have proposed that as cartilage wears away due to arthritis, the nerves in our bones might become sensitive to pressure changes, or the pressure changes can cause our muscles and tendons to contract and expand, contributing to joint pain.

Myth 3: You can get arthritis from sleeping on your shoulder

Postures like sleeping on one side or sitting cross-legged will not cause arthritis, says Narayan. However, if you already have arthritis, good posture both while sleeping and awake can help prevent soreness, fatigue, and stiffness.

Myth 4: Certain foods cause arthritis

While there isn’t any evidence that particular foods cause arthritis, there are some foods that can contribute to inflammation if you already have arthritis. These foods include saturated fat in processed meats and red meat, as well as the refined carbohydrates, artificial trans fats, high-fructose corn syrup and processed and added sugars that are part of many forms of processed food. To help fight inflammation, opt for fruits and veggies, extra virgin olive oil, omega-3 fatty acids, dairy and dairy alternatives, green tea, nuts and garlic.

Nightshade foods (which include potatoes, tomatoes, bell peppers, eggplant and spices like cayenne and paprika) often have a bad reputation. But the idea that [nightshade foods](#) cause arthritis to worsen is not quite true.

Myth 5: Only old people get arthritis

There are more than [100 forms of arthritis](#), and they can affect people at any age. For example, about 3 in 1,000 Canadian children have [childhood arthritis](#), and rheumatoid arthritis most commonly develops between ages 40 and 60. It’s true, though, that [osteoarthritis](#) (OA) is more common as you age.

Heartfelt Thanks

Thank you to all the people who help ARS with gestures of kindness. They are important as they are the foundation of a community that wants to be more equitable and human.

Thank you to all the donors, new members and those who have renewed their membership. Becoming a member or donor means becoming a partner in the sustainability of ARS's mission, and allowing the maintenance of low-cost activities that are essential to the well-being of people with arthritis. ARS is inclusive, universally accessible, and socially diverse.

Thanks to the partners and collaborators

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);
Moisson Rive-Sud ;
Brossard Public Library Georgette-Lepage;
Georges-Dor Library, Longueuil;
St-Lambert Library;
CISSS Monteregie-West;

CISSS Monteregie-East;
La Corporation de développement communautaire CDC de l'agglomération de Longueuil;
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 organizations that are regularly promoting Arthritis South Shore activities and services. Especially the support received from:

Centre ESPOIR Québec Inc. ;
La Maison internationale de la Rive-Sud ;
La Resurrection Parish;
Formatio;
Assistance and Referral Center;
La Maison des Tournesols;
Seniors Respite Monteregie;
Com'Femme;

La Vigie Rive-Sud;
Centre Sino-Québec;
Association de Fibromyalgie, région Montérégie;
South Shore Black Community;
Filipino Canadian Community of South Shore;
Leisure Club;
Association des femmes d'ici et d'ailleurs.

Thanks to the MLAs of the Montérégie



ASSEMBLÉE NATIONALE DU QUÉBEC

Isabelle
POULET
 DÉPUTÉE DE LAPORTE

JE SUIS LÀ POUR VOUS!

450 672-1885
 Isabelle.Poulet.I.APO@assnat.qc.ca



Hôtel du Parlement
 1045, rue des Parlementaires
 Bureau 2.111
 Québec (Québec) G1A 1A4

Bureau de circonscription
 6300, avenue Auteuil
 Bureau 425
 Brossard (Québec) J4Z 3P2
Tél. 450 678-0611

Linda.Caron.LAPI@assnat.qc.ca

@Linda__Caron @lindacaronplq
 LindaCaronLaPiniere Linda Caron

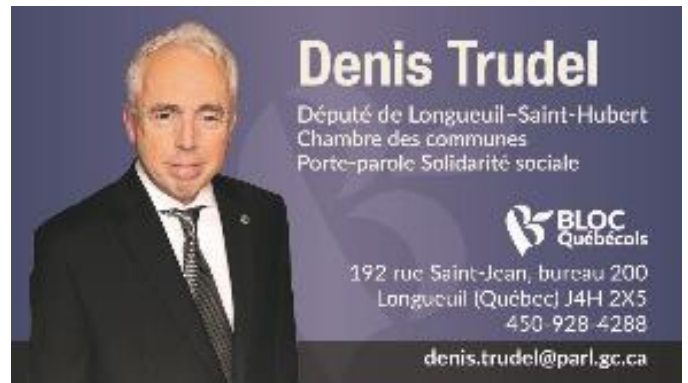


ASSEMBLÉE NATIONALE DU QUÉBEC

Jan
LAFRENIÈRE
 DÉPUTÉ DE VACHON

TOUJOURS LÀ POUR VOUS!

450 672-1885
 Jan.Lafreniere.JV@assnat.qc.ca



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

Arthritis South Shore Board of Directors

- Premela Pearson, President
- André Faucher, Vice-President
- Johanne Boisvert, Secretary
- Danielle Jacob, Treasurer
- Ron Latchman, Administrator
- Caroline Veilleux, Administrator
- Andrée Besselle, Administrator

The Flash Arthritis Team for this issue

- *Publisher:* Arthritis South Shore
- *Lead:* Johanne Boisvert
- *Collaborators (alphabetic order):* Nicolas Beaudoin, André Faucher, Danielle Jacob, Arlene Melo, Premela Pearson, Caroline Veilleux.

Arthritis South Shore Staff

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

ARS is a proud member of several Tables and committees.

TROCM-Table régionale des organismes communautaires et bénévoles de la Montérégie ;
Table régionale de concertation Aînés Montérégie ;
Regional Health and Social Services Table (RHSSPT);
Table de concertation de Brossard-CoCo ;
Table de concertation Alliance Aîné.e.s de l'agglomération de Longueuil ;
Collectif Greenfield Park – Comité de Pilotage;
Committee Portrait Social de Brossard;
Comité de Social et services Santé;
Governance DSVL – Coco;
Commission accessibilité universelle-Brossard.

Follow us and stay informed by looking at ARS Message board at
arthriterivesud.org and [facebook](https://www.facebook.com/arthriterivesud)

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: _____

- 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

Effective: ____/____/____
mm yyyy

*DONATION

Payment _____ \$

Cheque Institution & # _____

Cash

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

Receipt # _____

Update of relevant documents