

NEWSLETTER

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

*At the heart of
its community*

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**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*
- *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*



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THE PRESIDENT'S WORD



Hello,

Merry Christmas!
Happy New Year!

Long live the wind, long live the winter wind... These are words that remind us that the holiday season is just around the corner.

This is a very special time of year to spend quality moments with family and friends, sharing delicious meals. We are also thinking of those who will not be able to do so, either because they do not have the necessary resources or do not have family members close by. Please be aware that our role as volunteers makes a big difference in the lives of these people, especially during this time of year. A simple call, a short visit, a small gift will make this holiday season unforgettable.

Winter will soon be upon us, bringing its pleasures and also its worries. If you know a neighbour or acquaintance who lives alone, do not hesitate to offer your support or refer them to services at the Volunteer Centre, if you feel that this person has specific needs.

Remember, we are always in need of volunteers, so please do not hesitate to contact the Centre to offer your services. Becoming a volunteer allows us to discover new interests and hobbies, be part of a group of enthusiastic people, participate in the success of common projects, strengthen self-esteem and self-confidence and improve social skills.

We are also pleased to welcome Ms. Andr  a Langlois, a new member to our Board of Directors.

A very big thank you to all of you, members of the Board of Directors, volunteers, employees, beneficiaries of all our services. Have a beautiful winter, a very merry Christmas and a Happy New Year!

On behalf of the Board of Directors

Nicole Henry,
President



EXECUTIVE DIRECTOR'S WORD

Hello everyone,

Yes, December is already here, and time flies, and for the whole team of the Center too, quite sincerely, that is why the newspaper arrives a little later than usual.

On December 5, International Volunteer Day, I'd like to take this opportunity to salute your commitment once again, but above all to thank each and every one of you for making our community shine, for bringing light and comfort through your actions, your gestures and above all your time. I would also like to take this opportunity to thank the volunteers who took part in the December 6 event.

When December comes around, there's that great generosity that makes itself felt even more than usual, sharing with those in need. That's why I'm inviting you, until December 15, to send in your donation to support those in need at the Guignolée 2024. You can send your donation to the Collectif Aliment-Terre in Paspébiac or make your donation online. Here's the link to the online donation form, <https://www.zeffy.com/donation-form/d437669d-9f47-41b3-a47d-1fb032897bb6>

The Centre will be closed for the holiday season, from Friday, December 20 at 4 p.m. to Friday, January 3 inclusively. Thank you for your understanding.

2025 is just around the corner, and the Volunteer Centre will be celebrating its 40th anniversary on August 30! We're looking at how we'll mark this event, with festive activities and projects that will benefit the organization over time.

You want to make our community shine in 2025, you want to get involved, don't hesitate to take the step and join Benoit who is in charge of responsible volunteer management at 418 752-5577 ext. 6, there will undoubtedly be something that speaks to you!

Finally, my best wishes for health and happiness to each and every one of you, and I wish you a sweet and beautiful year 2025! I wish the Centre's staff a good rest, and many precious and joyful moments with your loved ones!



Nathalie Bujold
Executive director



HOME CARE SUPPORT SERVICES

Hello to all of you, beautiful people who come into contact with the Volunteer Action Center!

My name is Annie Chénier and, whether you are a volunteer or a client, I am the new voice answering you at the front desk!

I made the big leap to your magnificent region at the end of June 2024. I previously lived in the Upper Laurentians and worked in the health sector.

I am here to help discussions and supervise Meals on Wheels services, amicable phonecalls, friendly visits, the senior's volunteer committees and SécuriCAB (a wonderful free service that ensures the safety of our seniors living alone).

The world of volunteering is new to my life and I am delighted to discover this whole side of human life which has existed for a very long time, of course, but which I had not yet discovered.

I am sincerely enchanted by this work which, in my opinion, touches many hearts. Whether you are a volunteer who offers your precious time, or a person who receives this act of kindness, I, at this reception post, am able to witness this daily.

Thank you from the bottom of my heart to you who act with altruism and kindness!

Although I am new to the job, I already realize that there is a lack of volunteers in certain sectors. So, do not hesitate to promote volunteering to those around you. Word of mouth is our most valuable way of recruiting!

Dear volunteers, dear clients, you are precious and your happiness is what matters to us!

Looking forward to talking to you, or meeting you at the Center!

Annie Chénier

Reception and service manager.

Among the many help resources available it's good to know that there are also several crisis lines, regional or provincial. Sometimes a listening ear, aware of the issue, is all it takes to get us back on track.

These telephone help-lines are usually bilingual and a good source of references when the need is greatest.

Hence, we offer you a non-exhaustive list of help-lines that can almost certainly help you or someone you know. Don't hesitate to call them if the need arises.

HELPLINES

Elder Mistreatment Helpline	1 888 489-2287
AA	418 391-3443
Drugs: Help and referral	1 800 265-2626
LGBTQ+ Helpline	1 888 505-1010
Caregiver Support line	1 855 852-7784
Parents Helpline	1 800 361-5085
Gambling Help and referral	1 800 461-0140
Suicidal Prevention	1 866 277-3553
SOS Domestic violence	1 800 363-9010

LITTLE FROZEN MEALS

Always so busy in the kitchen with our valiant volunteers, an indispensable job you do for our community! Many thanks!

Some forty clients were approached to take part in a survey on P'tits plats givrés. The results were unanimous: they love and appreciate them! The most popular dishes: lasagna, chicken breast, shepherd's pie and meatball stew. For soup, the winner is barley and chicken soup. People are divided on whether to add desserts, as many don't eat them, so for the time being, there will be no desserts on our menu. Everyone appreciates this service, which, for some, satisfies their basic need... to eat!

As for the delivery service, one delivery every 2 weeks is sufficient. They find our volunteers very kind and helpful... Thank you, dear volunteers, for making sure that some people can have their home delivery!



In November, we tested a new dish, beef with vegetables, with some of our clients. They found it tasty and comforting: a dish that reminds them of a taste of yesteryear! In response to the many positive comments, we added it to our menu. So, at present, we offer 13 varieties of dishes and 3 varieties of soups.

The holidays are just around the corner...

The Centre d'action bénévole will be offering baked goods to many people who use the P'tits plats givrés or Meals-on-Wheels services, with the help of P'tits plats volunteers to bake these little treats. We know that these little gifts are so appreciated!

During this holiday season, don't hesitate to say hello to our lonely people, who may not have visitors for all sorts of reasons. It's a small, free gesture that could make a big difference to their daily lives!

I wish you a Merry Christmas, Happy New Year and, above all, HEALTH!

Diane Horth

Little Frozen Meals manager



CAREGIVERS OF THE ELDERLY SUPPORT

PUBLIC INFORMATION SESSION THE LEGAL TOOLBOX

Given by the Gaspésie and Magdalen Islands
Community Justice Centre

You will learn a little more about the tools at your
disposal to better support the people you help.

Thursday, December 12, 7 p.m.
New Carlisle City Hall,
138 Blvd. Gérard D. Lévesque, New Carlisle

You must confirm your presence at:

418 752-5577, ext. 8

or by email at:

soutienprocheaidant@cabst-simeon-port-daniel.com

The Caregiver Support Service of the Centre
d'action bénévole de Saint-Siméon/Port-Daniel
invites you to an information session on the
legal toolbox for caregivers.

Information that will allow you to acquire a little
basic knowledge of the legal tools available to
caregivers in order to better support your
people being cared for.

The topics covered will be on the power of
attorney, the protection mandate/will,
incapacity and homologation of the protection
mandate, as well as tutorship.

This information session will be given by a
lawyer from the Centre de justice de proximité
de la Gaspésie et des Îles de la Madeleine.

Beverages and snacks will be offered.

Financé par
Appui
proches aidants

Welcome to all.

Are you familiar with the Community Justice Centre of the Gaspésie-Îles-de-la-Madeleine?



The CJPGÎM's services are intended for anyone in the Gaspésie-Îles-de-la-Madeleine region, regardless of age and income.

- Answer your legal questions and target your needs;
- Provide legal information to help you make informed decisions;
- Refer to a specialized resource;
- Offer a range of pamphlets, brochures and information tools published by private, public and community organizations related to legal and judicial services;
- Help you find the right legal or court form and give you explanations on them;
- Provide information on the different methods of dispute prevention and resolution, the types of recourse and the conduct of proceedings;
- Provide information on the different methods of dispute prevention and resolution, the types of remedies and the conduct of proceedings.

What they can't do:

- Give you legal advice, or opinions;
- Fill out forms, legal or judicial documents for you (formal notice, application, will, mandate in case of incapacity, contract, etc.);
- Dictate what to say in court
- Represent you in court or before agencies;
- Take decisions for you.

SPECIAL COLLABORATION



Collaboration de:



What is fibromyalgia?

Recognized in 1992 by the World Health Organization, fibromyalgia is a chronic illness that causes pain and extreme sensitivity in several areas of the body. The pain is generally muscular, but the joints can be affected, particularly by stiffness.

Neuropathic pain such as burning, numbness or tingling may also be felt. They are often accompanied by fatigue, difficulty sleeping, headaches, depressed mood, anxiety and mild cognitive disorders, called fibromyalgia fog (trouble concentrating, loss of memory or attention) as well. as a sensitivity of the muscles, tendons and joints.

According to Statistics Canada, 2% of the Canadian population aged 25 and over suffer from fibromyalgia, or nearly 708,800 people.

Among those aged 65 and over, 2.9% of Canadians would be affected, or 185,400 people. Women represent 4.7% (161,900) and men, 0.8% (23,600).

Fibromyalgia can affect all age groups: women, men and children, regardless of ethnicity or socio-economic status.

As there is currently no fibromyalgia association or organization working with chronic pain in Gaspésie, we invite you to follow our Facebook page Société québécoise de la fibromyalgie and to visit our website www.sqf.quebec to find out more. You will thus have access to information that will undoubtedly answer your questions for you or your loved ones.



Friperie du P'tit Bonheur

- Girls' and boys' clothing, sizes 0-14 years AND maternity clothing, are accepted for the P'tit Bonheur thrift store. The other clothes for adults are redistributed to flea markets and thrift stores in the region.
- Toys, books, bedding sets, knitwear, diapers and other children's items are welcome. For hygienic reasons, only cuddly toys in perfect condition will be kept.
- Donations can be left in the recycling bins located near the front door, in the back parking lot of the Volunteer Centre, or in person with the Parent Support Provider. You can call 418-752-5577, ext. 4, if you would like more information.
- During thrift store hours, all parents of children 0 to 6 years old are welcomed, plus the items are all free.



Did you know that the P'tit bonheur thrift store requires the involvement of several volunteers? Whether it's sorting clothes, cleaning toys or setting up tables, they are essential to this service offered to families. We would like to say thank you.

Anakim Castilloux

counsellor and manager of P'tit Bonheur

The next thrift store will take place on December 11 from 9 a.m. to 4 p.m. and on December 12 from 9 a.m. to 1 p.m. Bring your reusable bags



VOLUNTEERING PROMOTION AND DEVELOPMENT

With the arrival of cooler weather, many of us tend to take refuge in the comfort of our little nests. However, for many, being isolated is not a choice.

In fact, the 2021 census reveals that in Quebec, nearly 1 in 5 people live alone. This is especially true in a region like ours, where the proportion of seniors is one of the highest in Quebec, where family and friends are sometimes away for long periods of time, or even permanently.



It is thanks to its bank of volunteers that the Centre d'action bénévole Saint-Siméon/Port-Daniel offers its friendly visit services in its territory. And it is also because we sincerely believe that a volunteer in the community is best placed to offer this service to someone in his or her own municipality that we are looking for new volunteers to offer friendly visits.

So if you want to offer an hour or two a week, contact us. It will be a pleasure to discuss this with you!

New Volunteers

Since the last issue of this newspaper, we have had the chance to welcome 3 new volunteers:

Mr. Richard Larochelle, Mr. Jean-Pierre Cayouette, Mr. Marcel Arsenault.

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

Training

This fall, we had several training sessions for our volunteers on the agenda:

- Training for medical transport attendants on October 17 and November 13 with 20 participants
- Training on the Éclaireurs-veilleurs program, on November 7 with the trainers, Frédérique Audet and Laurence Porlier, from the Direction de la santé publique de la Gaspésie-Îles-de-la-Madeleine with 8 participants
- Training on the protection of personal information with Me Jean-Étienne Solomon, from the GÎM Community Justice Centre, on November 28. with 12 participants.

I wish you, wonderful team of volunteers, a wonderful holiday season! Happiness and joy for all!

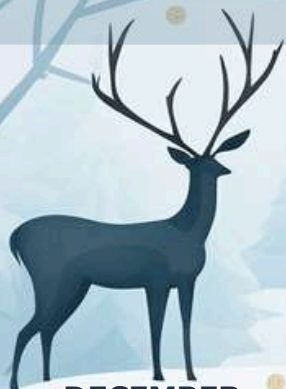
Benoît Drapeau

Volunteering Promotion and Development agent



*We earn our living by what we receive,
but we build our lives by what we give.*

— Winston Churchill



DECEMBER

- 03** Jean-Pierre Castilloux
- 06** Tammy Chatterton
- 12** James Almond
- 13** France Lemay
- 13** Patrick Smith
- 13** Betty Anne Crozier
- 18** Jewell Allen Roy
- 19** Denise Doyle
- 24** Noella Poirier
- 25** Marthe Bujold



JANUARY

- 01** Marie Arsenault
- 03** Gaétan Delarosbil
- 06** Lina Whittom
- 21** Dolorès Desroches
- 21** Diane Bujold
- 21** Lynn Fortin
- 21** Jean-Simon Barrette
- 27** Alice Arsenault
- 28** Loretta Noel

FEBRUARY

- | | |
|---------------------------------|------------------------------|
| 01 Gina Anez | 18 Nathalie Pouliot |
| 03 Rita H. Maldemay | 21 Micheline Gauthier |
| 05 Claire Arsenault | 22 Nicole Proulx |
| 09 Simon Roussy | 23 Suzette Poirier |
| 09 Marjolaine Delarosbil | 23 Sandra Tanguay |
| 11 Cindy Delarosbil | 24 Tracy Lapointe |
| 12 David Royal | 24 Nicole Henry |
| 15 Céline Babin | 26 Anne Thiffault |
| 16 Marthe Lévesque | |

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



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
418-752-2277



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

