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Publisher

Arthritis South Shore

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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.

Awake to living a triumphant life despite the trials and tribulations.

Arthritis Rive Sud welcomes and invites each of you to register for the Fall program and awaken to vigor and vitality to enjoy a better quality of life. The art of living is being able to adjust to all the trials and tribulations. When you see a beautiful summer despite the smog and extreme heat, then you can see a triumphant life despite the aches and pains of arthritis. Together we move forward with vigor and vitality and hope to reach the point of happiness. All things are possible when we take charge of our own lives, get involved and be an active participant in our own well-being.

Arthritis Rive Sud thanks its members, volunteers, and participants for your appreciation through emails, telephone calls, and for responding to our survey in sharing your comments so we can work towards all our needs and interests. We also thank individual donors, parliamentarians, funders, community organizations and the various tables for supporting our cause in fighting an invisible chronic condition that is always on the rise. Special thanks to all for helping with the sustainability of the organization and thus creating an arthritis community on the South Shore. A lot of love, volunteerism, passion, and compassion go into the work behind the scenes.

Summer is a bustling period for our staff. Nicolas Beaudoin, Director General heading the organization and Julien Charles Lavoie Coordinator of all the activities for ARS are also working nonstop in preparing, planning, and organizing various activities for this FALL. We hope to provide equal opportunities for the well-being of all individuals and offer our activities at no cost or low cost.

We, the staff, and the board are aware there is a lot more to do. We will keep moving forward slowly but surely. We encourage you to awaken to yourself and the world around you. We hope all of you will come forward to volunteer and enrich the lives of others in respecting the values of Arthritis Rive Sud – Respect- Mutual Aid- Equality- Empathy and Transparency.

Special thanks to my dedicated board and to my efficient staff.

At your service -

Premela Pearson, Founder and President.

News From Arthritis South Shore

On May 17, ARS took part in Longueuil's Seniors' Week by offering an adapted exercise session at the Centre E.S.P.O.I.R. Québec. Using Vittia (Vee) Thong's playful yet effective approach, 19 people enjoyed moving while respecting their abilities.

On May 25, TVRS featured an interview by host Patrick Tessier with Ms. Premela Pearson. For the fall 2023, TVRS plans to produce and broadcast on its airwaves + MATv Mtl, a series of 13 podcasts, each 30 minutes long, featuring exceptional people. One of these podcasts will pay tribute to Ms. Premela Pearson for her perseverance and commitment to advancing the cause of arthritis.



On June 3, ARS took part in Greenfield Park's RIBFEST. Some 50 people stopped by to learn more about arthritis and ARS programs. Members of the Board of Directors were on hand to meet them.

On June 5, Arthrite Rive-Sud held its Annual General Meeting. The Board of Directors presented the [achievements of the current year](#) and the action plan for 2023-2024. Objectives include maintaining current activities and adding new ones, and seeking subsidies to consolidate staff retention, an essential element in the organization's sustainability.



The new Board of Directors is made up of Premela Pearson, founding president; André Faucher, vice-president; Danielle Jacob, treasurer; Johanne Boisvert, secretary; Ron Latchman, director; Caroline Veilleux, director; and James Burgess, director. Fifty people attended the event, 41 on site sharing a light buffet in a warm and friendly atmosphere and 9 participating online.

On August 19 and 20, ARS hosted a booth at the Parc de la Cité, during "La fête de la rentrée" at Longueuil. Thank you to the volunteers and all visitors who took the time to chat with us.



ARS has produced 10 videos with subtitles in five languages (French, English, Spanish, Chinese, Arabic) so that people confined to their homes for various reasons can now strengthen their physical capabilities at their pace, from the comfort of their houses. The instructor is Jean Proulx. Each video uses a different accessory: two small balls, one stick, two dumbbells, one elastic band and one bouncing ball. The videos can be viewed at: <https://www.youtube.com/@ArthriteRive-Sud/videos>

Special thanks to the Maison Internationale de la Rive Sud for their collaboration in helping with the translation of the video capsules.

Special thanks to Centre ESPOIR Québec for their continuous support in sharing their space for our activities.

Special thanks to Centre Alpha Tutorat for sharing their space for the program "I'm taking charge of my arthritis"

Conference

Les proches aidants, qui sont-ils et comment les aider ?

Ms. Chantale Tremblay and Karine Cloutier, conseillères en développement régional for the organization Appui. **(in French)**

November 24, 2023, 1:30 p.m.-3p.m. Brossard Georgette-Lepage Library, 7855 Avenue San-Francisco, Brossard, J4X 2A4.

Please register online at the Library after September 5: <https://biblio.brossard.ca/activites/les-proches-aidants-qui-sont-ils-et-comment-les-aider-24-novembre/>

L'anxiété et comment les exercices peuvent aider la résilience physique et mentale

Lucie Couillard, CISSS, Wednesday, September 13, 2023, 2 p.m.-3 p.m. **(in French)**

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

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

Third (French) and fourth (English) Monday of the month. From 1:30 p.m. to 3 p.m.

Online and on site at the Brossard Georgette-Lepage Library, 7855 Avenue San-Francisco, Brossard, J4X 2A4.

In **English**: September 25, October 23, and November 27, 2023

In **French**: September 18, October 16 and November 20, 2023

Register on line with the Brossard Library a few weeks before the event.

<https://biblio.brossard.ca/activites/causons-darthrite-18-septembre/>

<https://biblio.brossard.ca/activites/share-and-shine-25-september/>

<https://biblio.brossard.ca/activites/causons-darthrite-16-octobre/>

<https://biblio.brossard.ca/activites/share-and-shine-23-october/>

<https://biblio.brossard.ca/activites/causons-darthrite-20-novembre/>

<https://biblio.brossard.ca/activites/share-and-shine-27-november/>



I'm taking charge of my arthritis!

English: Monday, October 16 to November 20, 2023, 10 a.m.-12 p.m.

Centre Alpha Tutorat, 3250 boul. Rome, suite 4, Brossard, J4Y 1V9

French : Wednesday, October 18 to November 22, 2023, 10 a.m.-12 p.m.

Centre Alpha Tutorat, 3250 boul. Rome, suite 4, Brossard, J4Y 1V9

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Social Activities: Monthly Friday Brunch

Dates: October 6, November 3, and December 1, 2023, at 11 a.m.

Location: Restaurant Barbies, Brossard. At the participants' expense

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Adapted fitness exercises for arthritis

Professor: Jean Proulx.

Every Tuesday, 10 a.m. to 11 a.m. from September 12 to December 12, 2023.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 25 people on site but open to all at any time online.

Fitness adapted exercises for strengthening the resilience

Professor: Jean Proulx.

Every Wednesday, 2 p.m to 3 p.m, from September 13 to December 13, 2023.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 30 people on site but open to all at any time online



NEW: Adapted Dance Program

Professor: Carol Jones

Every Thursday from September 14 to December 14, 2023, 10 a.m.-11 a.m.

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

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 20 people on site but open to all at any time online.

NEW: Fitness adapted exercises for healthy life habits

Professor: Vittia Thong

Every Thursday from September 14 to December 14, 2023, 1:30 p.m.-2:30 p.m.

online and on site at the Centre communautaire de Greenfield Park, 330 Gladstone, Greenfield Park, J4V 2P7

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

Limited to 20 people on site but open to all at any time online

NEW: Programme P.I.E.D (In French)

Monday (1:30-2:30 p. m) and Wednesday (1:30-3p.m.) from September 11 to November 29, 2023.

On site at the Centre communautaire de Greenfield Park, 330 Gladstone, Greenfield Park, J4V 2P7. Conditions applied. Limited seats.

To register: [Click here \(Form\)](#) or send an email to info@arthriterivesud.org

New programs for this FALL at ARS

Programme P.I.E.D: a golden opportunity to regain your self-confidence

For independent seniors aged 65 and over who are concerned about falls or balance problems

This fall 2023, with Santé Montérégie, ARS will offer a French session of the Programme intégré d'équilibre dynamique (P.I.E.D also called STAND UP! in English). The program is led by a trained healthcare professional. It includes: Group exercises (e.g., balance, flexibility, and strengthening exercises); Exercises at home; Group discussions about ways to prevent falls, such as arranging your home properly, practising safe behaviours, following an exercise program, wearing safe shoes, etc.; Individual assessments of the participants' abilities, at the first and last meetings. For more information:

<https://santemonteregie.qc.ca/en/services/programme-integre-dequilibre-dynamique-pied>

The weekly session will be on Mondays (1:30-2:30 p.m.) and Wednesdays (1:30-3 p.m.) from September 11 to November 29, 2023, at the Community Centre of Greenfield Park, 330 Gladstone, Greenfield Park, J4V 2P7. (Registration page 4)

Adapted Dance Teacher: Carol Jones



With degrees in dance and acting, Carol Jones teaches and performs at home and abroad. Specifically designed for people living with arthritis, she will be leading an adapted dance workshop every Thursday morning from 10:30 a.m.-11:30 a.m., at the Centre ESPOIR Quebec in St-Hubert. Aiming for ease of movement, this workshop, based on a variety of techniques, including Essentrics and Pilates, uses dance, rhythm and breathing techniques. Her approach allows participants to discover the creative power of the body as a source of energy and well-being. (Registration page 4)

Adapted Fitness Program “Saines habitudes de vie”: Vittia Thong



Vittia Thong (Vee) has over 15 years' experience in the field of physical activity. He holds a bachelor's degree in kinesiology, a diploma in Osteopathy and Naturopathy, and several certificates, including in chronic pain management and nutrition. Every Thursday, from 1:30 to 2:30 p.m., from September 14 to December 14, he will host a Healthy Lifestyle activity at the Greenfield Park Community Centre. He will lead a workshop focusing on helping people better live with arthritis through exercise and healthy

leaving. Vee is sure to inspire you with fun and effective ways to get moving and have fun at the same time. (Registration page 4)

Resiliency Fitness Exercises Program: Jean Proulx



Jean Proulx has a bachelor's degree in physical activity and has been a fitness specialist for the 50+ age group for over 30 years. He will continue to teach the Tuesday adapted fitness exercises offered by ARS since October 2019. Every Wednesday, from 2 p.m. to 3 p.m., from September 13 to December 13, he will lead the Resilience building program with adapted rhythmic exercises. A conference on how exercises can help strengthen resiliency will take place in the first week. (Registration page 4)

Arthritis South Shore Speakers



Chantale Tremblay and Karine Cloutier are Regional Development Advisors Montérégie, for l'Appui. Ms. Tremblay has 20 years' experience in the community sector. Ms. Cloutier is dedicated to improving the quality of life of caregivers.



In their conference (in French) on November 24, at 1:30 p.m. at the Bibliothèque de Brossard, entitled "Les proches aidants, qui sont-ils et comment les aider" (caregivers, who they are and how to help them), they will discuss certain aspects of their reality, such as the impact of this role on the caregiver's life, the daily challenges, the risk and prevention of burnout, the importance of asking for help, not forgetting the rewarding aspects of this role. At the end of the presentation, we'll talk about the resources available in your area and the services offered by l'Appui. Registration page 3.



Mrs. Lucie Couillard has been the Executive Director and founder of the Centre de soutien en santé mentale - Montérégie since 2001. She has been involved in the mental health field for over 25 years.

She will be leading a workshop on resilience, a component of the Wednesday's adapted exercise resilience program. The title is "Anxiety and how physical exercise can help physical and mental resilience". Her lecture will be held at the Centre ESPOIR Quebec on September 14 at 2 p.m. Registration p. 3.

Special thanks to our enriching last Spring speakers

On March 31, Ms. Mahsa Vafaei, a doctoral student in medicine from the University of Sherbrooke, told us about her research into low-back pain using magnetic resonance imaging. Science has made great strides in understanding the brain, and it has emerged that the psychological effect of feeling supported can help reduce pain levels.

Sylvie Dagenais came to talk to us about the benefits of laughter and shared with us several techniques from Laughter Yoga, during the Arthritis Talk on April 14 and the Share and Shine on April 28. Laughter, she says, is an inner pharmacy that helps us through difficult times.

Arthritis South Shore Volunteers

Volunteers are an asset to society. That's why ARS has adopted a policy of recognizing that.

Many participants in ARS activities have at one time or another been a spontaneous volunteer. These small, generous gestures with no expectations, which often go unnoticed, are the cement of a warm and harmonious community life.

Since September 2019, ARS and its users have been able to benefit from the free expertise of 13 healthcare professionals.

To ensure business continuity, ARS currently has 23 registered volunteers, but needs twice as many to meet its obligations and respond to the most pressing needs.

To be counted among ARS volunteers, please fill in the application form available on our website at:

<https://arthriterivesud.org/emploisbenevolat/#benevoles>

And send it to info@arthriterivesud.org or phone us at 438-630-7215.

Arthritis and mental health

Around one in three adults with arthritis shows signs of depression and anxiety, compared with one in five and one in six respectively in the general population. This was the finding of Dr. Ebrahim Haroon, in a webinar presented on May 23, 2023. So why are people with arthritis at greater risk of mental health problems? Of course, the physical disability associated with arthritis, such as pain, stiffness and limitations on mobility and social activities, leads to stress, social isolation, frustration, helplessness, anxiety and depression. But chronic inflammation can also play an important role. All forms of arthritis, including osteoarthritis, lead to inflammation. One of the effects of inflammation is increased production of chemicals called cytokines. When cytokines enter the brain, they activate immune cells, and the chemical functions of neurons begin to change. Changes occur in the brain's emotional and pain perception system, affecting pain receptors and neurotransmitters that help regulate emotions, such as serotonin, dopamine, and glutamate (neurons communicate via neurotransmitters that act as a bridge).

There are ways to alleviate the symptoms of depression and anxiety. The best approach is to combine drug (if necessary) and non-drug approaches. The latter include physical activity and exercise, a healthy, anti-inflammatory diet, prioritizing rest and sleep, social interaction and support, yoga, meditation and cognitive behavioural therapy (CBT).

Dr. Ebrahim Haroon is an associate professor of medicine at Emory University School of Medicine. The webinar was organized by the Arthritis Foundation of America and can be watched at [Arthritis and Mental Health: The Inflammation Connection - YouTube](#).

Psychosocial Support



If you need to speak to a professional in psychosocial intervention, you can call Info-social 811 (option 2). This is a free, confidential telephone consultation service, available 24 hours a day, every day of the year. Professionals can give you advice and refer you to an appropriate resource.

To know more, see: <https://www.quebec.ca/en/health/finding-a-resource/info-social-811>

Another resource is Wellness Together Canada:

<https://www.wellnesstogether.ca/en-ca/about>. Here you'll find information, exercises, and various resources.

Arthritis and Fitness Exercises

Physical activity, combined with good sleep and a less sedentary lifestyle, are essential to staying vigorous, independent and mentally healthy for as long as possible ([Canadian guidelines](#)). Whether it's 150 minutes a week, 30 minutes a day, 2-3 minutes for every 30-40 minutes, or whatever your physical condition dictates, the important thing is to keep moving and reduce sedentary habits accordingly ([Després J.P., 2022-01-05](#)). With regular exercise, cartilage, ligaments, muscles and bones gain in strength and resilience. Physical activity and exercise thus help maintain joint health and reduce pain. If you experience pain, opt for low-impact exercises ([Arthritis Society](#)). For more exercises, see: <https://www.youtube.com/@ArthriteRive-Sud/videos>.

Heartfelt Thanks

A huge thank you to everyone who supports and helps ARS. All this help is important and contributes to the foundation of a community that strives to be more equitable and humane. ARS is inclusive, universally accessible and socially diverse.

Thank you to all our members and donors. To become a member or donor is to become a partner in the sustainable realization of ARS's mission, and to make it possible to maintain low-cost activities essential to the well-being of people with arthritis.

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 ;
Centre Alpha Tutorat ;
Community Centre of La Resurrection;
Formatio ;
Assistance and Referral Centre;
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 Femmes d'Ici et d'Ailleurs.

ARS is a proud member of several tables and committees.

TROCM-Table régionale des organismes communautaires et bénévoles de la Montérégie ; TRCAM-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.

Thanks to the MLAs of the Montérégie

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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. See our website at:
<https://arthriterivesud.org/en/emploisbenevolat/#benevoles>

Type of arthritis you have: _____

| **** FOR OFFICE USE ONLY **** | | | |
|--|---|------------------------------------|-------------------------------|
| MEMBERSHIP <input type="checkbox"/> | Effective: ____/____/____ mm yyyy | *DONATION <input type="checkbox"/> | |
| Payment _____\$ | Cheque <input type="checkbox"/> Institution & # _____ | | Cash <input type="checkbox"/> |
| *Receipt and thank-you letter ____/____/____ dd mm yyyy | | Receipt # _____ | |
| Update of relevant documents <input type="checkbox"/> | | | |