

NEWSLETTER

VOL. 34 NUMBER 2 — APRIL 2022

VOLUNTEERING CHANGES LIVES!



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

*Au cœur de
sa communauté!*

NATIONAL VOLUNTEER WEEK

April 24-30, 2022

48th
EDITION

Presented by



fcabq.org





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1^{er} trimestre 1988
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A very special thanks to all the volunteers who participated to this edition of our newsletter



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BÉNÉVOLE**
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PRESIDENT'S WORD



Spring often gives us a little boost of energy: let's take advantage of it!

The Board of Directors selected the activities celebrating the National Volunteer Week. We will give presents to the volunteers. We will tour the villages to deliver these presents, in order to recognize your commitment. We would like to thank the effort given by all volunteers and employees in order to maintain the services while applying sanitary instructions. We understand that it was not easy; particularly for the accompaniment/transport service and for friendly visits which require the use of protective shirts, masks, distancing and disinfection.

During spring, the sun is more present, stronger and daytime is longer. It is the sugaring off season with good maple syrup. I am a big fan of pankakes so I think I will indulge my sweet tooth *in person*, and it should change my life !

It is precisely the National volunteer week theme: VOLUNTEERING CHANGES LIVES !

I want to share with you a situation that I witnessed as I was a support worker at Le P'tit Bonheur. It was during a respite-childcare service that I really observed how it changes a life. I had met the parents, who needed support. They were overwhelmed as often you can be as a parent. I made the pairing and we had an introduction meeting. The relationship was off to a good start. A little later I checked in and saw the parents with stars in their eyes. The volunteer had given them so much by taking care of the child so that the mother could rest, enjoy growing flowers and have coffee with a friend; it had changed their lives! I am convinced that the family and the volunteer are still in contact.

Speaking of volunteers changing lives, I would like to welcome the five people who have decided to join our team and who, I am sure, will change lives too:

Simon Roussy, from Hope
Guylaine germain, from Paspébiac
James Almond, from Port-Daniel
Jay Beauchamp, from Bonaventure
Mariane Boulet, from Saint-Siméon
Juliette Arsenault, from Bonaventure

Thank you to change our lives!

Annie Léonard,
President



DIRECTOR'S WORD



Yes, spring is finally here, and how pleasant it is! Another year has just ended for your Centre d'action bénévole. Several challenges still await, until March of course!

In February, the work team and the members of the Board of Directors participated in the various activities surrounding the *Engagez-vous pour le communautaire* campaign and the CA\$H campaign to demand better funding for autonomous community action groups. Seems to me like it's been a while since we've held signs! I hope we see positive results, financially speaking. But just raising awareness in our communities is already in itself a positive outcome.



Since December, rising gas prices have been a challenging reality for our services. For example, to be able to provide the accompaniment-transport service, we often had to mobilize from several villages, meaning greater distances. In March, the Board of Directors agreed to increase the mileage reimbursement rate for all services to 52¢/km, without additional funding at this time. We take this opportunity to thank the volunteers of all services who have to use their car, as well as the employees faced with this reality.

In the coming weeks, thanks to a three-year funding from APPUI, we will have new services and activities for caregivers of seniors in the territory. We invite you to visit our website and our Facebook page for more information.

National Volunteer Week is coming, under the theme "Volunteering changes lives", indeed it changes the lives of those who benefit from it, but also of those who give their time. Because it is rewarding, humanly enriching and so important for the quality of life of our communities. To all of you who volunteer in our communities, in all sectors, thank you for changing the lives of people here!

Happy spring and thank you for volunteering with us!

Nathalie Bujold, Director

NATIONAL VOLUNTEER WEEK 2022



VOLUNTEERING CHANGES LIVES!

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Volunteering is the core of a thriving society. Whether it's out of passion or compassion, volunteering changes lives.

Volunteering first and foremost! In addition to being a source of pleasure, well-being, and joy, it can have a real impact on our physical and psychological well-being. In fact, volunteers who work in organizations, social clubs, or on an individual basis are among the most active people in our community. This is not surprising, since volunteering allows us to leave our homes, meet new people, and feel good. It's a simple gesture that helps to heal and foresee many illnesses.

Volunteering also changes the lives of those who we volunteer for. This provides a valuable and especially essential service to those who need it most. Each act of volunteering, no matter the action, has a beneficial impact on the beneficiaries. Think of the seniors, vulnerable people, and families whose lives have been made better by the action of a volunteer; of the spontaneous smiles that come from a simple and freely given gesture.

Finally, volunteering changes the life of society itself. In fact, volunteering is a powerful source of collective wealth. Although invaluable, it offers our community the opportunity to develop in a context of caring and mutual aid based on solidarity. What would become of the sports clubs or event organization without an army of volunteers to support them?

So, hats off to all the volunteers of Baie-des-Chaleurs who change the lives of those around them. And don't forget; to change a life is to change the world!

HEALTH SERVICES INFOS



INFO-SOCIAL 811 Phone Line

Info-Social 811 service professionals give advice and can answer questions about psychosocial issues. If necessary, they can also refer you to an appropriate resource in the health and social services network or to a community resource.

- You are in a situation that is making you feel anxious.
- You are worried about a family member or friend.
- You are experiencing family or relationship problems.
- You are going through a bereavement.

You have questions about other worrisome situations or behaviours.

No matter what the situation is, a professional will be there to accompany you in search of a solution and will guide you towards the right services, as needed.

For this service

Dial 811, and then choose option number 2. This bilingual service is available 24 hours a day, 365 days a year.

INFO-SANTÉ 811 Phone Line

The nurses working for the telephone consultation service at 811 make evaluations and recommendations based on your current health conditions. They can answer some of your questions and direct you to the right resources in your region according to your situation. Calling INFO-SANTE 811 can help you avoid unnecessary trips to the clinic or to the emergency room.

- You have a seasonal flu that persists several days, and you are wondering if you should go see a doctor.
- Your child wakes up with a high fever and you are wondering if you should take them to emergency.
- You are wondering what to do to relieve itching and swelling caused by an insect bite.

You have questions regarding health network resources.

Dialling 811 promptly puts you in contact with a nurse in case of a non-urgent health issue. However, in the event of a serious problem or emergency, it is important to dial 9-1-1 or go to the emergency room.

For this service

Dial 811, and then choose option number 1. This bilingual service is available 24 hours a day, 365 days a year.

Access point – Homecare services and support

Homecare service providers are deployed all over the territory and work in collaboration with many community organizations, social economy businesses as well as various public and private services.

The services that are offered at home: Nursing care, Nutrition services, Psychosocial services, Physiotherapy and Ergotherapy services, Respiratory therapy services, Home and Personal care services and Support for informal and family caregivers.

The nurse from this service does a pre-assessment on the phone and assigns the person if they meet the eligibility criteria.

For this service

Dial 418-752-2572, extension 1070. This service is available in both languages.



David Roy, Agent de promotion à la santé (CISSS Gaspésie)
Isabelle Roy, Agente de soutien en Développement social (MRC Bonaventure)

**APPELEZ INFO-SANTÉ
INFO-SOCIAL**
24 heures sur 24, 7 jours sur 7

SUPPORT IN PALLIATIVE AND END-OF-LIFE



Accompaniment in palliative and end-of-life care is a voluntary service that is not well known among caregivers.



If you know a caregiver who accompanies a person at the end of life, do not hesitate to tell them about our resource, we can offer families a respite. You can use our services even if you are not already a member, our services are aimed at the entire population. You do need however a referral from a health professional.

Call us at 418 752-5577 extension 5

Appui
proches aidants

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

CAREGIVER SUPPORT
1 855 852-7784
LISTENING-INFORMATION-REFERRALS

The Caregiver Support of L'APPUI is a professional, confidential and free telephone service for caregivers and those around them. Call them at 1-855-852-7784.

When caregiving upsets the family balance:

Caring for a loved one can strengthen family ties or, on the contrary, create or rekindle tensions. Here are some tips for finding a satisfactory family balance.

<https://www.lappui.org/en/News/Newsfeed/2022/When-caregiving-disrupts-the-family-balance>

Practical tips : <https://www.lappui.org/en/Practical-tips>

L'APPUI has an interesting website, full of resources and you can subscribe to the Caregiver Newsletter.

<https://www.lappui.org/en>

Diane Horth,
End-of-life and palliative accompaniment
Worker

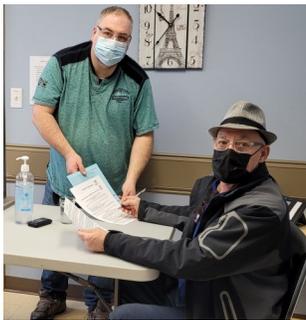
RESPONSIBLE VOLUNTEER MANAGEMENT



At the beginning of this newsletter, you no doubt read the text about National Volunteer Week, which explains some ways in which volunteering changes lives. As the intervener of responsible volunteer management, I would like to go further on the subject.

Of course, in my role I don't meet volunteers in the field as much as some of my colleagues. However, despite our ever-present need for volunteers, particularly in the area between Hope and Saint-Godfrey, in almost two years I have met more than 35 people interested in volunteering with us and thus changing lives!

What is interesting is that many of them know one or more volunteers involved in the Center, from whom they heard about their volunteering experience, our services and our needs; prompting these new volunteers to join us.



Moreover, according to several surveys the best recruiters are volunteers, who share their enriching experiences with those around them. Recent surveys have also shown that most people who volunteer find out about this type of activity by 'word of mouth' (...), more than 25% from a relative or friend already volunteering. Of course, these new volunteers will, in turn, participate in changing lives; their own and those of the people for whom they will volunteer.

I wish you all a great National Volunteer Week and offer a very special thank you to all those who, by talking about their volunteer actions, participate in the virtual circle of volunteering. This too is life changing!

¹ Centre d'action bénévole Ottawa-Carleton, Un rapport à la direction du Soutien aux organismes volontaires Multiculturalisme et Citoyenneté Canada, Ottawa, 1992

Training in accompaniment-transport

On March 21 and 28, training in accompaniment-transport took place for volunteers who have not yet followed it. This mandatory training for all volunteers had been somewhat left out during the peak of the pandemic.

According to the feedback we received, the participants, most of whom signed up during the pandemic, seem to have appreciated knowing a little more about the guiding principles of the accompanying transport service, its implications as well as the adjustments of health measures.

A big thank you to these volunteers and all the others in accompaniment-transport without whom dozens of people could not go to their medical appointments!



Benoit Drapeau,
Intervenant soutien à la communauté
et à la gestion responsable des bénévoles



NEWS FROM THE P'TIT BONHEUR



Spring is just around the corner leaving the snow behind, slowly but assuredly. National Volunteer Week is also fast approaching. I take this opportunity to highlight and thank each volunteer who is here for the P'tit Bonheur, for their commitment and generosity. Each of your small gestures helps families in the area in a significant way. Thank you, thank you thank you.

About of our service delivery, over the past year, the parental support service went through a particularly turbulent period regarding the replacement of the person responsible for the service. However, the day-to-day needs and well-being of families remain among the priorities of the workers in place and of Centre d'action bénévole's team. Listening, referrals and families' needs are always adequately addressed. The writing of reports and the training of the new worker are ongoing.

Since little ones' safety is a priority in all occasion, here's a reminder of SAAQ's information and recommendations for our sweethearts :

- **Rear-facing seats** : The infant seat (including models with a detachable base) must be installed rear-facing until the child is at least 2 years old. This orientation can be kept as long as possible.
- **Front-facing seats** : This orientation applies for children 2 years old and over or when the maximum weight is reached for rear-facing seats.
- **Booster seats** : To use with children 4 years old and over and/or weighting more than 18 kg (40 lbs). They are required until the child is 9 years old or is at least 145 cm tall.

Le P'tit Bonheur and several of its partners are taking the opportunity to invite you to a free play to be held at the Salle de spectacle régionale Desjardins in New Richmond on **May 5th at 6:30 p.m.** This play, titled *Je courais, je courais, je courais...* (*I ran, I ran, I ran...*), is in French. It highlights themes such as parenting happiness training, parenting distress, help to catch your breath as a parent, and more. ***It's a date!***

Please note: You must confirm your presence at 418-391-4238. Free transportation offered in the Bay of Chaleurs. You must book with REGIM before April 20th at noon by calling at 1-877-521-0841.

Jolianne Desbois, P'tit Bonheur Support worker
Myriam Parisé, P'tit Bonheur intervenor & Accompanist

LE COMMUNAUTAIRE VOUS INVITE AU THÉÂTRE!

Salle de spectacles régionale Desjardins de New Richmond

JEUDI 5 MAI À 18H30

ENTRÉE LIBRE!

Il suffit de confirmer votre présence au 418 392-4238

Théâtre Parminou

JE COURAIS, JE COURAIS, JE COURAIS...

Un jeu exercice touchant et humanitaire pour l'entraide au bonheur parental, briser le tabou qui entoure la détresse parentale et aider les parents à reprendre leur souffle.

1010 Avenue Maritime - 1010 St-Jean - 1010 St-Jean - 1010 St-Jean - 1010 St-Jean - 1010 St-Jean

TRANSPORT OFFERT GRATUITEMENT sur tout le territoire de la Baie-des-Chaleurs

IL FAUT RÉSERVER AUPRÈS DE LA REGIM

avant le 20 avril à MIDI au 1 877 521-0841

LITTLE FROZEN MEALS



Our primary objective is to serve as many clients as possible, in order to support their day to day lives.



The Frozen Meals service is a great option for our clientele that helps them to continue eating well. Clients can register for this service at any point during the year, and it can be used on a one-off or regular basis. For example, a caregiver who is leaving town for a few days or who is busy at work can apply for their family member to benefit from the Frozen Meals service. This allows the caregiver to take a break, while ensuring that their family member will eat well during their absence.

Here are some interesting statistics from the year: we have cooked more than 7800 meals, and 1900 soups! Over the course of the year, we have served a little over 200 clients. We undertook 27 delivery commitments (this means that meals were delivered on a bi-weekly basis to customers wishing to receive them at home).

I would like to take the time to thank our devoted cooking and delivery volunteers. You are vital to this service and to our clients, and we thank you for contributing to the success of the Frozen Meals program.

Diane Horth, Little Frozen Meals coordinator

HOME CARE SUPPORT— FRIENDLY VISITS

The friendly visit is intended to provide moral support to one or more people experiencing physical and/or social isolation. This service is often used following a particular situation that the senior is experiencing, such as moving, bereavement, etc. During these home visits, the Centre's volunteer will provide a warm and reassuring presence by keeping him/her company, listening to him/her, or by doing activities such as playing cards, reading to him/her, taking a walk, etc.

This visit is made once a week, depending on the need expressed and the availability of the volunteer.

Here are some testimonies from volunteers, and people who receive visits:

Volunteers:
"It's rewarding, I feel like I'm helping in my own way, I feel useful." **D.B.**
"I feel a sense of satisfaction. I make a person happy. The listening I do is very beneficial. A bond of trust is established between the two people, which creates an atmosphere of friendship, of confidence." **P.B.**

Persons receiving visits:
"I enjoy the visits, I like to chat, it passes the time". **J.C.**
"I like it, I enjoy the time she spends with me". **E. W.**

For people interested in receiving this service, contact us at 418-752-5577 ext. 2.
For people who would like to make a difference in the life of a senior: 418-752-5577 ext. 6
Happy volunteer week!

BIRTHDAYS



MAY

Audet, Janik	02
Aspirot, Jacinthe	03
Deraïche, Edna	04
Lepage, Lisette	10
Thibault, Rachel	10
Corbet, Mathilde	13
Arsenault, Jovette	14
Leblanc, Geneviève	17
Ferlatte, Claudette	19
Boissonnault, Gérard	20
Léonard, Annie	23
Cellard Miousse, Andrée-Anne	26
Delarosbil, Irène	27
Babin, Pierrette	31

JUNE

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

JULY

Delarosbil, Andréa	02
Bouffard, Yannick	03
Jay Beauchamp	04
Lacroix, Kathy-Edith	07
Poirier, Évangeline	07
Boulet, Mariane	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



**HAPPY BIRTHDAY TO YOU
ALL!**

AUGUST

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





OUR SPONSORS



La 1^{re} Radio en Gaspésie

CHNC 

radiochnc.com

3, boul. Gérard-D.-Levesque Est
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2215



À votre service depuis plus de 30 ans...

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



5, boul. Gérard-D.-Levesque Est
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2277
Télé. : 418-752-6566



300, rue Alexis-Poirier
St-Siméon (Qc) G0C 3A0
Tél.: 418-534-2155
Télé. : 418-534-3830

RESTAURANT

La Maison du M' Burger

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



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



Marc Assels, propriétaire
395, route Bellevue
Port-Daniel (Qc) G0C 2N0
Tél.: 418-396-2866

