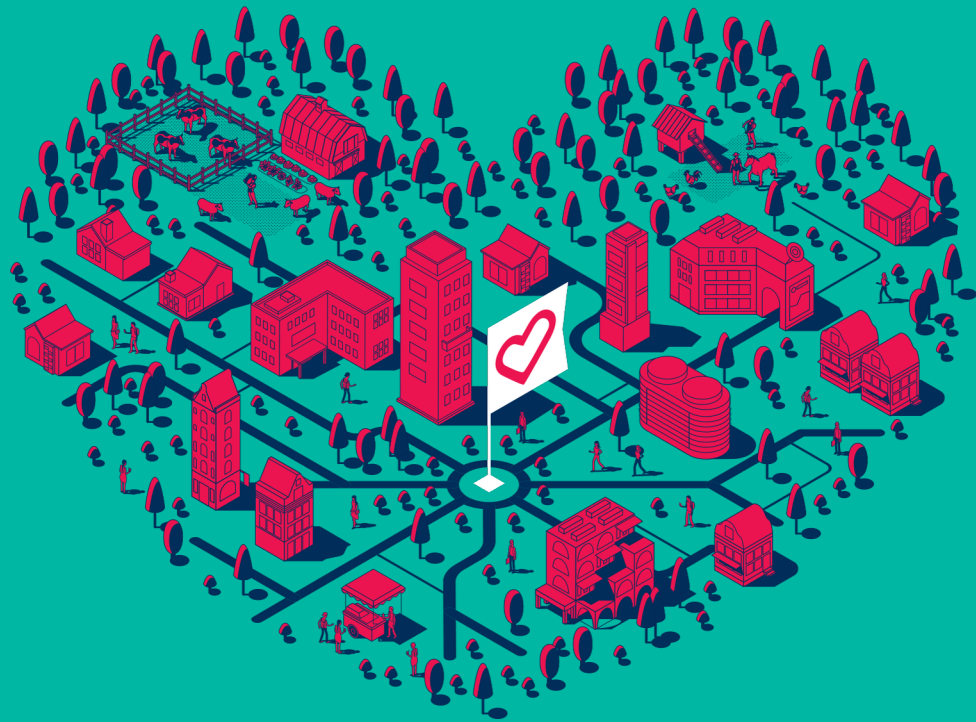


# NEWSLETTER

VOL. 37, NUMBER 2 - APRIL 2025

*Let's get on the road to*  
**VOLUNTEERING!**



51<sup>th</sup> EDITION

National Volunteer Week  
April 27 to May 3, 2025

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



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# 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
National Volunteer Week.....	5
Homecare support services.....	6
Close to seniors service.....	6
Caregivers of the elderly support.....	7
Little Frozen Meals.....	8
P'tit Bonheur.....	9
Volunteering Promotion and development.....	10
Birthdays.....	11
Our sponsors.....	12



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

**176, boul. Gérard-D.-Levesque Ouest  
Paspébiac, Québec, G0C 2K0  
418-752-5577**

- *Reception, accompagnement-transport and other services : ext. 1*
- *Executive director: ext. 2*
- *Administrative Assistant : ext. 3*
- *P'tit Bonheur : ext. 4*
- *Little Frozen Meals : ext. 5*
- *Promotion and development of voluntary action : ext. 6*
- *Close to senior agent : ext. 7*
- *Caregivers of the elderly support: ext. 8*
- *For immediate assistance, dial 0*



[www.cabst-simeon-port-daniel.com](http://www.cabst-simeon-port-daniel.com)



[www.facebook.com/cab.saint.simeon.port-daniel](https://www.facebook.com/cab.saint.simeon.port-daniel)

# THE PRESIDENT'S WORD

Winter is now leaving us, but spring is slow to warm us with its gentle sunshine. We're all eager to see the buds beginning to bloom.



But in the meantime, here's a brief summary from last fall. We held several very effective meetings to review our general by-laws, receive training, or participate in various regular and special board meetings related to various projects for the 2025-2026 year.

Volunteering continues to play a major role in our organization. We are very grateful to be able to count on our dedicated team of volunteers to strengthen our community and improve the quality of life for people who are alone or without immediate resources. Volunteering allows us to improve our self-esteem and overall well-being, so, let's be proud of having taken the volunteer route!



On behalf of all the members of the board of directors, I wish you a very Happy Easter and an invigorating spring.

*Nicole Henry*  
President





# EXECUTIVE DIRECTOR'S WORD

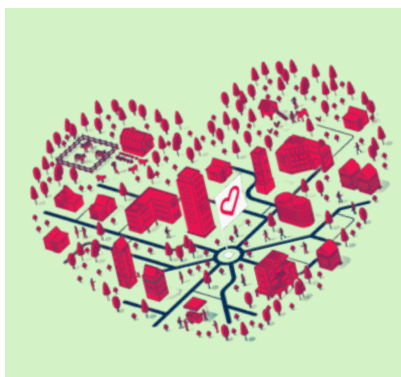
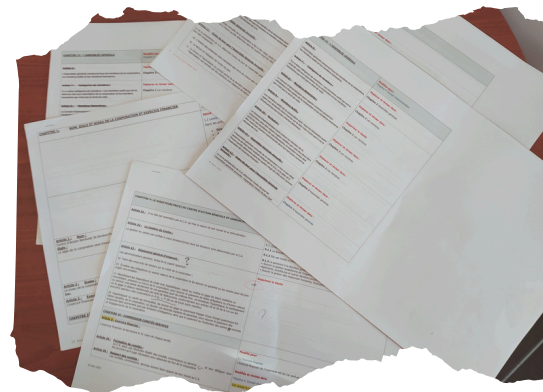
Hello everyone,

We've just finished a busy year, and we'd like to thank each and every one of you for your invaluable involvement and dedication.

Since last October, a committee has been hard at work revising our by-laws. We have also reviewed the objects of our letters patent. Members will be consulted soon, as this is an important moment in our associative life, we hope you'll be there.

And yes, the medical accompaniment/transport service for people aged 65 and over resumed on April 1st.

We sincerely hope that the implemented measures will be temporary, until the beginning of June. We are aware that the interruption of the service in March was not an easy situation for many, and we thank you for your understanding.



The National Volunteer Week is fast approaching, and we'll be celebrating together from April 27th to May 3rd. We invite you to reserve your seat for our recognition breakfast on Friday May 2nd! This year's National Volunteers Week's theme is "Let's get on the road to volunteering". It'll highlight the different paths that volunteering can take in our communities, all the people we can meet along the way, and the connections we can make with others while volunteering all have positive impacts on our lives and communities.

As you know, on August 30th, your Centre d'action bénévole will celebrate its 40th anniversary! That's 40 years of volunteering, 40 years of community involvement, 40 years with and for the community! In the coming weeks, we will be posting important moments of our history. We are getting ready to celebrate this in the fall.



Finally, from April 27th to May 3rd, I invite you all to celebrate volunteering! I look forward to crossing paths with you on your volunteering journey, thanks to all of you who sprinkle your generosity on all the paths of our community!

*Nathalie Bujold*  
Executive director



# Declaration of the FCABQ for Volunteer Week 2024

## THEME:

# Let's get on the road to volunteering!

**From April 27th to May 3rd, let's get on the road to volunteering!**

In Quebec, volunteering builds a vast network of connections, bringing us closer together and creating a united, engaged society. Regardless of where we are, we're all invited to join this volunteering journey. The more people traveling this road together, the richer the experience becomes, strengthened by the power of community.

Volunteering is about enriching your journey by stepping out to meet others. It's about showcasing your strengths and exploring new paths. It leaves us feeling more fulfilled and connected moving forward. Like any great adventure, it gives as much as it takes.

"Let's get on the road to volunteering!" also means ensuring that this road is safe, inclusive and respectful for everyone. That is why National Volunteer Week is also an opportunity for organizations to focus on fostering a supportive and caring journey for both volunteers and the people they serve. In this spirit, the FCABQ coordinates a quick and free Police Background Check program, available on [jebenevole.ca](http://jebenevole.ca), for volunteers in Quebec's community organizations. Far from being a barrier, background checks are a useful tool for building trust and encouraging responsible volunteering. They ensure a healthy, safe environment where every act of solidarity can thrive.

Volunteers, organizations, and all those ready to embark on this meaningful journey: now is the time to get on road

**On the way to  
VOLUNTEERING!**

51<sup>th</sup> EDITION

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du Québec

Je**bénévo**le

# HOME CARE SUPPORT SERVICES

## TRANSPORTATION SUPPORT

### Service Maintained with Some Adjustments



#### Service Disruption in March

Medical transportation support experienced its first interruption of service for people over 65 due to lack of funding. We are aware that this has caused a lot of distress for some, and we are the first to express our deepest regrets!

The Volunteer Action Centres are working hard to find solutions to maintain this service!

Despite everything, the transportation support service resumed as of April 1, 2025. However, some adjustments had to be made.

## SÉCURICAB SERVICES

### A caring service for our seniors!

The SécuriCAB service is offered **FREE OF CHARGE** to our seniors living alone, convalescing, or with a specific condition. It is an automated call service that contacts the registered person daily, or at a schedule adapted to their needs. This may include:

- A call to make sure everything is okay
- A medication reminder
- A dietary reminder



This service provides peace of mind for the family, as well as for the person receiving the service.

Don't hesitate to contact us for more information.  
**418-752-5577, ext. 1.**

*Annie Chénier*

Reception and service manager.

## CLOSE TO SENIORS SERVICE

Hello everyone,

My name is Marie-Claude Côté, and I'm new to your beautiful region since last summer.

For those who don't know me, I've been working on a project

since last December for the Bonaventure MRC's social development community plan, working with vulnerable seniors, through the Saint-Siméon/Port-Daniel Volunteer Action Centre. Since the beginning of March, I've been working in the field as a community worker for seniors.



### **What is my role as a community worker?**

I'm a bridge between seniors and the resources available in the community. I support seniors in their efforts to improve their quality of life by identifying their needs and then referring them to the right resources.

I can go directly to the person's home, which makes my services easier for those who can't get out and about. What's more, it's completely free!

For those who would like to meet me, you can reach me at:

**Office:** 418-752-5577, ext. 7.

**Cell:** 581-233-0866

I am available Monday to Friday, from 8:00 a.m. to 12:00 p.m. and from 1:00 p.m. to 4:00 p.m.

Don't hesitate to contact me; I'd be happy to chat with you!

*Marie-Claude Côté*  
travailleuse de milieu

# CAREGIVERS OF THE ELDERLY SUPPORT

## Testimonial from a caregiver

Meet Mrs Fleming, who cares for her aunt. She has a few words of encouragement for those who support their loved ones...

### How has being a caregiver changed your life?

"We're not planning to become a caregiver. At the same time, it's not something that's imposed on us either. You choose it out of love. You love a person in their very essence, and you remember that they're still the same person, even if their health has changed.

Every time you take care of someone, life gains in importance. Being a caregiver has deepened both my relationship with the person I care for and the relationships I have with others. People who are important to you become even more important. As we focus more on them, we leave unimportant things behind. It's important for me to make the most of the time we spend together!"

### How do you deal with pressure and stress?

"I like to take long walks. In fact, after looking after my aunt, I walk home. By the time I get home, my stress is gone. I call it "changing hats". It's important to change hats, so to speak, from one context to another. I have to be able to put on my other hats: my personal care hat, my friend hat, my mother hat, etc. I have to be able to put on my other hats.

I like to read books, exercise or just sit on the sofa. I sit still and love it. I relax! And music is the best! It's great to hear music that makes you feel good! We're grateful for the indispensable role that caregivers play in the lives of the people we help."

Remember that anyone who cares for, supports, accompanies, manages transportation, or does the grocery shopping for someone else in need, that he or she is a caregiver. And we're here for you.

**Source:** McGill University Health Centre

*Marise Andrée Dumont*

Intervenante soutien aux proches aidants des aînées,





# LITTLE FROZEN MEALS

**The good news is that the Little Frozen Meals will continue for 2025-2026.**

We have a dynamic team of volunteers. They work hard, physically. Thank you so much for all you do, you have our gratitude!



In other good news, we've had several donations of bags of carrots from the Collectif Aliment-Terre. In addition to regular cooking, we have added days in the kitchen to carry out carrot processing chores in preparation for cooking. This enabled us to stock up on good local vegetables. Thanks to the Collectif Aliment-Terre for this help! And don't forget that they regularly donate bread and pastries, which we redistribute to those who the Little Frozen Meals.

During Meals on Wheels week and other volunteer food services, we offered a carrot soup, a portion of chicken pie and a "gâteau monsieur" to those who use Meals on Wheels and Little Frozen Meals services on a regular basis. 95 meals were distributed by our volunteers and were concocted by our kitchen team.

In fact, these new dishes will now be available on our menu, considering the very positive feedback we've received.



Don't hesitate to tell anyone who could benefit from our ready-to-eat, frozen and varied meals about us!

Have a great spring and enjoy your loved ones!

*Diane Horth*

Little Frozen Meals manager



**The sun warming us, the snow melting, the birds chirping... Spring is here! However, with good weather also comes little accidents...**

Spring is here! However, with good weather also comes little accidents... Everyone is getting ready for the arrival of the warm summer season. The kids are all excited to get back outside to play, get the bikes out and open the sandboxes. Here are a few practical tips for parents in the event of minor injuries.

## **The child who hits himself**



1. Elevate injured limb to reduce swelling;
2. Ice the injured area for 20 minutes every hour to reduce swelling and prevent the bruise from expanding;
3. When cooling the injured area, always place a cloth between the ice and the skin;
4. If the child is in a lot of pain, acetaminophen (Tempra) and/or ibuprofen (Advil) can be given.

## **Beware and seek medical advice if you notice :**

- Bruises on the back of the head;
- Bruises under both eyes;
- A child refuses to use a limb;
- A child limps.



## **The bleeding child**

1. Wash the wound with soapy water (do not use alcohol, peroxide or any other disinfectant);
2. Apply local pressure with a clean cloth (or gauze) for at least 5 minutes without interruption to stop bleeding;
3. If the wound is in the face, seems deep, allows tendons or other internal structures to be seen, is close to a joint or won't stop bleeding, consult a doctor;
4. Make sure vaccinations are up to date!

## **You should know :**

- A wound that needs stitches must be treated within the first 6 to 12 hours, depending on its location;
- The scalp and face are areas that bleed profusely;
- That if a tooth falls out as a result of trauma, the best thing to do is to keep it in cold milk (otherwise in water or a clean dressing), leave the root untouched, note the time of the accident and consult a dentist as soon as possible;
- That you should consult a dentist if the wound is the result of an animal or human bite.

**Source :** <https://naitreetgrandir.com/fr/> and <https://www.educatout.com/>

Dear volunteers, thank you for your involvement at Le P'tit Bonheur! Your time, energy and unflinching commitment are invaluable. You play a vital role for the families in our community, and for that we are most grateful.

We are happy and proud to count you among us.

*Anakim Castilloux*

counsellor and manager of P'tit Bonheur



# VOLUNTEERING PROMOTION AND DEVELOPMENT

## New Communication Tool with Our Volunteers

Many have already noticed that since March, we've implemented a new tool to communicate information to our volunteers: a bulletin !

This bulletin will not replace the newsletter or any other means of communication. Sent monthly or for special occasions, the bulletin will allow us to communicate current information by email: news, announcements, upcoming events, updates, invitations... In short, topics that concern you and that are important for you to know before the publication of our seasonal newsletter!

It goes without saying that we ask you to stay tuned and check your emails regularly, otherwise you risk missing out on interesting and important information. In fact, I'm planning a few emails this spring (Volunteer Week, general meeting, etc.). The bulletin will be short and include links to additional information on topics that are of particular concern to you. So, there's every reason to check it out!

Please note: This is an excellent time to contact me to register or update your email address: 418-752-5577, ext. 6.

With that, I wish you a wonderful spring and a radiant summer!

### New Volunteers

Since the last issue of this newspaper, we have had the chance to welcome 2 new volunteers:

**Mr. PierreDouville and Mrs Garielle Leblanc**

The entire team at the Centre wishes them a warm welcome!



### Become a Volunteer

**MEDICAL ACCOMPANIMENT-TRANSPORT**

- Accompany people to medical (or social, depending on the clientele) appointments
- Offering a safe and warm presence
- Ability to listen and good judgment.
- Respect for confidentiality, in all circumstances
- Travel and meal allowances reimbursed according to established scales

 **TO REGISTER**  418 752-5577, Ext. 6



- Saint- Siméon
- Bonaventure
- Saint-Elzéar
- New Carlisle
- Paspébiac
- Hope
- Hope Town
- Saint-Godefroi
- Shigawake
- Port-Daniel

### Become a Volunteer

**MEALS ON WHEELS DELIVERY**

- Deliver hot meals to your home according to the schedule established in your area
- Have a vehicle in good condition
- Observation, listening and good judgment
- Refer to the person in charge of Meals on Wheels in your municipality
- Respect, empathy, patience and honesty.
- Respect for confidentiality at all times

 **TO REGISTER**  418 752-5577, Ext. 6



- Saint- Siméon
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- Paspébiac
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- Saint-Godefroi
- Shigawake
- Port-Daniel

*Benoit Drapeau*

Volunteering Promotion and Development agent



# VOLUNTEER'S BIRTHDAYS

## APRIL

- 01** Lyne Horth
- 04** Colette Lelièvre
- 05** Léonie Joseph
- 07** Conrad Aubut
- 07** Monette Babin
- 07** Gabrielle Leblanc
- 08** Johanne Roussy
- 10** Paule Blais
- 11** Bethany Briggs
- 17** Charles-Omer Arsenault
- 17** Gisèle Delarosbil
- 30** Normande Corbet

## June

- 01** Françoise Langlois
- 05** Lina Poirier
- 10** Francine Delarosbil
- 11** Renaud Bujold
- 12** Maryse Bourdages
- 12** Richard Larochelle
- 15** Diane Horth
- 16** Pauline Poirier
- 21** Wayne Guignon
- 21** Andrée Lepage
- 24** Rose-Marie Leblanc
- 24** Line Jutras
- 25** Gemma Poirier
- 25** Hilda Marsh
- 26** Andy Dery
- 30** Serge Lebel

## MAY

- 02** Marcel Arsenault
- 03** Jacinthe Aspirot
- 04** Edna Deraîche
- 07** Joan Sawyer
- 10** Lisette Lepage
- 10** Rachel Thibault
- 13** Mathilde Corbet
- 14** Jovette Arsenault
- 19** Claudette Ferlatte
- 19** Madeleine Poirier
- 23** Annie Léonard
- 26** Andrée-Anne Cellard Miousse
- 27** Irène Delarosbil
- 31** Pierrette Babin

## JULY

- 02** Andréa Delarosbil
- 07** Kathy-Edith Lacroix
- 07** Évangéline Poirier
- 07** Mariane Boulet
- 08** Ann Hall
- 09** Claude Caron
- 10** Roger Côté
- 14** Raynelle Castilloux
- 19** Mona Hayes Court
- 31** Johanne Delarosbil
- 31** Patricia Nugent McDonald
- 31** Yolande Corbet

**Remember:**  
**The biggest failure**  
**is not having tried**  
**-The beautiful**  
**proverbs**

**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

