AWISH

Arthritis West Island Self Help Association

www.awishmontreal.org

Joint Effort Newsletter

FALL 2026

In your community

39 years

Since 1987

JOIN US!

VOLUNTEER

DONATE

BECOME A MEMBER

Annual Membership:

Single $30 | Family $35

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Arthritis West Island Self Help Association

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514-631-3288

arthritis@awishmontreal.org

www.awishmontreal.org

Reg'd #: 89055 8893 RR0001

AWISH presents: COMMUNITY INFORMATION DAY ARTHRITIS RENDEZ-VOUS 2026

Sunday, October 18th 2026 1:00pm – 4:30pm

Sarto-Desnoyers Community Centre

1335 Chem. du Bord-du-Lac-Lakeshore, Dorval, QC H9S 2E2

- **Local community organizations will have information kiosks**
- **Guest speakers (arthritis related topics) - followed by a Q&A session**
- **Light refreshments**

GUEST SPEAKERS 45m presentation + Q&A

1:30pm – Kim Arrey RD - Registered Dietitian Nutritionist

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

3:30pm – To be announced

Visit www.awishmontreal.org/services closer to the date for the latest schedule!

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

cash, cheque *(payable to Arthritis West Island),*
e-transfers *(arthritis@awishmontreal.org)*

All proceeds go towards services and workshops offered by our non-profit organization

AWISH AGM JUNE 15 2026 MESSAGE

Thank you to all our AWISH members, Board of Directors, volunteers, community members and all the local community organizations who attended and had information kiosks!

Special thanks to ***Provigo Le Marché Kirkland Jean Paquette*** for donating some food to the AWISH AGM meeting that was held on June 15 2026 – we, and our guests, appreciated the kind gesture & tasty treats!

Visit: 16900 Trans-Canada Hwy, Kirkland, Quebec H9H 4M7



Medical Partners of AWISH Rheumatologists

Dr. Elizabeth Hazel | Dr. Marie Hudson
Dr. Mary-Ann Fitzcharles | Dr. Michael Starr

POINTE-CLAIRE TEEN WINS INTERNATIONAL YOUTH LEADERSHIP AWARD

Source: August 19 2026 – Jeremy Zafran – The Suburban

A Pointe-Claire teenager who turned her experience with juvenile arthritis into a peer-support initiative has been named one of 10 winners of an international youth leadership award.

Chloe Guan, 17, was announced Wednesday, Aug. 12 as a recipient of the 2026 Leaders of Today Award, which recognizes young people aged 16 to 27 who have already started grassroots initiatives, projects, or self-driven work. The announcement coincided with United Nations International Youth Day.

Guan was selected from more than 3,400 applicants from 40 countries. Each winner receives $1,000 to put toward their work.

Guan founded Rheumheroes in May 2024, the same month she was diagnosed with juvenile idiopathic arthritis. She said the diagnosis left her feeling uncertain, and motivated her to help other young people facing the disease.



"At 14, I was diagnosed with juvenile idiopathic arthritis, and I felt truly lost and scared, not wanting to lose everything that I enjoyed," Guan said. "I had never heard of arthritis affecting youth before dealing with the disease myself, so I reached out to my community, wanting to help other youth with the same condition as me."

Rheumheroes is built around three areas Guan said she needed but could not find: peer mentorship connecting older teenagers and young adults with children who have recently been diagnosed, comfort kits for children undergoing treatment, and low-impact community meetups where families can meet others facing similar experiences.

The initiative has recently been relaunched, with Guan working to expand its programs. The award money will be used for the first comfort kits and peer-mentorship materials for children at the point of diagnosis.

Before her diagnosis, Guan trained in swimming and volleyball for nearly a decade. She continues to pursue writing, illustration, photography, and cinematography.

Her curiosity about her condition also led her to question physicians, research her illness, and write an essay about breakthroughs in rheumatoid arthritis treatment. The essay received a merit award.

Her leadership has been recognized outside Rheumheroes. Guan was elected by her peers as the top representative of Shad's values during the Shad program, and holds a $3,000 Marianopolis College scholarship for leadership.

The Leaders of Today Award was created to support young people who may not have extensive resources or polished résumés. "Most awards go to young people who already have everything. We built this one for the 99 per cent who do not usually win awards, and Chloe is exactly why," said Ziyaan Virji, co-founder of Leaders of Today.

Winners were chosen based on how far the $1,000 could take their projects. For Guan, that funding will help turn a personal experience into practical support for other young people and their families.



AWISH SEASONAL CALENDAR - FALL 2026



For more information on programs & activities by AWISH - contact us
www.awishmontreal.org | 514-631-3288 | arthritis@awishmontreal.org

EXERCISE CLASSES – pre-registration is required

WHAT ARE THE AWISH EXERCISE CLASSES LIKE?

Led by a certified fitness instructor, in each 90 minute low-intensity exercise class you'll go through a range of motion exercises while standing, sitting and lying down on a mat (or sitting on a chair), followed by a relaxation period.

DO I NEED TO HAVE ARTHRITIS TO ATTEND A CLASS?

No - our program is open to everyone! Our classes help promote strengthening muscles, protecting your joints, improving balance, relaxation techniques and more. It is designed to meet individual needs and abilities.

NOT SURE? ASK ABOUT OUR FREE TRIAL CLASS – GIVE IT A TRY!

Become an AWISH member
$30/year



DORVAL

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

TUESDAY	WEDNESDAY
1:00 pm – 2:30 pm	**10:30 am – 12:00 pm**
September 29	September 30
October 6, 13, 20, 27	October 7, 14, 21, 28
November 3, 10, 17, 24	November 4, 11, 18, 25
December 1	December 2

10 weeks - total price: $90 AWISH member | $100 non-member

DDO

Sunnybrooke Chalet, 7 Rue Cadman

WEDNESDAY	
11:30 am – 1:00 pm	September 23, 30
	October 7, 14, 21, 28
	November 4, 11, 18, 25
	December 2, 9

12 weeks - total price: $108 AWISH member | $120 non-member

PIERREFONDS

Gerry-Robertson Community Centre - 9665 Blvd Gouin Ouest

TUESDAY	THURSDAY
10:30 am – 12:00 pm	**10:30 am – 12:00 pm**
September 8, 15, 22, 29	September 10, 17, 24
October 13, 20, 27	October 1, 8, 15, 22, 29
November 3, 10, 17	November 5, 12

NOTE: NO class October 6

10 weeks - total price: $90 AWISH member | $100 non-member

Option to register online: Services Page



Full session payment is required prior to start date. Contact us for cancellation policy, to register & more information.

Visit www.awishmontreal.org/services - or scan the QR code above - to view full list of Events & Services

Follow our Facebook Page to stay up to date on events & services!

FIVE SELF-CARE TIPS FOR FALL

Source: Arthritis Society Canada – Flourish Helping You Move Through Life with Arthritis – Daily Living

As the vibrant colors of summer gradually yield to the warm and earthy hues of autumn, many of us find comfort in crisp air and cozy sweaters. However, for individuals living with arthritis, the change in seasons can introduce a unique set of challenges. The cooler temperatures and shifting weather patterns can exacerbate joint pain and stiffness, making it essential to adapt and find ways to stay active.

Embracing the beauty of autumn while managing arthritis requires a thoughtful approach that includes gentle exercises. Here are five tips to keep up with self-care as the season changes:



Move every day

Moving may not be the first thing you want to do as the air takes on a chill, but staying active offers many benefits, such as boosting strength, energy, sleep quality and mood, while also reducing stress, anxiety and feelings of depression. Unfortunately, many individuals living with arthritis avoid physical activity because of joint and muscle pain, fatigue, or swelling. As a result of not moving regularly, arthritis-related pain and symptoms, such as stiffness, muscle weakness and tightness, can worsen over time.

Find ways to move every day and consider movements that put less load on your joints like swimming, yoga and stationary biking. To soak in a beautiful fall day with the sun shining on the colourful leaves, try Nordic walking on a flat forest trail or through a local park.

Find exercise videos and tips for staying active in the exercise section of Flourish.

Nourishment matters

Our gardening may be fizzling out, but we get to cheer our spirits with delicious and nutritious warm soups. Fill your pot or slow cooker with colourful veggies that are high in vitamins like folate and B6, minerals such as magnesium and potassium, as well as fibre and antioxidants (vitamins A, C and E). A hearty lentil soup will hit the spot!

Recharge with sleep

As the season changes and days grow shorter, you may notice your body requires more rest. Getting enough sleep helps improve your energy, brain power and coping skills. Restorative sleep also helps with pain management for many living with arthritis. Here are a few things to try to improve your sleep:

- About an hour before bedtime, power down all electronic devices and allow yourself a moment to relax.
- Consider options like reading, taking a bath, or enjoying some music.
- Aim to maintain a consistent sleep schedule by going to bed and waking up at the same times daily.

Read more on how you can have a better night's rest in our Daily Living section on our website.

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FIVE SELF-CARE TIPS FOR FALL

Source: Arthritis Society Canada – Flourish Helping You Move Through Life with Arthritis – Daily Living

Stay Warm

To counter the cooler days, remember to keep your body warm with layers and keep gloves handy. Follow our recommended tips on heat therapy to help relax your muscles, stimulate circulation and decrease pain.

Social Connections

Strong social connections boost your mental well-being and reduce feelings of loneliness and isolation. As the daylight hours decrease, brighten your days with community by connecting with family and friends, or meeting new friends at places like your community centre. Join a drop-in program, a book club, or volunteer with seniors or for a cause you support. Combine socializing with a walk or an aqua-fitness class, and you're off to a great start for fall self-care!

Fall can be rejuvenating if we're intentional with how we move and nourish our bodies, rest and connect, and lean into the beauty and life all around us.

AWISH'S WORD SEARCH

P	D	L	C	H	I	L	D	R	E	N	S
A	A	F	I	A	C	H	E	E	S	D	A
I	N	F	L	A	M	M	A	T	I	O	N
N	E	D	W	A	E	L	N	L	T	M	O
D	G	I	D	V	R	I	E	A	I	S	I
I	S	U	O	Y	O	E	I	R	R	A	T
H	L	A	Y	J	S	R	S	M	H	I	A
T	E	L	I	N	E	V	U	J	T	U	C
P	B	I	S	E	N	O	B	I	R	L	I
R	E	D	N	E	S	S	O	V	A	Z	D
T	O	R	F	M	O	C	S	I	D	P	E
S	S	T	I	F	F	N	E	S	S	E	M

Find the following words in the puzzle!

ACHE
ADULT
ARTHRITIS
AWISH
BONES
CHILDREN
DISCOMFORT
FLARE
INFLAMMATION
JOINT
JUVENILE
MEDICATION
PAIN
REDNESS
SORE
STIFFNESS

WOULD YOU LIKE TO BECOME AN AWISH MEMBER?
Learn more about it here: www.awishmontreal.org/become-a-member

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

WORDS OF WISDOM

Source: Anne Frank, Anne Frank's Tales from the Secret Annex: A Collection of Her Short Stories, Fables, and Lesser-Known Writings

How wonderful it is that nobody needs to wait a single moment before starting to improve the world.



AWISH AT A GLANCE – SERVICES OFFERED

- **Workshops + Tip Sheets**
- **Exercise Classes:** 4 sessions a year, held in 3 locations: DDO, Dorval, Pierrefonds.
- **Monthly Social Lunches**: Held monthly at local restaurants, contact AWISH for information on how to join us!
- **Community Presentations & Outreach Program:** Public or private settings, invite AWISH to give a presentation and/or have an information booth at your event!
- **Quarterly Newsletter**: Joint Effort – this is it, published in-house. Enjoy!
- **Public Events:** "*Community Information Day – Arthritis Rendez-Vous*" Financial support is essential in order for us to continue offering on an annual basis, and free to the public, an all-day event that features local businesses and organizations, guest speakers presenting topics on arthritis (followed by a Q&A with the audience) and more!
- **Young Adults with Arthritis Program:** We are aware that this group of arthritis sufferers need community support through various AWISH programs planned specifically for them - financial support is essential to do this.

MANY THANKS TO OUR SUPPORTERS!

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

ADD YOUR LOGO BELOW: HELP US FUND SERVICES - DONATE TO AWISH

The Dr. J. David & Doris Roger Family Fund

Leah Schwartz estate

Membres d'AWISH | AWISH Members


Gregory Kelley
Député/MNA
Jacques-Cartier


Monsef Derraji
Député/MNA
Nelligan


Enrico Ciccone
Député/MNA
Marquette


Brigitte Garceau
Député/MNA
Robert-Baldwin

Héritage anonyme
Anonymous Legacy

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.