

NEWSLETTER

VOL. 34 NUMBER 1 — DECEMBER 2021

Happy holidays!



Au cœur de sa communauté!



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a special thank you to all the volunteers who participated in the production of this edition of the newsletter!



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

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PRESIDENT'S WORD



Christmas is coming as it does every year, but especially this year, I noticed that we are looking forward to it. I said to my spouse last week, "I feel like getting my tree done". We need to get together, see people, have light in our lives. The important thing for me this year will not be the gifts, but the precious moments that I will share with the people around me. I believe that the fact of preparing the meal, laughing, exchanging on our experience all together during gatherings, that will be my favorite moments of this holiday season which is coming soon.

Our sincere congratulations to our volunteers of the month:

October 2021	Gilles Duguay, Paspébiac	Lyne Lévesque, Bonaventure
November 2021	Roméo Delarosbil, Hope Town	Gilberte Michel, Port-Daniel
December 2021	David Royal, New Carlisle	Françoise Langlois, Port-Daniel

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

There have been many challenges that we have had to face and together we have been able to succeed. I hope you enjoy this well-deserved break that is the holiday season, no matter what you are celebrating, the important thing is to stay healthy and safe. Together, let's warm our hearts and bring joy to those around us.



On behalf of the members of the Board of Directors:

Mrs. Marie Arsenault: Vice-president
 Mrs. Andrée Lepage: Secretary and Treasurer
 Mrs. Diane Horth: Administrator
 Mrs. Nicole Henry: administrator
 Mr. Raymond Marcoux: administrator

And me, who puts out my Santa Claus heart to wish you the best December possible. To you dear volunteers, to you dear employees and to you readers of our newsletter, you are precious and valuable to us.

Looking forward to seeing you.

Annie Léonard,
President



DIRECTOR'S WORD



Hello to all of you,

Incredible anyway, already December is at our doors, a rather particular year but quietly life is returning to normal for the happiness of all.

Since November, thanks to the community plan in social development of the Bonaventure MRC, we are pleased to welcome a new project that reaches out to seniors. This project, close to vulnerable seniors, wishes to reach out to seniors who are in need of accompaniment in their efforts, listening, support, etc. Mrs. Louiselle Delarosbil has accepted to take on this new and beautiful challenge. Welcome to Mrs. Delarosbil within our team!

I would like to take this diary to welcome misses Lyne Horth, Murielle Bélanger, Jacinthe Langlois and Nicole Proulx as new volunteers, thank you for your commitment to the people here!

On December 5, International Volunteer Day, I would like to take this opportunity to salute your commitment and especially to thank each and every one of you for the beautiful colors that you bring to the daily lives of those who need it.

When December comes around, there is this great generosity that is felt even more than usual, sharing with those who need it. This is why I am inviting the population to show their solidarity during this holiday season! We invite you to be generous for the 2021 food drive organized by **CASA**, the Anglophone Social Action Committee. However, as the Collectif Aliment-Terre already has a virtual platform for collecting donations, you can bring your donations to the Collectif Aliment-Terre in Paspébiac or make your donation online at the following address: <http://bitly.ws/jBed> . The needs will undoubtedly be as great as in previous years, so let us be generous!

The Centre will be closed for the holidays from December 22nd at 4:00 p.m. to January 3rd inclusively. Thank you for your understanding!

Finally, my best wishes of Health and Happiness to each and everyone, I wish you a sweet and beautiful year 2022! I wish the Centre's staff a good rest and precious moments with your loved ones!

Nathalie Bujold, Director



DECEMBER 5TH: INTERNATIONAL VOLUNTEER DAY



This year, the theme of the 36th edition of International Volunteer Day will be ***'It's thanks to you! Thank you for brightening our lives'***

This day gives us the chance to highlight the important role that volunteers play for numerous organisations, sports and social clubs, the health system, and elsewhere in our society. We have to admit, without Quebec's 2 million volunteers, our lives would be much duller!

So, as an organization, as individuals, let's take the time to say thank you to all the volunteers who brighten our lives and the lives of others, who make our day to day life better, happier and often more reassuring.

Furthermore, as part of International Volunteer Day, the Réseau de l'action Bénévole du Québec will present a conference entitled ***LA RÉ-SILIENCE : L'ART DE REBONDIR FACE AUX CHANGEMENTS*** (**Resilience: How to bounce back when faced with changes**).

During this interactive conference you will learn how to face changes through concrete examples and simulations.

The conference will take place online on December 3rd at 10am. It is free of charge and open to everyone. Register now as places are limited: <https://www.rabq.ca/journee-internationale-des-benevoles.php>

Finally, the members of the Centre d'action bénévole team would like to extend our thanks to each and every one of our volunteers. When you choose to volunteer, you make a huge difference on our collective well-being. Thanks to you, your actions and your generosity, the lives of many local people are much brighter. We are extremely thankful.



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

*Au cœur de
sa communauté!*

On December 5th take the time to thank everyone who brightens our communities



C' est grâce à vous!

Merci de colorer nos vies!

5 décembre 2021



RÉSEAU DE
L'ACTION BÉNÉVOLE
DU QUÉBEC

**JOURNÉE
INTERNATIONALE
DES BÉNÉVOLES**

rabq.ca/5decembre

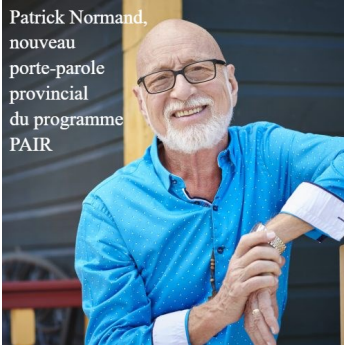


Une présence rassurante !

HOME CARE SUPPORT



The PAIR program is a free and reassuring service, accessible 5 days a week. It allows seniors and people living alone to feel safe, while maintaining their autonomy, as well as providing peace of mind to family and friends. The average age of clients using the service is 79.



At a predetermined time identified with the program manager, the client receives his / her call. When a call is answered the system deduces that all is well. If after three attempts there is no response, the PAIR program generates an alert and steps are taken to verify the situation with two respondents, previously identified by the client.

If you would like more information on the PAIR service, for yourself or a loved one, call us at 418-752-5577 extension

Here are what others receiving the service have to say about it.

"It makes a person like me who lives alone feel safer. I really appreciate the program" **E.B.**

"I like receiving my morning call because it gives me confidence. I find it a good service for the elderly" **D.H.**



Marylène Grenier
Reception & services



YOUR MONEY AND YOUR RIGHTS



ACEF de la Péninsule is a non-profit organization established in 1990 at the head office in Matane. There is a point of service in Gaspé. We aim to inform, sensitize and educate the public about consumer issues. We also ensure the collective defense of collective rights of consumers through mobilization and action around issues that have an impact on consumers.

We offer a free and confidential consultation service for people who are experiencing budgetary difficulties or who need advice or support. It aims at solving debt problems related to consumption, over-consumption, credit use or psychosocial difficulties. We offer simple and effective tools to facilitate the management of a customized budget.

We support and organize, in collaboration with other community agents, information meetings on current political topics, awareness campaigns on credit and debt, mobilizing actions around issues affecting consumers, etc.

We also assist you finding solutions if you are or think you are victim of unfair or illegal business practices. We also offer a consulting service for consumer rights.

Please contact ACEF de la Péninsule to learn more about our services: **1-866-566-7645** or www.acefpeninsule.ca, info@acefpeninsule.ca



Dominic Cyr
Intervenor in budget consultation
Acef de la Péninsule | Gaspé office

FREE SERVICE!

SUPPORT IN PALLIATIVE AND END-OF-LIFE CARE



What is Support in palliative and end-of-life care?

Who is this service for? It is aimed at family caregivers and people in our territory at the 'end-of-life', for whom we offer a support service of volunteers trained by the Albatross Movement federation.

Supporting a loved one in palliative and end-of-life care is not an easy time for caregivers and families. They willingly help their loved one to improve their quality of life.

It is through small gestures that we can make the daily life of caregivers easier. A word, a touch, a coffee can make all the difference.

CAREGIVERS SUPPORT LINE is a professional, confidential and free telephone service for caregivers, their families and health professionals. **1-855-852-7784.**

Here is a guide that could help you support caregivers:
<https://www.lappui.org/en/Practical-tips/Guides-for-caregivers>



Diane Horth,
Intervenante en accompagnement
Soins palliatifs et fin de vie



FREE SERVICE FOR LOW-INCOME HOUSEHOLDS



The Éconologis program of the Ministère de l'Énergie et des Ressources naturelles (MERN) Éconologis is a seasonal program offered from October to March that **provides personalized advice and products related to energy efficiency** in the home, regardless of the form of energy used.

Éconologis has two components. The first one includes practical advice on how to save on heating and electricity and do some light work to face the winter, such as caulking windows, installing weather stripping, insulating electrical outlets, etc.



The second component provides for the replacement of mechanical thermostats with electronic ones, programmable or not, under certain conditions.

To benefit from the Éconologis program, participants must meet the pre-tax income thresholds. For Component 2, they must also receive an energy bill for the heating of their home. Finally, no occupant of the dwelling must have received a visit from an advisor under the Éconologis program or a similar program managed by the Ministère de l'Énergie et des Ressources naturelles in the last five years, or in the last three years if he or she has moved.

For more information on eligibility criteria and to make an appointment with a consultant, contact Expertbâtiment at **1-844-303-7333**
All program details are available at Quebec.ca/econologis.

FREE SERVICE!

Flyers are available at the volunteer center

RESPONSIBLE VOLUNTEER MANAGEMENT



The Benefits of Volunteering

Over the years, numerous studies have been conducted on the benefits of volunteer work. These studies all found similar results. Amongst other things, it was clear that volunteer work gives us the opportunity to:

- Promote a good cause
- Make a positive impact on the community
- Meet new people, make new friends and contacts
- Learn new skills
- Advance a professional career



Source : Doing Good is Good for You, 2013 Health and Volunteering Study, UnitedHealth Group

Volunteering can even have a positive impact on our physical and mental health. An extensive exam of 73 studies on the effects of volunteer work found that volunteering can:

- Strengthen the immune system, decrease the risk of heart disease and even lower blood pressure.
- Lessen the symptoms of stress and depression.

Furthermore, when volunteers feel useful or appreciated, they tend to be happier and more sociable.

¹Institut de recherche Rotman, du Centre des sciences de la santé Baycrest, Toronto, 2014

Our volunteer needs



A simple reminder to tell you that we are **still looking for volunteers** in all the territory that we cover, but especially in Hope, Hope Town, Saint-Godefroi and Shigawake. **Our needs** are for accompaniment-transport, respite care, meals on wheels delivery and friendly visits.

Sanitary supplies – Wipes

We often have the impression that since we disinfect our hands regularly, the surfaces that we touch are clean too. However, for our volunteers who are involved in accompanying others or in deliveries, the steering wheel and door handles are high risk areas for germs and dirt. If you try giving them a wipe down then you might see the evidence of this.

It's for that reason that the Centre and delivery points in Saint-Siméon, Bonaventure, New Carlisle, Pas-pébiac and Port-Daniel have made wipes and disinfectants available to volunteers. Don't hesitate to use them and to ask for more if needed.



Benoit Drapeau,
Community support &
responsible volunteer management





NEWS FROM THE P'TIT BONHEUR



Hello to all of you!

December is already upon us. Since my arrival at Le P'tit Bonheur, I have been keeping busy. We strive to meet the needs of as many families as possible. Last October, we had a clothing drive (thrift store). We were able to help a few families through this thrift store, as well as individually upon request.

We will have a thrift store in early December, where your toy donations will be available for families.

We also have different thrift stores in the MRC, here are some of them:

Saint-Siméon 112, avenue Du Viaduc	Wednesday- 13 h à 16 h Saturday- 09 h à 12 h
Bonaventure 107, avenue Grand-Pré	Saturday- 09 h à 16 h
Caplan 2, boul. Perron	Friday - 12 h à 19 h
New Carlisle 166, boul. Gérard-D.-Levesque	Wednesday- 13 h à 15 h Friday - 13 h à 15 h 1 st Saturday of the month - 13 h à 15 h



I also had the pleasure of doing the Halloween tour, accompanied by Jolianne. It was a real pleasure to see the smiles on the faces of the 74 children we visited.

We discovered a new service for the families of the South Gaspé community, *Accroche-Coeur*, which is a social pediatric center. We also work in collaboration with several organizations and we participate in various family consultations. All of this is done with the goal of working for the development of the child and making family life as pleasant as possible. We have families waiting for respite care, we work hard to find volunteers for this service.

The Volunteer Centre's hours of operation are now 8:00 a.m. to 12:00 p.m. and 1:00 to 4:00 p.m. I am in the office from Monday to Thursday inclusively.

I would like to take this opportunity to thank all the volunteers with whom we have had the chance to work at P'tit Bonheur. I would also like to wish everyone a happy holiday season



Marie-Paule Allain-Castilloux
P'tit Bonheur intervenant & accompagnant

THE LITTLE FROZEN MEALS



Ate the Little Frozen Meals, we have had a busy fall, it is demanding, physical but how rewarding work, that our hardworking volunteers have done. Our volunteers tell us that they like to come and cook meals for our people, they work at their own pace, don't find it stressful, and they also make new acquaintances. They like to chat, interact with staff and volunteers.

Thank you to our cook Tammy and our indispensable volunteers, thank you!

Recently, we did a survey of people who use our service. This survey allowed us to know the tastes and comments of each of the people contacted. The comments received are that they love the Little frozen Meals, and on top of that they find that we have a nice variety. From this poll, we asked them what was their favorite food? In general, all the dishes were named, but the macaroni and lasagna stood out. The favorite soup is barley and chicken soup. When it comes to adding desserts to the menu, it's really shared too! Half of the people would like desserts on the menu and the other half don't. Unanimously, those who use the delivery service are satisfied with the chosen day, it is done every two weeks, that is, Thursday morning. And finally, they find our volunteers: very polite, nice, chatting, fine, satisfied with the service received, good people!



Thank you to the people we contacted for completing the survey and THANK YOU to our volunteers, Thank you for your involvement!

If you are interested in joining our team of volunteers, please don't hesitate to contact me!

A little tip from the Little Frozen Meals...
The holiday season is approaching, will you be alone, or will you not have the visit of your loved ones?
For your Christmas meal, I suggest you decorate your table, put on a beautiful tablecloth, take out your beautiful utensils and plates. Listen to beautiful music! Call someone to have a little chat!

We wish you all a great holiday season!

Diane Horth, Responsable P'tits plats givrés

CLOSER TO SENIORS

Hello,

Let me introduce myself; Louiselle Delarosbil, the CAB outreach worker for seniors.

Originally from Paspébiac, I lived out of the region for several years before returning; a cherished dream.



I worked with the elderly for 17 years in a community residence and developed a great interest in and skills related to the well-being of seniors on a physical, psychological and moral level.

My present role as an outreach worker for the elderly is to listen, meet, support and if necessary refer them to existing resources in the community.

Hoping to meet you soon!

Louiselle Delarosbil Outreach worker for seniors
Tél. : 581-233-0866





VOLUNTEERS BIRTHDAY



January

Arsenault, Marie	01
Larocque, Gabrielle	03
Cloutier, Nancy	03
Delarosbil, Gaétan	03
Whittom, Lina	06
Dallaire, Michelle	17
Larocque, Lise	18
Desroches, Dolorès	21
Bujold, Diane	21
Fortin, Lynn	21
Arsenault, Aurore	23
Arsenault, Alice	27
Noël, Loretta	28

February

Anez, Gina	01
Maldemay, Rita H.	03
Arsenault, Claire	05
Delarosbil, Marjolaine	09
Delarosbil, Cindy	11
Royal, David	12
Babin, Céline	15
Lévesque, Marthe	16
Pouliot, Nathalie	18
Arsenault, Julie	18
Gauthier, Micheline	21
Poirier, Suzette	23
Lapointe, Tracy	24
Henry, Nicole	24
Scott, Katherine	26

March

Bélanger, Murielle	01
Appleby, Lorraine	02
Fulham, Fernande	02
Bujold, Thérèse	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
Bourdages, Évariste	29
Poirier, Adéline	30

**Happy
Birthday!**

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
Guité, Cécile	17
Chatterton, Louella	21
Cayouette, Marie-Rose	22
Babin, Paul	28



The little tough...

*In Christmas time, it's as important to
open our hearth as it is to open our
gifts*

- Janice Maeditere



OUR GENEROUS SPONSORS



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Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2215**



À votre service depuis plus de 30 ans...

**339, avenue Port-Royal
Bonaventure (Qc) G0C 1E0
Tél.: 418-534-2191**



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



**300, rue Alexis-Poirier
St-Siméon (Qc) G0C 3A0
Tél.: 418-534-2155
Télé. : 418-534-3830**

RESTAURANT

La Maison du M' Burger

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



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



**Marc Assels, propriétaire
395, route Bellevue
Port-Daniel (Qc) G0C 2N0
Tél.: 418-396-2866**

