



Arthritis West Island
Self Help Association

www.awishmontreal.org

Joint Effort Newsletter



In your community



38 years

Since 1987

JOIN US!

VOLUNTEER

DONATE

BECOME A MEMBER

Annual Membership:

Single \$25 | Family \$30

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**Arthritis West Island
Self Help Association**

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Dorval, QC, H9S 2B6

514-631-3288

arthritis@awishmontreal.org

www.awishmontreal.org

Reg'd #: 89055 8893 RR0001



**AWISH
presents:**

COMMUNITY INFORMATION DAY ARTHRITIS RENDEZ-VOUS 2025

Sunday, September 28th 2025 10:00am – 4:00pm

Sarto-Desnoyers Community Centre (Salons C & D) - 1335 Lakeshore, Dorval

- Corporate & local community organizations will have information kiosks
- Guest speakers (arthritis related topics) - followed by a Q&A session
- Private Ask-A-Doctor or a Pharmacist booths (for quick questions)
- Door prizes (free ticket for completing opinion survey of event on-site)
- Refreshments and cold buffet

GUEST SPEAKERS

10:30am - Dr. Marie Hudson MD, MPH, FRCPC, Rheumatologist, Researcher

12:30pm - Chloe Guan, student (Personal journey with Juvenile Arthritis)

1:30pm - Dr. Elizabeth M. Hazel OLY, MDCM, FRCPC, MM, Rheumatologist

2:30pm - Dr. Michael Starr MD, Professor, Rheumatologist

AWISH will be accepting donations – thank you for your support!

All proceeds go towards services & workshops offered by our non-profit organization
cash, cheque (payable to Arthritis West Island), **e-transfers** (arthritis@awishmontreal.org)

COMMUNITY KIOSKS

AWISH	William Timmons, Retired Fire Chief (Traumas & Crisis Management)
Aubert Financière (Financial Security Adviser)	Lethbridge-Layton-Mackay Rehabilitation Centre
Customized Homecare	CPMH Community Perspective in Mental Health
EyeNation	SIM Service de sécurité incendie de Montreal
Ink Well Journaling	CRC West Island Community Resource Centre
Kiwanis Lakeshore Montreal	TQSOIM Table de Quartier du Sud de l'Ouest-de-L'Île
Somnolence Canada Foundation	C-TVDS Le centre option-prévention toxicomanie, violence, délinquance et santé mentale
Montreal Aviation Museum	WICA West Island Citizen Advocacy
ABOVAS West Island Volunteer Accompaniment Service	AND MORE!

Plan on attending? Please REGISTER ahead of time!
Visit www.awishmontreal.org/services & complete the Rendez-Vous registration form or scan the QR code



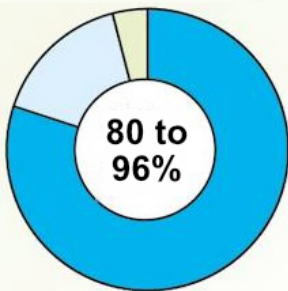
THE MISUNDERSTOOD PAIN OF FIBROMYALGIA

Original Source: Le Journal de Montréal – 11 mai 2024
(loose translation)

Fibromyalgia is a rather enigmatic disease, and awareness week for it is currently taking place around the world. The syndrome, which was only recognized by the World Health Organization (WHO) in 1992, has long been the subject of debate, and diagnoses are sometimes difficult. In Quebec, the Quebec Fibromyalgia Society is responsible for advocating for the cause. Let's shed some light on this syndrome, which affects 5% of Canadians and whose symptoms vary greatly.

CHRONIC WIDESPREAD PAIN AND NUMEROUS REPERCUSSIONS

Sometimes referred to as an "invisible" disease. It is an autoimmune disease to which some people are predisposed from birth.



of fibromyalgia patients are women



COMMON SYMPTOMS

Symptoms that appear in almost all patients.

Chronic fatigue

Sleep disturbances

Cognitive disorders
(Difficulty concentrating)

Chronic pain

Fibromyalgia is characterized by increased sensitivity to pain, muscle weakness, and a decrease in the number of nerve fibers in the skin.



CONCURRENT SYMPTOMS

They vary (around a hundred symptoms are documented, but these are the most common).

Anxiety

Headaches

Reactive depression

Digestive disorders

Urinary disorders

Aggravating factors

The cause of the disease is not known, but certain factors may contribute.



Age (between 20 and 50)

Sex (the disease is more prevalent in women)



Certain hereditary factors

Certain diseases (such as rheumatoid arthritis)



An infection (such as the one that causes Lyme disease)



Cold or humid temperatures

Trauma or emotional stress

How to manage symptoms?

There are no treatments that cure the condition, but certain practices can relieve symptoms.



Physical exercise (walking, yoga and aquafitness are good options)



Psychotherapy



Support groups



An anti-inflammatory diet



Physiotherapy and massage therapy

Arthritis West Island Self Help Association

SEASONAL CALENDAR – FALL 2025

For more information on programs & activities by AWISH, please contact us

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



AWISH IS PROUD TO BE ORGANIZING:

COMMUNITY INFORMATION DAY – ARTHRITIS RENDEZ-VOUS 2025

FREE
PUBLIC
EVENT

10:00am – 4:00pm

Sunday, September 28th 2025

Sarto-Desnoyers Community Centre – Salons C & D

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

FREE
PARKING

See Page 1 for more information & stay tuned - more details available closer to the date!

COMMUNITY:

Learn about various corporate & local community organizations that will have information booths set up

ARTHRITIS:

Guest Speakers covering arthritis-related topics
+ visit our AWISH information booth

Visit www.awishmontreal.org & follow our [Facebook Page](#) to stay up to date on events & services!

Youth & Young Adults with Arthritis Program

Coming soon to AWISH – contact us today if you are interested!



Many people mistakenly think arthritis is just a disease of the elderly, but the statistics tell a different story. About three in 1,000 Canadian children have juvenile arthritis (JA), which makes it more common than most chronic childhood diseases. *Source: [Arthritis Society of Canada](#)*

Arthritis is a collection of chronic diseases that impact your joints and other connective tissues. These conditions are most commonly characterized by swelling, joint pain, and stiffness. There are [more than 100 conditions](#) under the arthritis umbrella, but the most common forms are osteoarthritis (OA) and rheumatoid arthritis (RA).
Source: [American University of the Caribbean School of Medicine](#)

We envision a community where anyone – of any age - dealing with any form of arthritis can access information and be supported through various services aimed at education & improving quality of life.

If you or someone you know is impacted by arthritis and would like to be kept informed on the progress of our new program and future services offered by AWISH aimed at a younger generation
- or if you'd like to offer a skill or a service to this new group - please contact AWISH today!

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”

MEDICAL PARTNERS of AWISH
Rheumatologists

Dr. Elizabeth Hazel
Dr. Mary-Ann Fitzcharles

Dr. Marie Hudson
Dr. Michael Starr

Arthritis West Island Self Help Association

SEASONAL CALENDAR – FALL 2025



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EXERCISE CLASSES – pre-registration is required



DORVAL

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

WEDNESDAY - MORNING

10:30 am – 12:00 pm

October 1, 8, 15, 22, 29 + November 5, 12, 19, 26 + December 3

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

WEDNESDAY - AFTERNOON

1:00 pm – 2:30 pm

DDO

Banquet Hall - DDO Civic Centre - 12001 Blvd de Salaberry

WEDNESDAY

11:30 am – 1:00 pm

September 24

October 1, 8, 22, 29

November 5, 12, 19

December 17

NOTE: New location +

NO classes on: Oct 15,

Nov 26, Dec 3, Dec 10

9 weeks | \$58.50 AWISH member | \$67.50 non-member

PIERREFONDS

Gerry-Robertson Community Centre - 9665 Blvd Gouin Ouest

TUESDAY

10:30 am – 12:00 pm

September 23, 30

October 7, 14, 21, 28

November 4, 11, 18, 25

THURSDAY

10:30 am – 12:00 pm

September 25

October 9, 16, 23, 30

November 6, 13, 20, 27

December 4

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

NOTE:

NO class on

Thursday

Oct 2nd



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!

Visit www.awishmontreal.org & follow our [Facebook Page](#) to stay up to date on events & services!

WORKPLACE ACCOMMODATIONS FOR PEOPLE WITH ARTHRITIS

Source: [Arthritis Society of Canada](#)

Not everyone with arthritis will require workplace accommodations, but for those who do, having support can significantly improve employment outcomes and reduce job disruptions. With the right supports in place, people with arthritis can continue to make meaningful contributions at work and lead productive, fulfilling lives.

Nearly 6 million Canadians, or 1 in 5 people, have arthritis. Arthritis is a term used to describe over 100 diseases that involve inflammation in the joints or other areas of the body. Arthritis symptoms can range from mild to severe and can vary day to day. Many people with arthritis experience chronic pain, fatigue, restricted mobility, lowered mood and other symptoms that can impact their quality of life.

ACCOMMODATION MAKES GOOD BUSINESS SENSE

There are numerous reasons why providing supports for employees with arthritis makes good business sense. Emerging research points to benefits in accommodating employees, which can:

- Increase employee productivity and attendance
- Reduce economic loss due to absences and long-term disability
- Reduce turnover costs and retain skilled employees
- Avoid employee grievances or human rights complaints
- Increase overall company morale and productivity

KNOW THE LAW

In addition to providing organizational benefits, accommodation is also the law. In Canada, employers have a duty to accommodate individuals with disabilities and chronic health conditions like arthritis. As the Supreme Court of Canada explains, “The purpose of the duty to accommodate is to ensure that persons who are otherwise fit for work are not unfairly excluded where working conditions can be adjusted without undue hardship.”

STEPS TO SUCCESSFUL ACCOMMODATION

Creating and implementing an accommodation plan is a collaborative effort between the employer and employee, with the goal of keeping your employee active and productive at work:

- 1 Assess the employee’s work strengths and disability-related limitations in relation to job demands and job performance. Appropriate accommodations will depend on an individual’s specific needs.
- 2 Identify accommodation needs and options, then develop an accommodation plan with the employee. Some information may need to be communicated to co-workers, but it’s important to respect the privacy of your employee and only share what is necessary.
- 3 Determine a follow-up process to monitor and evaluate accommodations and assess whether additional accommodations are required.

AWISH IS LOOKING FOR SOMEONE TO HELP US ADD NEW PROGRAMS & SERVICES

Are you able to volunteer some time by coordinating & organizing the addition of new services?

We need your assistance, in order to see AWISH expand & help the community in new ways!

You’d connect with others, discuss schedule & location options, confirm details with President/AWISH.

Email arthritis@awishmontreal.org and please put Subject as “Services Coordinator”



WORDS OF WISDOM

Source: Neil Gaiman - Christine McDowell - April 2018

The one thing that you have that nobody else has is 'YOU'

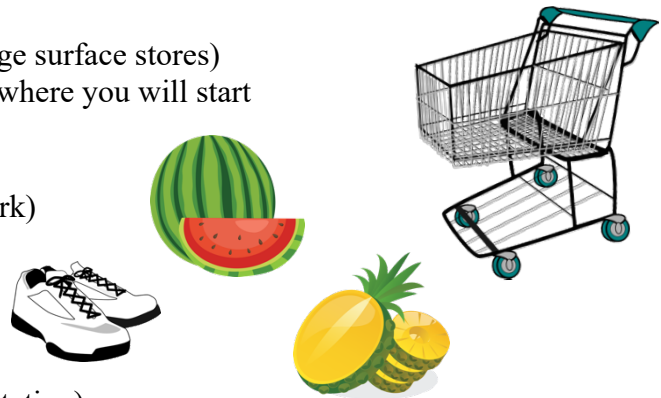
Your voice, your mind, your story, your vision.

So write and draw and build and plan and dance and live as only you can!

SHOPPING TIPS

Source: Complete Arthritis Health and Diet Guide and Cookbook – Kim Arrey, BSc, RD with Dr. Michael Starr, Rheumatologist/Prof. McGill

- Prepare a strategic grocery list
 - Make a plan of a grocery store (avoid large surface stores)
 - Prepare your grocery list (top of the list, where you will start shopping reduces time and energy)
- Wear comfortable shoes
- Ask for help (family, friend, neighbour, store clerk)
- Use a reacher/grabber
- Buy trimmed or precut foods
- Use a grocery cart (for stability as well)
- Take a break
- Take advantage of community services (transportation)



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.

The Dr. J. David & Doris Roger Family Fund  DORVAL  Leah Schwartz estate 		PHARMAPRIX Jardins Dorval Gardens  Pointe Claire  WITT	Agence de la santé et des services sociaux de Montréal Québec  ACDPN African Canadian Development and Prevention Network	Membres d'AWISH AWISH Members Railroaders in the community  CN  Montréal  MPRESS DESIGN & PRINT
 Gregory Kelley Député/MNA Jacques-Cartier	 Monsef Derraji Député/MNA Nelligan	 Enrico Ciccone Député/MNA Marquette	 Brigitte Garceau Député/MNA Robert-Baldwin	 CAISSE DE BIENFAISANCE DES EMPLOYÉS ET RETRAITÉS DU CN CN EMPLOYEES' AND PENSIONERS' COMMUNITY FUND  BEACONSFIELD  PME MTL OUEST-DE-L'ÎLE  Kiwanis LAKESHORE MONTREAL  VILLE DE CITY OF DOLLARD-DES-ORMEAUX

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.