

## On the Frontlines

### Dear members and friends,

Welcome to the **January** Edition of **Eco-Journal** - and to a new year filled with possibility, purpose, and collective momentum. As we step into 2026, we carry forward the resilience, community spirit, and unwavering advocacy that shaped the past year. January offers a moment to reset and re-focus, especially for those living with Multiple Chemical Sensitivity (MCS), who continue to face environmental and accessibility challenges every day.



This month, our focus is on renewal, knowledge-sharing, and taking action together. Whether you're seeking tools to better protect your health, ways to contribute to national advocacy, or opportunities to reconnect with peers, we're here to support you.

We extend our appreciation to each of you for the generosity, feedback, and lived experience expertise you bring to our association. Your stories inform our research, your participation strengthens our initiatives, and your voices are shaping a more accessible future across Canada.

Happy reading - and Happy New Year!

## Take part in ongoing Actions - Let your voice be heard

### 1. Major Step Forward for MCS Recognition - Now Let's Keep Going



We are pleased to mark an important milestone with the publication of a *La Presse* op ed affirming that fragrance-free environments are essential accessibility measures for people with Multiple Chemical Sensitivity. This moment reflects the courage, lived experience, and advocacy of our community. Now is the time to keep the momentum going. We invite members and allies to take action by thanking *La Presse* for responsible coverage, sharing the article, and calling for greater education and recognition of MCS as a disability and human rights issue. Every message helps move us closer to safety, dignity, and inclusion for all. [Learn more here.](#)

## 2. Support Fragrance-Free Spaces in Canada

The American Medical Association's 2025 policy recognizing fragrance sensitivity and Multiple Chemical Sensitivity as potentially disabling conditions marks a major step forward in medical leadership. ASEQ-EHAQ and EHAC-ASEC are building on this momentum by urging Canadian medical and policy leaders to follow suit. We invite our community and allies to take action by sharing this statement, sending letters of support, and encouraging healthcare institutions and workplaces to adopt fragrance-free policies. Together, we can help ensure recognition, protection, and safe access for people living with MCS across Canada. [Help us support this movement here.](#)

## 3. Help Ensure Fair Coverage of MCS

Your voice changed the conversation after *La Presse*'s coverage of Multiple Chemical Sensitivity, and it can do so again. A recent CBC/Radio-Canada segment included dismissive and misleading comments about fragrance-free policies, putting people with MCS at risk of misunderstanding and exclusion. We invite our community to share feedback through a short survey, write to CBC/Radio-Canada, and, if comfortable, share your lived experiences. Every message helps promote accurate, respectful reporting and protects the rights and dignity of those living with MCS. [Take action here.](#)



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## 4. Public Spaces Shouldn't Make You Sick

A concerning situation is unfolding in New York City's Grand Central Terminal, where Bath & Body Works is actively pumping strong, undisclosed fragrance chemicals into the station's air. This means that every day, hundreds of thousands of commuters are involuntarily inhaling these chemical mixtures. Scent diffusion in public transit is not just a discomfort; it represents a barrier to disability access and raises significant public health concerns.

More than 7,000 people have already signed a petition urging officials to stop this harmful practice. We encourage you to add your voice in support of fragrance-free public spaces and accessible transportation for all.

Sign the petition here:

<https://www.change.org/p/ban-the-bath-body-works-holiday-chemicals-being-pumped-into-grand-central>

## 5. Perfumed Flights Put Passengers at Risk

A growing number of airlines have begun diffusing manufactured fragrance into airplane cabins - a sealed environment where passengers are unable to avoid exposure for hours at a time. At 30,000 feet, there is no opportunity to leave, ventilate, or seek safer air, turning what should be a routine flight into a dangerous health event.

This is not a matter of preference; it is an urgent accessibility and public health concern that affects everyone on board. Research shows that over 40% of adults report adverse reactions to fragranced products, yet airlines continue this practice without transparency or consent. More than 770 people have already signed a petition calling for an end to the use of fragrance on flights.

If you believe air travel should be safe for all passengers, we invite you to add your voice.



Sign the petition here:

<https://c.org/fnj9f5mX4Y>

## Upcoming Events:

### **Voices of Resilience – Replay & Reconnect**

**January 23, 2026 | 6:30–7:45 PM ET | Online via Zoom**

Continue the momentum from *Resilience: An International Conference on MCS* by joining us for a special 75-minute follow-up session. This event will feature select conference presentations, opportunities for discussion, and important updates on international MCS advocacy efforts.

Hear insights from Kenichi Azuma, PhD, on brain activation patterns associated with MCS, and Kentaro Watai, PhD, who will explore gut imbalance and its connection to MCS recognition. Whether you participated in the 2025 conference or are discovering these topics for the first time, this session offers a chance to reconnect, deepen your understanding, and engage in collective action.

Register today to join us!

[https://us02web.zoom.us/meeting/register/oJWN\\_JtVSe-L6F7T6tMY3g#/registration](https://us02web.zoom.us/meeting/register/oJWN_JtVSe-L6F7T6tMY3g#/registration)

### **Accessible Air in the Built Environment: 4-Part Webinar Series**

**Webinar 3 – Evidence-Based and Inclusive Strategies to Improve IAQ**

**January 30, 2026 | 1:00–2:15 PM ET**

Our webinar series continues with Session 3, where we will explore practical, emerging approaches to enhancing indoor air quality and promoting accessibility in the built environment. This session will share key insights from focus groups with individuals with disabilities, highlighting the solutions participants identified as most



important. Complementing these findings, the webinar will also present quantitative data that supports actionable, evidence-based strategies for improving indoor air.

Register here:

<https://us02web.zoom.us/meeting/register/d0fg9QB8Tr2b7htnrbTa-g>

## **Webinar 4 – Bringing It All Together: Insights, Reflections & Next Steps**

**February 27, 2026 | 1:00–3:00 PM ET**

Our series concludes with a comprehensive final session that ties together the key themes, findings, and perspectives shared throughout the earlier webinars. This closing event will recap the major insights and show how they connect to form a clearer understanding of indoor air quality and accessibility in the built environment.

The second half of the session will feature a panel discussion, followed by an open forum for questions, comments, and participant contributions. Your voice and engagement are welcome as we look ahead to future directions.

Register here:

<https://us02web.zoom.us/meeting/register/4qzISea8TxSdQa3aRuUjTw>

## **Conference – Indoor Air Quality: Bridging Science and Inclusion**

Supported by Accessibility Standards Canada, ASEQ-EHAQ is proud to host a web conference that brings together scientific research, policy perspectives, and lived experience to examine the pressing issue of indoor air quality in the built environment. Drawing on findings from the national research project “Accessible Indoor Air in the Built Environment”, this event will explore the sources and characteristics of poor indoor air, its health and accessibility impacts, and pathways toward meaningful, evidence-informed solutions. Stakeholders from across sectors are invited to



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participate in open dialogue aimed at advancing safer, more inclusive indoor environments.

Date: March 20, 2026

Location: Online via Zoom

Time: 1:00 PM – 4:30 PM ET

Duration: 3.5 hours

Registration: <https://us02web.zoom.us/meeting/register/z7Evf-JQRo6Ecx0LLTpbsQ>

Accessibility: Simultaneous translation, ASL, LSQ, and Zoom captioning will be provided.

As we step into 2026, the ASEQ–EHAQ community thanks you for your continued engagement, insight, and advocacy. Every conversation you join, every resource you share, and every action you take strengthens our shared mission: creating safer, healthier, and more inclusive spaces for people living with Multiple Chemical Sensitivity and other environmental health challenges. We look forward to walking this journey with you in the year ahead, learning, connecting, and making meaningful change - together.

**Have a happy and healthy 2026!**

Warmest wishes,

**Rohini Peris, *President & CEO***

**Michel Gaudet, *Executive Director***