

# MS MONTREAL

Liaison Bulletin

N° 94- Fall 2017

## MESSAGE FROM THE PRESIDENT

*By Kristen Robillard*

In my last message, I wrote about the process to create accessibility legislation for Canada. I also encouraged you to participate. I'm very pleased to report that this process is moving ahead. After a series of broad consultation, the Minister of Sport and Persons with Disabilities has issued a report of what was learned and what are the next steps in the process of making Canada more accessible<sup>1</sup>. This process is also bringing the importance of this issue to a broader audience.

As well, The right to improved accessibility is increasingly highlighted in the press. A recent Le Devoir article described the obstacle course that people using a wheelchair must navigate to go about their daily activities<sup>2</sup>. And, despite government money being allocated for businesses to improve accessibility, Le Devoir reported that with an outdated Building Code, inaccessible buildings are still being built. Government members are calling for the OPHQ to be mandated to produce an inventory of inaccessible local businesses by February 2018<sup>3</sup>.

*Continued on page 2*



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**Stay tuned for the latest news on the Montreal Chapter  
by giving us**



### Your email!

Send us an email to  
[info.montreal@scleroseenplaques.ca](mailto:info.montreal@scleroseenplaques.ca)  
with your full name.

### Go Green, Go Paperless!



Did you know that it takes a lot of paper, envelopes and time to print the Montreal Chapter's bulletin? Ask to receive the bulletin by email: it's the green thing to do and you'll be able to read our seasonal bulletin anytime. If you haven't already done so, ask to receive your Liaison Bulletin by email.

**Contact Patricia Rizan at  
514 849-7591, extension 2249.**

## MESSAGE FROM THE PRESIDENT

With regards to transportation, Accessibilize<sup>4</sup> Montreal keeps the public conversation going about the Metro's limitations for riders with mobility challenges. With only 12/68 stations having an elevator, it is obviously very far from being a viable network. This is no doubt one of the realities that led a Quebec Superior judge on May 29 to decide to authorize a 1.5 billion class action lawsuit to go forward against the STM (including adapted transport), the AMT and the City of Montreal for discrimination against those with disabilities<sup>5</sup>.

What can we do as members to keep this momentum going? Participating in the Chapter's activities and beyond, providing feedback on our experience, making suggestions about how things can be improved and directing people on how they can assist are all things we can do. Being heard and being seen going about our day is key to raising awareness of the broader community. It is important to remember that we all have expertise in this regard.

### References:

1. [canada.ca/en/employment-social-development/programs/planned-accessibility-legislation/reports/consultations-what-we-learned.html#h2.5](http://canada.ca/en/employment-social-development/programs/planned-accessibility-legislation/reports/consultations-what-we-learned.html#h2.5)
2. [ledevoir.com/societe/sante/500350/vivre-en-ville-en-fauteuil-roulant](http://ledevoir.com/societe/sante/500350/vivre-en-ville-en-fauteuil-roulant)
3. [ledevoir.com/politique/quebec/501258/titre-commerces-accessibles-aux-handicapes-des-deputes-reclament-des-actions](http://ledevoir.com/politique/quebec/501258/titre-commerces-accessibles-aux-handicapes-des-deputes-reclament-des-actions)
4. [facebook.com/access4mtl/](http://facebook.com/access4mtl/)
5. [journaldemontreal.com/2017/05/29/recours-collectif-contre-la-stm-lamt-et-la-ville-de-montreal-autorise](http://journaldemontreal.com/2017/05/29/recours-collectif-contre-la-stm-lamt-et-la-ville-de-montreal-autorise)

# MONTREAL RESOURCES



Since 1986, PIMO, a non-profit organization, has made accompaniment services available to adults in the Montreal area who have difficulty getting around. The group also defends the right of everyone who is unable to leave their home alone to be accompanied.

PIMO's companions mainly help people with motor dysfunction (such as difficulty handling objects, communicating, and personal transfer) when activities require travel outside their home. This can involve a medical appointment, restaurant outing, trip to the bank, or any other type of outing. **PIMO does not have a vehicle for transporting people. Members must arrange their own transportation.**

The accompaniment service is **free of charge**, but an **annual membership fee of \$20** is charged for access to these services. Paid-up members have access to one accompaniment per week for a minimum of 2 hours and a maximum of 4 hours. The accompaniment services are available seven days a week, from 7 a.m. to 11 p.m. Make an appointment to register at the PIMO office once the person's membership status is confirmed.

To contact PIMO: 514-288-9775 or visit [www.pimo.qc.ca](http://www.pimo.qc.ca)



The Information and Referral Centre of Greater Montreal is an independent, bilingual non-profit organization that provides free information about social and community resources in

Greater Montreal. The Centre quickly refers anyone seeking help with social security, health, employment, welfare and recreation to the appropriate organization.

Telephone: 514-527-1375

Email: [crgm@info-reference.qc.ca](mailto:crgm@info-reference.qc.ca)

## *MS and Contact with Others*

By Katia Prévost

I was diagnosed with MS 13 years ago this summer. After all these years, I can say that I feel I have adjusted to it, even though every day will always come with its share of readjustments.

The young Katia that I was at the time not only had no idea of what MS was, but didn't know where to turn and too shocked to talk to other people. A year later, I decided to participate in an MS activity. As you know, there are different types and progressions of MS. When I saw the condition of various people much farther advanced in the illness, I was even more confused about the probable future challenges in my new life.

Luckily, a two-year rehabilitation program at the Constance Lethbridge centre helped me face these uncertainties. At the end-of-program barbecue, my occupational therapist paired me with a newly diagnosed girl who thought the same way I did at the beginning about what awaited her. I noticed during the meal that because of the rehabilitation, I was now able to deal with this feeling of being overwhelmed. Little Katia had grown up; had learned about her disease and now believed that despite the unforeseeable difficulties to come, contact with other people would give her new confidence in her ability to cope with them.

Today, I meet regularly with people like me who have MS. I can share my troubles and fears with them. But we can also give each other positive support for what is to come in our lives...



### **Do you like to write?**

Do you want to write about your journey with MS? Do you have a message of hope and inspiration to give Montreal Chapter members? Have you thought of becoming a contributor to the *Liaison Bulletin*? If you are interested in the experience, contact us by email at [info.montreal@scleroseenplaques.ca](mailto:info.montreal@scleroseenplaques.ca), or by telephone at 514 849-7591, before submitting your text.

## **MS Society Online Resources**



### **National Education Series Webinars**

To support the community of individuals affected by MS, the MS Society of Canada is developing a series of eight free nationwide webinars. Join us live from the convenience of your home or office for in depth discussions with experts on a variety of topics related to MS.

Anyone who is affected by MS or an allied condition, is welcome and encouraged to participate in this webinar series. Each webinar is designed to provide individuals in our community with information, tools



and resources that can be used to help to live your best life with MS.

For more information, go to the MS Society website at : [mssociety.ca/resources/nationwide-webinars](http://mssociety.ca/resources/nationwide-webinars)

#### **Next webinars:**

Diet and MS  
Date: Sept 20, 2017

Healthy living  
Date: Oct 10, 2017



All past webinars are accessible after the event on the MS Society website:

[mssociety.ca/resources/nationwide-webinars-en/archived-webinars](http://mssociety.ca/resources/nationwide-webinars-en/archived-webinars)

- MS Fatigue Management
- Bladder and Bowel Continence...Meet your Friend, the Pelvic Floor Muscle!
- Research Updates
- Cognitive and brain changes in MS
- MS: Depression, Cognition, and Fatigue
- Alternative and Complementary Therapies & MS

# ACTIVITIES SCHEDULE

## SEPTEMBER

- 6 Crescendo**  
5150 Lasalle Blvd. in Verdun  
Restaurant Get-Together
- 13 Fresco**  
 6040 Des Grandes-Prairies Blvd.  
Restaurant Get-Together

- 20 Provigo Angus**  
 Social gathering  
12:30 to 3 p.m.  
2925 Rachel St. East  
Community room (second floor)

Your lunch must be bought at Provigo since we are not allowed to bring food from outside the store. Take the elevator up to the second floor and come have lunch with us in the beautiful glass room.

Coffee and desert is on us.

- 27 Vichy Buffet**  
7205 Newman Blvd.  
Buffet Get-Together

## OCTOBER

- 3 WORKSHOP**  
Tue. **Dealing with invisible symptoms in MS**   
7 to 8:30 p.m. ( 9 p.m. max.)  
MS Society of Canada  
550 Sherbrooke St. West  
10<sup>th</sup> floor, suite 1010  
Registration required. Free.  
More details on p. 7

## OCTOBER

- 4 Espace La Fontaine Bistro**  
3933 Parc La Fontaine Ave.  
In the Park  
Restaurant Get-Together

- 11 Grillys**  
 9305 Lacordaire Blvd.  
Restaurant Get-Together

- 25 Casa Grecque Pie-IX**  
10651 Pie-IX Blvd.  
Restaurant Get-Together

- 31 Halloween**  
Tue. Borrow a mask or a hat at the activity or bring your own.

- Fu Lam Buffet**  
4275 Jean-Talon St. East  
Masked Buffet Get-Together

## NOVEMBER

- 8 Scores**  
6675 Jean-Talon St. East  
Restaurant Get-Together

- 15 Pizzeria Orsini**  
7600 Viau Blvd. - Place Viau  
Restaurant Get-Together  
Volunteers will guide you. The paratransit stop is in front of Walmart. Take the elevator to level P3. The pizzeria is on your left.

- 22 Fu Lam Buffet**  
4275 Jean-Talon St. East  
Buffet Get-Together

## DECEMBER

- 3 Christmas Lunch**  
Sun. 11:30 a.m. to 3 p.m.  
EVO Building  
420 Sherbrooke St. West  
Cost: \$10  
Places are limited.  
Register before November 13 for group transportation

- 13 Provigo Angus**  
 Social gathering  
12:30 to 3 p.m.  
2925 Rachel St. East  
Community room (second floor)  
Your lunch must be bought at Provigo. Same activity as on September 20.

## JANUARY

- 31 Casa Grecque Pie-IX**  
10 651 Pie-IX Blvd.  
Restaurant Get-Together

## FEBRUARY

- 7 Trattoria Il Ritrovo**  
2895 Fleury St. East  
Restaurant Get-Together

- 14 Fu Lam Buffet**  
4275 Jean-Talon St. East  
Buffet Get-Together

- 21 St-Hubert Pie-IX**  
10 495 Pie-IX Blvd.  
Restaurant Get-Together



## RESTAURANT OUTINGS

Wednesdays  
11:45 a.m. to 2:15 p.m.

**RESTAURANT GET-TOGETHER:** get a \$5 discount on your bill.

**BUFFET GET-TOGETHER:**  
Pay \$5. Coffee is included, other drinks are at your expense.

## SELF-HELP GROUPS

Group of people helping each other by sharing life experiences and information on resources.

### MS Anglophones

Quilles G plus  
6510 St-Jacques St. West  
Entrance with ramp, in the back of the building, second door.

From 2 to 4:15 p.m.  
Tuesdays, every two weeks:

September 19  
October 3, 17 & 31  
November 14 & 28  
December 12  
January 16 & 30  
February 13 & 27

### MS Anglophones

#### Young Adults

Self-help group for young adults living with MS. To learn more about the meetings, please contact Jennifer Doran.

[jennifer.doran@muhc.mcgill.ca](mailto:jennifer.doran@muhc.mcgill.ca)

### MS Francophones

Provigo Angus  
2925 Rachel St. East  
Community room (second floor)

From 1:30 to 3:30 p.m.  
On the following Tuesdays:  
September 19  
October 24  
November 21  
December 12  
January 30  
February 20

### Caregivers - in French

Centre de réadaptation  
Lucie-Bruneau  
2222 Laurier Ave. East, room 107

From 7 to 9 p.m.  
On the following Mondays:  
September 25  
October 30  
November 27  
December 11  
January 29  
February 26

## 6@8 SPIN EVENINGS



FR/EN

### Young adults

A laid back social gathering, the last Friday evening of the month except when it's a public holiday, the meeting will then take place the following Friday. SPIN... to turn your back on your routine! An opportunity to meet and connect with other young people that also have MS.

Write to Katia Prévost to join the group on Facebook and stay informed about the group's monthly meeting place.

[katwoman\\_the\\_ultimate@hotmail.com](mailto:katwoman_the_ultimate@hotmail.com)

September 29 • October 27 • November 24 • January 5 • January 26 • February 23

### SCHOOL OF MOVEMENT

Centre de réadaptation Lucie-Bruneau  
2275 Laurier Ave. East, Gymnasium  
Cost: \$40

FR/EN

Mondays

- 10 a.m. to 11:20 a.m. seated position
- 11:20 a.m. to 12:40 p.m. seated position
- 1:20 p.m. to 2:40 p.m.
- 2:40 p.m. to 4 p.m.

September 18 to December 11, 2017 &  
January 8 to February 19, 2018

Next session starts February 26, 2018

Class cancelled on:  
October 9 (Thanksgiving)

### CHOIR

Association sportive et communautaire  
Centre-Sud  
2093 de la Visitation St.  
Cost: \$25

FR

Thursdays  
12:15 to 2:45 p.m.

**NEW SCHEDULE!**

September 28 to December 14, 2017 &  
January 25 to February 15, 2018

Next session starts February 22, 2018

### GAME DAY

FR/EN

QUILLES G plus  
6510 Saint-Jacques St. West  
Entrance with ramp, in the back of the building, second door.

Tuesdays, every two weeks:  
11 a.m. to 4:15 p.m.  
Games: 1 p.m. to 4:15 p.m.

September 12 & 26  
October 10 & 24  
November 7 & 21  
December 5  
January 23  
February 6 & 20  
Registration information on page 6

### ADAPTED YOGA

FR/EN

MAI Centre  
3680 Jeanne-Mance St.,  
Room 428  
Cost: \$25

Thursdays  
•11 a.m. to 12:30 p.m.  
•1 p.m. to 2:30 p.m. seated position

September 21 to December 7, 2017

Next session starts February 15, 2018

## REGISTRATION REQUIRED

You must register in order to take part in the activities announced here. At registration, please leave us your email and phone number so we can inform you in case of last minute changes. For the courses, it's the payment that confirms your registration. You can either pay by credit card or check.

# 514 849-7591

Contact Patricia Rizan, ext. 2249  
[patricia.rizan@mssociety.ca](mailto:patricia.rizan@mssociety.ca)

## SCHOOL OF MOVEMENT

The School of movement is led by specialized physical fitness instructors and kinesiologists. The physical exercises are designed to work on balance, coordination, strength and endurance, and are carried out based on each individual's pace and abilities.

## ADAPTED YOGA

The adapted yoga activity program improve the quality of life and encourage a more active lifestyle. Adapted yoga practice helps for an overall improvement in balance, flexibility, focus and a better stress management.

## CHOIR

Singing on a regular basis can improve pronunciation, breathing capacity, energy level and of course helps you hit the right note and expand your musical knowledge.

## GAME DAY

Come join us for an afternoon of games and socializing with others.

Game Day is a great way to meet new people and have a little fun on a lazy afternoon and getting a break from our everyday lives. Games are also great for helping with memory loss, concentration, focus, multitasking and overall relaxation.

So If you like games, meeting new people, relaxing, having some fun and more, Game Day is definitely the place for you - a place away from home. Everyone is welcome!

The time available is between 11 a.m. and 4:15 p.m. with games starting at 1 p.m. and finishing at 4:15 p.m.

Lunch can be purchased on site. Free Coffee and snacks are provided in the private rooms only.

For more information contact Maria at 514 774-6033 or email her at: [maria.twins@gmail.com](mailto:maria.twins@gmail.com).

## SELF-HELP GROUPS

A self-help group is a group of people who help one another cope with difficulties they are experiencing in order to live a better, more fulfilling life.

### MS Anglophones

Group for English-speaking people who have MS.

### MS Anglophones Young Adults



Group for English-speaking young adults living with MS. To learn more about the meetings, please contact Jennifer Doran.

[jennifer.doran@muhc.mcgill.ca](mailto:jennifer.doran@muhc.mcgill.ca)

### Caregivers

Group for French-speaking caregivers. Caregivers are family members or friends who provide ongoing care and assistance, without pay, to those in need of support due to physical or cognitive conditions.

### MS Francophones

Group for French-speaking people who have MS.

## REGULATIONS

### Guests

Every participant can attend restaurants or buffets get-togethers, outings and parties accompanied by a guest who will be entitled to pay the same price as the rest of the group. If the places are limited, we reserve the right to limit the number of guests. Additional guests must pay the regular price charged by the restaurant.

### Photos and identification documents

By participating in the Montreal Chapter's activities, you authorize it to use your name and all of the photos or videos taken of you at the events. The Multiple Sclerosis Society of Canada complies with the *Personal Information Protection and Electronic Documents Act*. To read the confidentiality policy, visit : [mssociety.ca](http://mssociety.ca) and click on "Privacy" at the bottom of the page



## REGISTRATION REQUIRED

For all activities

Contact Patricia Rizan

**514 849-7591 ext. 2249**

[patricia.rizan@mssociety.ca](mailto:patricia.rizan@mssociety.ca)

### Workshop FR

## Dealing with invisible symptoms

By **Judith Brouillette**, RN, MSN, MSCN  
Clinical Nurse Specialist, Neurology Clinic  
Jewish General Hospital

**Tuesday, October 3, 2017**  
7 p.m. to 8:30 p.m.

MS Society of Canada  
550, Sherbrooke Street West  
10th floor, Suite 1010

This workshop will cover drug and non-drug treatments that can relieve some MS symptoms considered to be invisible, or scarcely visible, to the people around you. We will discuss physical and intellectual fatigue, difficulty concentrating, cognitive problems and socializing, pain, numbness, hypersensitivity and hyposensitivity, spasticity, bladder dysfunction and constipation.

In French only

Free  
Registration required  
Call Patricia Rizan  
514 849-7591, ext. 2249

## NEWS FROM THE DIVISION



### Espoir Famille Conference

This annual family event gives participants an opportunity to talk to and support each other in coping with the challenges of MS. Workshops and presentations cover various MS-related topics and there is an activity program for children 6 to 17 years old.



Annie Tremblay, who has MS and is the mother of two girls, has taken her family to the Espoir Famille conference several times.

*“Some problems cropped up three years ago in September 2014, shortly after the girls went back to school. After a discussion with Éliane, I realized that there was a lot of anger and frustration at home that was also having an impact at school. Unfortunately, MS was increasingly part of our lives. Although I had only a few attacks, I was dealing with new symptoms that had an impact on daily living. I even had to stop working as a library technician because I was no longer able to reconcile work and my family life. In fact, the disease affected my cognitive functions more than my physical abilities. That year, I found that I was losing my memory, especially short-term memory [...] Even though we had made decisions to make our home and family life easier, everything was becoming more difficult. This small crisis opened my eyes and encouraged me to end our isolation. From now on, we would look to the Multiple Sclerosis Society of Canada for help.*

*The first thing we did was attend the Espoir famille conference that was held in Sherbrooke that year. We had a great our weekend and discovered a whole world of new possibilities. After that experience we were raring*

*to go! We enjoyed the presentations, activities and the dance on Saturday night.*

*Never in my life have I seen a dance floor fill up so fast. There was no embarrassment, only lots of fun. We felt accepted and, especially, understood. We made connections, even friends. We weren't alone anymore. It was fantastic!”*



**The next conference will be held October 20 to 22, 2017, at Le Victorin hotel in Victoriaville.**

**For more information, visit [espoirfamillesp.ca](http://espoirfamillesp.ca) or contact Mylène Huet at 514 849-7591.**

## SEARCHING FOR PARTICIPANTS

Receiving a diagnosis of MS is a turning point in life. Like any challenge, a person's reaction will vary depending on their baggage, personality and the resources available to them.

I am pleased to introduce Patricia Rivas, a young interdisciplinary artist who was diagnosed with multiple sclerosis 6 years ago when she was 27. Her craft marries performance art, theatre and video art. She wrote a first version of "J'suis jamais malade en été d'habitude" (I'm not usually sick in summer) for a public presentation with Les Intimistes, an artist collective with which she has written and performed monologues since 2016.



Project on identity after a diagnosis of MS: Patricia Rivas, who has multiple sclerosis, is looking for personal stories

*This year, I decided to do an art project that will educate people about what living with MS is like! The project is called J'suis jamais malade en été d'habitude (I'm not*

*usually sick in summer). It's a monologue in which I talk about my journey with MS and add some medical information. But since every experience with MS is unique, I decided to find other people to talk with who are living with this disease.*

*Their stories help to enrich the text and sometimes (with their consent!) audio clips from the interviews are added to the monologue. I am looking for some more personal stories.*

To take part in this project, please answer the confidential questionnaire at the link below (9 questions) [fr.surveymonkey.com/r/JZ9CBV5](http://fr.surveymonkey.com/r/JZ9CBV5)

If you don't have access to a computer, you can contact her at 514 506-8596 and she will complete the questionnaire with you.

To see how the project develops and obtain the dates of upcoming presentations, see: [facebook.com/JsuisJamaisMaladeEnEteDhabitude](https://facebook.com/JsuisJamaisMaladeEnEteDhabitude)

If you have any questions, please email me at [patricia.r.rivas@gmail.com](mailto:patricia.r.rivas@gmail.com).

## CONTACT YOUR BOARD OF DIRECTORS

Did you know that you can ask a question at Board of Directors' meetings? Your questions should bear on the various issues affecting the Montreal Chapter.

Do you have a question? Contact our co-ordinator, Patricia Rizan, at 514 849-7591, extension 2249, or [patricia.rizan@scleroseenplaques.ca](mailto:patricia.rizan@scleroseenplaques.ca), or address your question directly to a Board member at the Chapter's various activities.

Your questions are essential for the organization. They help Board members to know what your concerns are and to take them into consideration when carrying out their duties.



### Contact our office

Multiple Sclerosis Society of Canada  
Montreal Chapter

550 Sherbrooke Street West,  
East Tower, Suite 1010  
Montreal (Quebec) H3A 1B9

Phone: 514 849-7591  
Fax: 514 849-8914

Patricia Rizan, Program and Services Coordinator  
Ext. 2249

[patricia.rizan@mssociety.ca](mailto:patricia.rizan@mssociety.ca)

[mssociety.ca/montreal](http://mssociety.ca/montreal)

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ISSN : 1913-8563 (printed)

ISSN : 1913-8571 (online)

Dépôt légal : Bibliothèque et Archives  
nationales du Québec, 2016

Legal Deposit Library and Archives Canada