

NEWSLETTER

Vol. 33 - Number 2 - April 2021



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NATIONAL VOLUNTEER WEEK **47th**
April 18-24, 2021



To learn more about our activities, follow us on our social media!



35 ANS
Au cœur de sa communauté!



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



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DÉPÔT LÉGAL,
1^{er} trimestre 1988
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NATIONAL VOLUNTEER WEEK



Volunteering has never gone out of style—and today it’s hotter than ever! Being a volunteer means being on point, whatever life throws at you: It’s the ultimate activewear, anytime, anywhere. That’s because volunteering always stays in season—no matter what comes next in the world, or the changing needs of our neighbours. Just look at our current health crisis: The call for volunteers has shot up, and our Volunteer Centres and community organizations have responded like heroes while making sure safety guidelines were respected.

Another chic tip about volunteering: It’s good for your mental and physical health in all sorts of ways. This November, the FCABQ surveyed people who’d volunteered during the pandemic—and 77 percent of all those who answered said they’d felt a direct improvement on their mental well-being, just from getting involved. Volunteering gave them a real sense of personal fulfilment and better self-esteem. Not to mention all the past studies that show volunteering can boost your immune system, reduce your risk of heart disease, and even lower your blood pressure!

Volunteering is the style our society needs—and today more than ever, the rewards of pulling together are coming in chic!



A WORD FROM YOUR PRESIDENT



What a winter!

We have all made it through the past months in our own ways. One thing for sure; we have to learn to slow down. We have to learn to appreciate being in the present moment, and to be sure to add fun into our crazy schedules. We could say that the weather was on our side this winter.

Human beings have always faced difficult hardships throughout the years; we all know this, but we never thought we'd experience anything like this in 2020. Life is returning to normal but will never be the same. There will be changes, but who says change has to be bad.

"The world hates change, yet it is the only thing that has brought progress."

Charles F. Kettering

Change is always a time of uncertainty, but there is always an after to change. Let us hope that it is positive, that is why we should appreciate each and every day.

I would like to thank Mrs. Thérèse Aspirot for her time at the Volunteer Centre as a director on the Board of Directors. She is a caring woman, and we will miss her at our meetings.

In her leaving, she frees up a seat on the Board of Directors, JOIN US, we are a great team :

Mrs. Marie Arsenault : Vice-President

Mrs. Andrée Lepage : Secretary and Treasurer

Mrs. Diane Horth : Administrator

Mrs. Nicole Henry : Administrator

Mr. Raymond Marcoux : Administrator.

Do you like our new logo? I love the idea of putting a roof on our house, an image of protection, support, a welcome to everyone in our territory.

35 years in the community, we're so proud!

Happy Spring!

Annie Léonard

Annie Léonard, president of the Board of Directors



A WORD FROM THE DIRECTOR



Spring is coming and I sincerely believe it will be welcomed by all, not that this winter's weather has been hard on us; but more because of the fact that we were not able to meet up or be with our loved ones during the past months.

As for the Centre, it was a fairly active winter; a lot of consultations on various virtual platforms and, of course, the closing and reopening of the offices to the population. There were also the kitchen new facilities, where several financial partners came to support us in this beautiful project that will only be benefits the workers and volunteers of the Frozen Meals Program.

Another successful project is the project to promote volunteer work in the Baie-des-Chaleurs et des Plateaux area, in partnership with the other two centres and funded by the community plan. And let us not forget about the great promotion as part of Meals on Wheels week in March.

Our jolly co-worker is leaving us. The P'tit Bonheur's co-ordinator and animator is taking on new challenges in the family business. Thank you Jolianne for your great dedication and your versatility, we will miss you, and wish you success in your personal and professional projects!

Volunteer week is here! We would have liked to have celebrated together as in the past, but health measures are still in effect and guidelines still do not allow us to do so. Small surprises await you this week, stay on the lookout, you will be updated on this. This is a week of recognition where I invite you all to take the time to thank someone you know who volunteers in your community. There is no better recognition than a sincere thank you, by phone, on Messenger, or Facebook.

Thank you!

Happy Spring and **keep volunteering, it's cool!**

Nathalie Bujold

Nathalie Bujold, director





NEWS FROM THE BOARD OF DIRECTORS

Good news! During the past year the Volunteer Center welcomed new volunteers in several positions. We are very happy because, as you know, the increase of the number of volunteers is important for our large and wonderful family. Welcome everyone. You make a difference in your community.

Please note the following dates on which the Volunteer Center will be closed. Thank you for your understanding and may you all enjoy good holidays!

- April 2nd & 5th for the Easter break
- Monday, May 17th, National Patriots' Day
- Thursday, June 24th, the National Day of Quebec
- Thursday, July 1st for Canada Day

The 2021 Annual General Meeting would be very nice in person although, with your good participation, the virtual experience last November went well. We still hold a little hope for the June meeting.

It's with gratitude that we wish you a wonderful Volunteer Week. We are aware that the celebrations will be different again this year, however the team from the center will visit you outside your home during the week. A little surprise awaits! Thank you all for volunteering with us and for our communities.

Happy 2021 celebrations!

*Annie, Marie, Andrée,
Diane, Nicole et Raymond*



HOME CARE



Hello to you all,

I hope you are well, that you had a good winter while respecting the imposed sanitary measures. Let's rejoice the vaccine against COVID-19 has arrived to protect us all, finally we can say loud and clear that it **will be fine!!!**



I would like to thank once again all the volunteers involved in the Seniors Volunteer Committees for their work during the pandemic. The visits turned into friendly calls, making it possible to keep in touch with beneficiaries who were already isolated in normal times. In this way, the volunteer committees were able to hear from them and talk to them. **THANK YOU EVERYONE!!!**

This year, the 2021 Quebec Meals on Wheels week was held from March 14 to 20 under the theme "**MEALS ON WHEELS, AN ESSENTIAL SERVICE**". To mark Quebec's Meals on Wheels week, the Centre d'action bénévole offered all Meals on Wheels beneficiaries, a free meal on Thursday, March 18, delivered by a volunteer. The situation in which we are now, for over a year now, only confirms the need for the meals on wheels service.

Volunteers in meals-on-wheels, accompaniment-transport, and all services, we would like to thank you for your time, your availability and your good humor for these precious food services to the elderly and vulnerable people in our region. Many people live in loneliness. **THANK YOU TO ALL** of you, long-time volunteers and those who joined the team during the pandemic!

Dear volunteers, **THANK YOU** for your time for all the services you have rendered during the year. **HAPPY VOLUNTEERING WEEK 2021** everyone.

You can visit our website www.cabst-simeon-port-daniel.com/

Rita H. Maldemay

Rita H. Maldemay, intervenor in Home Care



PALLIATIVE AND END-OF-LIFE CARE



With the arrival of Covid-19, palliative and end-of-life care support had to adapt to public health directives. Several families had to adjust themselves to the new guidelines. That is to say, restrictions as to the number of people who could assist one of their own at the end of their life and, in some cases, not able to be with them at the hospital; the health care staff replacing family members.

The pandemic also disrupted funeral rituals. The Quebec Palliative Care Association (AQSP) invited us to participate in a webinar entitled: Dealing with the constraints of the pandemic at the end of life and the onset of mourning. We can consult the webinar guide produced by the Monbourquette training team on mourning: Guide for Bereaved People During a Pandemic. It is of great help to the bereaved, who have assisted with or attended funerals in this pandemic period.

Link for the Guide:

[Guide for a bereaved people during a pandemic
https://praxis.umontreal.ca/public/FAS/praxis/Documents/
Formations sur l accompagnement des personnes endeuillees/
Guide deuil pandemie.EN.pdf](https://praxis.umontreal.ca/public/FAS/praxis/Documents/Formations_sur_l_accompagnement_des_personnes_endeuillees/Guide_deuil_pandemie.EN.pdf)

Support... Listen...Compassion...

Our volunteer palliative and end-of-life care support service is here for you. Our mission is to support caregivers and the person in palliative or end-of-life care.

Translation: Memories are the invisible presence. A gentle quote from Victor Hugo.



Diane Horth

Diane Horth
Responsible of AFV
418-752-5577 ext. 5



RESPONSIBLE MANAGEMENT OF VOLUNTEERS



Hello to all,

Lots of things have happened since December’s newsletter! The holiday period was a little out of the ordinary, then it was back to work at the office, then from home, then back to the office again, plus a curfew..oof!

And despite all of that, you, our volunteers, carried on like true champions. Well done!

You probably noticed either in your town’s newsletter, on the radio or elsewhere, that the Centre is recruiting volunteers. Don’t worry, it isn’t a desperate cry for help, it’s just an attempt to give a little boost to our volunteer teams in some municipalities. It seems to be working, as several new volunteers have joined our volunteer family since the beginning of the year. However, if you know anyone between Paspebiac and Shigawake who would be interested in volunteering, don’t hesitate to refer them to us.

Perhaps you already know that volunteers can sign up through our website: (www.cabst-simeon-port-daniel.com). You can also find lots of useful information there, such as recent news, past newsletters, links to interesting organizations... It’s worth taking a look!

Of course, technology can never replace human interactions. Since last autumn I have witnessed on a number of occasions how your attention and understanding have helped many people. I encourage you to continue to make us aware of your observations.

I’d like to finish by wishing a great Volunteer Week to everyone working in our communities.

Benoit Drapeau

Benoit Drapeau,
responsible volunteers management and community support

***Important** : Reminder: Your drop-off points have all the protective material necessary to replace what you have used. Don’t forget that they are volunteers too, so please call them before showing off. Thank you to think about it.*



NEWS FROM THE P'TIT BONHEUR



Spring is finally here. The snow is melting and the days are becoming longer and warmer. What a delight!

At the P'tit Bonheur, our regular activities and services are carrying on as usual. With the long closure of non-essential stores, we saw many more families in need of children's clothing. We also saw an increase in donations of clothes and toys from the community, which allowed us to meet the demand. The parental support service participated in conferences and committees relating to Early Childhood (Manimot, Petite Enfance Baie-des-Chaleurs, etc) and in a training course that focused on working with fathers in the context of the pandemic. Furthermore, we have also updated our banner so that it is now coherent with our promotional material.

Important changes will be taking place in the near future. It's with a twinge in my heart that I will soon be leaving my position at the P'tit Bonheur in order to join the family business. New challenges await me! I'll be leaving with my head full of the things that I have learned, accomplished and experienced and it's with a heavy heart that I'll be leaving my lovely colleagues and community-based work. I have cherished memories that I will carry with me for a long time.

We also have a new project on the cards. A collaboration with the Rene-Levesque school board for an early literacy project that will be very beneficial to some of our P'tit Bonheur families.

As always, I would like to say a huge thank you to our precious volunteers, without whom, all of these wonderful projects and services could not exist. I would also like to wish you a great Volunteer Week.

With the very best regards,

Jolianne Desbois



Jolianne Desbois
coordinator and animator of the P'tit Bonheur



LITTLE FROZEN MEALS



What a big change for the Little Frozen Meals!

2021 started on a positive note. The Volunteer Center refitted a new kitchen; functional, standardized and adapted for the production of the Little Frozen Meals. We reinstated our volunteers according to public health guidelines. The volunteers, who help prepare meals, while respecting MAPAC's food safety standards, were thrilled to see how functional and safe our kitchen was.

Much easier for staff and volunteers!

With the pandemic the demand for the little Frozen Meals increased significantly. A big thank you to all our volunteers, who had to adapt to the upheaval. When they returned to our kitchen we were more than happy to have them back. Dear volunteers, you are extraordinarily versatile and we thank you!

We know how essential you are. Once again, THANK YOU!

We want to thank New Carlisle High School for their 6 years partnership and St. Andrew's Anglican Church in New Carlisle for lending their kitchen last fall. You have both been generous and for that we are so grateful.

2020-2021 was a year filled with change and adaptation for us, but our primary objective has always been to meet the dietary needs of the beneficiaries who use our service.

We see how essential our support to the community is! Don't hesitate to tell those around you about our Little Frozen Meals service or contact us if you would like more information about it.

Wishing you a good spring and, above all, a great volunteer week!

Diane Horth

Diane Horth
Responsible for Little frozen Meals

418 752-5577 poste 5





BIRTHDAYS



MAI

Audet, Janik	02
Aspirot, Jacinthe	03
Arbour, Monique	04
Briand, Edna	04
Lepage, Lisette	10
Thibault, Rachel	10
Corbet, Mathilde	13
Arsenault, Jovette	14
Leblanc, Geneviève	17
Ferlatte, Claudette	19
Boissonneault, Gérard	20
Joseph, Arnold	21
Léonard, Annie	23
Cellard Mioussse, Andrée-Anne	26
Gagnon, Christine	26
Delarosbil, Irène	27
Babin, Pierrette	31

JUIN

Langlois, Françoise	01
Poirier, Lina	05
Poirier, Hélène A.	05
Poirier-Arsenault, Marcelle	06
Boudreau, Francine	10
Bujold, Renaud	11
Bourdages, Maryse	12
McInnis, Robert	14
Horth, Diane	15
Lavoie, Dominique	15
Poirier, Pauline	16
Whittom, Liane	18
Arsenault, Andrée	18
Minot, Fatou-Stéphanie	20
Guignion, Wayne	21
Lepage, Andrée	21
Leblanc, Rose-Marie	24
Poirier, Gemma	25
Marsh, Hilda	25
Demers, Claude	25
Déry, Andy	26
Lebel, Serge	30

JUILLET

Delarosbil, Andréa	02
Bouffard, Yannick	03
Lacroix, Kathy-Edith	07
Poirier, Évangeline	07
Hall, Ann	08
Côté, Roger	10
Poirier, Denise	11
Beebe Gilker, Carol	14
Castilloux, Raynelle	14
Almond, Elaine	15
Delarosbil, Jeannine	17
Hayes Court, Mona	19
Delarosbil, Johanne	31
McDonald, Patricia	31
Corbet, Yolande	31

AOÛT

Gauthier, Solange	01
Arsenault, Colette	04
Chapados, Céline	04
Gagné, Huguette	08
Chapados, Linda	08
Bourdages, Manon	10
Duguay, Dolorès	13
Whittom, Alfréda	13
Chapados (Delarosbil), Irène	15
Duguay, Lorna	15
Cayouette, Liette	15
Mace, Sandra	18
Huard, Edith	23
Lebrasseur, Serge	28
Le Gresley, Faye	29

Little thought...



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Tél.: 418-752-2277
Télé. : 418-752-6566



111, avenue de l'Église
St-Siméon (Qc) G0C 3A0
Tél.: 418-534-2155
Télé. : 418-534-3830

RESTAURANT

La Maison du M' Burger

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

FAMILIPRIX EXTRA

Pharmacie Denis Babin

86, boul. Gérard-D. Lévesque Ouest
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-6635

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Tél.: 418-396-2866

