

NEWSLETTER

VOL. 33 NUMBER 3 — SEPTEMBER 2021

*Thank you for volunteering
for people around us!*



**CENTRE D'ACTION
BÉNÉVOLE**
SAINT-SIMÉON • PORT-DANIEL



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DÉPÔT LÉGAL,
1^{er} trimestre 1988
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BONAVENTURE BOOK FAIR

Want to be part of a dynamic and passionate team? Want to get involved in a festive event? Want to contribute to the success of the Book Fair? The Bonaventure Book Fair needs you!



Here are the positions we have to fill:

Ice surface covering: Two days before, and after the Fair, install and remove the ice surface covering.

Transport: Transport authors in residences for the elderly, at the recreation center, at the airport, etc.. Transport food, promotional material, etc. You must use your vehicle (mileage costs will be reimbursed) and have a valid driver's license.

Public reception: Welcome the public at the entrance of the Bonaventure Book Fair.

Artist and volunteer room: Ensure the cleanliness of the room for artists and volunteers. Serve coffee and other beverages.

Safety: Encourage people to respect physical distancing and to move in the proposed direction.

Technical: Provide support technicians, help connect computers, projectors, etc.

Logistics: Help set up and return the room to order, transport equipment, help prepare for the Fair, maintain the premises in order, etc.

To get involved contact **Véronique Beauchamp**, coordinator, at:
514 942-3172 or salondulivrebonaventure@outlook.com.
Or Simply fill out the form: <https://forms.gle/6Lf1BuKqL6ujWgnD8>

WORD FROM THE PRESIDENT



Hi,

Writing the journal page is always stimulating for me. I have never been at ease with writing and composing, but I must say that I like to challenge myself.

Speaking of challenges, we face them daily in the current situation. However fall, my favorite season, is approaching. It's so nice to see the changes in nature; the colors and the light of the sunrises and sunsets. Take advantage of the beautiful days yet to come. Take photos!

Speaking of photos, when you do volunteer work, take some pictures and send it to us. It's always a pleasure to see you and have some visuals to show how awesome you are and how gratifying it is to volunteer. This as much for the volunteer as for the person being supported, especially when both agree to have their photo taken and distributed, of course.

Thank you very much for your time.

Have you noticed our beautiful sign? I won't hide the fact that the procedures and stages of its development were arduous, but we're really proud of the result. It's worth the detour to come and see it! We continue to have new ideas and projects to support our people in the communities.

As usual I would like to mention the board of directors, my colleagues:

Ms. Marie Arsenault: vice-president
Ms. Andrée Lepage: secretary and treasurer
Ms. Diane Horth: administrator
Ms. Nicole Henry: administrator
Mr. Raymond Marcoux: administrator

Take advantage of the present moment. I hope to see you soon!

Annie Léonard,
President



WORD FROM THE DIRECTOR



Hello everyone,

We were all very lucky to have such a sunny summer! Despite the great weather, the Centre d'action bénévole did not get the chance to slow down, having less employees, though the team still managed to answer to the community's needs. Currently, one of the things we are working on is the Meals on Wheels service in four different municipalities, the preparation of the meals remains an important challenge, but we are working to find some solutions. The good news is that, thanks to the MRC of Bonaventure's community plan, the funding for the Little Frozen Meals was renewed until March 2023, and we are quite happy with this, as it's a service that answers to a real need within the community.



Another case that's been resolved in the past few months has been our outdoor sign, we are so proud and happy that it's finally up there and visible on the Gérard-D.-Levesque boulevard. A little over 50% of this project was funded by the MRC of Bonaventure's Financial Support for the Development of the Territories, thank you for your usual collaboration!

After 30 years of work with us, our colleague Rita H. Maldemay is retiring! Yes, that's right, almost 30 years of working together towards the same goals, with the shared interest of helping and supporting the more vulnerable. Thank you, dear colleague and friend, for everything that you have brought us, all the wisdom, friendship, and generosity. We wish you great health so that you can work towards all your goals, and to finally take this time for yourself.



I am also taking the opportunity to welcome Marylène Grenier who has been fulfilling the reception and services position as of September 13th. Welcome to Marie-Paule Allain Castilloux as well who is ensuring the services of the P'tit Bonheur as of September 20th.

I invite you to remain cautious in your volunteering activities, to keep protecting yourself and the people you are helping, we are all waiting for things to return to normal, but we must respect the sanitary rules. I know it's not always easy and I am very grateful to you, dear volunteer!

Finally, I wish you all a great autumn!

Nathalie Bujold,
Executive director



NEWS FROM THE BOARD OF DIRECTORS



Annual General Meeting : Your Volunteer Center, did not hold an Annual General Meeting, since we had just completed the previous one a few months earlier. The members of the current board of directors have agreed to continue until June 2022. At the next annual general meeting, the activity report and the auditor's report will be submitted to you with presentation.

Activity Report 2020-2021 :

As volunteers who are members of your Volunteer Center, the activity report has been sent to you, as you will see when reading it, the year 2020-2021 has been a very busy year, filled with beautiful and great challenges in this context of the pandemic.

Welcome new volunteers :

Welcome to Mr. Gaétan Delarosbil from Port-Daniel and Ms Angela Aspirot, from Paspébiac, to our precious team of volunteers. Since last April, new volunteers have punctually joined this beautiful family of the volunteer center.

Congratulations to the volunteers of the month:

April 2021	Daniel Charron, Saint-Siméon	Marthe Lévesque, Bonaventure
May 2021	Gilles Roy, Saint-Siméon	Andréa Langlois, Port-Daniel
June 2021	Clément Coulombe, Paspébiac	Dominique Lavoie, Paspébiac
July 2021	Robert McInnis, Port-Daniel	Pauline Poirier, Bonaventure
August 2021	Patrick Smith, New Carlisle	Thérèse Bujold, Bonaventure
September 2021	Gérald Gagnon, Paspébiac	Rachel Thibault, Bonaventure

Our sincere congratulations to each and every one of you, thank you for your volunteer commitment!

Thanksgiving holiday : On October 11th, your Volunteer Center will be closed for the Thanksgiving holiday, we wish you a good holiday to the entire work team as well to all those who will be on holiday.

In conclusion, we wish you all a beautiful autumn, an autumn filled with sunshine and beautiful moments with your loved ones. We invite you to remain cautious, because we must continue to protect ourselves in spite of everything.



**Annie, Marie, Andrée
Diane, Nicole & Raymond**

THANK YOU RITA!



Rita H. Maldemay. This caring woman with a big heart, joined our Centre in 1991 through an internship as our frontdesk receptionist. Thirty years later and she is going into her very well-deserved retirement!

Rita has been a loyal and generous member of the team. She always has at heart the well-being of everyone she meets. She is a great listener, and this is apparent in everything she does. Rita always has something kind to say to her colleagues, and genuinely wishes the best for them, just like a mother does for her children.

We would all like to say THANK YOU Rita, and to wish you a happy retirement full of sunshine, health, and magical moments with your family and friends.

Thank you for the person you have been for our team, our family. We have so many fond memories!

Nathalie Bujold, Director
For members of the governing board and staff.

Important: If you wish to send an individual message to Rita but you do not have her personal email address, you can send it to info@cabst-simeon-port-daniel.com. All messages will be forwarded to her.



Hello to everyone,

It is with a heart full of emotions that I announce my retirement through our newsletter. The years are passing and a new page is turning in the book of my history.

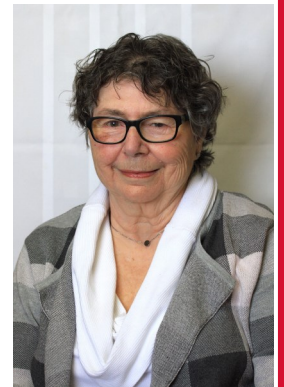
Today, I would especially like to thank you, dear members of the Board of Directors, dear director Nathalie, colleagues and all our precious volunteers for all these beautiful years spent working together.

I would also like to greet all our dear beneficiaries who, for me, were a priority to help in our various services.

I leave with a heart full of good memories.

Thank you for everything, and I look forward to seeing you again,

Rita H. Maldemay



PALLIATIVE AND AND-OF-LIFE CARE



Our palliative and end-of-life care support service continues. We have had families come to us for information about the service. It is certain that with the pandemic, it is more difficult for families to request accompaniment. Either because it is not always the same volunteers who are present, the health instructions, etc. Several factors can make the family decide not to request accompaniment.

Our volunteers have been trained with the training modules of the Fédération du Mouvement Albatros du Québec, a 36-hour training program to provide accompaniment in a respectful and safe manner. This accompaniment can be done at home, in a hospital, in a residential and long term care center (CHSLD), during the day, evening and night, depending on the availability of our volunteers and the needs expressed.

Here are some links you may find helpful:

Caregiver Support : **1-855-852-7784 (listening, information, referrals)**

Caregiver support is a professional, confidential and free telephone service for caregivers and their families.

<https://www.lappui.org/en/News/Newsfeed/2021/Balancing-work-and-caring-for-a-loved-one>

Balancing work and caring for a loved one

Balancing work and caregiving brings its share of daily challenges. How do you find or maintain an equilibrium?

Let us not forget to warmly thank our volunteers for their commitment, their support, their listening, their compassion and above all their availability!

If you want additional information regarding our service, please do not hesitate to contact us at 418-752-5577 # 5

Diane Horth,
Palliative & end-of life care
Intervenor



COMMUNITY SUPPORT AND VOLUNTEER MANAGEMENT



CARING CALLS

As the 4th wave of this pandemic begins to affect us, we would like to remind you that the Caring Calls service is still in place. For those of you who are not familiar with it, this service consists of **creating a secure and regular telephone link between a volunteer and a vulnerable person**. This regular connection helps to maintain a better mental health during these difficult times.

We invite anyone who is interested in receiving or volunteering for Caring Calls to contact us. We would be happy to match you with a connection.



OUR VOLUNTEER NEEDS

We are also looking to increase our team of volunteers throughout our territory. Our needs are mainly in the **meals on wheels, accompaniment-transportation and respite-care (P'tit Bonheur)** services. If you, or someone you know, is interested in getting involved in one of these services, please contact me so we can further discuss the possibility.

DID YOU KNOW?

Social assistance benefits and volunteering

In the Individual and Family Assistance Act (art. 63), "It is specified that a person who is **receiving social assistance may carry out volunteer activities without this having an impact on the amount of social assistance received, provided that the volunteer work is done with non-profit organizations**. It is therefore clear that when a person volunteers with a non-profit organization, this does not affect his or her right to receive a social assistance benefit." - **RABQ, Legal Guide on Volunteering**.

SANITARY RULES — FALL 2021

With the new increases in covid-19 cases, we would like to remind you of the importance of continuing to respect the sanitary rules that were put in place several months ago. Please be assured that we will notify you of any changes to the Centre's rules.

Benoit Drapeau,
Community support &
Responsible Volunteers management





NEWS FROM THE P'TIT BONHEUR



We hope you had a nice summer. On the side of Le P'tit Bonheur, changes have occurred in the organization and logistics. Since September 20th, Marie-Paule Allain Castilloux has joined the team of the Volunteer Centre as a new counsellor and accompanist, to meet the needs of the families of the territory. As a result, I have been temporarily supporting the needs of the families and ensuring the deployment of services, in conjunction with the team that is present at the Centre during the week.

During the summer, emergency assistance, clothing, accompaniment, respite and equipment rentals were responded to in the most appropriate way possible. Also, listening, referral and advice offered and given to parents and persons concerned remain a priority. Otherwise, The P'tit Bonheur and the team in place helped many families of the territory by providing them with school supplies for the beginning of the school year. Training for the new worker is also planned in the next few weeks.

As we have all experienced, the pandemic has greatly affected face-to-face relationships in families and increased isolation. Through this situation, one of the relationships that has been affected is that of grandparents and their grandchildren who were unable to see each other for a period of time due to the confinement. Therefore, it is important to maintain these precious relationships and not to forget the main elements of the grandparents' role. So, here are 5 little reminders to keep and consider in order to have harmonious relationships despite the most difficult period we have just lived through.

For grandparents

- Spoil the kids, but not too much. It's okay to be a little less strict, but make sure you follow the basic parenting principles.
- Be present without invading.

For the parents

- Specify your main parenting principles (discipline, routine, diet) while keeping some flexibility for grandparents.

Dose your requests for grandparent support. Dare to diversify your support network between family and relatives.

Encourage grand parent/grandchild/children connections. They are so precious.

Source : Naître et grandir, 2012

Jolianne Desbois,
Intervenor & Accompanist



LITTLE FROZEN MEALS



What a beautiful summer! Mother nature has spoiled us! It was so nice to see people outside, enjoying the beautiful sunny days!

We have received so much positive feedback since we have been in our new kitchen, both from the volunteers and our staff who work there. It's satisfying to see that everyone enjoys working in our facility.

We didn't stop this summer! Our precious volunteers came, accompanied by our cook to prepare our meals! Once in a while, a second day of cooking was added as needed.

As popular as ever, the prepared meals are also a great way to help the program's clientele eat well. In addition to tasting good, they are accessible, inexpensive, nutritious and diversified. We have a variety of 12 dishes and 3 soups. There is 2 ways to get them: You can either come and buy them directly at the Centre or by using the delivery service.

New people regularly sign up for the prepared meals. If you have a loved one who is experiencing certain food-related difficulties, for example, convalescence, or is in a vulnerable period of life, do not hesitate to contact us for more information!



Are you interested in volunteering with us in the kitchen? Would you like to join our team? What does it take to become a kitchen volunteer? It's 1 day/month (about 6 hrs) depending on the needs of the organization. Call me, I will be happy to give you information about the kitchen tasks you would have. I would like to take this opportunity to thank our hard-working and dedicated volunteers.

Don't hesitate to tell your friends and family to contact us if they would like more information about our Little Frozen Meals Service!

I wish you all a wonderful fall!

Diane Horth
Little Frozen meals intervenor

HELPLINES

Among the many help resources available it's good to know that there are also several crisis lines, regional or provincial. Sometimes a listening ear, aware of the issue, is all it takes to get us back on track.

These telephone help-lines are usually bilingual and a good source of references when the need is greatest.

Hence, we offer you a non-exhaustive list of help-lines that can almost certainly help you or someone you know. Don't hesitate to call them if the need arises.



HELPLINES	
Elder Mistreatment Helpline	1 888 489-2287
AA	418 391-3443
Drugs: Help and referral	1 800 265-2626
LGBTQ+ Helpline	1 888 505-1010
Caregiver Support line	1 855 852-7784
Parents Helpline	1 800 361-5085
Gambling Help and referral	1 800 461-0140
Suicidal Prevention	1 866 277-3553
SOS Domestic violence	1 800 363-9010

Happiness!

BIRTHDAYSS



SEPTEMBER

Paquet, Chantal	01
Sawyer, Diane	05
Poirier, Hélène	06
Langlois, Andréa	07
Arsenault, Thérèse	08
Tremblay, Françoise	08
Babin, Lise	10
Arsenault, Myra	12
Duguay, Micheline	12
Ford Sharon	13
Bergeron, Francine	13
Bourdages, Lucette	16
Roy, Gilles	18
Grenier, Albert	18
Lamy, Suzanne	19
Marcoux, Lisette	21
Delarosbil, Marie-Claire	21
Major, Diane	22
MacWhirter, Anne	25
Duguay, Gilles	25

OCTOBER

Bernier, Guylaine	03
Renouf, Sharon	05
Arsenault, Gisèle	07
Gauthier, Monique	07
Michel, Gilberte	13
Marcoux, Raymond	15
Aspirot, Thérèse	22
Lapointe, Tammy	23
Doherty, Mona	23
Lévesque, Lyne	28
Bujold, Blanche	29
Dorion, Gabrielle	30



NOVEMBER

Bourdages, Alma	05
Poirier, Omer	06
Bourdages, Jacqueline	06
Bourdages, Doréanne	06
Roussy-Assels, Andréa	07
MacWhirter, Olive	09
Aubut, Lorenzo	11
Coulombe, Clément	14
Allain, Yvon	16
Gignac, Colette	19
Huard, Émilie	19
Guignon, Sharon	21
Gagnon, Gérald	23
Gauthier, Joël	23
Corbet, Alexandrine	24
Delarosbil, Lison	25
Boissonnault, Gaétane	27
Corbet, Julia	29

Health!

Happy birthday to all of you!



DECEMBER

Chatterton, Tammy	06
Allard, Maryse	09
Horth, Steve	11
Crozier, Betty Anne	13
Lemay, France	13
Smith, Patrick	13
Roy, Jewell	18
Brisebois, Francine	18
Doyle, Denise	19
Poirier, Noella	24
Delarosbil, Jean-Guy	27
Hachey, Marcelle	30



Little tough...

We all are someone's sunshine...But we don't always know

Saint-Exupéry



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Bonaventure (Qc) G0C 1E0
Tél.: 418-534-2191**



**5, boul. Gérard-D. Lévesque Est
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2277
Télec. : 418-752-6566**



**300 Rue Alexix-Poirier
St-Siméon (Qc) G0C 3A0
Tél.: 418-534-2155
Télec. : 418-534-3830**

RESTAURANT

La Maison du M' Burger

**124, boul. G.-D. Lévesque Ouest
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-6121**

FAMILIPRIX EXTRA

Pharmacie Denis Babin

**86, boul. Gérard-D. Lévesque Ouest
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-6635**

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