

Newsletter

VOL. 36 NUMBER 3 - OCTOBER 2024

WWW.CABST-SIMEON-PORT-DANIEL.COM

*Living the
fall season...*

*at the Centre
d'action bénévole*



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

*At the heart of
it's community*

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

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



- *Reception, accompaniment-transport and other services : ext. 1*
- *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*
- *Executive director: ext. 2*

For immediate assistance, dial 0

www.cabst-simeon-port-daniel.com



www.facebook.com/cab.saint.simeon.port-daniel

The President's word

Dear volunteers, dear beneficiaries

September is here, and it's still warm out, so take advantage of your favorite outdoor activities.

Newly elected to the position of President of the Board, I'm going to do my utmost to rise to the occasion, but I think with good will, frankness, impartiality and the confidence of the Board members, I'll be able to do just that. Some wonderful people have stepped down from the Board, and I'd like to thank Annie Léonard, Diane Horth and Marie Arsenault for their dedication and commitment over the years. I would like to take this opportunity to welcome a new member, Mrs. Colette Goyette. In addition, I can always count on the collaboration of Mrs. Andrée Lepage, Mr. Raymond Marcoux and Mr. Roger Coté, all very committed individuals. However, we're still two members short of completing the Board of Directors team, and we're working on it.

We're always in need of volunteers for the various services we offer, so if you know anyone in your circle who might have a little time to offer, don't hesitate to tell them to call the volunteer center to offer their services. If you visit our website, www.cabst-simeon-port-daniel.com under the "Become a volunteer" tab, you're sure to find an activity that matches your interests among the many we offer.

Autumn brings us its fresh breeze and beautiful colors, so take the opportunity to store these beauties in your heart and think about sharing them with our beneficiaries who are a little more isolated or simply need to be listened to in their daily lives. A little visit or phone call can make all the difference to their day.

Looking forward to seeing you again,

In the name of the board of directors,

Nicole Henry,
President



Executive director's word

Nice hello to you,

An autumn as we like them, it's moving, the weather is nice and there's no shortage of work, far from it! We had the special meeting of members, on September 18th, for the presentation of the financial statements and the appointment of the accounting firm, thank you to the members present on the ZOOM platform and in presence at the Volunteer Centre, yes it's true that it is always more pleasant in person for exchanges and sharing!

An important file that has been postponed over the past two years is the revision of the general by-laws, already a working committee is in place to work on it, we have asked for the collaboration of an external resource to accompany us in order to work objectively for the advancement of this file. A great file for the current year!

Some important follow-ups:

- the P'tits plats givrés have been funded since August 31 and until March 31 by the Regroupement des MRCs de la Gaspésie, through the community plan of the MRC Bonaventure.
- We will collaborate again this year in the organization of the food drive on the territory, we will be represented on the organizing committee by a member of our work team, Benoit Drapeau.
- For volunteers active in accompaniment-transportation, training is coming, always important and relevant training.
- For the International Volunteer Day on December 5th, we are looking to concoct a great activity for you.

Finally, don't hesitate to join the work team when you have any questions. For example, if you want information related to a service such as SécuriCAB, contact the person in charge at the reception desk at station 1. For a question related to your volunteering, insurance for example, contact Volunteer Management, at extension 6. At all times, the team is happy to answer your questions, whether you are a person contacted by the services or a volunteer.



I wish you a beautiful fall, an autumn in color!

Nathalie Bujold
Executive director



Homecare support services

Meals on Wheels

We are pleased to announce that the Meals on Wheels service is back for the season, thanks to the collaboration of our caterers, the COOP IGA store in Bonaventure, Les Délices de Marie-Chantal in Paspébiac and the Dépanneur PM in Port-Daniel, as well as our precious volunteers

Let's not forget that Meals on Wheels is a valuable service that aims to help seniors living alone, often in a situation of loss of autonomy or ill. By bringing them not only hot meals, but also allowing them to have a kind hello from a volunteer. We strongly believe that conviviality and solidarity are essential to build a strong social bond.



We are looking for warm and committed volunteers to:



- 1. Carry out friendly visits:** exchange, listen and share moments of conviviality with people who need it.
- 2. Medical accompaniment-transport:** Accompany people to health services, support them, listen to them and help them move around according to their autonomy.

Come join our team and bring a little support and warmth to those in need.

Julie Huard

Reception and service manager.



Complete safety for seniors

With SécuriCAB, seniors can now stay at home for as long as possible in optimal conditions, thanks to **automated calls**.

fca**q**
Fédération des
centres d'action bénévole
du Québec



What is SécuriCAB



SécuriCAB offers **automated call services to seniors** to ensure their well-being in their home. Whether through safety calls or any other reminder essential to the health of the senior, **SécuriCAB is there for you!**

How can I benefit from SécuriCAB

Nothing could be simpler to benefit from this service! Contact your nearest **Centre d'action bénévole** or visit www.fcabq.org

SécuriCAB is free

This **bilingual** service is completely free and accessible to all seniors who wish to benefit from it.

418 752-5577

En partenariat avec :

Québec

Little Frozen Meals

On leave from work for lack of funding for a 2nd consecutive year, I've been back since the end of August. However, even if the person in charge was absent, the P'tits plats givrés volunteers didn't take a break, despite this beautiful summer.

Thank you to all our volunteers, in the kitchen and on delivery, for being so present! You're certainly part of our success! And thank you, dear colleagues, for stepping in to ensure continuity of service during my absence.



Due to the ever-increasing cost of food, we unfortunately had to increase the cost of soup this September. Soup is now \$2.00, which is still affordable.



Fall is the perfect time to stock up for winter!

It's the time to preserve, freeze fruits and vegetables and, above all, maximize the harvest from your garden to prepare succulent recipes... or keep an eye on what grocery stores or farmers have to offer. It's so much better to cook with food you know where it comes from!

Here's a link that might help you vary your recipes this autumn:

https://www.iga.net/fr/recettes_inspirantes

Do you have too many vegetables in your garden? You don't know what to do with it? During this difficult time for some, think of the neighbors or your food bank. You can make soups and distribute it to the elders in your entourage. What a beautiful sign of solidarity! They will be grateful to you!

With that, I wish you a wonderful autumn!

Diane Horth

Little Frozen Meals manager



Caregivers of the elderly support

Hello,

Please let me introduce myself. I am Marise Andrée Dumont, the new caregiver support worker for seniors at the Centre d'action bénévole Saint-Siméon/Port-Daniel.

Having been a caregiver to my mother in the past, it is easy for me to understand the daily reality of caregivers. I also have some training to my credit in special education relating to helping and providing hands-on care for a person.

My job at the Volunteer Centre is to listen, support and help the caregiver in his or her role and to accompany him or her individually in his or her journey. Identifying needs, offering appropriate assistance, information on relevant topics, friendly visits or respite in a confidential manner (in collaboration with other organizations) is also part of my job.

Meetings to exchange, share and provide information on the daily concerns of caregivers are also organized periodically. These meetings also aim to break the isolation, to discuss one's experiences and to feel understood and recognized in one's often trying role.

Finally, we are always on the lookout for conferences, information sessions and various workshops that closely affect caregivers of seniors.

If you know any caregivers, or if you are a caregiver yourself who would need support, help, accompaniment or someone to listen, do not hesitate to contact me at 418-752-5577, ext. 8.

It will be my pleasure to help you in any way I can!

Appui
proches aidants

You care *for them*,
we care *for you*.

Marise-Andrée Dumont

Responsible for supporting caregivers of the elderly

Close to seniors service

What is self-care?

According to the World Health Organization, "Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider."

Les sept piliers des autosoins :

- Health literacy: the ability to obtain and understand basic notions and services in order to make informed decisions regarding one's health.
- Self-awareness (physical and mental): knowing one's body mass index (BMI), cholesterol level and blood pressure as well as knowing self-exam techniques.
- Physical activity: engaging in moderate intensity physical activities, like walking and cycling, or in the practice of a sport at a desirable frequency.
- Healthy eating: adopting a nutritious and balanced diet, with an adequate calorie intake.
- Risk avoidance: quitting smoking, consuming alcohol in moderation, getting vaccinated, practicing safe sex, and using sunscreen.
- Good hygiene: regularly washing one's hands, brushing one's teeth and cleaning one's food (fruits, vegetables) before consuming it.
- Optimal use of health products and services: being aware of the dangers and using the right products responsibly when necessary.



The daily practice of self-care keeps us mentally and physically healthy. You've probably already adopted some of the healthy habits mentioned above. It takes time to change habits, so be patient and forgiving with yourself or your older loved ones. Set yourself modest, achievable goals; it's a practical and stimulating way to make adjustments to your lifestyle.

Anakim Castilloux
Outreach worker for seniors.



P'tit Bonheur

A few changes at Le P'tit Bonheur...

This autumn, the change of season rhymes with novelty, at the P'tit Bonheur!

Let me introduce myself, Anakim Castilloux, new worker and accompanist for the families of Le P'tit Bonheur. I have the pleasure of starting this new adventure with you and offering my accompaniment and support to local families.

Our precious services such as breakdown assistance, transportation support, equipment rental and thrift store will remain, as well as respite, which is offered by our volunteers to parents of 0-12 months children. In addition, Le P'tit Bonheur will now be available 5 days a week to meet the needs of families. Indeed, I will be present from Monday to Friday from 8:30 am to 11:30 am and from 1 pm to 3:30 pm. I look forward to meeting you!

I would also like to take this opportunity to salute Pauline Landry, who is leaving us for a personal project. Thank you for your excellent work and your contagious dynamism during your time with us!



Anakim Castilloux

Outreach worker for seniors.



Offered in french only (for now)

INVITATION À LA FORMATION « Devenir Éclaireur-Veilleur »

C'EST QUOI?

Formation gratuite offerte par l'agente de promotion de la santé pour déployer un réseau d'individus bienveillants.

POUR QUI?

Citoyen.ne.s qui par leur attitudes et leurs actions contribuent à améliorer leur bien-être et celui des autres ou qui souhaitent le faire.

SUJETS ABORDÉS

- Stratégies pour prendre soin de soi ;
- Comment offrir son écoute et son soutien ;
- Connaître les ressources et les services de son territoire ;
- Et bien d'autres



QUAND ?

Jeudi le 7 novembre de 9h30 à 12h. Le lieu de la formation reste à déterminer.

POUR VOUS INSCRIRE

Contactez Benoit Drapeau avant le 25 octobre 2024

418 752-5577, poste 6

gestionbenevoles@cabst-simeon-port-daniel.com

Promotion and development of voluntary action

The impact of volunteering in our community

The presence of volunteers has an undeniable impact on the community. These impacts are sometimes both so obvious and discreet that they seem taken for granted. According to a study by the University of Quebec at Trois-Rivières¹, volunteering:

- Facilitates quality of life by making it possible to offer services that we would otherwise not be able to afford. (In Quebec, when governments inject one dollar, volunteers and their associations generate at least four dollars in services to the community.)
- Develops the feeling of belonging and social responsibility by creating public places for meeting, expression and social connections.
- Trains dynamic, aware and responsible citizens of their community who integrate into society and develop personally and professionally.
- Mobilizes citizens around collective projects, increasing the capacity of this community to develop and face the challenges that confront it.

All of these elements are particularly true for newcomers, retirees, parents, but also for students who are starting their working lives or workers who wish to share their skills. What would sports associations, boards of directors and community organizations be without volunteers? Giving a little of your time voluntarily allows these organizations, associations and others to continue their beneficial actions within your own community.

Welcome new volunteers

Since the last publication of the newspaper, we have had the pleasure of welcoming 6 new volunteers to our dedicated team! Let us welcome

Marie-Reine Meunier, Robert Arsenault, Marjolaine Major, Anne Thiffault, Joan Sawyer and Claude Caron.

Do you know someone who could help or do you care about the well-being of the people around you? Do not hesitate to contact me! We are always looking for trustworthy people, ready to give a little time for the community.

New forms to fill out for all volunteers

The implementation of Law 25 on confidentiality in organizations forced the Center to review two of its forms. This is a legal obligation that applies to all volunteers, employees and beneficiaries.

Last spring, several volunteers were able to complete these forms. However, we obviously did not have the opportunity to see all the volunteers.

Benoit Drapeau

Volunteering promotion and development agent

Birthdays

SEPTEMBER

01 Chantal Paquet,
06 Hélène Poirier
07 Andrée Langlois
08 Thérèse Arsenault
10 Lise Babin
12 Micheline Duguay
16 Lucette Bourdages
17 Marjolaine Major
18 Gilles Roy
18 Albert Grenier
19 Suzanne Lamy
21 Lisette Marcoux
23 Marie-Paule Allain
25 Gilles Duguay
27 Léone Chapados
28 Robert Arsenault

OCTOBER

03 Guylaine Bernier
03 Guylaine Germain
05 Sharon Renouf
07 Gisèle Arsenault
11 Sylvia Lebrasseur
11 Luc Duguay
13 Gilberte Michel
15 Raymond Marcoux
18 Colette Goyette
21 Marthe Duguay
23 Tammy Lapointe
28 Lyne Lévesque
29 Blanche Bujold
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
16 Yvon Allain
19 Colette Gignac
19 Émilie Huard
21 Sharon Murray Guignon
22 Jacynthe Langlois
23 Gérald Gagnon
24 Alexandrine Corbet
27 Gaétane Boissonnault
29 Julia Corbet

*Autumn is a second spring
where every leaf is a flower.*

Albert Camus, french writer

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
418-752-2215

MEUBLES
ASSELS

UNE HISTOIRE DE FAMILLE DEPUIS 1948

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

