



In your community



37 years
Since 1987

WE NEED YOUR HELP

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Annual Membership:
Single \$25 | Family \$30

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**Arthritis West Island
Self Help Association**

640 Lakeshore, #103
Dorval, QC, H9S 2B6

514-631-3288

arthritis@awishmontreal.org

www.awishmontreal.org

Reg'd #: 89055 8893 RR0001

THE BASICS OF ARTHRITIS

Source: Arthritis Society Canada

WHAT IS ARTHRITIS?

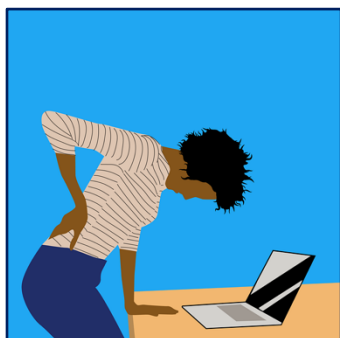
Arthritis is a term used to describe a group of over 100 diseases characterized by inflammation in the joints or other areas of the body.

Inflammation is a medical term that describes redness and swelling which causes pain and, when in the joints, can also cause stiffness. Left unchecked, inflammation can lead to significant and often irreparable damage to the affected areas, resulting in loss of function and disability.

Arthritis (arthro = joint, itis = inflammation) can involve almost any part of the body, most often affecting the hip, knee, spine or other weight-bearing joints, but also found in the fingers and other non-weight-bearing joints. Some forms of arthritis can also affect other parts of the body.

Arthritis is a chronic condition:

it affects people on an ongoing, constant or recurring basis over months, years, even a lifetime.



LIVING WITH ARTHRITIS?

Arthritis symptoms can range from mild to severe. Most people with arthritis experience chronic pain, fatigue, restricted mobility, lowered mood and other symptoms that can combine to erode their quality of life.

Many forms of arthritis can lead to episodic disability, leaving people unable to work for periods of time due to their disease.

For millions of Canadians, arthritis can threaten their ability to enjoy freedom of movement, productive work, restful sleep, and an existence free of unnecessary pain.

Continued on page 4

[Want to learn more about our current Board of Directors?](#)

Visit: www.awishmontreal.org/about-us (please consider joining us!)

MEDICAL PARTNERS
Rheumatologists

Dr. Elizabeth Hazel
Dr. Mary-Ann Fitzcharles

Dr. Marie Hudson
Dr. Michael Starr



Arthritis West Island Self Help Association

SEASONAL CALENDAR – FALL 2024



For more information on our programs and activities, please contact us.

www.awishmontreal.org | 514-631-3288 | arthritis@awishmontreal.org

WELLNESS THROUGH JOURNALING WORKSHOP



Led by Helene Brunet

Owner of Ink Well Journaling – 30+ years experience

Tuesday September 3 2024

Sarto-Desnoyers Community Centre

6:30pm – 8:30pm

1335 Chem. du Bord-du-Lac-Lakeshore, Dorval

Learn how to journal to better deal with arthritis & chronic pain.

Suitable for adults of any age who wish to learn more about the general benefits of journaling.

This is an introduction/overview of what a future 6-week workshop will be.

FREE for AWISH Members or \$20 for non-members ([join now](#) for \$25/year!)

Participants must **PRE-REGISTER** for workshops with AWISH in advance to reserve a spot!

LIVING WELL WITH ARTHRITIS WORKSHOP

Led by Health & Wellness Coach: Ariana Parolini

September 10, 17, 24 + October 1, 8

Sarto-Desnoyers Community Centre

Tuesdays - 6:30pm – 8:30pm

1335 Chem. du Bord-du-Lac-Lakeshore, Dorval

Series of 5 weekly interactive & informal information sessions where participants are encouraged to share their day-to-day experience, coping skills and ideas. Open to adults of all ages!

A comprehensive course for those dealing with arthritis or another related condition (i.e. chronic pain).

Learn to manage your pain by understanding it & developing strategies to live a better fruitful life.



Week 1: The nitty-gritty of arthritis.

Week 2: Nutrition – Creating the right habits.

Week 3: Exploring your options – Relaxation, massage, posturology, therapies, etc.

Week 4: Movement matters!

Week 5: Staying engaged – critical to your overall wellbeing.



FREE for AWISH Members or \$20 for non-members ([join now](#) for \$25/year!)

Visit www.awishmontreal.org/services – check back often to see upcoming services & events!



Arthritis West Island Self Help Association

SEASONAL CALENDAR – FALL 2024



For more information on our programs and activities, please contact us.

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EXERCISE CLASSES – pre-registration is required

Income tax receipts issued upon request



DORVAL

Sarto-Desnoyers Community Centre - 1335 Chem. Bord-du-Lac-Lakeshore

WEDNESDAY - MORNING

11:00am – 12:30pm

WEDNESDAY - AFTERNOON

1:00pm – 2:30pm

September 25 - November 27

10 weeks | \$65 AWISH member | \$75 non-member

DDO

DDO Civic Centre - 12001 De Salaberry Boulevard

FRIDAY

11:00am – 12:30pm

September 27 - November 29

10 weeks

\$65 (DDO resident, any age) | \$65 (AWISH member 55+) | Not available otherwise

PIERREFONDS

Gerry-Robertson Community Centre - 9665 Blvd Gouin Ouest

TUESDAY

10:30am – 12:00pm

September 17 - December 3

12 weeks | \$78 AWISH member | \$90 non-member

THURSDAY

10:30am – 12:00pm

September 19 - December 5



Led by certified, professional fitness instructors. Well designed to meet individual needs and abilities. Joint and muscle-friendly whole-body exercises, including resistance, aerobics and stretching.

Some services are free for AWISH members, others may require a small fee. **Full session payment is required – no exceptions - prior to start date.** Contact us for [cancellation policy](#), to register & for more information.



SOCIAL BRUNCHES are held every 3rd Sunday of each month. Contact the office for more information. We hope you'll join us for a good (pay-your-own) meal & conversations!

COMMUNITY OUTREACH – AWISH PRESENTATIONS & INFORMATION BOOTH

Either at a public event or a private gathering – contact AWISH to learn more about what we do!

Email arthritis@awishmontreal.org and please put Subject as “Community Outreach”

THE BASICS OF ARTHRITIS

Source: Arthritis Society Canada

Continued from page 1

TYPES OF ARTHRITIS

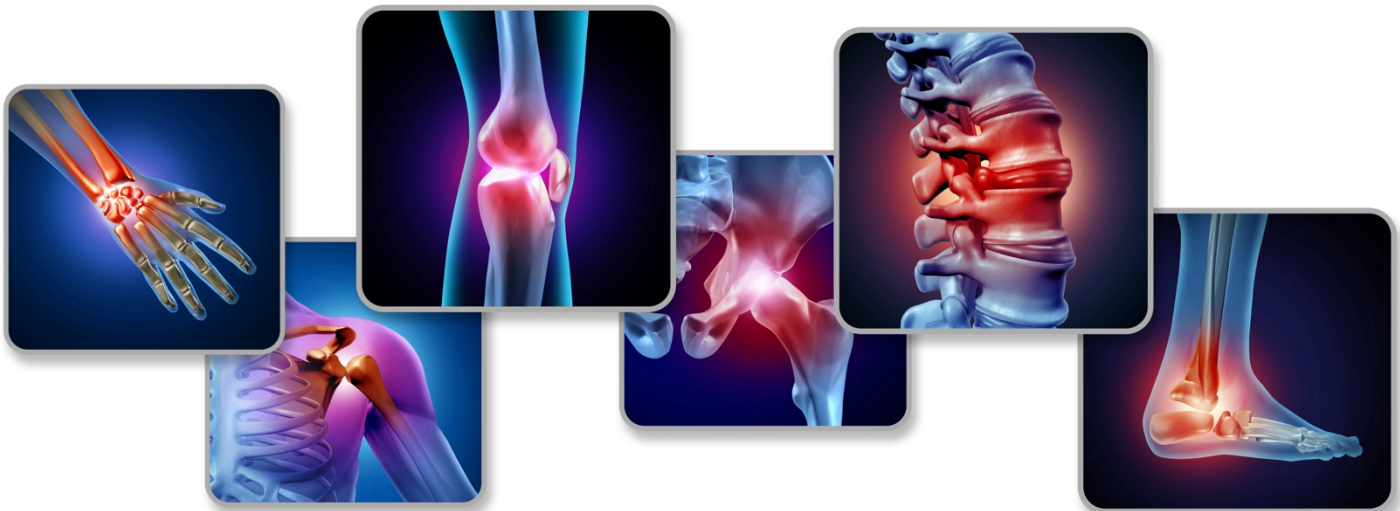
Arthritis conditions are grouped into two broad categories:
Osteoarthritis (OA) & Inflammatory arthritis (IA)

OSTEOARTHRITIS (OA)

Osteoarthritis (OA) is the most common type of arthritis, affecting more Canadians than all other forms of arthritis combined. Though once referred to as the “wear-and-tear” arthritis, the Osteoarthritis Research Society International (OARSI) recently re-defined this condition. It describes OA as the result of the body’s failed attempt to repair damaged joint tissues*. While the joint damage can occur through deterioration associated with aging, it can also occur in response to an injury. **Osteoarthritis Research Society International (OARSI)*

OA leads to the breakdown of cartilage (the tough elastic material that covers and protects the ends of bones), and the resulting bone-on-bone contact can cause pain, stiffness, swelling and reduced range of movement in the affected joint(s). The joints most commonly affected by OA are the knees, hips and those in the hands and spine.

There are many factors that are thought to contribute to developing OA, such as age, obesity, your sex, occupation, participation in certain sports, history of joint injury or surgery, and genetics.



INFLAMMATORY ARTHRITIS (IA)

Inflammatory forms of arthritis are different from osteoarthritis, in that the source of joint damage is from inflammation rather a wearing away of your cartilage. Most forms of IA are also autoimmune diseases, where the immune system – the body’s defense system against infections and other invaders – mistakenly starts to attack the body’s own healthy tissues.

Inflammation from these conditions can result in pain, stiffness, restricted mobility, fatigue and damage to joints and other tissues. If not identified and treated swiftly, these conditions tend to progress more quickly and aggressively than OA.

IA includes every form of arthritis except osteoarthritis – even some things you may not have realized were arthritis at all, like lupus or gout. Other common examples include rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and juvenile idiopathic arthritis, but there are many other types. Some forms of IA are considered systemic diseases, because they can affect the whole body.

Want to become an AWISH member? Volunteer your time? Need someone to talk to?
Would you like additional information? Wish for an in-person presentation? Please let us know!

MANAGING DAILY LIFE WITH RHEUMATOID ARTHRITIS: STRATEGIES, SKILLS AND TOOLS

Source: *hhs.edu* – posted 5/4/2018

Authors: *John Indalecio OTR/L, CHT, MS Hand and Upper Extremity Therapy*

Adapted from a presentation to the Early RA Support and Education Program

ENERGY CONSERVATION

Everyone has had the experience of pushing themselves too hard to get things done. For a person living with Rheumatoid Arthritis, taking this approach may leave you depleted (feeling that you have no energy left). The principles of energy conservation aim to address this, and to help you achieve a different outcome. Energy conservation is designed to ration, or save energy in order to maximize function and independence and minimize the worsening of symptoms.



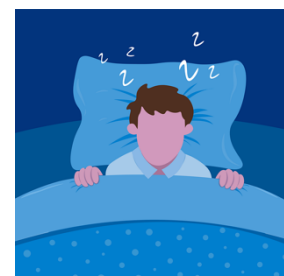
**ENERGY CONSERVATION:
Planning, Pacing, Prioritizing & Positioning**

PLANNING

This involves trying to use your body in the ideal way. If you are a morning person, schedule activities that are difficult for the morning, when you typically feel your best. Or, if you usually feel better during the afternoon, wait until then to attempt the task. Also, make sure you have enough time to accomplish the task and, when necessary, plan time for breaks. Try this: Write down your tasks on a calendar.

PACING

Related to planning, is pacing. Don't try to rush a task, but proceed at a moderate (not too fast, not too slow) tempo. Movements that are either too fast or too slow can be taxing on your joints. Power napping for 10 or 20 minutes at a time, can be extremely effective in reducing symptoms and increasing productivity. Try this: Build rest breaks into your daily/weekly tasks.

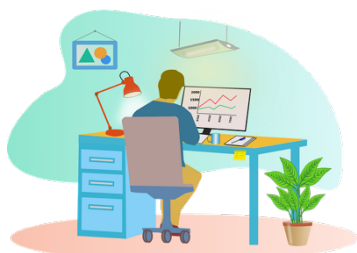


PRIORITIZING

Perform the most important activities, and postpone or eliminate tasks that are unnecessary. For example, wait to do a physically difficult task until someone is available to help you. Use your energy for things that only you can do. Try this: Write each task on a sticky note. Then arrange them in order of priority.

POSITIONING

Using your body to its mechanical advantage will reduce the amount of effort needed to complete a task. This is the principle behind ergonomics. For example, sit down to put on your shoes, and use a cart to move belongings. Try this: Evaluate your “work station” (desk, kitchen, etc.) for ways to optimize how the body fits the space and the task being performed. At work, find out whether your employer offers a complimentary ergonomic assessment of your work space.



Stress is always clamoring for our attention, draining our energy and shifting our focus away from what matters the most: our loved ones and our dreams. But you are stronger and smarter than stress could ever be! And once you realize that, putting stress in its place is easy!



WORDS OF WISDOM

YOU WERE BORN TO BUST STRESS

source: Woman's World - June 3 2024

COMMUNITY CALL TO ACTION - VOLUNTEERS & SUPPORT NEEDED

AWISH is looking for volunteers

Our charity is particularly in need of skilled individuals willing to take leading roles in:

- **Fundraising & donor relations** (find & bring on new partners/supporters, fundraising ideas, etc)
- **Community outreach** (find events/groups/locations for AWISH to give presentations and/or to have an information booth; aid with these events/gathering in numerous ways – help us help others!)
- **Member relations** (help increase membership – only \$25/year – every member's contribution counts!)
- **Assisting with adding to our offered services** (help us find someone qualified to run a Yoga/Chair Yoga exercise class + AWISH is open to other ideas for increasing social activities that can be offered such as other types of exercise classes, various workshops & more.)

Volunteering is a fulfilling experience that helps the community – your small gesture has great impact!

AWISH looks forward to hearing from you!

www.awishmontreal.org | 514-631-3288 | arthritis@awishmontreal.org

MANY THANKS TO OUR SUPPORTERS!

It is with their continued support that AWISH is able to better serve the community.

Please contact us today to find out how you can help.

Joint Effort is a quarterly publication. All articles, at times translated and edited, are presented for your information and do not necessarily reflect the opinion of AWISH. We recommend you consult your doctor if you have any questions about diagnosis or treatment.