

# The Advisor

Your information source for community activities on the South Shore



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[VOLUNTEER.CA](http://VOLUNTEER.CA)

The Advisor is typically a monthly list of activities and topics of interest for our community. But again this month we will instead simply provide information and tools to help you get through this health crisis.

This week is National Volunteer Week and we applaud the almost 13 million Canadian volunteers for their dedication and generosity.

Remember to follow directives from the Quebec Government and please stay at home.

This is a small sacrifice we can all make right now to slow the pace of this disease. Stay home and save lives.

If you have been forwarded this newsletter and wish to **subscribe**, simply [click here to send us an email](#). Stay safe and well.

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## ONLINE PARENTING WORKSHOP

If you are a parent with young children or teenagers and find it hard to be in isolation while trying to balance work and raising kids, **YOU ARE NOT ALONE.**

Facilitated by Family Life Educator Karen Delage

Join a discussion group with other parents on how to cope with actual realities. A short presentation will be followed by discussions and a question period.

- April 30th at 10:00 am on Zoom.
- The zoom link will be sent after registration
- TO REGISTER: [arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)

This initiative is made possible with funding from Health Canada through CHSSN



# VIRTUAL DRAWING CLASSES

Online and Interactive with artist Ilana Kuska

**All you need is a piece of paper and a pencil**

Every other Monday starting April 27th  
From 2:00 p.m. to 3:00 p.m.

- After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect. ●  
*In case you have technical problems, we will help!*

**TO REGISTER:**  
[arc.admassistant@gmail.com](mailto:arc.admassistant@gmail.com)

This initiative is made possible with funding  
from Health Canada through CHSSN



## Community Information

- The Death Café will restart as soon as the government directives allow to safely gather in person again. Keep an eye on their Facebook page <https://www.facebook.com/DeathCafeMonteregie/> as well as further newsletter announcements. You can also email [dcregister@videotron.ca](mailto:dcregister@videotron.ca).
- The South Shore Women's Circle wishes you to know that they are holding space for a beautiful tomorrow and sending out positive and hopeful vibes each time they gather. Since they can't do this in the physical for a while, they've moved to holding a virtual circle. The next "Cyber Circle" will take place on Monday, April 27 at 7:00 p.m. If you are interested in joining, please contact Julie at [womenswayscirclemtl@icloud.com](mailto:womenswayscirclemtl@icloud.com).
- The South Shore Black Community Association is still there for you, just in a different way. Despite the fact that all events are either cancelled or postponed until further notice, they want you to know they are thinking of you and look forward to getting everyone back together once all of this is over. Please keep in touch and do not hesitate to reach out should you need any assistance. Phone 438-823-4025 or email [ssbca.info@gmail.com](mailto:ssbca.info@gmail.com).
- A bilingual Quebec-based social worker is available for people living with Parkinson's, their care partners and healthcare professionals at 514-357-4291 ext. 3411, 1-800-565-3000 ext. 3411 or by email [infoQC@parkinson.ca](mailto:infoQC@parkinson.ca). Support groups on line or by telephone.
  - [Information specific to the Parkinson Community](#) and lists of [Parkinson's activities on Parkinson Canada website](#).
  - Information, resources and activities updated daily on the [bilingual Parkinson Canada au Quebec Facebook page](#).
  - Access to many online conferences (in English) on the [Parkinson Canada YouTube channel](#)
- The Yellow Door has moved some of their wellness groups online—free, all welcome and intergenerational! Find them here: <https://www.facebook.com/YDActivities/>.
- Arthritis Society webinar this Thursday, April 23, 6:00 to 7:00 pm. Join rheumatologist Dr. Vandana Ahluwalia and pharmacist Dr. Alan Low in an Arthritis Talks Special dedicated to answering your questions about COVID-19, arthritis and your medications. This webinar is a follow-up to the previous 'COVID-19 and You' webinar. [Register here now](#).

## PLEASE DON'T FLUSH YOUR WIPES DOWN THE TOILET

Significant risk of clogging and damage to wastewater treatment equipment. Any of these situations can force the shutdown of sewer systems. In this time of crisis, let's work together to avoid further serious problems.





**Virtual Café**

Join us and let's chat  
Every Tuesday at 2:00 pm

Registration required by phone or e-mail to:  
514-608-9600 - [arc.projectcoord@gmail.com](mailto:arc.projectcoord@gmail.com)

After registration, a link will be sent to you by e-mail with clear and easy instructions on how to connect.  
*In case you have technical problems, we will help!*

This initiative is made possible with funding from Canadian Heritage



Canadian Heritage



Patrimoine canadien

## What is a Virtual Café?

Video calling technology and internet speeds have made gigantic leaps over the past couple decades, and you can now easily talk with someone halfway around the world. It's not a perfect replica of an in-person conversation, but it's a lot more personal than email or talking on the phone.

This café is open and available to any and all who may need it. Think of it as people meeting together for friendly chat in order to get to know one another through technology.

The goal is to break isolation and provide an opportunity for people to meet and maybe exchange phone numbers to be able to call each other later if they feel like it.

From your own home, make yourself comfortable, bring your coffee and chat with us on your computer.

All you need to do to register is call 514-608-9600. We will then email you a link and you simply click on it at the given time and instantly be with other people.

***Don't stay isolated or nervous. You need not be alone by attending this friendly meeting.  
This is an opportunity to meet and get to learn about one another!***

## Prepared Meal Services and Other Options to Dining Out

Why not treat yourself to a break from cooking with a night out at home? Better yet, set the table with candles, dress nicely and have the kids play maître d'.

There are many companies who prepare meals for pick up or delivery. Nutritious, healthy and tasty, made with the highest quality ingredients that you can even pronounce! Here are just a few that the employees at ARC have used and can recommend:

- Les Ravitailleurs Comptoir is located on the ground floor in our building in Greenfield Park. Have a look at their take-out [menu here](#). While it is only in French only, if you call 450-904-4100, they will be pleased to respond to you in English.
- Bon C Bon is located in Lasalle, but they do deliver to the many areas on the South Shore for a small fee. Have a [look at their menu](#) or call 514-358-2669.
- Les Petits Chefs Express, located in St. Hubert, offer home delivery. Check out their [extensive menu](#) or call 450-812-8334. They even offer same-day delivery.

There are also many other restaurants and fast food options for delivery or take out. For example, visit the [City of Brossard's website](#) and go down to the *Restaurants* tab for an extensive listing.

## What you should do if you think you have the COVID-19

- If you are worried about COVID-19, you can call 418-644-4545, 514-644-4545, 450-644-4545, 819-644-4545 and 1-877-644-4545 (toll free) elsewhere in Quebec.
- Do not go to a medical clinic unless you have first obtained an appointment.
- If your condition allows you to do so, call 1-877-644-4545. If you are a traveller who has returned within less than 14 days, mention it.
- Visit the emergency room only if you have difficulty breathing (you have difficulty breathing when resting or are unable to breathe when lying down).

### Symptoms

The main symptoms of COVID-19 are as follows:

Fever:

- in children: 38°C (100.4°F) and above (rectal temperature),
- in adults: 38°C (100.4°F) and above (oral temperature),
- in older adults: 37.8°C (100°F) and above (oral temperature),
- or 1.1°C above the person's usual value;
- a new cough or a cough that gets worse;
- difficulty breathing;

or

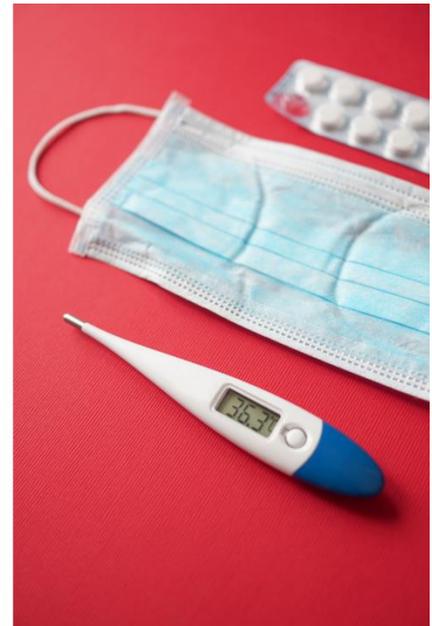
Sudden loss of sense of smell without nasal congestion, with or without loss of taste.

The symptoms can be mild and similar to cold symptoms. They can also be more severe, like those associated with pneumonia and respiratory failure.

People most at risk of dying from complications are those:

- with a weak immune system;
- with a chronic disease such as diabetes or heart, lung and kidney disease;
- age 70 and older.

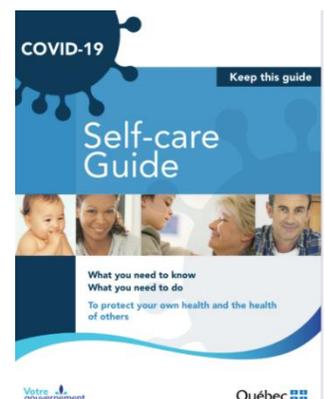
Source : <https://www.quebec.ca/en/health/health-issues/a-z/general-information-about-coronavirus>



**The Self-Care Guide** is designed to enable Quebecers to make the best possible decisions to best protect against COVID-19 and provide basic care to yourself and your family circle, and know where and when to consult if the need arises for care services.

[Download the PDF of this document.](#)

In addition to this guide, there are others available on the [Government of Quebec website](#) including: [Stress, Anxiety and Depression Associated with COVID-19](#), [My Child is Worried About the Pandemic, What can I do to provide support](#), just to name a few. [Visit their website](#) on a regular basis to stay up to date.



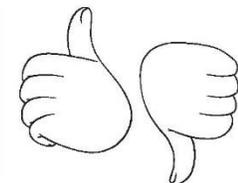
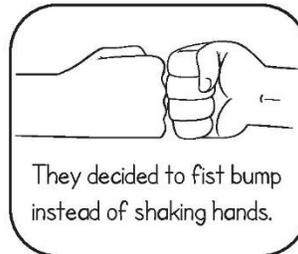
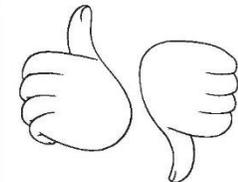
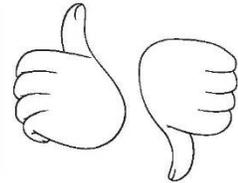
# Health Worksheet for Kids

## Protecting Yourself and Others From Viruses

Name \_\_\_\_\_



Color the correct hand for each image.



Put the 5 steps to wash your hands the right way in the correct order. Write the number from 1 to 5 inside each square.

<p><b>Lather</b></p> <p>Put soap on your hands and rub your hands together.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p><b>Wet</b></p> <p>Wet your hands with clean water.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p><b>Dry</b></p> <p>Dry your hands with a clean towel.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p><b>Rinse</b></p> <p>Rinse the soap off of your hands.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>	<p><b>Scrub</b></p> <p>Scrub your hands for 20 seconds.</p> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 0 auto;"></div>
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## Food and Nutrition

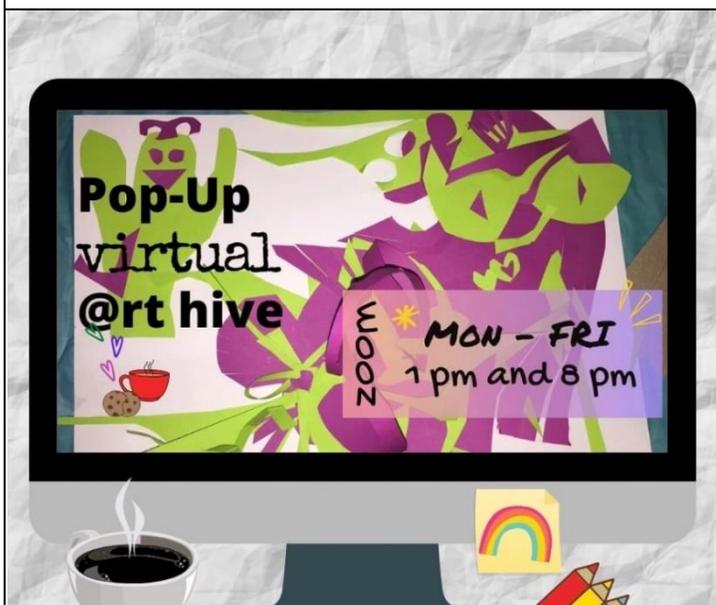


Staying at home through this period of social distancing has changed the way we eat and exercise. Spring is here and soon the warm temperatures will follow, which will be great for getting outdoors more often for walks, biking or running. Diet is another important factor to staying healthy. In times of stress, and perhaps boredom, the pull to either overeat or eat the wrong foods is strong. Canada's Food Guide is a great reminder of how we should still continue to eat. It is now available in a [multitude of languages for download](#).

Nutritious foods are the foundation for healthy eating.

- Vegetables, fruit, whole grains, and protein foods should be consumed regularly. Among protein foods, try to consume plant-based more often.
  - Protein foods include legumes (for example beans, peas, lentils), nuts, seeds, tofu, fortified soy or nut beverage, fish, shellfish, eggs, poultry, lean red meat including wild game, lower fat milk, lower fat yogurts, lower fat kefir, and cheeses lower in fat and sodium.
- Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat. Unsaturated fat can be either polyunsaturated (omega 3 and 6) or monounsaturated.
  - Good choices for unsaturated foods include fish, seafood, nuts and seeds, oils (canola, olive, peanut, sesame, soybean), avocados and margarine. Smaller levels of healthy fats can also be found in eggs, beef and chicken.
- Water should be the beverage of choice to support health and promote hydration without adding calories to the diet.

For more information on this subject, refer to the source: [Canada's Food Guide](#) and [Dieticians Associations of Australia](#).



## Pop-Up Virtual Art Hive

This group has been created in the same spirit as physical art hives. An inclusive space where you can spend time with others while exploring any type of creative expression in an unstructured way, using materials that are accessible in your home.

The purpose is to create time and space for art-making and creative expression within the community. Feel free to introduce yourself and share any of your work!

Join their Facebook Group @

<https://www.facebook.com/groups/234333547722068/>

## Are you looking for a job?

By Marilyn Cantin

Job seeking in this time of crisis and lockdown is difficult, yet possible. While a lot of branches of activities and enterprises had to close their doors, while others are really in need.

The food industry is currently in great demand for staff, whether directly in grocery stores (cashiers, clerks, wrappers) or at their distribution centres (warehouse clerks, forklift drivers, receiving and shipping clerks). Companies offering prepared meals or ingredients along with the recipe for you to cook delivered to your door also need manpower.

With grocery stores and pharmacies still working at full capacity, they need to be provisioned. Transport and logistic are therefore both in high demand. The enterprises in those sectors are looking for truck drivers, delivery men, people to pack the orders, etc.

Besides the essential services still maintained, many organizations are still offering their services by distance. Working remotely is more popular than ever these days. That is why the fields of computing, telecommunications and technology have many positions to fill right now. In order to support all these employees working from home, we need technical support agents, programmers and computer technicians.

Last, but not least, a branch of activity highly in demand is healthcare. However, besides the nursing staff (nurses, doctors, attendants), administrative positions must be filled to sustain the services and establishments.

You should note that all of these domains are accepting spontaneous applications. So, do not hesitate to apply whether it is in hope to get a new job now or after the lockdown period. Additionally, recruiting agencies can always give you a hand on your research because they have, continuously and in real time, many corporate jobs to fill.

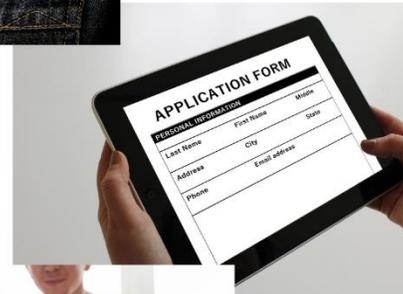
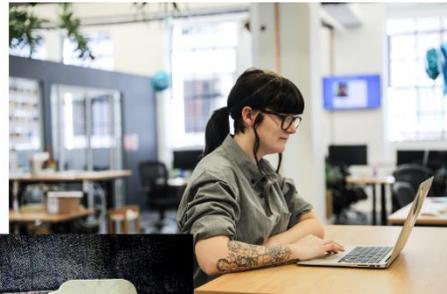
If your job search unfortunately does not target these activity sectors, please note that you can always volunteer your help and skills to community organizations near you. Taking online courses can also help you to increase your field of knowledges and skills.

Finally, you may feel the need to be accompanied in your job-seeking process because you don't know where to begin. How do I update my resume? How do I introduce myself for a job interview? Which positions should I look for? Note that organizations such as ours, CIJAD-CJE Laporte, offer job search assistance services and guidance counselling, free of charge. These services are currently offered by distance counsellors.

<http://placement.emploiquebec.gouv.qc.ca/mbe/ut/rechroffr/erechroffr.asp?CL=english>

Job search assistance organizations:

- [https://www.mess.gouv.qc.ca/services-en-ligne/centres-locaux-emploi/localisateur/index\\_en.asp](https://www.mess.gouv.qc.ca/services-en-ligne/centres-locaux-emploi/localisateur/index_en.asp)



#### Food industry:

- <https://emplois.iga.net/jobs>
- <https://corpo.metro.ca/en/careers.html>
- [https://cta.cadienttalent.com/index.jsp?LOCALE=en\\_US&SEQ=home&applicationName=CostcoCanadaNonReqExtCanada](https://cta.cadienttalent.com/index.jsp?LOCALE=en_US&SEQ=home&applicationName=CostcoCanadaNonReqExtCanada)
- <https://attitudefraiche.com/careers/>
- <https://www.makegoodfood.ca/en/careers>

#### Transport:

- <https://www.robert.ca/en/jobs>
- <http://www.groupemorneau.com/en/career-section/>

#### Computing/Telecommunications/Technology:

- <https://chm.tbe.taleo.net/chm02/ats/careers/v2/searchResults?org=SHERWEB&cws=42>
- <https://jobs.bce.ca/bell/search/?createNewAlert=false&q=&locationsearch=Montr%C3%A9al>
- <https://videotron.taleo.net/careersection/200/jobsearch.ftl?lang=en>

#### Healthcare:

- <https://santemontreal.qc.ca/en/public/careers/>
- <https://santemontregie.qc.ca/en/emplois>
- <https://www.jeancoutu.com/carrieres/recherche.aspx?langtype=1033>

#### Volunteering:

- <https://www.jebenevole.ca/>
- <https://www.centraide-mtl.org/en/>

#### Online courses:

- <https://www.my-mooc.com/en/>

#### Recruitment agencies:

- <https://www.adecco.ca/>
- <https://www.randstad.ca/>
- <https://www.bedardressources.com/>
- <https://www.quantum.ca/home.php>
- <https://www.manpower.ca/ManpowerCanada/home/>

**Marilyn Cantin** - *Employment counselor*

450 671-8949, ext. 225

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## 5 Important Self-Care Tips During COVID-19

1. Take care of the basic needs: eating, sleeping and moving.
2. Bring some fun and joy to your day.
3. Communicate with others.
4. Try out a relaxation exercise.
5. Take time to look at good things.

For the full article, visit [Amie de la santé mentale](#).

## MY SELF-CARE TODAY

I Feel...	I Need to...
Overwhelmed	Take a break
Stressed	Focus on relaxation
Anxious	Practice my coping skills
Sad	Be loving toward myself
Angry	Find a positive outlet
Drained	Rest (mind, body soul)
Broken	Practice (self)compassion
Upset	Find love & support

BlessingManifesting

If you are feeling **overwhelmed** and **tired** during this period of social isolation, we may be able to provide some **help**



**SUPPORT LINE**



To all our reCharge members, ARC is offering a **FREE 30-minute support call with our social worker.**

This is simply a chance for you to talk in an open and non-judgmental environment with a professional who will listen and provide guidance if needed.

**-Wednesday and Thursday evenings**  
from 7:00 p.m. to 9:00 p.m.

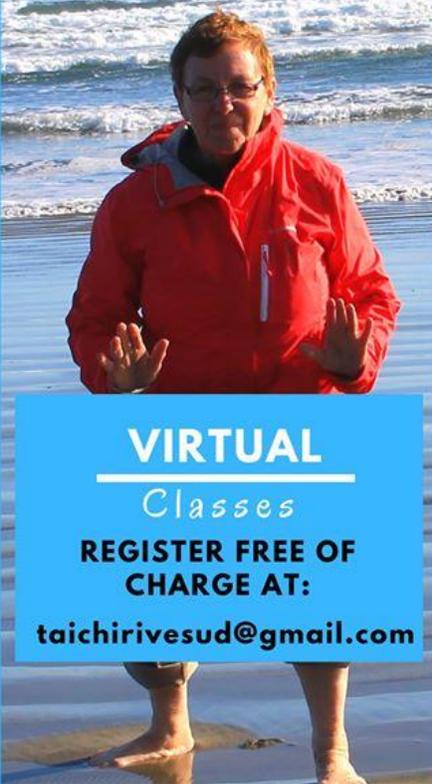
To make an appointment call or e-mail:

**514-608-9600**  
**arc.projectcoord@gmail.com**




This initiative is funded by  
l'Appui Monteregie

Qi-Gong/Tai Chi with  
**Sandra Mitchell**



**Introductory sessions of 20 minutes**

**English**  
-Monday and Wednesday at 9:30 am  
-Sunday at 11:00 am

**French**  
-Tuesday & Friday at 9:30 am  
-Sunday at 10:30 am

**VIRTUAL**  
Classes  
**REGISTER FREE OF CHARGE AT:**  
**taichirivesud@gmail.com**

**Full session: 1 hour 15 mins session**

**English**  
-Friday at 9:30 am

**French**  
-Friday at 4:15 pm

*Disclaimer: ARC Assistance and Referral Centre supports this program to the general public but we strongly recommend you consult with your physician prior to beginning any exercise program. When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ARC from any and all claims or causes of action.*



**I'm fine, thanks.  
What I really mean is...**

**CMHA**

**Mental Health Week**

**May 4-10,  
2020**

Don't just get loud, **#GetReal**

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

## **Mental Health Resources in the Montérégie**

If you are experiencing distress, please call your local crisis centre.

The house under the trees

Crisis Intervention line 450-699-5935 or 1 866-CALLS (277-3553)

Suicide Prevention Centre of the Haute-Yamaska

Granby (Quebec)

Line of intervention 450-375-4252

The Access

Crisis Intervention Centre in Longueuil

Line of intervention 450-679-8689 or 1 866-CALLS (277-3553)

Suicide Prevention Centre Pierre-de-Saurel

Sorel-Tracy (Quebec)

Line of intervention 450-746-0303

Contact Richelieu-Yamaska

Crisis Intervention Centre (St-Hyacinthe)

Line of intervention 450-774-6952

Haut-Richelieu Suicide Prevention Centre

St-Jean-Sur-Richelieu (Quebec)

Line of intervention 450-348-6300 or 1-866-CALLS (277-3553)

The Turn, Crisis Centre and Suicide Prevention

Suroit Region

Valleyfield (Quebec)

Line of intervention 450-371-4090 or 1-866-CALLS (277-3553)

Source: [The Lifeline Canada Foundation](http://www.thelifeline.ca)

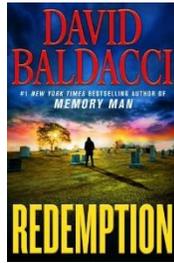
Suicide Prevention and Support <https://www.crisisservicescanada.ca/en>.

Mental Health Commission of Canada <https://www.mentalhealthcommission.ca/English/covid19>

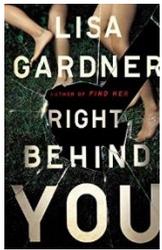
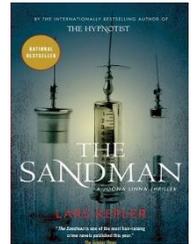
# The Director's Book Picks

## Fiction

Amos Decker and his FBI partner Alex Jamison are visiting his hometown of Burlington, Ohio, when he's approached by an unfamiliar man. But he instantly recognizes the man's name: Meryl Hawkins. He's the first person Decker ever arrested for murder back when he was a young detective. Though a dozen years in prison have left Hawkins unrecognizably aged and terminally ill, one thing hasn't changed: He maintains he never committed the murders.



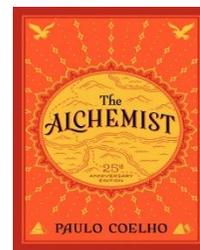
During a cold winter night in Stockholm, a man is found walking alongside a railway bridge, suffering from hypothermia and legionnaires' disease. After he's rushed to the hospital, it's discovered that according to records the man has been dead for over seven years. He is believed to be a victim of notorious serial killer Jurek Walter, arrested years ago by Detective Inspector Joona Linna and sentenced to a life of total isolation in forensic psychiatric care.



Eight years ago, Sharlah May Nash's older brother beat their drunken father to death with a baseball bat in order to save both of their lives. Now thirteen years old, Sharlah has finally moved on. About to be adopted by retired FBI profiler Pierce Quincy and his partner, Rainie Conner, Sharlah loves one thing

best about her new family: They are all experts on monsters.

Then the call comes in. A double murder at a local gas station, followed by reports of an armed suspect shooting his way through the wilds of Oregon. As Quincy and Rainie race to assist, they are forced to confront mounting evidence: The shooter may very well be Sharlah's older brother, Telly Ray Nash, and it appears his killing spree has only just begun.

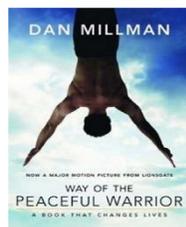


This story, dazzling in its powerful simplicity and soul-stirring wisdom, is about an Andalusian shepherd boy named Santiago who travels from his homeland in Spain to the Egyptian desert in search of a treasure buried near the pyramids.

Along the way he meets a Gypsy woman, a man who calls himself king, and an alchemist, all of whom point Santiago in the direction of his quest. No one knows what the treasure is, or if Santiago will be able to surmount the obstacles in his path. But what starts out as a journey to find worldly goods turns into a discovery of the treasure found within. Lush, evocative, and deeply humane, the story of Santiago is an eternal testament to the transforming power of our dreams and the importance of listening to our hearts.

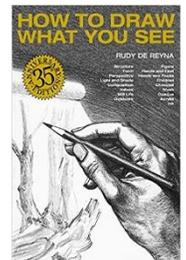
## Non-Fiction

Way of the Peaceful Warrior is based on the story of Dan Millman, a world champion athlete, who journeys into realms of romance and magic, light and darkness, body, mind, and spirit. Guided by a powerful old warrior named Socrates and tempted by an elusive, playful woman named Joy, Dan is led toward a final confrontation that will deliver or destroy him. Readers join Dan as he learns to live as a peaceful warrior. This international best-seller conveys piercing truths and humorous wisdom, speaking directly to the universal quest for happiness.



When it was originally published in 1970, How to Draw What You See zoomed to the top of Watson-Guptill's best-seller list—and it has remained there ever since.

Today, generations of artists have learned to draw what they see, to truly capture the world around them, using de Reyna's methods. How to Draw What You See shows artists how to recognize the basic shape of an object—cube, cylinder, cone, or sphere—and use that shape to draw the object, no matter how much detail it contains.



## Canada Emergency Response Benefit

In response to the Covid-19 situation, the government has introduced the new **Canada Emergency Response Benefit** as part of [Canada's Economic Response Plan](#).

The **Canada Emergency Response Benefit** (CERB) is available to workers who meet all of the following conditions:

- live in Canada and are at least 15 years old
- stopped working because of COVID-19 or are eligible for EI regular or sickness benefits
- have not voluntarily quit their job
- had income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application.

To help more Canadians benefit from the CERB, the government announced changes to the eligibility rules to:

- allow people to earn up to \$1,000 per month while collecting the CERB
- extend the CERB to seasonal workers who have exhausted their EI regular benefits and are unable to undertake their regular seasonal work as a result of the COVID-19 outbreak
- extend the CERB to workers who have recently exhausted their EI regular benefits and are unable to find a job or return to work because of COVID-19.

These changes will be retroactive to March 15, 2020. More details are posted on the Government of Canada [portal](#).

# ATTENTION!

## SERVICE CANADA READY TO HELP

Please access our many online services at:  
**Canada.ca/service-canada-home**

If you require assistance accessing services, please complete an online request at:  
**Canada.ca/service-canada-e-services**



A Service Canada officer will contact you within 2 business days.

Follow the infection prevention and control guidance provided by the Public Health Agency of Canada available at:

**Canada.ca/coronavirus**

If you experience these symptoms, please contact your health care provider or your local public health unit.

Canada

**Canada Revenue Agency (CRA) Filing Deadline Extensions**—In order to provide greater flexibility to Canadians who may be experiencing hardships during the COVID-19 outbreak, the Canada Revenue Agency will defer the filing due date for the 2019 tax returns of individuals, including certain trusts. For individuals the return filing due date will be deferred until June 1, 2020. However, the Agency encourages individuals who expect to receive benefits under the GSTC or the Canada Child Benefit not to delay the filing of their return to ensure their entitlements for the 2020-21 benefit year are properly determined.

# Just for Laughs

- **Q:** What do you call a fake noodle?  
**A:** An im-pasta.
- **Q:** What has four wheels and flies?  
**A:** A garbage truck.
- **A genie and an idiot** Three guys stranded on a desert island find a magic lantern containing a genie, who grants them each one wish. The first guy wishes he was off the island and poof, he's back home. The second guy wishes the same. The third guy says: 'I'm lonely. I wish my friends were back here.'
- **Late for work** A guy shows up late for work. The boss yells, 'You should've been here at 8:30!' He replies. 'Why? What happened at 8:30?'
- **Racing a bear** Two campers are walking through the woods when a huge brown bear suddenly appears in the clearing about 50 feet in front of them. The bear sees the campers and begins to head toward them. The first guy drops his backpack, digs out a pair of sneakers, and frantically begins to put them on. The second guy says, 'What are you doing? Sneakers won't help you outrun that bear.' 'I don't need to outrun the bear,' the first guy says. 'I just need to outrun you.'
- **Kid vs barber** A young boy enters a barber shop and the barber whispers to his customer. 'This is the dumbest kid in the world. Watch while I prove it you.' The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, 'Which do you want, son?' The boy takes the quarters and leaves. 'What did I tell you?' said the barber. 'That kid never learns!' Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. 'Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?' The boy licked his cone and replied, 'Because the day I take the dollar, the game is over!'



[Source or read more jokes.](#)



## And more...

- A woman gets on a bus with her baby. The bus driver says: "Ugh, that's the ugliest baby I've ever seen!" The woman walks to the rear of the bus and sits down, fuming. She says to a man next to her: "The driver just insulted me!" The man says: "You go up there and tell him off. Go on, I'll hold your monkey for you."
- Whenever the cashier at the grocery store asks my dad if he would like the milk in a bag he replies, "No, just leave it in the carton!"
- 5/4 of people admit that they're bad with fractions.

[Source or to read more Dad Jokes](#)

## Sleep Hygiene—Sleep well. Be well.

Are you getting enough sleep?

It can be tricky trying to figure out how much sleep you actually need, and why you simply toss and turn all night.

It all comes down to sleep hygiene. Sleep hygiene is a variety of practices and habits that are necessary to have a good nighttime sleep quality and full daytime alertness.

Obtaining a good night's sleep is important for both mental and physical health

<https://www.calmmoment.com/wellbeing/how-much-sleep-do-we-need/>.

There are many factors as to why you just can't seem to get enough rest. Stress plays a role in a sleepless night, and we are living in a stressful time at the moment.

There are a number of factors that weigh in on a sleepless night, some more serious than others.

<https://www.psychologytoday.com/ca/tests/health/sleep-hygiene-test>.

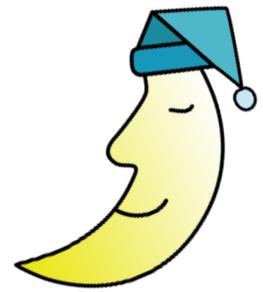
Sleep deprivation is a serious condition and here are the key sleep disorders that should signal a visit to your healthcare provider in order to provide relief to the condition.

There are at least four sleep disorders that are serious.

- 1) Insomnia
- 2) Narcolepsy
- 3) Restless Leg Syndrome (RLS)
- 4) Sleep Apnea

Keeping a sleep agenda can help you keep track of your sleep habits.

<http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf>



Benefits of a good night's sleep:

- 1) It enables your body to repair and give you more energy
- 2) Lifts your overall mood
- 3) Increases your overall productivity
- 4) Increases your mental focus
- 5) Increases your immune system
- 6) Lowers your risk of heart attacks and/or strokes.

Here are some tips to help you get a good night's sleep

<https://www.sleepfoundation.org/articles/healthy-sleep-tips>

## Food Services for Those in Need

The situation is ever evolving and we will do our best to keep you informed. It's recommended to call ahead since many South Shore community services and programs have reduced their hours or closed.

There is a central number that can direct people in need to any food bank on the **South Shore**

**450-641-2885**

**St. Paul's Frozen Meals**

450-678-2460 or 450-671-6000

Services: Meals as well as apple pies, tourtière, etc. are available if anyone needs them. A healthy alternative to the supermarket.

**Cuisines de l'amitié****Centre communautaire Nathalie-Croteau (back door)**

2210 rue André, Brossard

450-443-6770 | [cuisinesdelamitie.org](http://cuisinesdelamitie.org)

**Services:** sale of frozen meals, soup and desert. Please call to place your order prior to going to the Centre.

**Opening hours:** Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m. and Thursday from 1:00 p.m. to 4:00 p.m.

**Delivery service:** for senior people, vulnerable people and members only.

**Mosaïque, community and volunteer action centre**

1650 avenue de l'Église, Longueuil

450-465-1803

[info@lamosaique.qc.ca](mailto:info@lamosaique.qc.ca) | [www.lamosaique.org](http://www.lamosaique.org), Facebook: [@lamosaique.org](https://www.facebook.com/lamosaique.org)

**Services:** emergency food assistance (food baskets) is offered to residents of Brossard, Greenfield Park, LeMoyne and St-Lambert. The organization also offers telephone referrals to other resources in the territory.

**Opening hours:** Monday to Thursday from 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:30 p.m. and Friday from 9:00 a.m. to 12:00 p.m.

*Please call for an appointment prior to going to the Centre.*

**Mission Nouvelle Génération**

1423 boulevard Provencher, Brossard

450-486-7667 | [info@missionnouvellegeneration.org](mailto:info@missionnouvellegeneration.org)

[missionnouvellegeneration.org](http://missionnouvellegeneration.org)

**Services:** delivery service for members

**Delivery service:** Tuesday from 3:00 p.m. to 7:00 p.m. and Thursday from 1:00 p.m. to 6:00 p.m.

**Maison International MESA**

450-676-3712

Services: Monday to Thursday 9:30 a.m. to 4:30 p.m. and Friday 9:30 a.m. to 1:00 p.m. Call by Wednesday to receive food on Thursday. Messages that are left on Thursday, Friday and Saturday will be returned on the following Monday.

**Héma-Québec is Working Actively to Pursue its Mission**

The health of Héma-Québec's donors, recipients, staff and volunteers, and the safety of the blood products and other biological products it supplies, are a constant concern. This vigilance has increased even more in the current situation.

One thousand blood donations are required every day to guarantee an optimal reserve level. This is true both in normal times and during a pandemic. Currently, the main risk is maintaining a sufficient level of blood products. These products have a limited shelf life, which makes it impossible to store them.

More than ever, Héma-Québec is encouraging new and existing donors to mobilize to help it ensure an optimal supply to meet the needs of patients in hospitals. For more information, visit [Hema-Quebec's website](https://www.hema-quebec.org).

## Can you find the BEE?



To be added to our contact list, please [email us](#) with your name, and if possible, the city in which you live.

We do not share our email contact list with third parties. You may [unsubscribe](#) at any time. And we invite you to share our publications with family and friends.

This initiative is funded by ARC Assistance and Referral Centre, with financial contribution from **Canadian Heritage**.

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Tel: 514-605-9500  
[www.arc-hss.ca](http://www.arc-hss.ca), [TheAdvisorSouthShore@gmail.com](mailto:TheAdvisorSouthShore@gmail.com)

Follow us on social media [@arcaccess](#)



Canadian  
Heritage

Patrimoine  
canadien