

NEWSLETTER

VOL. 35 NUMBER 1 — DECEMBER 2022

**MERRY CHRISTMAS AND
HAPPY NEW YEAR 2023**



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

www.cabst-simeon-port-daniel.com



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1^{er} trimestre 1988
Bibliothèque Nationale du Québec

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To contact us



176, boul. Gérard-D.-Levesque Ouest
Paspébiac, Québec, G0C 2K0

418-752-5577

- Reception, transport-accompagnement and other services : Chantal ext. 2
- Administrative assistant and Meals on Wheels : Sylvia ext. 3
- P'tit Bonheur : Céline ext. 4
- Little Frozen Meals : Diane ext. 5
- To become a volunteer and for volunteer manager : Diane ext. 5
- Support for caregivers of seniors : Liza ext. 6
- Outreach worker for seniors 581-233-0866
- Executive director : Nathalie ext. 7



For immediate assistance, press 0

Do not hesitate to call us, we are there for you!



Word from the President



Dear volunteer,

We are talking about the holiday season, it is almost Christmas and once again it goes by too quickly. I hope that the magic of Christmas will operate this year.

I heard from a volunteer and I share his words with you: many times, the human contact that I can have with a person during my volunteer tasks is worth much more than the amount that I could give them and that I receive. I found this representative of the actions we can do and never forget that we human beings need contact, a relationship with other people.

You know our services (P'tit Bonheur, Meals on Wheels, Little frozen meals, telephone listening...) do not hesitate to call the Center, the employees will be happy to see with you what little extra, what volunteer gesture you can do for the holiday season.

Why we would give time: to gain experience, to discover, to feel useful, to share knowledge, know-how and interpersonal skills, to meet new people, etc. You are the best ambassadors... talk about it in your gatherings...

I would like to thank you all the volunteers and the members of the Board (Mr. Roger, Mr. Raymond, Ms. Diane, Ms. Marie, Ms. Andrée, Ms. Nicole) but I would like to highlight the work of the team: Nathalie Bujold, Sylvia Lebras-seur , Chantal Poirier, Diane Horth, Céline Fourcaudot, Anakim Castilloux, Liza Garant, Tammy Chatterton, Rita H. Maldemay and Richard Desroches. Please make a difference.

I leave you with this quote:

“Happiness is a perfume that you cannot spread on others without a few drops splashing on yourself”

L'abbé Brochu

Happy December, take care and enjoy yourself.

Annie Léonard, president



**Merry
Christmas**



Word from the Director



Hello to you all,

Yes, it's already December! We had a busy fall with no shortage of work for the entire team. The arrival of new team members brings new ideas and new people who come to the Centre for support, information and services. During the fall we had the pleasure of welcoming an intern in social work technique. Our thanks to Audrey-Noémie who will be leaving us soon, without a doubt an excellent future intervener. Good luck Audrey-Noémie!

And yes, December 5 is International Volunteer Day, with a theme that well represents us and the links created by volunteers in the field, with those supported by the activities and services of the Centre. Such links make a big difference in the daily lives of people here. Thank you for your commitment and the connections you make every day!

With December comes a surge of generosity. We can all do our part for those who need it and invite everyone to show solidarity for the cause. We ask that you be generous during the 2022 food drive organized by CASA, the Anglophone for Social Action organization. As the Collectif Aliment-Terre already has a virtual platform for collecting donations, you can also bring your donations to the Collectif Aliment-Terre in Paspébiac or make your donation online at the following address: <http://buff.ly/3thkSaf> . As a partner of this 2022 edition, I can confirm that the needs are as great as in previous years and thank you for your usual generosity!

The Centre will be closed for the holiday season, from December 22 at 4:00 p.m. until January 4 inclusively. Thank you for your understanding.

We'd like to give you a small challenge for the holidays; that during this period of sharing to visit a person you know who has few or no visitors. You'll see the happiness it brings and fun for you as well.

Finally, my best wishes for Happiness to each and everyone. I wish you a healthy and happy 2023. To all the team a well-deserved rest and much pleasure shared with loved ones!

Nathalie Bujold, director





LITTLE FROZEN MEALS

AU MENU :

- | | | |
|--------------------------------|----------------|-----------------------|
| ◆ Chicken breast | Lasagna | Italian meatballs |
| ◆ Meatball Stew | Cod filet | Macaroni and cheese |
| ◆ Chinese noodles with chicken | Shepherd's pie | Pork tenderloin |
| ◆ Pineapple ham | Salmon pie | Salted cod fish cakes |
| ◆ Vegetable beef soup | Pea soup | Chicken barley soup |

These Little Frozen Meals are healthy, practical and economical !

Hello to you all,

Little Frozen Meals are without a doubt an essential service to subscribers. This service is offered to many people for whom eating and having a balanced menu would be otherwise difficult. The majority are seniors, but other people can also benefit from these meals. Do not hesitate to call us if you're going through a difficult season in your life in regards of your health condition, family struggles, or any other issue.

Obtaining meals during a short period of time is indeed possible. For example, it can be for those who are recovering or during the temporary absence of a caregiver.

In the kitchen, we are always active. Cooking days are scheduled once or twice a week with our volunteers. It is demanding work, and I would like to thank you, dear volunteers, for your involvement!



If you know someone who might need the meals, let them know about this service, it could greatly improve their daily life!

If you know seniors living alone or whose children live outside the region, remember that a small gesture as a phone call can make a difference!

Finally, Merry Christmas and Happy New Year! I wish you all a peaceful year, and above all, a healthy one!

Diane Horth,
little frozen meals coordinator

Canadian Cancer Society



Do you want to change the future of cancer?

Join the volunteer organizing committee of the 2023 Relay For Life of Baie-Des-Chaleurs and make a difference!

- Do you consider yourself a leader?
- Do you have experience in event logistics?
- Do you have communication skills?
- Do you know how to mobilize your community?

Contribute to providing an extraordinary experience to hundreds of participants.

Help fund innovative cancer research and support programs that make a difference in the lives of people living with cancer.

Positions to be filled:

- Relay Director, Community Engagement
- Relay Director, Logistics
- Participant Engagement Officer
- Event Day Experience Manager
- Site Manager
- Responsible for the mobilization of the company
- Food and Beverage Coordinator
- Communications Manager
- Social Media Coordinator
- Commitment to Hope Coordinator
- Community Outreach Officer
- Entertainment Coordinator
- Volunteer Leader
- Registration and Finance Manager

JOIN THE RELAY FOR LIFE VOLUNTEER COMMUNITY

At Relay For Life, we raise funds to help Canadians with cancer live longer and fuller lives



James Antoine Lariviere (il/lui)

Coordonnateur du recrutement, expérience bénévole / Volunteer Experience, Recruitment Coordinator

Société canadienne du cancer / Canadian Cancer Society

Courriel/Email jamesantoine.lariviere@cancer.ca

Tél./Ph. (514) 357-5103 Ext : 22689

5151, boul. de l'Assomption
Montréal (Québec) H1T 4A9



Administrative Assistant Meals on Wheels Coordinator

Christmas has all kinds of surprises in store for us:
whether it's sweet words, or friends at the door;
a nice quiet evening, or nice useful gifts.

To all of you, dear volunteers, beneficiaries,
Best Wishes for a Merry Christmas
and happiness.

May happiness be with you this Christmas
and forever!



Sylvia Lebrasseur, administrative assistant and
meals on wheels coordinator



**The Guignolée 2022 will be going virtual -
you can now make donations online
until December 15.**

**In addition, you can still donate by
mailing a cheque to Collectif Aliment-Terre,
or by cash at their office.**

8-A, Boul. Gérard-D-Levesque E., Paspébiac



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To
make a donation online here's the link:

<https://buff.ly/3thkSaf>



SOCIAL WORK INTERN



Hello to you all,

My first internship in social work is coming to an end soon.

What can I say about my internship at the Volunteer Centre? In a word, this internship has been enriching for me. Indeed, it brought me several things that will be beneficial for my future career in the social field.

First of all, I got to know gentle, kind people with good values during my meetings with beneficiaries. Each exchange I had with you will have allowed me to be an even more caring worker.

Secondly, I got to know the volunteers. People with a huge heart who welcomed me during the Little frozen meals kitchens in particular. With you, I was able to see what the notions of mutual aid and solidarity are. Thank you for your involvement, you are so important.

Thirdly, I would like to thank the entire team of the Saint-Siméon/Port-Daniel Volunteer Centre for having integrated me so well into your work team. Thanks to you, I was able to live great experiences such as the Forum de l'action bénévole in Carleton-sur-Mer, a visit in social integration in Bonaventure and the P'tit Bonheur thrift store. I will keep a part of each one of you, these will help me shape the future social worker in me. It was a great opportunity to do my internship with you.

Finally, I would like to thank Diane Horth for accepting to take me under her wing and to be my internship consultant. I was able to work on my personality and get out of my comfort zone thanks to you. Thank you for giving me this opportunity and for accompanying, advising and listening to me throughout my internship.

Thank you to all of you,
Looking forward to seeing you again in the future.

Audrey-Noémie Loiselle,
social work intern





SUPPORT FOR CAREGIVERS OF SENIORS THE FIREFLIES

Appui
proches aidants

Hello to you all,

The Support for Caregivers of Seniors program, funded by L'Appui, is progressing well. We have had two coffee meetings this fall, plus an upcoming talk with Georges-Michel Allard, Nurse, teacher and caregiver. Georges-Michel has a vast experience in the health field and he will talk about it and answer our questions. This event is open to the public. Follow us on Facebook or on our website to know the date and time.

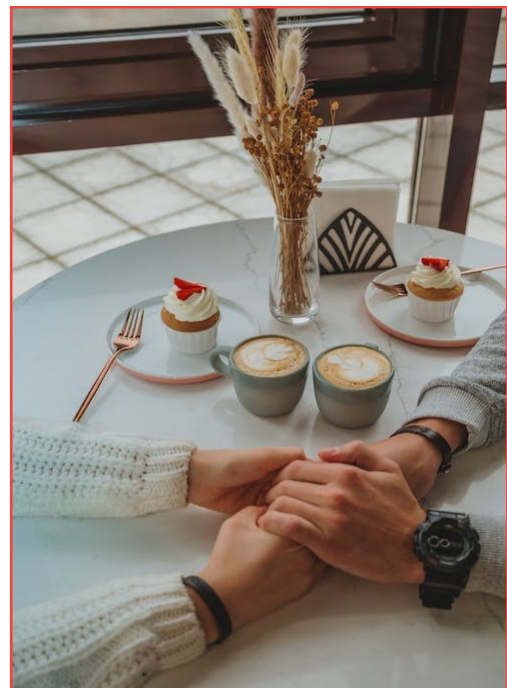
Our regular meetings are very enriching. Caregivers attend according to their availability. You can join the group at any time. We offer respite hours for people who would otherwise be unable to attend.

In addition to the regular coffee meetings, we are planning various activities with the following themes: Community justice, End of life, Sexuality among seniors, Relaxation and unwinding, Taxation and caregivers. The dates and topics will be confirmed in the coming months and there will certainly be other topics to come depending on the needs of caregivers.

Meet with caregivers, listen to them, inform them. To have enriching discussions with the unique and diversified background they possess is truly a privilege. Let's not be alone no matter what situation we are in. Let's get together. Let's support each other. Together we are stronger.

Happy Holidays to all those who are caregivers of their loved ones. Making a meal, accompanying someone, making a visit, calling to check on someone, going to the grocery store, going to the pharmacy, bringing in wood...all these gestures contribute to making this world livable. Many thanks

Liza Garant,
support for caregivers of seniors





COMMUNITY SUPPORT AND VOLUNTEER MANAGEMENT

Hello to you all,

Being new to this position, I can tell you that it is as important as the services offered.

Indeed, what could we do without our precious volunteers? They are the ones with whom we can ensure the continuity of our services! Volunteer recruitment is essential!



Recently, we sent our volunteers the renewal of the volunteer commitment and the comments from our members are unanimous:

"We want to help our neighbour!"

Here are some of the comments received:

"I'm glad to be part of the team!" S.P.

"For 22+ years, over 49,598 km, enjoyed it!" E.B.

"Thanks to my experience with the CAB with the transportation accompaniment, I knew the nursing assistant profession and I am now a full time student. I thank the CAB for this great experience!" J.B.

There are many volunteer positions available that might interest you! If you have a few hours of your precious time to give, either sporadically or on a regular basis, contact us!

Dear precious volunteers, I would like to take this opportunity to thank each and every one of you for making a difference for those who need it! Thank you for being there!

I hope you have a great holiday season with your loved ones!
Merry Christmas and Happy New Year to all of you!

Diane Horth, head of volunteer management





News From the P'tit Bonheur



Hello to all of you,

We are already at the end of autumn and soon, to the delight of winter sports enthusiasts and small children, the winter season with its beautiful white carpet will be upon us. Since my arrival I have, to my great pleasure, quietly taken the reins of Le P'tit Bonheur. I will continue to give the best of myself, to help and support as many families as possible.

In October, with the help of wonderful volunteers, we organized a Friperie des Tout-Petits. It was a great success, reaching 15 families (28 children) and 2 community organizations. In my opinion, mission accomplished!! Given the present need, we will repeat this activity in early December. At Halloween, as in the past, we distributed treats to the homes of each child; once again a pleasant experience for us, as well as for the little ones. We are currently beginning preparations for the fast approaching holiday activities.

I mustn't forget the wonderful work of a volunteer knitter who brought us some beautiful treasures. We would welcome other 'fairy fingers' to knit beautiful slippers to keep little feet warm, and be pleased to offer you the wool to do so.

All our services are available. We continue to meet the needs of families in a constant and timely manner.

I would like to sincerely thank each of the volunteers. Without them our work would not be possible and as well done.

I wish you all a wonderful holiday season. May the new year bring you health, joy, happiness and prosperity. Take advantage of this period to spend time with those you love.

Céline Fourcaudot,
intervenor P'tit Bonheur



"You believe that if we have bigger shoes we'll receive bigger gifts?"

Outreach Worker for seniors



ANAKIM CASTILLOUX
581-233-0866

I COMMIT TO :

Listen to your concerns about daily life challenges

Support you in your plan of action and refer you to the appropriate resources or organizations that suit your needs.

Encourage you to find solutions to improve your quality of life

Prevent you from abuse or mistreatment

Support you in your projects and decisions

Visit you in the comfort of your home



It is a privilege to have a project dedicated to seniors in the community and it is a real pleasure for me to be part of it. My primary mission as a community worker would be to publicize outreach work through the community and make it accessible to all vulnerable seniors in the territory. Since I started my job in mid-October, I have had the chance to visit more than 20 homes and to come in-to contact with people who are as touching as they are impressive. This is what I like and what motivates me to keep going. In the coming weeks, you may see me in interviews on Télévag, at the St-Elzear 50 plus Club, at the Centre d'action bénévole de Saint-Siméon/Port-Daniel or in the comfort of your home. The choice is yours.



Birthdays



JANUARY

Arsenault, Marie	01
Larocque, Gabrielle	03
Cloutier, Nancy	03
Delarosbil, Gaétan	03
Whittom, Lina	06
Dallaire, Michelle	17
Desroches, Dolorès	21
Bujold, Diane	21
Fortin, Lynn	21
Arsenault, Alice	27
Noël, Loretta	28

FEBRUARY

Anez, Gina	01
Maldemay, Rita H.	03
Arsenault, Claire	05
Roussy, Simon	09
Delarosbil, Marjolaine	09
Delarosbil, Cindy	11
Royal, David	12
Babin, Céline	15
Lévesque, Marthe	16
Pouliot, Nathalie	18
Arsenault, Julie	18
Gauthier, Micheline	21
Proulx, Nicole	22
Poirier, Suzette	23
Tanguay, Sandra	23
Lapointe, Tracy	24
Henry, Nicole	24

MARCH

Bélanger, Murielle	01
Appleby, Lorraine	02
Fulham, Fernande	02
Blanchet, Gérald	05
Bujold, Thérèse	12
Arsenault, Juliette	12
Moreau, Vilmont	18
Parisé, Pierrette	19
Larocque, Gabrielle W.	21
Charron, Daniel	22
Langlois, Marie-Claire	24
Allain, Lise	26
Delarosbil, Christiane	28
Delarosbil, Roméo	29

APRIL

Horth, Lyne	01
Collette, Richard	02
Mackenzie, Lally	04
Lelièvre, Colette	04
Joseph, Léonie	05
Aubut, Conrad	07
Babin, Monette	07
Roussy, Johanne	08
Blais, Paule	10
Briggs, Bethany	11
Cavanagh, Firmin	16
Delarosbil, Gisèle	17
Arsenault, Charles-Omer	17
Chatterton, Louella	21
Cayouette, Marie-Rose	22
Babin, Paul	28
Corbet, Normande	30



Little thought...

*May your Christmas be
dressed of lights, love and
friendship ...*

Happy Holidays !

*Au cœur de
sa communauté!*



OUR SPONSORS



Municipalité New Carlisle
138, boul. Gérard-D.-Levesque,
C.P. 40
New Carlisle (Qc) G0C 1Z0
Tél.: 418 752-3141



Pharmacie Denis Babin
86, boul. Gérard-D.-Levesque Ouest
Paspébiac (Qc) G0C 2K0

Tél.: 418-752-6635

MEUBLES
ASSELS

UNE HISTOIRE DE FAMILLE DEPUIS 1948

Marc Assels, propriétaire
395, route Bellevue
Port-Daniel (Qc) G0C 2N0

Tél.: 418-396-2866



5, boul. Gérard-D.-Levesque Est
Paspébiac (Qc) G0C 2K0

Tél.: 418-752-2277



300, rue Alexis-Poirier
Saint-Siméon (Qc) G0C 3A0

Tél.: 418-534-2155
Télé. : 418-534-3830



À votre service depuis plus de 30 ans...

339, avenue Port-Royal
Bonaventure (Qc) G0C 1E0

Tél.: 418-534-2191

RESTAURANT
La Maison du M' Burger

124, boul. Gérard-D.-Levesque Ouest
Paspébiac (Qc) G0C 2K0

Tél.: 418-752-6121

Thank you !
Merry Christmas

