

October 2024



ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore, to promote well-being



THE ADVISOR

Information source for the South Shore English-speaking community

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October 1 is National Seniors Day and we are so appreciative of all the seniors in our community and wish to acknowledge the contributions seniors make to our families, communities and society. It's easy to show your respect and gratitude to a senior by visiting, calling or video messaging just to say hi! Or offer to run an errand or do a chore, go for a walk or just sit and chat. From all of us at ARC, we wish to extend our heartfelt thanks and encourage seniors to partake in our activities (see page 2 for a complete list) and do not hesitate to reach out to us if you need assistance connecting to the appropriate health or social service.

We have a few new activities this month, including:

- Coffee Talks, which is a parent and child activity on Wednesday mornings in Lacolle. For information and how to register, see page 5.
- Cribbage Night on Wednesday, October 16 and a Genealogy Workshop on October 1. These activities were offered to members first and all the spots have been filled.
- Also, don't forget we now have Senior Wellness activities in 3 locations on Wednesdays. In both Chambly and Greenfield Park, we are offering 5 sessions this month and in Clarenceville, 2 sessions. Have a look at page 4 for Greenfield Park, page 5 for Chambly and Clarenceville.

Don't forget that membership has its privileges! From time to time, we offer one-off activities and an email is sent to members first and for the most part the activity fills up before we are able to offer it to other people in the community. To become a member, [visit our website](#) and complete the form. It's only \$10.00 per year or \$25.00 for three years and three-year members also receive an exclusive ARC t-shirt.

The Government of Quebec issued an update for clarification purposes regarding the use of a language other than French with users of health and social services. The documents are available for you to review and download on page 3.


In this time of giving thanks, we give ours to you, our community members. Without your loyalty, your feedback and support, we wouldn't be where we are today. Wishing you all the best and a very Happy Thanksgiving.



October Activity Calendar

For additional information or to register for an activity, please contact

info@arc-hss.ca or call (514) 951-9711

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>These activities are made possible thanks to our funders</p> 						
		<p>1 Zumbini @ CGPKC 10:00-11:30 am</p> <p>Genealogy Workshop @ Activity Centre 1:00-3:00 pm</p>	<p>2 Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly / GPK 1:30-3:00 pm</p>	<p>3 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	4	5
6	<p>7 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom from</p>	<p>8 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p> <p>Caregivers Support Group via Zoom from 7:00-8:30 pm</p>	<p>9 Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly / GPK / Clarenceville 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>10 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	11	12
13	<p>14</p> <p>ARC OFFICES CLOSED</p> <p>HAPPY THANKSGIVING</p>	<p>15 Zumbini @ CGPKC 10:00-11:30 am</p>	<p>16 Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm</p> <p>SHARP: via zoom "Adapting your home to safely age in place" 10:00-11:30 am</p> <p>Seniors Wellness Activity Chambly & GPK 1:30-3:00 pm</p> <p>Cribbage Game Night @ Activity Centre 6:30-8:00 pm</p>	<p>17 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p> <p>Book Club (St Jean) 7:30-9:00 pm</p>	18	19
20	<p>21 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom from</p>	<p>22 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p>	<p>23 Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly / GPK / Clarenceville 1:30-3:00 pm</p> <p>Affordable baskets @ Activity Centre 3:00-7:00 pm</p>	<p>24 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p>	25	<p>26</p> <p>Family Wellness Saturday @ St-Jean Military College 10:00 am-2:00 pm</p>
27	<p>28 French Conversation Group @ Activity Centre 10:30-11:30 am</p> <p>Moms and Tots Playdate @ St-Jean 10:00-11:30 am</p> <p>Rock Painting Workshop @ Activity Centre 1:00-2:30 pm</p> <p>Ilana's Virtual Drawing Class via Zoom 2:00-3:30 pm</p>	<p>29 Social Cooking @ Activity Centre 10:00 am-12:00 pm</p> <p>Zumbini @ CGPKC 10:00-11:30 am</p>	<p>30 Caregivers Café @ Activity Centre 10:00-11:30 am</p> <p>Coffee Talks - Parent & Child Lacolle 10:00 am-12:00 pm</p> <p>Seniors Wellness Activity Chambly / GPK 1:30-3:00 pm</p> <p>Caregiving Community Virtual Workshop via Zoom 7:00-8:30 pm</p>	<p>31 Tai Chi/Qi Gong @ CGPKC 9:00-10:00 am</p> <p>Walk & Talk @ GPK 10:30-11:30 am</p> <p>Linda's Gentle Yoga via Zoom from 2:00-3:00 pm</p> <p>HAPPY HALLOWEEN</p>		

Use of a Language Other Than French With Users of Health and Social Services



Checklist

This Checklist is intended as a summary of situations in which a language other than French may be used with users of health and social services. It is intended for use by institutions in the health and social services network (RSSS).

In Quebec, the language of health and social services is governed by three laws: the Act respecting health services and social services (LSSSS), the Act to modify the organization and governance of the health and social services network, in particular by abolishing the regional agencies (LMRSSS) and the Charter of the French Language (Charter).

- ✓ Every English-speaking person has the **right to** receive health and social services in English to the extent provided by **access programs**. Thus, all services provided by institutions **designated** by government decree, and services indicated in the access programs must be offered in English. No restrictions have been placed on this right.
- ✓ Health and social services provided by **recognized** institutions may be offered in the language of **recognition**.
- ✓ In all other cases, health and social services may be offered in a **language other than French**, upon request, **when the health of any person so requires**.

All these situations enable RSSS interveners² to communicate in a language other than French. **No validation of the user's identity is required to access services.**

These health and social services situations are presented in the table below (partial list).

1. **Health requires it:** Any physical, mental, psychosocial or population-related circumstance in which the user must: receive assistance throughout the continuum of health care and social services; give his or her consent to care before it is provided; participate in decisions affecting his or her state of health, well-being or safety, as well as any emergency situation. It being understood that care must be provided in a scientific, humane and social manner, with continuity and in a personalized and safe manner (**article 5** of the LSSSS), **compliance with the law, the code of ethics and the clinical judgment** of each caregiver.
2. **Intervener:** any member of the network organization's staff who deals closely (clinical intervention) or remotely (administrative intervention) with the population, a user or his or her representative as part of the provision of health and social services, including reception services. A physician, dentist or midwife, other than a manager of the organization, is deemed not to be a member of the organization's staff.

Votre
gouvernement

Québec

Use of a Language Other Than French With Users of Health and Social Services



Checklist

PERSON'S LANGUAGE: FRENCH (FR)			
CIRCUMSTANCE	ORAL	WRITTEN	
In all circumstances, users ³ are entitled to communications and services in French.	FR	FR	

PERSON'S LANGUAGE: ENGLISH (ENG) OR OTHER LANGUAGE (OL)			
English or another language may be used with a user ³ under the following circumstances:			
CIRCUMSTANCE	ORAL	WRITTEN	
Designated institutions and access programs*	All health and social services offered in institutions designated by government decree and the services indicated by the access programs of other institutions.	ENG	ENG
Recognized institutions*	Institutions or facilities recognized for offering all their services in the language of recognition.	Recognized language	FR and recognized languages (English, Italian, Polish, Chinese)
When the health of any person requires it* – art. 22.3, Charter.	If a user does not understand or does not appear to understand French well enough, or if he or she expresses a desire to communicate in a language other than French for health and social services, including reception services, or at the discretion of the intervener.	ENG or OL - The intervener can communicate in the user's ENG or OL if he/she has the ability to do so or use interpreting services ⁴ .	FR and ENG or OL - The intervener can write in ENG or OL if he or she has the ability to do so or use translation services.

* No validation of user identity required to access services.

3. For the purposes of this document, the term "user" also refers to the user's legal representative, de facto representative, family member, caregiver or companion.
4. The **Orientations ministérielles concernant la pratique de l'interpréariat dans les services de santé et les services sociaux au Québec** (Ministerial guidelines concerning the practice of interpreting in health and social services in Quebec) provide for the use of interpreters to ensure access to safe, high-quality clinical interventions for both users with difficulty expressing themselves in French and the professionals who provide these interventions.

Santé
et Services sociaux
Québec

24-406-03w

The Charter of the French Language (CLF) makes French the official language of Quebec. By virtue of this law, the organizations of the health and social services network (RSSS) use the French language in an exemplary manner in all their activities, with the exceptions provided for in the CLF. The documents below set out the situations in which these organizations may use a language other than French where permitted by the provisions of the CLF.

Please note that changes have been made to the 'Directive specifying the nature of the situations in which the health and social services network intends to use a language other than French where permitted by the provisions of the Charter of the French Language' (RSSS Directive) for clarification purposes. Among the changes made, the latter has been divided into two parts, namely :

- Care and health and social services section, for use by field staff dealing with users. This section is accompanied by a checklist to make it easier to use.
- The administrative section, for all questions relating to contracts, research, posting, etc.

The first of the two parts of the revised HSSR Directive, dated September 23, replaces the provisions covered by the health care and services part of the HSSR Directive dated July 18. The second part of the revised HSSR Directive (administrative provisions) will be issued at a later date (to be determined), replacing the July 18 Directive in its entirety.

- Revised Directive dated September 23 (available in French only) www.arc-hss.ca/24-406-03w.
- The memory aid at the top of the page accompanies the directive to make it easier to understand is available to download in English www.arc-hss.ca/24-406-02wa.

What's new from the GREENFIELD PARK OFFICE



October 1 is National Seniors Day. Happy National Senior Day to all our senior friends in the community. *“To care for those who once cared for us is one of the highest honours.”*

Our **Senior Wellness Activities in Greenfield Park** take place every Wednesday from 1:30-3:00 p.m.

- October 2: Laughter Yoga
- October 9: Thankful Activity
- October 16: Indigenous Wellness Framework
- October 23: Pumpkin Decorating
- October 30: Halloween Party

How about taking part in **Ilana’s Virtual Drawing Class**? It is a fantastic way to unleash your creativity, learn new techniques and have fun from the comfort of your home. Whether you are a beginner or experienced artist, you’ll get guidance and meet fellow art enthusiasts. Grab a pencil and let’s create amazing art together. Join us on Mondays from 2:00-3:30 p.m. To register, contact info@arc-hss.ca or (514) 951-9711.

How about incorporating yoga into your routine? **Linda’s Gentle Yoga class** is a wonderful way to improve flexibility, build strength and find inner peace. Whether you are a beginner or seasoned yogi, this class is available for all levels. Take a deep breath and let’s embark on a journey of mindfulness and self-discovery through yoga. This activity takes place on Thursdays from 2:00-3:00 p.m. via Zoom and is free of charge. To register: info@arc-hss.ca or (514) 951-9711.

SHARP (Service for Healthy Aging in the Right Place) On October 16 at 10:00 a.m. on zoom, **Adapting Your Home to Safely Age in Place**. Register with the [following link](#).



Tai Chi is a gentle and flowing martial art that promotes relaxation, balance and overall well-being. Join our Tai Chi class to improve your flexibility, increase your mindfulness and reduce your stress, all while discovering peaceful and harmonious movements. Classes are held every Thursday from 9:00-10:00 a.m. at the Greenfield Park Community Centre (330 Gladstone St.). We kindly ask you to email and confirm your attendance with certified instructor Sandra Mitchell at taichirivesud@gmail.com.

Join our **Walk & Talk** group every Thursday at 10:30. Take a stroll in the beautiful community of Greenfield Park; it’s a great way to stay active, enjoy nature and engage in meaningful conversations. To register [contact Tania](#).

Bonjour, come and be a part of our **French Conversation Group** every Monday at 10:30. A great opportunity to practice your French, meet new people and take part in engaging conversations. A fun and rewarding experience. Come join us and let’s improve our French together! [Contact Tania](#).

Tania Blood is the Community Outreach Coordinator in our Greenfield Park office, covering the cities of Greenfield Park, Brossard, St-Lambert and St-Hubert. Contact her with any questions at gpk@arc-hss.ca or call (514) 213-3744.

HAUT-RICHELIEU-ROUVILLE

Review



Senior Wellness Activities in Chambly

October 2 - We will be hosting a class on how to make your own bookmark, a useful marker to use in your favourite book.

October 9 - Will be a day dedicated to Thanksgiving where we will gather around to talk about things we are thankful for in our lives. There will also be the possibility of hosting a short presentation on financial advice.

October 16 - We return with some more physical activities dedicating our time together to Tai Chi. This will be a great opportunity to help strengthen our muscles and joints needed in our everyday lives.

October 23 - We have a presentation from a good friend of ARC, Nurse Penny, who will be able to provide and answer any informative questions one may have.

October 30 - We will be making Halloween themed decorations for the whole family.

With regards to our **Family Wellness Saturday** on October 26 from 10:00 a.m.-2:00 p.m., ARC will have the privilege to welcome a professional photographer to take amazing portrait photos. Given that Halloween will be right around the corner, we encourage families to come dressed in their Halloween costumes and create some wonderful memories. Attendees will have the option to request a hard copy portrait, digital or polaroid photo of this amazing experience. We look forward to seeing you all soon at the Royal Military College, located at 15 Jacques-Cartier Street N. For further information please visit [ARC's website](#) or our [Facebook page](#).

Parent and child coffee talk activity! This Wednesday morning activity in Lacolle is designed to bring together parents and children aged 0 to 5 in a friendly, supportive environment. It's a space where parents can meet, share concerns, stories and tips, while children play and interact. Through informal discussions, parents can learn valuable insights about parenting, share experiences and discover practical tips from one another. Sessions are offered in both English and French, no registration needed and transportation is available upon request. This activity is a welcoming and accessible way to build connections and grow as a parent.

Mommy & Me Club - St-Jean Where babies and their parents get together to participate in fun activities located at our St-Jean office. Playdates organized by our valued volunteer-mom coordinator, Amanda, are fun for all. For more details, [contact her by email](#).

Senior Wellness Activities in Clarenceville We're excited to offer a series of enriching activities designed to engage various aspects of well-being: cognitive, creative, physical and therapeutic.

October 9 - Join Nurse Penny for an interactive session on basic first aid techniques. This essential life skill workshop will cover critical procedures for handling everyday injuries and emergencies, helping participants develop their problem-solving and cognitive abilities.

October 23 - Unleash your creativity with a fun and relaxing rock painting session. Whether it's designing intricate patterns or painting calming scenes, this activity offers a great opportunity for self-expression and mindfulness through art.

ARC 55+ COMMUNITY
2000 BOURGOGNE AVE.
CHAMBLY, J4L 1Z4
COME AND JOIN US!

WEDNESDAYS
1:30-3:30

ARC

Secrétariat aux relations
avec les Québécois
d'expression anglaise
Québec

CHSN

The views expressed herein do not necessarily represent the views of the Gouvernement du Québec

55+ COMMUNITY

ARE YOU A 55+ ENGLISH SPEAKER?

- Free bi-weekly social gathering
- Activities designed to stimulate physical, cognitive and mental wellbeing
- Snacks and coffee

FREE ACTIVITIES!

OCTOBER EVENTS

- October 9: Basic First Aid with Nurse Penny
- October 23: Rock Painting

More to come in November

1 Tourangeau Street
Clarenceville, QC

Bi-weekly Wednesdays
1:30 - 3:30pm

(514) 980-8900
hrr@arc-hss.ca

Made possible with support from:
Gouvernement du Québec
CHSN

Ashley Daniel is ARC's Outreach Program Coordinator in Haut-Richelieu-Rouville.
For information, please feel free to reach out to her at (514) 980-8900 or hrr@arc-hss.ca.

CAREGIVERS CORNER

"Caregiving is a constant learning experience."
- VIVIAN FRASER

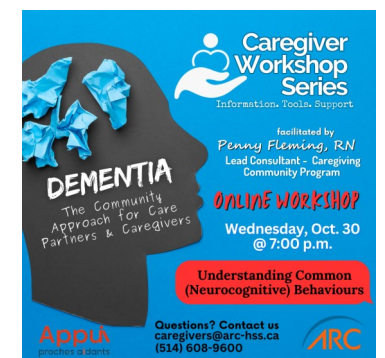
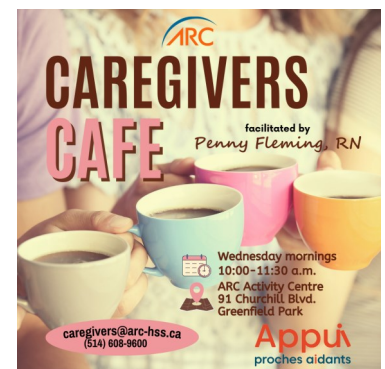
Throughout October, our nurse-led Caregiving Community learning activities will focus on dementia, its various forms and associated behaviours. Join us at Caregivers Cafe or attend our online workshop with Nurse Penny as we delve into Dementia 101 and Common Neurocognitive Behaviours. Whether you're caring for someone with a new onset of dementia, looking for more insight into normal aging versus cognitive decline, or simply want to learn from our caregiving expert, we have a community approach and a welcoming space for your questions.

Caregivers Cafe is already in its second year and growing. This dynamic group meets every Wednesday morning from 10:00-11:30 a.m. at our Activity Centre at 91 Churchill Blvd. It's a chance for caregivers to relax, socialize, learn more about the topics that matter most and discover community resources. Former caregivers are especially welcome to participate.

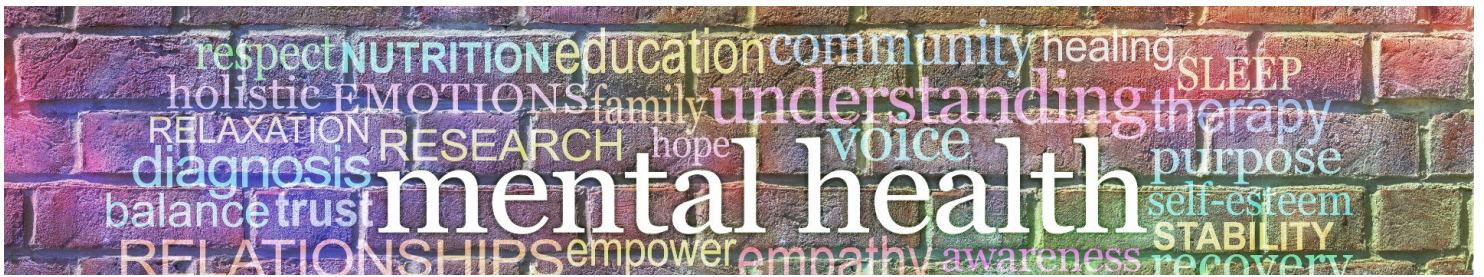
- **October 2: *Dementia 101*** with Penny Fleming, RN. Gain a better understanding of neurocognitive illness with our caregiving expert. Learn about the various forms of dementia with a formal presentation and interactive discussion.
- **October 9:** Coffee, refreshments and caregiver exchange, plus Caregiver Bingo makes its return to the Cafe.
- **October 16:** Neurocognitive illnesses often present challenging behaviours. Nurse Penny presents ***Understanding Common (Neurocognitive) Behaviours*** with an interactive presentation and open discussion.
- **October 23 and 30:** We'll be socializing, creating some art and testing our knowledge about our community and the resources around us.

Caregiving Community Monthly Online Support Group takes place on Tuesday, October 8 at 7:00 p.m. on Zoom. Join our virtual community from the comfort of your home and meet our social work consultant Emma Pepall-Schultz. This is the perfect place to get the support you need, especially if you work or need to care for your loved one during the day.

Caregiving Community Virtual Workshop with Penny Fleming, R.N. on Wednesday, October 30 at 7:00 p.m. Nurse Penny draws from her 30+ year career as a nursing professional and teacher and over 4 years as a special consultant to ARC's Caregiving Community Programs. Our online community said they need more insights into dementia-related behaviour and how to safely navigate difficult situations. And guess what? We listened. Join the discussion on Zoom - it's interactive, educational, and always supportive.



Christine Prince is ARC's Caregivers Program Coordinator and oversees the Caregiving Community Programs and grief support group. For information, please feel free to reach out to her at (514) 608-9600 or caregivers@arc-hss.ca.



Connect for your health

AMI Quebec Online Workshops for family and friends on Google Meet - for more info click [here](#).

- Meditation runs for 10 sessions starting October 2 from 10:30-11:30 a.m.
- Intro to Borderline Personality Disorder, October 9 from 6:00-8:00 p.m.
- Write From Your Heart runs for 8 sessions on Thursdays starting October 17 from 10:30 a.m.-12:00 p.m.

Annual Mental Health Forum: Grieving Losses Surrounded by Uncertainty: Understanding, Coping and the Myth of Closure, October 17 at 7:00 p.m., 7141 Sherbrooke W.

In person workshops for family and friends at AMI Quebec offices, 5800 Decarie, Montreal

- Coping Skills, October 22 from 6:00-8:00 p.m.
- Aging While Caring for Others, September 24, October 1 and 8 from 10:00 a.m.-12:00 p.m.

Support Groups with AMI Quebec for more info click [here](#). Support groups for family, friends and people living with mental illness on Google Meet, Mondays 6:30-8:00 p.m.

South Shore Family and Friends in person support Group at 91 Churchill Blvd., Greenfield Park. October 7, 6:30-8:00 p.m.

Support Groups with Friends for Mental Health West Island Group for parents of children living with anxiety provides information and a safe space for parents to share with other parents. Every 1st Monday of the month from 6:30-8:30 p.m. - Bilingual - Registration required, click [here](#).

Men's Support Group October 14, 6:30-8:30 p.m. Online on ZOOM. The goal of this support group is to create a safe and welcoming environment for men of all ages. Click [here](#) for more info.

Bipolar and Psychosis Support Group This support group will provide information and a safe space for sharing about the impact of Psychosis and Bipolar Disorder on relationships and family life. Every 3rd Monday of the

month from 6:30-8:30 p.m. Bilingual - Must register, click [here](#).

Borderline Personality Disorder Support Group This support group helps caregivers to deal with the repercussions of the emotional distress and behavioural difficulties associated with this disorder. Bilingual French and English Group, 4th Monday 6:30-8:30 p.m. For more info, click [here](#).

Online Programs and Apps to Help with your Mental Health

The Bounce Back Program is offered for teens ages 14-17 and adults 18+ through the Canadian Mental Health Association and works in two ways:

1. Telephone coaching with skill-building workbooks designed to improve well-being.
2. Videos with practical tips on mood management, sleep habits, confidence building, problem solving and healthy living. Click [here](#) for info.

Getting Better My Way is a free self-management tool that was designed to help people experiencing depression, anxiety and bipolar disorder. Click [here](#) for more info.

+FORT: Stronger Than Bullying? It's a unique tool that gives young people empirically based and useful information about bullying. The app also helps them better understand what they're going through and discover and test strategies that can help diminish the amount of bullying they experience. Available at Google Play Store and Apple App Store. Click [here](#) for more info.

You, me and baby is an online program to help improve the mental health of new and future parents. Click [here](#) for more info.

The iSMART app (Stress Monitoring Assessment and Resolution Technologies) was developed by mental health researchers to aid people in managing chronic stress by identifying triggers and neutralizing them more effectively. Available at Google Play Store and Apple App Store. Click [here](#) for more info.

Therese Callahan is ARC's Outreach Program Coordinator and oversees the Mental Wellbeing Initiative. For information, please feel free to reach out to her at (514) 605-9500 or outreachqpk@arc-hss.ca.



discover **community** activities for all

October is Breast Cancer Awareness Month. Breast cancer starts in the cells of the breast. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. Early detection, treatment and support is achievable when working collectively with people united by the same goals. Click [here](#) for more information.

St. Lambert Children's Zoo - Reading Session With a Dog. An enriching experience for children to practise their reading skills with the company of a furry friend. October 5 and 12 from 10:30-11:30 a.m. at the St. Lambert Library. Register [here](#) to register.

Fund Raiser and Walk for Celiac Canada on October 6 at 2:00 p.m. There will be a 5 km walk on Mont St. Bruno starting at the Chalet. For more details, click [here](#). To join, you will need to purchase a day pass for \$9.85 from SEPAQ for entry into the park. [Here](#) is the link for the pass.

Phoenix Lunch: The popular *Community Lunch and Food for Thought* program is back. Starting October 8, every Tuesday from 11:30 a.m.-1:00 p.m. at the Royal Canadian Legion Branch 94 (Greenfield Park). Come and enjoy a delicious meal and connect with friends and neighbours. Click [here](#) for all the details.

The Geographies of DAR - A National Film Board Presentation: Monday, October 7 at 7:00 p.m. at the Brossard Library. For information, contact: Michèle Tibblin at (450) 923-6350, # 6280 or by [email](#). A visually stunning film on acclaimed author David Adams Richards and his connection to one of Canada's most overlooked yet breathtaking regions. Free. Ninety-three minutes in English with French subtitles. To view trailer, click [here](#). To register, click [here](#).

St. Lambert Library Intermediate iPad Course for Retirees (in French). On October 9, 16, 23 and 30 at 10:15 a.m. Register [here](#).

Trivia Quiz Night with a musical twist. October 10 at 6:00 p.m. at the Royal Canadian Legion, 205 Empire, GPK. Cost is \$25.00 and is a fundraiser for the St. Francis of Assisi roof fund. For more info, [send an email](#).

Seniors Action Quebec: Tuesday, October 15 from 10:00 a.m.-12:00 p.m. Webinar about *Cancelling Your Lease Due to Special Needs: Understanding Your Rights and Obligations*.

Do you have special needs and or having issues with apartment rental? Click [here](#) for more details. Deadline to register is October 8.

Fall Creative Writing Workshop with Jeanette Paul at the GPK Library, 225 Empire St. Eight-week session from October 15 - December 3, 2:00-4:00 p.m. Cost is \$40.00. To register and for more details, call (450) 651-7044 or [send an email](#).

English Book Club featuring *The Book of Lost Things*. Located at the St. Lambert Library, 490 Mercille Avenue - October 17 at 7:00 p.m. Registration required [here](#).

Our Harbour's 20th Anniversary! Twist, stomp and rock the night away with live entertainment. October 19 from 5:30 -11:00 p.m. at the Royal Canadian Legion Branch 94, 205 Empire St., Greenfield Park. General admission \$40.00. For details and to register, click [here](#).

Mental Health vs Physical Health and Well-being: October 21 from 1:30-3:00 p.m. in person at the Brossard Library or on Teams. Presented by Manoushka Charles, experienced nurse, specialist in mental health and psychosocial recovery at St. Mary's Hospital. For all the details click [here](#).

Sun Life Longueuil Half Marathon on October 30. Run or walk various courses, consisting of 1 km, 5 km, 10 km and 21.1 km at the Michel-Chartrand Park from 7:00 a.m.-12:00 p.m. Click [here](#) for more information.

Clarenceville

Halloween Dance & Costume Contest on October 26 from 7:00-10:30 p.m. at the Activity Centre (1 Tourangeau St., Clarenceville). Dress in your spookiest, funniest, or most creative costume and take part in the costume contest! Click [here](#) for all the details.

Chambly

Strength & Stretch fitness class (low impact, for all levels) at Randell Hall, 2000 Bourgogne in Chambly. Saturday mornings from 8:00-9:00 a.m. Cost is \$5/class and proceeds go to St. Stephen's Anglican Church. To join, [email Devon](#).

Book Sale at Randell Hall, 2000 Bourgogne, in Chambly. October 11 from 4:00-8:00 p.m. and October 12 from 9:00 a.m.-3:00 p.m. For information, [contact by email](#).

The Last Word

According to the **Alzheimer Society of Canada**, it's estimated that 733,040 people in Canada are living with dementia, and every day, more than 350 people develop dementia, which is more than 15 Canadians every hour. By 2030, nearly 1 million people in Canada could be living with dementia. Did you know that every year, family and friends provide more than 580 million hours of care to people living with dementia? This adds up to 290,000 full-time jobs. Being an informal or family care partner is indeed a full-time job and it's often a role that extends far beyond a typical workday. Plus, it's exhausting and stressful to find the information and resources you need. It may seem impossible to invest in self-care and caregiver education when your list of tasks is exhaustive. Their goal is to make caregivers feel supported and provide a platform for accessible tools, reliable information and we strive to make everyone feel like they're part of a community...within our community. To read more, click [here](#).

Word of the Day: "Sundowning" refers to a state of confusion that occurs in the late afternoon and lasts into the night. Sundowning can cause various behaviours, such as confusion, anxiety, aggression or ignoring directions. Sundowning also can lead to pacing or wandering. Sundowning isn't a disease. It's a group of symptoms that occurs at a specific time of the day. These symptoms may affect people with Alzheimer's disease and other types of dementia. The exact cause of sundowning is not known. For more information please click [here](#).

Welcome to the dementia awareness resources toolkit, which was created to share dementia information and resources developed during the Public Health Agency of Canada's national public education campaign (2019–2024). Resources were developed to expand awareness of dementia risk reduction, reduce stigma and enable communities to be more dementia-inclusive. Resources are available in English and French. To find out more, click on the [toolkit](#).

To be added to our contact list, please [email us](#) with your name and email address.

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