

4th Annual Report 2022-2023



*Mrs. Sonia Bélanger, Ministre déléguée à la Santé et aux Aînés,
presenting the Prix Hommage Aînés Québec 2022 to Mrs. Premela
Pearson, president and founder of Arthritis South Shore.*

[Prix Hommage Aînés | Gouvernement du Québec \(quebec.ca\)](https://www.gouvernement.qc.ca/fr/actualites/2022/11/16/prix-hommage-aines-quebec-2022)

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**The 2022-2023 Annual Report is available
electronically at
arthriterivesud.org/en/publications/#rapportsannuels
info@arthriterivesud.org
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Arthrite Rive-Sud/Arthritis South Shore

Arthritis South Shore (ARS) is a non-profit organization incorporated under the third part of the Companies Act and whose letters patent were issued on April 26, 2019, under the registration number 1174517889. It was registered as a charity organization with the Canada Revenue Agency on August 24, 2021, under business number 727899932RR0002. ARS has obtained recognition from the City of Brossard (2019) and the City of Longueuil (2021) and has an agreement with the Brossard library (2019). Since 2021, ARS is eligible for the PSOC program and is a member organization of Moisson Rive-Sud.

MISSION STATEMENT

ARS is an organization dedicated to informing, supporting and helping individuals and their loved ones live better with all forms of arthritis.

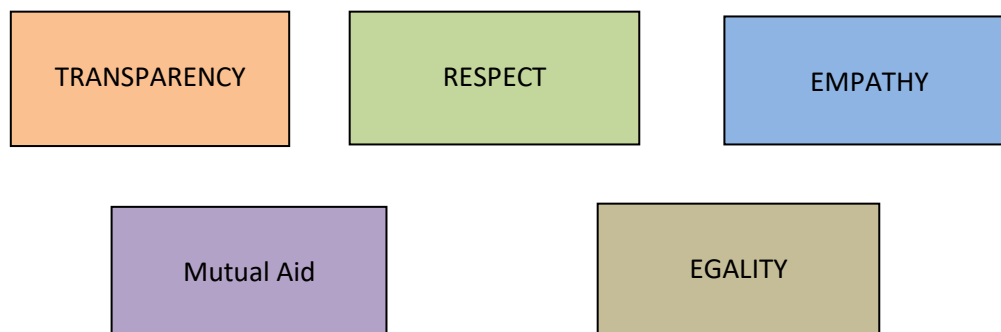
VISION

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

PRIORITY TERRITORY

Agglomeration of Longueuil.

VALUES



MEMBERS AND VOLUNTEERS

As of March 31, 2023, ARS had 135 members, 27 volunteers and a Flash Arthritis distribution list of over 750 individuals and organizations. For 2022-2023, it had more than 370 registrants for over 960 registrations.

President and Founder's Message



Arthritis South Shore in celebration and continual evolution

It is with great honor and a privilege as the President and Founder of Arthritis South Shore to welcome each of you to our fourth Annual general Assembly.

An AGM is a place for celebration and together we celebrate today as each of you have helped in some way or another to the sustainability of Arthritis South Shore. This support along with the financial contributions has helped us to focus on our vision and our mission. We are humbly grateful and highly appreciative for the help in the continuity and stability of all our programs, services, and activities. A special thank you to each of you as you are now a part of this great family, the South Shore Arthritis Community.

ARS is in continual evolution and taking extraordinary leaps. Even though we do not have an office nor space of any kind and depend on the generosity of others for all our activities, we battle against all odds and hold the fort strongly for the wellbeing of those in pain and with arthritis. We opted for sustainability by choosing two staff members who have a passion for ARS. The year end and the beginning of the new fiscal year calls for further celebration. I am overjoyed and proud to announce on behalf of the board of administrators, two new positions filled by Mr. Nicolas Beaudoin as Director General and Mr. Julien Charles Lavoie as Coordinator of all the activities for Arthritis South Shore.

Congratulations to our staff and we are sure their incredible teamwork will take Arthritis South Shore to new heights. We hope that with your donations and the necessary funding we can offer the absolute best to our clientele to manage their arthritis and live a better quality of life.

The year of transition was not without its challenges but was an incredible year. The adaptation process and the continual adjustments on a nonstop basis for the board, the staff, and all our clientele were challenging at times but here we are celebrating and sharing the tireless work and the numerous activities achievements, and awards for ARS. We concert, collaborate, and share with community organizations our mission and take an active part in representing and networking with various table and committees for social justice and development. We move forward bearing in mind inclusivity, universal accessibility, social diversity, and the fight against poverty so that all can have equal opportunities for health.

Thanks a Million, to all our funders- for PSOC- New Horizons- Allocation Eclairer, PAAQ and FQIS (Dasal).

Thanks a Million, to all our donors and parliamentarians.
Thanks a Million, to all our members, volunteers and participants.

Premela Pearson
President and Founder of Arthritis South Shore

Governance

Board of directors 2022-2023

Premela Pearson, president
André Faucher, vice-president
Danielle Jacob, treasurer
Johanne Boisvert, secretary
Ron Latchman, administrator
Caroline Veilleux, administrator
Andrée Besselle, administrator

11 meetings for the Board and
more than 40 working
committee meetings

Activities of the Board

The Board administered the head office, day-to-day business, communications, networking, and representation, and adopted policies and procedures required for sound management. Board members worked on specific files during their term of office, with 40 committee meetings and weekly updates. Volunteer hours included preparing meetings, following up on files, taking minutes, preparing and analysing financial statements, developing the strategic plan, selecting and filling in grant applications and participating in various committees including the Human Resources Committee, the Policy and Procedures Committee, the Volunteer Management Committee, and the Finance Committee.

The Board's management objectives were aligned with its action plan and strategic plan: to always keep in mind the vision of ARS, to continually develop the organization to help individuals live with a better quality of life, to raise awareness in the community, and to improve the funding and operation of ARS for its long-term sustainability.

Representation and networking at the regional CRC table for the Table Regional Concertation Aînés Montérégie, as well as numerous other local tables, institutional, city and community committees - representing over 80 meetings to ensure that our needs are heard and that we can work in concertation and collaboration with all.

Here are some specific achievements for the year 2022-2023:

- ✓ Development of a volunteer policy, and manual.
- ✓ Increased the financial support from the *programme de soutien aux organismes communautaires* (PSOC).
- ✓ Applying for grants and seeking funding constantly.
- ✓ Attendance at all sessions and funding requirements.
- ✓ Applied and obtained grants: PSOC, New Horizons for Seniors (March 2023), Allocation *Éclaireurs* (March 2023).
- ✓ Hired a second employee as project manager.
- ✓ Consultation with participants using a variety of approaches: videoconferencing, in person at events, by telephone, surveys and emails.
- ✓ Major transition of organization tasks from Volunteers CA members to two salaried staff positions.

Arthritis South Shore Staff



Nicolas Beaudoin, Activities Coordinator, has a passion for ARS. He believes in the cause and goes well beyond his mandate to ensure the continued success of ARS. He ensures that all activities are well managed. He negotiates, networks, and represents ARS with high standards.

Julien-Charles Lacroix, Project Manager, stands out for his punctuality, his sense of responsibility and his attention to the needs of participants. He goes above and beyond the call of duty. His technical support is invaluable.



Thank you both for your contribution to ARS, you are a great team.

ARS can carry out its mission thanks to the generous recurrent funding it receives from PSOC.

ARS activities and projects in 2022-2023

Activities offered and achieved in 2022-2023

ARS's client and public activities in 2022-2023 were designed to promote the health of people with arthritis by providing services, programs, and activities to encourage independence, reduce isolation, and improve quality of life. ARS recognizes the need for health equity and therefore places inclusion, universal accessibility, social diversity, and fight against poverty at the heart of its existence.

ARS offered 34 public activities alone or in partnership, 7 exercise sessions ranging from 10 to 14 weeks each and 5 sessions of 6 weeks of *I'm Taking Charge of My Arthritis* Program. All activities were offered free of charge.

During this period, there were more than 370 registrants for a total of over 960 registrations. The activities offered reached more than 100 new people. The adapted exercises on Tuesday, Wednesday, and Thursday, offered to a diversified clientele, were the most popular activities. There were more than 220 participants registered for at least one of the three days, for a total of nearly 420 registrations for the seven sessions, both online and onsite.

The activities offered systematically online and onsite were the adapted exercises with 40% of the participants in virtual mode on Tuesday, and 5% on Wednesday and Thursday; and the group support meetings with an average of 30% in virtual.



Activités	Number of events
Conferences	4
Workshops	9 (5 French, 4 English)
Group Support	14 (6 French, 8 English)
Adapted fitness exercises	7 sessions for a total of 58 weeks
<i>I'm taking charge of my arthritis</i>	5 sessions of 6 weeks (3 French, 2 English)
Social activities	7 monthly brunches
Flash Arthritis	3 publications

General public information activities

Arthritis South Shore has also been involved in educating and raising awareness about the lives of people with arthritis by participating in booths, publishing information, hosting awareness conferences, and encouraging people with arthritis symptoms to seek care and treatment. ARS promotes prevention, independence and empowerment.

ARS participated in the June 7 Community Fair in Greenfield Park.



ARS was also present at the first Fête de la rentrée organized by the City of Longueuil on August 20-21, 2022 at Parc de la Cité, St-Hubert.

On October 15, ARS participated in the "South Shore Community Fair 2022: Rebuilding community together" organized in St-Lambert by the RHSSPT.



Projects 2022-2023

Projet Maintien et adaptation des activités offertes pour le bien-être total (Maintaining and adapting activities for total well-being)

ARS benefited from a grant between October 2021 and September 2022 a grant from the Ministère de la Santé et des Services sociaux through the Programme Action Aînés Québec (PAAQ). This funding enabled ARS to hire its first employee, to maintain both in person and virtual activities, thus giving access to vulnerable people, sensitive to COVID-19, and with reduced mobility, to be active and involved in a challenging health environment. ARS has been able to adapt, maintain and increase the number of participants. The project also enabled ARS to organize a conference with an expert to raise public awareness of arthritis.

Project Exercices physiques adaptés pour la gestion de la douleur (Fitness adapted exercises for managing pain)

With the help and support of 10 community partner organizations, ARS obtained a grant from the Fonds québécois d'initiatives sociales (FQIS) through the Alliances pour la solidarité de la Montérégie and the Ministère du travail, de l'emploi et de la solidarité sociale (MTESS) for 2022-2023. This funding made it possible to offer two physical fitness exercise programs adapted for people with mobility problems. This project promoted pain management by offering an exercise program for people with moderate mobility problems and a program for people with severe mobility problems (wheelchair, walker). The exercise sessions took place at the Centre Espoir Québec. In addition, 10 exercise videos were 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 Activités de renforcement de la résilience physique et psychologique (Physical and psychological resilience building activities)

For 2022-2023, ARS obtained funding from the CISSS de la Montérégie-Centre RLS-Champlain through the Allocation Éclaireurs, in order to carry out a project focused on the development of adapted exercise activities and interactive activities to promote physical and psychological resilience for the general population. The program ran for 12 weeks. It included a conference on resilience, 11 weeks of adapted exercises and an empowerment and evaluation meeting. Due to the positive response and a new funding, the project will continue in 2023-2024.

Surveys

A variety of means were used to evaluate the response to needs and the impacts of the activities offered and gather suggestions from participants, members, and volunteers. For example, surveys were conducted with participants at activities and social events; emails were sent, and calls were made to members and volunteers for their suggestions/comments. These surveys are important to ensure that the needs of people with arthritis are met.

A virtual consultation was held on May 6, 2022, with ARS members and participants. Seventeen people attended. Participants stressed the importance of educating the public, health care

professionals and financial decision makers about the seriousness of arthritis. They also asked for more information on treatments, more adapted physical exercise activities, as well as evening activities.

An evaluation was also conducted for the *Fitness Adapted Exercise for Managing Pain* Project on March 15, 2023 by an evaluator approved by the funding agency.

Planning for 2023-2024

- ✚ Maintain the program of activities developed in 2022-23, consolidate activities in Brossard and Longueuil.
- ✚ Continue collaborative activities aimed at the community at large.
- ✚ Improve the presence of ARS on the internet and social networks.
- ✚ Continue to promote the cause of ARS at various tables and with relevant partners in the region.
- ✚ Work in concertation and collaboration with community organizations and institutions.
- ✚ Develop advertising, promotion and communication strategies and tools.
- ✚ Implement the new volunteer management policy in 2023-2024.
- ✚ Raise recurrent and non-recurrent funds to ensure the sustainability of the organisation.

Community life

A first festive event for ARS members and volunteers was held on December 15, 2022, at the Centre ESPOIR Québec. There was food and games. Thanks, to Moisson Rive-Sud and to the donors for the door prizes and freebies.



Volunteer support

Despite the restrictions imposed by the health guidelines and the reduction of its public activities, ARS benefited from the active contribution of 27 volunteers during the 2022-2023 year for more than 4500 volunteer hours. Of these, 33% have accumulated more than 50 hours of volunteer time, 52% have volunteered since the beginning, 15% started volunteering in 2022, 15% are under 60 years old, and 37% volunteer in more than one activity.

Recognition

We would like to acknowledge the generosity and support of our volunteer speakers, the kinesiologists who advised us on our adapted exercise programs, our ergotherapist, our mentor

for her ongoing support, our community organizer at CISSSMC for his contribution, the CDC support team, the community organizations for their generous involvement and support for space, promotion and publicity, and all of our loyal attendees, our many generous volunteers, and our dedicated board and staff members.

Training

Arthritis South Shore in collaboration with Formatio, a partner organization, offered a free workshop to its clientele to raise awareness about Internet safety when participating in online activities. Twenty-five people registered for the workshop.

Basic training on the specifics of working in a health and arthritis organization was offered to some 10 volunteers, board members and staff on March 1. More sessions are planned in the coming months.

Communication and representation

Publications, advertisements, interviews, social media

Flash Arthritis is a newsletter published 3 times a year in French and English and distributed to over 750 organizations and individuals. It is primarily distributed in the agglomeration of Longueuil. It contains the ARS calendar of events and recent information on arthritis.

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

Interview of Premela Pearson with CBC, April 13, 2022.

Interview of Premela Pearson with CBC-News, April 19, 2022 : <https://www.cbc.ca/player/play/2024454211748/>

Le Courrier du Sud, Prix hommage aînés Montérégie, October 17, 2022 : <https://www.lecourrierdusud.ca/trois-aines-dici-honores/>

Cérémonie de remise du Prix hommage Aînés Québec 2022, November 2, 2022 : <https://www.facebook.com/TRCAM.CA/videos/542634277689992/>
<https://www.facebook.com/TRCAM.CA/photos/pcb.1947017658837100/1947017608837105>

Other ads in newsletters and social networks: Le Coursier (CDC), Brossard's website, 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), le Courrier du Sud. Other dissemination through organizations such as the Table de concertation de Brossard, the Table de concertation Alliance Aînés, the Table régionale de concertation aînés-Montérégie, the Regional Health and Social Services Partnership Table.

Representations, networking, and participation in events

Representation to government authorities, local and regional organizations.

ARS is present at many events requested by parliamentarians at various levels - municipal, provincial, and federal. ARS also supports, coordinates, and collaborates with many community organizations and attends their AGMs and other networking events such as forums. ARS also participates in the activities of community and social development committees and constantly seeks to keep abreast of the latest information they disseminate. ARS participates in promotional events and exchange information with the cities of Brossard and Longueuil. ARS has participated in more than 80 meetings for community well-being and sustainable health.

Representation and networking at Tables and committees

- La Table régionale des organismes communautaires et bénévoles de la Montérégie (TROCM) ;
- La Table régionale de concertation Aînés Montérégie (TRCAM);
- Regional Health and Social Services Table (RHSSPT);
- La Table de concertation de Brossard - CoCo;
- La Table de concertation Alliance Aîné.e.s de l'agglomération de Longueuil;
- La Table de Concertation des groupes de Femmes de la Montérégie
- Collectif Greenfield Park – Comité de pilotage;
- Comité Portrait social de Brossard;
- Comité Social et services Santé;
- Gouvernance DSVL – Comité de pont;
- Commission accessibilité universelle – ville de Brossard;
- Service des loisirs de Brossard;
- Service des loisirs de Longueuil.



Funding activities

Solicitations were made in person via exploratory and informational meetings (20+) and by letter (30+) to Members of Provincial and Federal Parliament and other organizations including five government grants. Special thanks to the recurrent funding obtained from the PSOC program.

Partnership and Collaboration

Partners

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

Collaborators (per alphabetic order)

- Brossard public library Georgette-Lepage
- Centre d'aide aux organismes communautaires (COCO)
- Centre intégré de santé et services sociaux de la Montérégie-Est
- Centre intégré de santé et services sociaux de la Montérégie-Ouest
- Corporation de développement communautaire de l'agglomération de Longueuil (CDCAL)
- Longueuil George Dor Library
- Moisson Rive-Sud
- Novalex
- Quebec Network of Junior Pain Investigators, McGill University (QNJPI)
- School of Physical and Occupational Therapy, McGill University
- Service de l'organisation communautaire (CISSSMC) – Kinésiologue
- St-Lambert Library

Collaborating Community Organizations (in alphabetical order)

- Action Prévention Verdun and La Station
- Alliance Carrière Travail
- Assistance and Referral Center (ARC)
- Association Canado-Péruvienne
- Association de fibromyalgie, région Montérégie
- Association des Femmes d'ici et d'ailleurs
- Catholic Action Montréal
- Centre ESPOIR Québec
- Centre Sino-Québec de la Rive-Sud
- Centre social d'aide aux immigrants
- Community Center La Résurrection
- Filipino-Canadian Community of South Shore
- Fondation Famille Alpha
- Formatio
- Le Centre pour femmes Com'femme
- Leisure Club
- Maison des Tournesols
- Maison internationale de la Rive-Sud
- Monteregie East Partnership for the English-Speaking Community (MEPEC)
- Montérégie West Community Network (MWCN)
- Seniors Respite Monteregie
- St. Antoine 50+ Community Centre
- The South Shore Black Community Association
- Vigie Rive-Sud
- Yellow Door

Award

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.



As part of Seniors' Day on October 1, the Table régionale Concertation Aînés-Montérégie (TRCAM) honoured five people from the Montérégie who contribute to the quality of life and well-being of their peers. Ms. Premela Pearson was honoured for her involvement with Arthritis South Shore and her commitment to several committees and round tables focused on seniors. Her involvement aims to work for the security and

well being of all seniors from all communities.

In the photo, we recognize Mrs. Premela Pearson in the centre with Pierre-Paul Côté, and Micheline St-Arneault, members of the TRCAM Board of Directors.



Ms. Pearson was also chosen by the TRCAM to represent the Montérégie region at the Hommages Aînés 2022 provincial award presented on November 2, 2022 by Ms. Sonia Bélanger, Minister of Health and Seniors. This award recognizes the volunteer involvement of seniors in their community. Mrs Premela Pearson resident of Brossard and the President and Founder of Arthrite Rive-Sud was presented this award.



For a second time, 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 well-being of the English-speaking community.



Acknowledgments

A special thank you to all members, volunteers, supporters, and participants of the activities.

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

We thank the 36 private donors, sponsors, and grantors who contribute financially to the maintenance of free or low-cost activities and the development of Arthritis South Shore.

- Linda Caron, deputy of La Pinière
- Sherry Romanado, federal deputy of Longueuil-Charles-Lemoyne
- Christian Dubé, deputy of La Prairie
- Lionel Carmant, deputy of Taillon
- Ian Lafrenière, deputy of Vachon
- Alexandra Mendès, federal deputy of Brossard-Saint-Lambert
- Shirley Dorismond, deputy of Marie-Victorin
- Nathalie Roy, deputy of Montarville
- Denis Trudel, federal deputy of Longueuil-Saint-Hubert
- Yves-François Blanchet, federal deputy of Beloeil-Chambly
- Alain Therrien, federal deputy of La Prairie
- Isabelle Poulet, deputy of Laporte
- Stéphane Bergeron, federal deputy of Montarville
- Jean-François Roberge, deputy of Chambly

We thank the Government of Canada for the grants received through the New Horizons Program. We thank the Ministry of Health and Social Services for the assistance through the program Actions Aînées du Québec and the program of support to community organizations (PSOC); the Ministry of Labour, Employment and Social Solidarity and the Alliance pour la solidarité de la Montérégie for the subsidy through the FQIS fund; and the CISSS Monteregie center for the Allocation Eclaireurs.




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