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Flash Arthritis is published three times a year, in winter, spring and fall

You can reach us by phone 438 630-7215 or email at:
info@arthriterivesud.org

Do you know that:

Osteoarthritis has existed since prehistoric times, but its prevalence has more than doubled since the mid-20th century, according to recent research.

<https://doi.org/10.1073/pnas.170385611>

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Celebrate living by managing our arthritis.

We hope each of you had a magnificent summer. We will soon see the wonderful transformation of nature, the colours and produce of fall. How nature survives despite natural hazards is magical and mysterious. The human potential too is mind boggling and mysterious. We can act and beat this devastating condition. Together we can share, care, and dare to celebrate living by managing our pain.

Arthritis South Shore is offering you all the tools and resources necessary to celebrate living by managing your arthritis. We are constantly adjusting our programs and services to your specific needs and hope that you will find what is most suitable for each of you in your specific condition. It takes a lot of time, effort, perseverance, determination, and courage to manage one's condition and to celebrate living. We live only once, and the gift of life is to be treasured. There is always a ray of hope behind the pain like the silver lining around each cloud.

We are offering new activities for both physical and mental well-being by constantly applying for new grants for various projects, involving experts in the field, working with institutions and the CISSS, joining forces with various community organizations, partnering regularly with our major partners, collaborators and donors.

Our activities are all offered both virtually and in person, in the two languages and free of charge. Our adapted exercise program for pain management is now available for various levels of mobility issues, video capsules for those at home, exercises for both physical and psychological resilience. Many other activities and resources are provided for both participants and the public to be informed and to be empowered.

A million thanks to each of you for all your help in participating, supporting and maintaining the sustainability of our organization. We are all a team in this togetherness. Your input for the continuity and stability of ARS is invaluable. Please donate generously.

Special thanks to the board of directors and our coordinator Nicolas Beaudoin.

Let us celebrate living by managing our arthritis.
May there be less pain and more celebration
Let us celebrate living with our families, friends and our community.
May we find joy each day.

PREMELA PEARSON
FOUNDING PRESIDENT

Conference (Free)

How to better live with osteoarthritis and arthritis.

Ada Pagnotta, occupational therapist, will present techniques for living better with arthritis on a daily basis.

(in French)

September 13, Tuesday 1 :30pm to 3:30pm

Georges-Dor library, 2760 Chambly Rd, Longueuil QC J4L 1M6

Register at the Library: [Rechercher des activités \(longueuil.quebec\)](http://Rechercher des activités (longueuil.quebec) (loisir.longueuil.quebec)) (loisir.longueuil.quebec)

Wellness Workshop and SPOTLIGHT ON ... (Free)

Introduction to arthritis

October 1, 2022, Saturday, St-Lambert Library, 490 avenue Mercille, St-Lambert

- 10:30 am-12h: in English
- 1:30pm-3pm: in French

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

Spotlight on inflammatory arthritis (French)

Wednesday October 5, 2022, 7pm-9pm, Georgette-Lepage Library, Brossard

Register at : <https://biblio.brossard.ca/activites/pleins-feux-sur-lartrite-inflammatoire-arthritis-5-octobre/>

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

From 1:30 p.m. to 3 p.m., online and onsite at the Nathalie-Croteau Centre, 2210 André street, Brossard. Register at coordo.activites@arthriterivesud.org

In **English** : Oct 28, Nov 25, Dec 16, 2022

In **French** : Oct 14, Nov 11, Dec 9, 2022



I'm taking charge of my arthritis!

English: Thursday from Oct 27 to Dec 1, 2022, 1:30pm-3:30 pm. Maison internationale de la Rive-Sud, 2500 Boul. Lapinière, Brossard, J4Z 3V1.

French: Tuesday 1:30pm-3:30pm Sept 13 to Oct 18, 2022, Maison des Tournesols, 1720 Rue de Gaulle, Saint-Hubert, QC J4T 1M9

French Monday Oct 24 to Nov 28, 2022, 1:30pm – 3:30pm. Bibliothèque Georgette Lepage, 7855 ave San Francisco, Brossard

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

Social Activities: Sunday Brunch

Date: Oct 7, Nov 4, Dec 2, 2022 at 11 a.m.

Location: Restaurant (address to be communicate at time of reservation). At the participants' expense

Book your place by e-mail as soon as possible at
coordo.activites@arthriterivesud.org

Adapted fitness exercises for arthritis (Free)

Every Tuesday, 10 a.m. to 11 a.m from Sept 13 to Dec. 13, 2022.

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

Please register at coordo.activites@arthriterivesud.org

Open to all at all time.

Fitness adapted exercises for pain management (Free)

Every Wednesday, from Sept. 7 to December 14, 2022.

For those with moderate physical difficulties: 2pm-3pm.

For people with severe reduced mobility: 3:30 pm-4pm.

Online and onsite Centre ESPOIR Quebec, 6098 Grande Allée, St-Hubert J3Y1B4. Free registration at coordo.activites@arthriterivesud.org.

Open to all at all time

Resilience building program with adapted rhythmic exercises (Free)

Every Thursday, from 3:30pm-4:30pm, starting Sept. 15 to Dec. 1st 2022.

Two workshops included on Sept 15 and Dec 1st.

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

Free registration at coordo.activites@arthriterivesud.org.

Aquaform and Aqua-douceur activities

The city of Brossard will offer 10 sessions of aquaform and 4 sessions of aqua-douceur, this fall. Visit brossard.ca or https://ludik.maville.net/Brossard-LudikC2Prod_Enligne/Pages/Anonyme/Resultat/Page.fr.aspx?m=1 (search with the word aquaforme or aqua-douceur)

Aquaform

Aquatic fitness class (aerobics, strength training, stretching) in shallow water - Prerequisite: 18 years old at first class. Depth: 1.2 m to 1.4 m. Water temperature: 29°C/84°F.

Aqua-douceur

Aquatic fitness class (aerobics, strength training and mobility) given in the recreational pool in warm, shallow water. This format includes moderate exercises for the cardiovascular system and reduces the impact on the joints through wide-ranging movements while respecting limitations and abilities: Increase mobility and muscle tone. - Prerequisite: 18 years old at first class. Depth: 1 m to 1.2 m. Water temperature : 31 °C/88 °F.

News from Arthritis South Shore

Arthritis South Shore held its 3rd AGM on June 6, in person and online. Thirty-eight people attended, including 21 voting members and 13 guests. The president invited all members and users to get involved and participate in the organization's mission for the well-being of all people affected by arthritis. It was another exceptional year, where our relentless efforts paid off. We have developed many partnerships with various community organizations through collaborative efforts.

On May 6, ARS held a consultation to learn about the interests of its users. The 17 participants emphasized the importance of educating the public, physicians and financial decision makers; providing information on treatments and exercises; offering evening

activities for those who work during the day; learning to support each other as a group; being positive, adaptable and resilient; and maintaining hope. It was a great and informative meeting for the Board of Directors who want to stay connected to the needs of the members and participants.

ARS Founding President, Mrs. Pearson, was awarded the Lieutenant Governor's Seniors Medal on April 23rd. Congratulations on this well-deserved honour.



From left to right: Ron Latchman, Nicolas Beaudoin, Prem Pearson, Denis Philie, Honorable J. Michel Doyon, Danielle Jacob.

Together with our partners and collaborators

Congratulations to Mrs. Paulette Zielinski, for the National Assembly medal she received last June. This medal recognized Mrs. Zielinski's 40 years of dedicated service to the community and her 16 years as president of AWISH, an organization that has supported and advised Arthritis South Shore since our very beginnings. A huge thank you to Ms. Zielinski.

Arthritis South Shore participated at the Salon des organismes on June 7, held in conjunction

with the launch of the Greenfield Park Community Collective's (GPCC) strategic planning.

We were also present at the first Fête de la rentrée organized by the City of Longueuil on August 20-21 at Parc de la Cité.

We welcome these opportunities to meet with you in person, discuss your needs and get to know each other better.



Picture taken at the ARS stand, June 7th. From LTR: Nicolas Beaudoin coordinator at ARS and Mona Blais a volunteer.



Picture taken at the ARS stand, August 20. From LTR: Denis Philie (volunteer), Prem Pearson (president ARS), Affine Lwalalika (councillor St-Hubert), Nicolas Beaudoin (coordinator) and Danielle Jacob (treasurer ARS and volunteer).

News from Arthritis South Shore Volunteers

Let's highlight the contribution of some of our volunteers this spring: Tuesday (Pauline) and Wednesday (Lisette) adapted exercise activities; coaching for the English self-management program (Pauline); co-facilitators of the support group discussions (Pauline, Monique); the Slice of Life in this issue (Suzanne); the kiosk (Mona, Denis); the Facebook page (Jean); the website and platform (Gaston); the translation (Arlene) and the monthly brunches (France). A huge thank you to all the people who help us regularly or occasionally or with small gestures of kindness.

With the expansion of activities in Brossard and in the city of Longueuil, we need even

more volunteers to accompany people with arthritis. All expertise and all with a goodwill are welcome, whether it be for logistic support, co-facilitation, editing, fundraising, kiosks, the website, or others. Volunteers are never left to their own as it is a team effort and training is provided as needed.

Training will take place in the fall for all interested volunteers.

If you are interested in joining Arthritis South Shore's team of volunteers, please contact us at benevolat@arthriterivesud.org or 438-630-7215.

See you soon!!



Poem about gout

Translated from Gazette des Trois-Rivières, April 7, 1818, by Arlene Melo

What is this inflammation
Which on your feet, flowing by surprise,
Has recently put them under bondage?
In vain, this point evades my mind;
After a whole day of meditation,
This important question
For me is still undecided.
I deeply sympathize with your affliction:
But how, please, should it be baptized?
We await your decision on this.
Wouldn't this be a sprain?
The doctors say it is not.
I would contradict them if I had the strength:
However, if this illness must have a name,
Could it not be called a swelling?
The name would be appropriate it seems to
me,
Protected from blame,
And not committing to anything,
We could even adjust ourselves to the drama,
Adorning it with the name of stubborn cramp,
Of strained nerves, of malignant tumor,

I do not know which of these names is the
best.
You ask me why it matters to me?
The pain overwhelms me, occupies all my
being,
Whether they call my ailment one name or
another,
I suffer no less on my couch,
Very well: but am I wrong, however, when I
suppose
That a beautiful name of our troubles relieves
our boredom?
Whatever pain this evil causes,
I have often noticed that nowadays
We care more for the name than for the thing,
But when you have recovered
From this painful evil which I have gently
referred to by many synonyms,
And that finally, for that reason,
In my verses I delicately leave anonymous. &c.
<https://numerique.banq.qc.ca/patrimoine/details/52327/3641994?docsearchtext=arthritis>

From disease management to health promotion: towards a sustainable health project for the society

Brief summary of the presentation made by Jean-Pierre Després, VITAM Scientific Director, Professor, Department of Kinesiology, Faculty of Medicine, Laval University, at the ARS AGM on 6 June 2022.

Our current health system is mainly based on disease management. However, recent research in many countries indicates that we need to consider a paradigm shift where the health system is more health promoting, respectful of people, connected, supportive, empathetic, just, resilient and caring.



It is a societal project built on a sustainable food system, a close-knit and caring community, a society that facilitates and values education, physical activity, prevention and healthy eating.

This paradigm is based on the concept of sustainable health: a state of complete physical, mental and social well-being that is achieved and maintained throughout life through healthy, enriching and fulfilling living conditions and through access to appropriate, quality resources, used responsibly and efficiently, for the benefit of current and future generations (Alliance Santé Québec, 2020 [Fiche ZILE sante VF.pdf \(quebec.qc.ca\)](#)).



A society that is consistent in what it knows and what it does.

And Dr. Després is confident that Quebec can afford it.

Something to dream about!

In short: a healthy mind in a healthy body, in a healthy living environment, on a healthy planet.

This concept implies taking ownership of one's health by rallying all relevant actors in human, animal and planetary health, involving the population, using science and assessing impacts, democratising health, rallying environment, global warming and human health, abolishing silos. Health is more than medicine.

Some quotes from Dr. Després' presentation:

- 1 million Quebecers have diabetes problems associated with visceral fat. This fat in the abdominal cavity is also associated with a state of chronic inflammation that worsens arthritic inflammation.
- Less than 1 in 1000 of the world's population have ideal cardiovascular health.
- A sedentary lifestyle accelerates ageing, physical activity slows it down. Apart from age, the biggest risk factor for ending up in intensive care after contacting COVID-19 was a sedentary lifestyle.

Slice of Life – My experience with arthritis – by Suzanne Deneault Bahl



Let me introduce myself. I come from the St-Jacques-le-Minor area. I taught elementary school in Ville Jacques-Cartier for 12 years, and that's where I met my husband. I then did a lot of volunteer work for different organizations for many years, even winning awards. Then, about 25 years ago, I had a fall while skiing that affected my neck vertebrae and lower back; I also broke an ankle. Gradually the health problems started...

Today I am 84 years old. I have osteoarthritis in my knee and lower back. I had cancer two years ago and I have been suffering from shingles for 8 months. Shingles causes me a lot of torment as it affects just about all my joints including my toes and fingers. I've had vision problems, possibly genetic, since I was 65, and hearing problems and calcified tendonitis for the last ten years. But I'm not dumb, I have my whole voice, and especially my whole head. I specify this because I too often meet people who have the prejudice that people with physical disabilities automatically have an intellectual or cognitive disability.

Some people associate my arthritis problems with old age, but I am independent, I do not feel old. It's the pain that makes you old. Others wonder how I keep my spirits up with all my health problems. I am lucky to have empathetic people around me. My approach to dealing with

arthritis pain, my disabilities and the difficult times in my life is *laughter* therapy. I have taken two workshops and lectures. I laugh while stirring soup (ah! ah! ah!), while looking at myself in the mirror, for anything and everything, almost everywhere (except outside on the porch so as not to alarm the neighbours), all the time. I listen to comedians on TV. In addition to laughter, I also use ice and heat alternately. I have a therapeutic bath, made by a company in Quebec City: I do regular exercises in the hot water, which is very beneficial. I hope that the city of Brossard will offer us adapted exercises in its hot baths because it is more motivating in group.



One of the best things in my life was when I became a member of ARS. I am proud to have been there since the beginning, I participated in the founding general assembly! I did *the I'm taking charge of my arthritis* 6-week program without missing a single week. I was attracted to the title because I also believe I am the best at taking care of my arthritis. I recommend it for all sorts of reasons: the social aspect, the physical exercises, the structured commitment with the personal contract. It's easy to do nothing, to let yourself go when you are in pain. This programme has encouraged me to continue with my exercises, to take walks, to do gentle yoga, to look for all sorts of ways to distract myself from my pain and gloomy thoughts.

What I'd like you to take away from my slice of life is what my grand-father used to say: it's better to *laugh* than to cry.



Massotherapy or kinesitherapy – Share and shine with Nicolas Beaudoin

This is a summary of the talk given by Mr. Nicolas Beaudoin at the May 27, 2022 Share and Shine group support. Mr. Beaudoin received 400 hours of training as a massage therapist and 600 hours as a physiotherapist at the Académie de Massage Scientifique de Montréal in 2014-2015.

Massage therapy is used to relax and release tension in the muscular system through pressure and movement. Research has showned that in well-controlled situations, massage therapy has provided benefits in reducing pain caused by rheumatoid arthritis, knee osteoarthritis and arthroscopy, and in reducing depression, stress and anxiety (three factors that aggravate pain). Patients with arthritis in the hands have reported having less pain and more grip strength after massage. (1), (2)

Kinesiotherapy allows the recovery of the musculoskeletal system by redirecting the joint to its natural movement. Joint mobilisation is essential in mild to moderate osteoarthritis to allow good lubrication and avoid ankylosis. Maintaining joint mobility will enable the person to remain active, avoid isolation and the perverse emotional effects associated with a loss of independence caused by increasingly reduced mobility.



Clinically, a physiotherapy treatment may involve the following steps:

1. Apply pine essential oil
2. Apply a peat mud poultice
3. Apply an analgesic balm
4. Relieve pressure on the joints: relax the paravertebral muscles, eliminate contractures
5. Increase local blood circulation
6. Apply heat to the affected segment
7. Stretch the spine.
8. Apply physiotherapy manoeuvres.

The frequency of treatment will vary from case to case and may take 6 to 12 weeks to become apparent. This is best determined by the specialist. However, the massage and physiotherapy treatments must take into

account the particularities of the person with arthritis, their physiological and psychological state and their medical treatments.

To this end, in November 2019, the Fédération québécoise des massothérapeutes published a special feature on arthritis in its magazine *Le Massager*, vol. 36 no 3. See it online : [LA MASSOTHÉRAPIE ET L'ARTHRITE - Fédération québécoise des massothérapeutes \(FQM\)](#)

References

- (1) Field, T. (2014). Massage Therapy research review. *Complementary Therapies in Clinical Practice*, 20(4) :224-229.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5467308/pdf/nihms644177.pdf>
- (2) Field, T. (2016). Massage therapy research review. *Complementary therapies in Clinical Practice*, 24 :19-31.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5564319/pdf/nihms882107.pdf>

Flash Rest

DEFINITIONS

Choose the correct definition from those proposed

- | | |
|--|---|
| <p>1. VISCOSUPPLEMENTATION
A: a treatment for inflammatory arthritis
B: a treatment by injection of hyaluronate
C: a treatment by steroid injection</p> <p>2. NSAIDs
A: a drug such as acetaminophen
B: a prescription-only medicine
C: a drug such as ibuprofen</p> | <p>3. INFECTIOUS ARTHRITIS
A: inflammation that can be transmitted by a germ
B: inflammation mostly of viral origin
C: inflammation mostly of bacterial origin</p> <p>4. ARTHRITIS
A: the most prevalent chronic disease in Canada
B: the chronic disease that affects mostly the elderly
C: the chronic disease that affects only the joints</p> |
|--|---|

MESSY SENTENCES

Put the words back together to form correct sentences

1. people Arthritis of affects ages for all life.
2. types lungs affect of kidneys arthritis skin can heart the eyes or Some

Answers : B, C, C, A. Arthritis affects people of all ages for life. Some types of arthritis can affect the heart, eyes, lungs, kidneys or skin.

Your Individual Dashboard for a sustainable health

Our car has a dashboard with indicators of the health of our vehicle. Why not a dashboard for our body? After all, it can't be sold, traded or replaced. We might as well take good care of it, right?



Healthy population and preventive medicine start with individual awareness. In his presentation on June 6, Dr Després proposed a dashboard made up of four indicators of our state of health. Here is a summary.



- 1) **Waist circumference:** this is an indicator of visceral fat, which is strongly linked to hypertension and diabetes. For a person suffering from these chronic diseases, a drop of 4 cm can make a big difference, more than a drop in weight. A few changes to our lifestyle or way of eating can reduce the measurement, without effort or deprivation. For example: cut the chips and fizzy drinks in half!



- 2) **Heart rate:** this is an indicator of your cardiovascular health. If walking for 5 minutes on a treadmill at normal speed causes an exaggerated increase in your heart rate or a slight shortness of breath then you are not active enough. Check with your doctor.



- 3) **Food quality:** this is an indicator of how healthy you eat. For example, focus on fruits and vegetables, omega-3, lean meats; avoid processed foods, salt, sugar, saturated fats. Statistically, 15-20% of people eat well; 50-60% eat poorly.



- 4) **Physical activities:** this is an indicator of physical lifestyle. For example, do you walk 30 minutes a day or do physical activities 3 times a week? If not, join ARS weekly adapted fitness exercises!



Heartfelt Thanks

Thanks to all who have renewed their membership as well as all our invaluable volunteers.

Thanks for their precious support:

Maison internationale de la Rive-Sud;
Assistance and Referral Centre;
Service de l'organisation communautaire CISSMC;
La Résurrection Parish;
Alain Lewis, Formatio;
Suzanne Dagenais, La Vigie Rive-Sud;
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Xixi Li, Centre sino-Québec de la Rive-Sud;
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Fr. Tadros El-Masry, Centre ESPOIR Québec;

Franca Sparapani, Seniors Respite Monteregie;
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Eva Liscano, Centre social d'aide aux immigrants;
Nathalia Rodriguez, Action Prévention Verdun;
Judy Jarvis, St-Antoine 50+ Community Centre;
Judy Wong, Catholic Action Montreal;
Catherine Moreau, Maison des Tournesols;
Special thanks to Lise Benoit and Marguerite Cadieux, Joie de Vivre.

Thanks to the partners:

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).

Thanks to the collaborators:

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;

TROCM Table régionale des organismes communautaires et bénévoles de la Montérégie;
COCO – Centre for community organizations;
Quebec Network of Junior Pain Investigators (QNJPI) of McGill University;
School of Physical and Occupational Therapy, McGill University;
Novalex;
Alliance Carrière Travail.

Warm thanks to all community organisations that are regularly promoting Arthritis South Shore activities and services. Especially the support received from:

Monteregie East Partnership for the English-Speaking Community MEPEC;
Assistance and Referral Center ARC;
Monteregie West Community Network (MWCN);
Seniors Respite Monteregie;
The South Shore Black Community Association;
The Yellow Door;
St. Antoine 50+ Community Centre;
Catholic Action Montreal;

La Maison Internationale de la Rive-Sud;
Centre ESPOIR Quebec;
Le Centre pour femmes Com'femme;
Maison des Tournesols;
Centre sino-Québec de la Rive-Sud;
Formatio;
La Vigie Rive-Sud;
Action prévention Verdun and La Station;
Le Centre social d'aide aux immigrants.

Thanks to the donors

Please note that since September 2021, Arthritis South Shore has been issuing tax receipts for all donations of \$5 and more.

To our private donors: Virginia Cisneros and Julio Arevalo; André Faucher; Danielle Jacob; J.-P. Yelle and Hélène Létourneau; Kathleen Balfour; Patricia Francoeur; Marie-Josée Goulet; Johanne Boisvert.

Thanks to the sponsors



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- Ron Latchman, Administrator
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- *Collaborators:* Dr. Jean-Pierre Després, Prem Pearson, Suzanne Deneault Bahl, Nicolas Beaudoin, Arlene Melo
- *Revisors :* Prem Pearson, Danielle Jacob, André Faucher, Caroline Veilleux, Arlene Melo

A departure from the Board of Directors

Ms Louise Montpetit left the Board of Directors on June 15 after two one-year terms. Louise was a member of the founding Board of Directors and was instrumental in the founding and start-up of ARS. She was the first editor of the Flash Arthritis in September 2019. She trained the first ARS volunteers, prepared a volunteer policy, a facilitator's guide and many other documents that are still useful today. A big thank you to you dear Louise for your dedication, your organized spirit, your always relevant ideas, and your kindness.

There is currently a vacancy on the Board. If you are interested in serving on ARS board, please contact us at info@arthriterivesud.org.

Visit Arthritis South Shore web site (<https://arthriterivesud.org>) and Facebook page (<https://www.facebook.com/ARS.OSBL>), to find the calendar of activities, previous editions of Flash Arthritis as well as various information. You can leave comments and suggestions, they are more than welcome.

It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it

Dale Carnegie

Whoever wants to do something finds a way, whoever does not want to do something finds an excuse.

Proverbe arabe



he articles in this newsletter, whether translated or modified, are for informational purposes only. They do not necessarily represent the opinion of Arthritis South Shore.

They cannot in any case substitute for a medical opinion or diagnosis. You should consult your doctor if you have questions about a diagnosis or treatment.

PERSONAL INFORMATION

NAME: _____
 STREET: _____
 CITY: _____ PROVINCE: _____
 POSTAL CODE: _____ TELEPHONE: _____
 EMAIL: _____

➤ Would you like to receive our newsletter and information about our activities? yes no

MEMBERSHIP: Renewal New member
 Type of membership: \$20 Individual \$30 Family \$50 Corporate

Family membership: please provide the names of family members.

DONATION Amount: _____\$ \$20 \$50 \$100

PAYMENT METHOD:

- by cheque made payable to *Arthrite Rive-Sud*. Please send your completed form and cheque to this mailing address: Arthrite Rive-Sud, 5811 rue Auteuil, Brossard (Québec) J4Z 1M9; or
- by interact or e-transfer (email: financement@arthriterivesud.org; Question : arthritis?; Answer: support). Please scan and email your completed form to: financement@arthriterivesud.org
- by credit card using our website : <https://arthriterivesud.org/don/>

CORRESPONDENCE: English French

VOLUNTEERING: Arthritis South Shore is looking for volunteers. Please check what you would like to do:

Administration Facilitator Fundraising Stands Other : _____

Type of arthritis you have: _____

****** FOR OFFICE USE ONLY ******

MEMBERSHIP <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"/>		