



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL
September 2020

News from ASEQ-EHAQ

Hello to all members and friends,

It seems like we just sent you our last newsletter – and a month has already flown by! It is hard to realize that we are already in the month of September! Is it just us, or do you too feel that 2020 is zipping by?

Hold on! There is still time this year to get some great things done, and we are counting on your participation.

We heard you when the calls for help at the office of ASEQ-EHAQ went up by 33% and also when you let us know how much harder it has become for you due to difficulties encountered when accessing essential services because of the use of perfumes and disinfectants.

We have launched a project titled '[The Impact of measures taken against COVID-19 on individuals with multiple chemical sensitivities.](#)' The project is 'a collaborative effort between members of our association, community members, the clinicians at the Environmental Health Clinic at Woman's College Hospital in Toronto, and other doctors and researchers. This project

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(ASEQ-EHAQ)**

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will raise awareness of the difficulties faced by individuals suffering from Multiple Chemical Sensitivities (MCS) during the pandemic. We are hoping to raise awareness and educate policy makers, associations, unions and employers, including those performing essential services to improve accommodation measures as the main concerns for this population are increased exposure to chemicals, social isolation and reduced accessibility.'

Please visit our website to keep informed as the project develops.

We hope that you enjoy this newsletter. This month we have an article on chemicals in the Arctic, how they get there and what can we do to lighten this load on a very important region. We also bring you the third part of Forever Chemicals and how you can avoid them. Do you know someone looking to buy furniture? Share the article 'How to Choose Healthy Furniture' to help them make healthy choices. Now that autumn is here and with it a harvest to store away for the winter months, we offer you a variety of ways to preserve food. Last but not least, we have a scrumptious feast to close off the end of summer.

Thank you to the many volunteers at ASEQ-EHAQ. We appreciate you, and are so touched by your generosity of spirit, and we are always amazed by your wonderful ideas and precious work.

We also thank those who have sent in donations. ASEQ-EHAQ is a not-for-profit, charitable group, that runs on donations to achieve its mission. All donations will receive a charitable receipt.

We look forward to receiving your ideas for the newsletter – let us know if you want to be a part of our newsletter team.



And last, but not least, we thank you our members and friends for being there for the Association. We urge you to forward the newsletter widely so that we can promote ecological, healthy solutions for everyday living.

As always, we send you every good wish for an amazing September.

To your health!

Rohini Peris, President ASEQ-EHAQ

Michel Gaudet, Executive Director ASEQ-EHAQ