

NEWSLETTER

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1985-2025



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



*At the heart of
it's community*



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



TABLE OF CONTENT

DÉPOT LÉGAL, 1er trimestre 1988, Bibliothèque Nationale du Québec

How to contact us.....	2
The president's word.....	3
Executive director's word.....	4
40 years of volunteering at the heart of the community.....	5
Homecare support services.....	6
Aging well at home.....	6
Eldery caregivers support.....	7
Little Frozen Meals.....	7
Senior community worker.....	8
P'tit Bonheur.....	9
Promotion and development of voluntary action.....	10
Volunterr's anniversary.....	11
Our sponsors.....	12

To join us



**CENTRE D'ACTION
BÉNÉVOLE**

SAINT-SIMÉON • PORT-DANIEL

176, Gérard-D.-Levesque Ouest
Paspébiac (Québec) G0C 1K0

<i>Reception, accompaniment-transport and other services..</i>	<i>poste 1</i>
<i>Executive director.....</i>	<i>poste 2</i>
<i>Administrative Assistant</i>	<i>poste 3</i>
<i>P'tit Bonheur</i>	<i>poste 4</i>
<i>Little Frozen Meals</i>	<i>poste 5</i>
<i>Promotion and development of voluntary action</i>	<i>poste 6</i>
<i>ITMAV comunity worker</i>	<i>poste 7</i>
<i>Caregivers of the elderly support</i>	<i>poste 8</i>
<i>Liaison officer</i>	<i>poste 9</i>

For immediate assistance, press 0



THE PRESIDENT'S WORD

Hello everyone

September already, what a beautiful summer we've had. Some will say too hot, others not enough rain, while others took full advantage. I hope you did too. It's now cool enough to walk along the seashore or the forest paths, so take advantage of it.

It's also harvest time (fruit, vegetables) and canning time. Don't forget to share the surplus with those less fortunate. That's what volunteering is all about.

The new Board of Directors met for the first time on August 20, and we have a great year ahead of us.

I would like to welcome the 2 new members, Gabrielle Leblanc and Rose-Marie Leblanc. I would also like to thank Mrs. Andrée Lepage, whose term ended, for her excellent work with our organization as a member of the Board.

This year, we're continuing to work on updating our various policies and regulations.

Yes, the CAB St-Siméon Port-Daniel has already been in existence for 40 years. We also plan to organize a few recognition activities.

We're in great need of volunteers, so don't hesitate to contact the Centre to sign up.

I wish you all a wonderful autumn, enjoy yourselves and volunteer.

Nicole Henry,
President

Autumn beautifies our eyes with a gradient of colors that reflects the soul of the season.

- Jean Pierre Szymaniak

EXECUTIVE DIRECTOR'S WORD

Warm greetings, on this lovely autumn day!

I would like to take this opportunity to share some news about your Center: a super busy spring, two special general meetings, followed by the annual general meeting. Thank you to the members who attended these various meetings.

An important change in our by-laws concerns membership. Previously, volunteers automatically became members of the Volunteer Action Center. With the Civil Code of Québec, we have had to make changes to comply with the law. Volunteers will now have the choice of whether or not to become members. We are currently working on the membership policy, and you will receive more information in the coming weeks.

A new development in our regional healthcare facilities: a parking spot will be reserved for volunteers doing the accompaniment/transport service, this will facilitate their work, well done RCABGÎM! Our team was very active in the field this summer, informing the public about services and activities, promoting volunteering, and recruiting new volunteers. Thank you to the various businesses that welcomed us.

1985-2025, 40 years for your Volunteer Center! What a long way we've come, and what wonderful people have dedicated themselves over these 40 years to advancing the cause of volunteerism. Volunteers, employees, partners, funders, donors, everyone involved in developing volunteer initiatives and providing better support to our community, thank you very much!

I would like to take a moment to thank the entire team of Paspébiac's Laurentian Bank for their donation of \$4,000, received on August 29, which is very much appreciated.

To each and every one of you, we wish you a beautiful fall and wonderful moments in your volunteer work. Thank you for your commitment to our community.

Nathalie Bujold
directrice générale





**CENTRE D'ACTION
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1985
–
2025

40 years of volunteering and community action

At the heart of the community for 40 years...

40 years of volunteer involvement by committed
and caring people!

40 years of collaboration and support with loyal partners!

40 years of dedication and action by people who care about
the development of our communities!

40 years deeply rooted in its community!

On this 40th anniversary, the members of the board of directors,
management, and staff join together to say *Thank you!*



HEMOCARE SUPPORT SERVICES

The Centre d'action Bénévole shows its goodwill through a variety of services. Caring for our loved ones and our seniors can be done with the help of the services we offer.



Among our services is Meals on Wheels, which delivers hot meals, soups, and desserts twice a week from September to June. The target clientele is seniors, people with diminishing autonomy, or who are recovering from illnesses. This service goes beyond simply delivering food, as the volunteers who make the deliveries also act as a lifeline, adding a human touch to the service and providing social support to the recipients.

Less well known, SécuriCAB is a free automated call program designed to ensure the safety of elderly or isolated individuals at home.

For more information or to register for one of our services, call **418-752-5577 ext. 1.**

Annie Chénier

Responsable de l'accueil et des services.

AGING WELL AT HOME PILOT PROJECT

JI am pleased to join the wonderful team at the Centre d'action bénévole Saint-Siméon/Port-Daniel. My name is Louise Dupuis, and I am pleased to be the project manager for the Aging Well at Home pilot project. Over the next year, I will be working closely with the Executive Director to develop and enhance the services already offered in the area.

I've already had the chance to meet with several volunteers and people who benefit from our services, to discuss the frozen meal dishes and friendly visits. The goal was to understand their perceptions of these services and to gather new suggestions to better meet the needs of the people who use them. A huge thank-you for your warm welcome and for the rich discussions: they will certainly help with my future actions!

You've probably heard about us this summer! My colleagues and I held several booths and participated in radio interviews to promote our services and recruit new volunteers. We're delighted to see that many people still want to get involved and make a real difference in the lives of people in their community.

I wish you a wonderful fall, filled with enriching experiences and wonderful encounters.

Louise Dupuis

Chargée de projet BVCS



ELDERLY CAREGIVERS SUPPORT

The fall season can sometimes shake up our bearings. It often comes with its share of new challenges and adaptations as well as accumulated fatigue. As a caregiver, you will find here some landmarks, some simple gestures and thoughts that might help you to take care of yourself a little more each day and therefore have a positive impact around you.

Remember that **you don't have to carry everything on your own shoulders**

- It is important to allow yourself some time and a real period of adaptation, as well as the right to make mistakes.
- Finding what makes you feel good will soothe you like walking, listening to music, reading or going into sports, yoga, meditation, and more.
- Acknowledging that inside you lays great strengths and precious resources from which you can draw your vital energy, as long as you have learned to manage and feed yourself from them.
- Free yourself from your overly high expectations or at least adjust them. Focus on what you can change and let life take care of the rest.
- Create meaningful connections and share with people around you with whom you can have good moments, without fear of being judged or labeled.
- Remember that it's ok not to know everything, it's ok to say No and express your limits and emotions, it's ok to change your mind, it's ok to need space and time, it's ok to be different and above all to be yourself.
- We are human first and foremost!

Finally if a need is to be filled, dare to ask for help by mail or phone : **Info-aidant@lappui.org** or **appui.org**, or by phone at **1 855 852-7784**

The Volunteer Center is open every day until 4 p.m. You will find listening, information, referrals, as well as the possibility of receiving respite help at home with a small contribution and a few prerequisites.

Marise Andrée Dumont

Caregivers of the elderly support counselor

LITTLE FROZEN MEALS

For the past few months, we have been working on reviewing the menu of the Little Frozen Meals. We want to renew the menu and meet the expectations of the people who receive these meals as best as possible. So you may see new choices on your next order.

Another new feature at The Frozen Meals... We now have reusable insulated bags with the Little Frozen Meals's logo, for our delivery volunteers and subscribers who come to pick up their meals at the Center.



Our kitchen volunteers will be invited to sign up for a food hygiene and safety training session provided by the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation (MAPAQ). This session is for volunteers who prepare meals, handle food, and clean kitchen equipment. The volunteers are always so hardworking and diligent; we thank them for their loyalty in the kitchen and during home deliveries. Little Frozen Meals are a success thanks to you! Thank you all!

Diane Harth

Little frozen Meals manager

Anti-fraud guide, based on official Canadian resources

Understanding fraud

Fraudsters target both individuals and businesses. Their methods are constantly evolving: emails, calls, social networks, fake websites... It is essential to remain vigilant and informed.



Common frauds

- Identity theft: The theft of your personal information to open accounts or make purchases.
- Financial fraud: Fake investments, promises of high returns, cryptocurrency scams.
- Romance fraud: Online emotional manipulation to extract money.
- Corporate fraud: False invoicing, identity theft of suppliers or customers.
- Lottery Scams or Contests: You Win a Prize... but you have to pay to receive it.

Best practices to protect yourself

- Never share your personal or banking information without verification.
- Be wary of offers that are too good to be true
- Check the sources: websites, emails, calls.
- Use strong and different passwords for each account.
- Install antivirus software and update it regularly.



What to do in case of fraud

1. Report it to your financial institution immediately.
2. Contact the Canadian Anti-Fraud Centre to report the incident. 1-888-495-8501
3. Keep all the evidence: screenshots, emails, messages.
4. Monitor your accounts for suspicious activity.

Sources:

- Centre antifraude du Canada : informations, signalement, alertes
- AMF – Prévention de la fraude : conseils financiers et aide aux victimes
- Bureau de la concurrence – Fraude et arnaques : types de fraudes et comment les éviter

You can also contact the Volunteer Centre's Community Worker if you are over 50. She will be happy to listen, help and support you.

Marie-Claude Côté
Senior community worker (ITMAV) 581-233-0866

How can you make it easier for your child to start daycare or kindergarten?

Here are some daily activities that will help your child adjust to school life.



- **Give your toddler the opportunity to play with other children.** For example, by going to the park or inviting a friend over. Playing with others helps your child learn to share, take turns, and resolve minor conflicts.
- **Read to them often.** Reading develops their vocabulary and gives them a taste for learning to read. When they look at books with you, your child gradually begins to make connections between the pictures and the words they hear and to recognize certain letters.
- **Monitor your child's emotions to help them recognize and control them.** Depending on what you observe, say something like, "Are you happy to go to the park with your cousin?" or "Are you angry because your brother took your toy?" Also encourage your child to label their emotions.
- **Stimulate their language by talking with them about everyday life.** You can ask them what they did at daycare, if they have an idea for solving a small problem, or what they would do if they were the character in a story. This will help them get used to thinking and expressing their thoughts.
- **Count certain things together** (e.g., the stairs you go up or down, their toy cars, their fingers, or their toes). You can also compare the size of certain objects (e.g., bigger, smaller, longer, shorter) and point out the shape (e.g., circle, square, triangle) of certain household items.
- **Provide paper and pencils for your child to draw whenever they want.** This activity develops their creativity and gets them used to handling a pencil. Drawing also stimulates hand-eye coordination and gently introduces them to writing.
- **Go outside with your toddler to get them moving.** Children are on average twice as active when they're outside. You can go for a walk, go to the park, play with balls, or play tag games to get them moving in different ways and encourage them to enjoy being active.

Source : <https://naitreetgrandir.com/fr/>



Anakim Castilleux
P'tit Bonheur counselor

PROMOTION AND DEVELOPMENT OF VOLUNTARY ACTION

Times are changing. So do volunteering and volunteers. For a long time, the profile of our volunteers was pretty much the same. Over the past few years, we've seen an explosion in the types of volunteers: new or semi-retired people; telecommuters who can adjust their work schedule; people who live part of the year in the Gaspé, part of the time elsewhere, and who want to get involved in both their communities; and even students who, despite the constraints of their studies, are keen to contribute to the well-being of their community.

One thing's for sure: volunteering is far from dead. My colleagues and I saw proof of this this summer as we met dozens of people interested in becoming volunteers. In fact, as you'll see below, we were lucky enough to welcome several of them into our extended family of volunteers. And I can safely predict that it's not over yet!

Thank you to all those who have joined us, to those who have recommended future volunteers and, of course, to those who have been with us for some time. It's thanks to all of you that we can continue our mission.

But don't forget: we always have room for people who want to contribute to the well-being of our people. So don't hesitate to spread the word: Volunteering is good for everyone!



Nouveaux bénévoles

Since the last issue of this newspaper, we have had the chance to welcome many new volunteers:

Ms **Lisette Aspirot**, Ms **Carole Corbet** and Ms **Claudine Grenier**, from Paspébiac.

Ms **Mireille Anderson-Cyr**, from Port-Daniel.

Ms **Françoise Tardy** and Mr **Bertin St-Pierre**, from New Carlisle.

Mr **Pierre Sarrazin**, from Saint-Siméon.

Ms **Lise Arsenault**, from Bonaventure.

All the Center's staff wish them a warm welcome!

Benoit Drapeau

Promotion and development of voluntary action agent

VOLUNTEER'S BIRTHDAY

AUGUST

01 Solange Gauthier
01 Sylvie Lepage
01 Angela Aspirot
04 Colette Arsenault
04 Céline Chapados
08 Linda Chapados
15 Irène Chapados
15 Liette Cayouette
23 Edith Huard
28 Serge Lebrasseur

OCTOBER

03 Guylaine Bernier
03 Guylaine Germain
05 Sharon Renouf
11 Sylvia Lebrasseur
11 Luc Duguay
13 Gilberte Michel
15 Raymond Marcoux
18 Colette Goyette
21 Marthe Duguay
23 Tammy Lapointe
28 Lyne Lévesque
30 Gabrielle Dorion

NOVEMBER

04 Raphaël Roy Dumont
05 Alma Bourdages
05 Jasmine Arsenault
06 Jacqueline Bourdages
06 Doréanne Bourdages
07 Andrée Roussy-Assels
14 Clément Coulombe
19 Émilie Huard

SEPTEMBER

01 Chantal Paquet
06 Mireille Cyr-Anderson
07 Andrée Langlois
08 Thérèse Arsenault
10 Lise Babin
12 Micheline Duguay
17 Marjolaine Major
18 Albert Grenier
21 Lisette Marcoux
23 Marie-Paule Allain
25 Gilles Duguay
27 Léone Chapados
28 Robert Arsenault

**HAPPY
BIRTHDAY**

OUR SPONSORS



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



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

RESTAURANT

La Maison du M' Burger

124, boul. Gérard-D.-Levesque Ouest
Paspébiac (Qc) G0C 2K0
418-752-6121



395, route Bellevue
Port-Daniel (Qc) G0C 2N0
418-396-2866



300, rue Alexis-Poirier
Saint-Siméon (Qc) G0C 3A0
418-534-2155



138, boul. Gérard-D.-Levesque
New Carlisle (Qc) G0C 1Z0
418-752-3141



5, boul. Gérard-D.-Levesque Est
Paspébiac (Qc) G0C 2K0
418-752-2277

