

# Newsletter

VOL. 36 NUMBER 2 - APRIL 2024

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NATIONAL VOLUNTEER WEEK  
April 14-20, 2024

50<sup>th</sup>  
EDITION

Présentée par  
Hydro  
Québec

fca@q  
Fédération des  
Centres d'action bénévole  
du Québec

Je bénévol(e)



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

*Au cœur de  
sa communauté!*

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

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## Become a volunteer and help people get what they are entitled to

If you want to give of your time and to get involved in your community, become a volunteer. Give a helping hand to low-income individuals by completing their income tax returns. This will ensure they get the benefits and tax credits they are entitled to. In addition, you will surely enjoy the satisfying experience of volunteering within a participating organization.

## As a volunteer, you will:

- get basic how-to training on completing personal income tax returns;
- have free access to income tax return preparation software;
- have access to dedicated toll-free phone lines where you can get answers to your tax-related questions during return preparation sessions; and
- receive certificates of appreciation issued by the CRA and Revenu Québec.



To become a volunteer or for more information about the program, go to [revenuquebec.ca/volunteers](http://revenuquebec.ca/volunteers).



# The president's word

Volunteering is brilliant!

That's the theme of Volunteer Week 2024, which runs from April 14 to 20 this year.

It's safe to say that the influence of volunteering shines on many of the people in our area who use the services of our volunteer center. Whether it's accompaniment/transport, delivering or preparing frozen meals, amicable phone calls, our volunteers are present and available to diligently carry out the tasks entrusted to them.

Tribute to all those men and women who give generously of their time. This time, which they could have given elsewhere, they give out of the goodness of their hearts, and out of conviction. It's all to their credit.

Generosity, patience and dedication, these are three words that can be summed up in a single phrase: Love, the Art of Giving. And I think that's certainly what motivates our volunteers.

The feeling of having helped someone, the satisfaction of a job well done, as well as the privilege of serving a good cause, are rewards you fully deserve.

Keep up the good work: it is important and essential. Above all, don't forget that you are the rays of this wonderful "volunteering is brilliant".

On behalf of the Board of Directors,

*Raymond Marcoux,*  
President





# Executive director's word

Happy springtime to each and every one of you.

I would first like to take the opportunity to wish everyone a gentle and warm spring!



The whole team is preparing for the National Volunteer Week, the 50th one celebrated in Québec. It's a week of appreciation to everyone who keeps the community glowing through their volunteer acts, whether small ones or big ones, they are all brightening. Above all, it's a week to remind everyone of the importance of volunteer work in our community. To make our community shine, it's to invest ourselves in it and to commit to it, and it's what you're doing. Thank you all for your brilliance! On Friday April 19th, we are celebrating your commitment together, dear members. We look forward to paying tribute to you and sharing good times together.

The volunteer centre is working on different projects and cases. For instance, some small adjustments are required to meet the requirements of Law 25, like the implementation of a privacy policy, even though privacy has always been a big priority to our organisation. We are counting on everyone to comply with this law. Furthermore, the Privacy Policy adopted by the board of directors is available on our website (English version to come).

This February, we've welcomed a new member into our team, for the promotion and development of volunteer work, and management of volunteers. It's Benoit Drapeau, who some of you may already know, as he was with us during the pandemic. Welcome back, Benoit!

Finally, from April 14th to April 20th, I invite you all to celebrate and make volunteer work shine, share your experience, no matter what line of work or organization you're in, it's your week!

*Nathalie Bujold*  
Executive director





# National Volunteer week

April 14-20, 2024

## Declaration of the FCABQ for Volunteer Week 2024

«Volunteering is an opportunity to let our values and talents shine: an act that is felt in countless ways, and gives full, natural expression to the roles we play in our communities. When we get involved in causes that inspire us, we connect with the lives around us and help create a vibrant society.

Giving our time as volunteers is a bright idea for improving our skills, reaffirming our strengths and meeting new people who will help make our own lights shine even further.

Volunteer action brings our special spark into corners where there is always a need. If shining means standing out in the best possible way, we can proudly say volunteering doesn't just shine: It's brilliant!»

## At Centre d'action bénévole Saint-Siméon/Port-Daniel

At our Center, we are fortunate to have a team of more than 160 brilliant volunteers who ensure that hundreds of people in our territory benefit from support, food services and help for seniors and young families. The 10 municipalities we serve benefit greatly from their presence.

Thank you to the volunteers for making this spark of generosity shine all around you!

## Our activities during the National Volunteer Week:

**April 12th** at 10:30 am: Unveiling of the volunteer of the year live on CHNC-FM

**April 16th**, from 10 am to 3 pm: Open house activity at the Center

**April 19th** at 5 pm: 5 to 7 in recognition of our volunteers at the Paspebiac Seniors Club (l'Amicale) Hall

## Seniors Volunteers committees activities:

Check out our Facebook page about the activities organized by our Seniors Volunteers Committees in Bonaventure, Saint-Elzéar and Port-Daniel.

Have a good National Volunteer Week!



# Homecare support services

Hello,,



My name is Julie Huard and I have been responsible for reception and services at the volunteer center since last fall.

Almost a year ago, I returned home after an absence of several years to the beautiful region of the Gaspésie. The Gaspé residents are always so welcoming and warm, I met several wonderful people. I had the chance to meet many of you at reception or speak with you on the phone.

As head of reception and services, I take the time to introduce you to some of them. But above all, know that without you, the volunteers, none of this would be possible.

- **Medical Transportation Accompaniment** : which consists of accompanying a person to health and social services.
- **Friendly Visits** : small meeting by a volunteer with a person aimed at those who are more isolated or in need of support, a time of comfort and sharing.
- **Friendly Phone Calls** : secure telephone call once or twice a week or more. This service is suitable for people who are a little more isolated or who simply need an ear to listen to them and allow discussion.
- **Meals on Wheels** : hot meal delivered to your home by our volunteers once or twice a week, including soup, main meal and dessert at the lowest cost of 6.50\$/meal.
- **Sécuricab** : automated call service for seniors to ensure their well-being at home.
- **Seniors Committee** : Activities organized by community volunteers and supported by the Volunteer Centre. This service is intended for seniors who have less access or who are more limited in their environment.

I would like to take this opportunity to wish you all a pleasant volunteer week. Thank you for your availability and dedication to our beautiful community.

*Julie Huard*

Accueil et responsable de services.

# Close to seniors

## A short guide to benefiting of all the tax advantages to which you are entitled

Did you know that, if you are 65 or over or 70 or over at the end of a year, you may be entitled to certain tax benefits specific to your situation?

This is a good thing to know when filling out your 2023 tax return! While every dollar counts, more than ever Revenu Québec offers you a short guide to help you see things more clearly and, above all, take advantage of all the credits, deductions and programs to which you may be entitled.

Here is an outline of the main tax benefits intended for those aged 65 or over, listed according to age as of December 31, 2023.



### 65 YEARS AND OLDER

#### **Age amount**

For the year 2023, the tax credit relating to this component can reach \$506 for a single person or \$1,012 for a couple. If you are a couple, the amount can be shared between you and your spouse.

**Deduction for retirement income transferred to your spouse**

If your spouse on December 31 has lower income, you could allocate part of some of your retirement income to them. The amount transferred to your spouse cannot exceed 50% of your eligible retirement income.

### 70 YEARS AND OLDER

#### **Tax credit for home-support services for seniors**

Do you pay for home services, such as housekeeping, yard maintenance, snow removal, hygiene assistance, meals, nursing care, or other eligible services? If you live in your house, condo, apartment or private seniors' residence, you may be entitled to tax assistance of up to 37% of the eligible expenses you paid in the year 2023. This credit may vary depending on the family income and where you live.

#### **Senior assistance tax credit**

Intended for people with modest incomes, this credit will be calculated automatically by Revenu Québec when processing your income tax return, even if you do not request it. Good news: it was improved in fall 2022. The maximum credit goes from \$400 to \$2,000 per eligible senior and from \$800 to \$4,000 for an eligible senior couple. This credit may vary depending on family income.



# Close to seniors

(following)

## **Tax credit for home-support services for seniors**

This credit is equal to 20% of certain expenses paid during 2023. These may include expenses for staying in a transitional functional recovery unit or even expenses for the purchase, rental and installation of eligible goods with a view to maintaining your independence in your main place of residence (ramp to help get into a bathtub, walker, hospital bed or non-motorized wheelchair) or other eligible expenses.

## **Did you know ?**

Depending on your situation, you may be entitled to the solidarity tax credit, the amount for people living alone or the Shelter Allowance program, which are not specifically aimed at people aged 60 or over.

## **The income tax return: essential!**

Even if you have no income to declare or no taxes to pay, you still benefit from filing your tax return every year. This is in fact an essential condition in order to benefit from the tax advantages to which you are entitled.

## **Is your income modest?**

If so, you may have the option of using free software to file your tax return. In addition, if your tax situation is simple, a volunteer could help you complete your tax returns for free thanks to the The Income Tax Assistance – Volunteer Program. In 2023, 197,740 people were helped! Visit [Tax Credit for Caregivers](#) for more information or you can call Collectif Aliment-Terre de Paspébiac at 418-752-5010.

## **Are you a caregiver?**

You may be entitled to the refundable tax credit for caregivers, under certain conditions.

Source: Revenu Québec



# Guaranteed Income Supplement

Service  
Canada

The Guaranteed Income Supplement renewal period is here!

**Have you filed your tax return?**

Each year, many GIS recipients see their benefits interrupted in July because they have not filed their tax returns. In order to minimize these interruptions, clients are encouraged to file their tax returns electronically with the Canada Revenue Agency **before April 30**, or to complete a GIS renewal [form \(ISP3026\)](#) available on the Service Canada website.

## Are you entitled to the GIS?

**Yes, if:**

- ✓ you are 65 or older
- ✓ you live in Canada
- ✓ you receive the [Old Age Security \(OAS\) pension](#)
- ✓ your income is below \$21,624 if you are single, widowed or divorced
- ✓ your income plus the income of your spouse/common-law partner is below:
  - ✓ \$28,560 if your spouse/common-law partner receives the full OAS pension;
  - ✓ \$39,984 if your spouse/common-law partner receives the Allowance;
  - ✓ \$51,840 if your spouse/common-law partner does not receive either the OAS pension or the Allowance.

## You're not receiving the GIS?

**Here's how you can:**

- ✓ Apply online through a My Service Canada Account (MSCA).
- ✓ Complete a Guaranteed Income Supplement application [form \(ISP3025\)](#) available on the Service Canada website, and mail it to the nearest Service Canada office.

## Clients and their family members can contact us for information and assistance:



**Online**, via the [Service Canada](#) website



**By telephone**, toll free at **1-800-277-9915**



**By mail**, at the nearest [Service Canada office](#).

**Clients must contact us as soon as their situation changes, for instance a change in income, marital status or address.**

## What is the Guaranteed Income Supplement?

The Guaranteed Income Supplement (GIS) is a monthly benefit that is not taxable and income-based. It is paid to Canadian residents who receive Old Age Security benefits and have low incomes. GIS benefits are renewed automatically each **each July, provided that the client files an income tax return by April 30.**

Canada

# P'tit Bonheur



## PEOPLE OF SAINT-SIMÉON - PORT-DANIEL

- Are you a responsible, reliable, honest, gentle, respectful, without judgment, without criminal record, capable of confidentiality in good mental and physical shape ?
- You have retired or not and you would like to give some of your time.
- Do you understand, when a parent mentions to you that they would like to exchange your fatigue for theirs?
- Do you have experience and like babies?
- Do you have a car for your travels ?

### THIS MESSAGE IS FOR YOU!

The goal is to offer respite (rest) time to parents who are part of P'tit Bonheur and who have children between 0 and 18 months. (Or more as needed)

#### This service includes...

- A pairing between a volunteer and a family who requests it, as well as a follow-up with the P'tit Bonheur worker.
- Allowing parents to have time to rest, wash the floor, recharge their batteries, meet friends or simply spend time as a couple, without children.
- About 3 hours per week or occasional involvement. For a duration of approximately 10 to 12 weeks.
- Availability and schedule negotiated between both parties and can be flexible.

**ADMIT THAT WE ALL DREAM OF BECOMING A NANNY,  
GRANNY OR GRANDPA LIKE IN THE MOVIES**

People who volunteer recognize each other; they are kind-hearted people with human and social values who give without counting.

When I meet you in the community, you are no longer strangers, you have become a member of this big family.

Gratitude and recognition, a thousand times over.

Thank you for your support and kindness towards your neighbour.

#### Does that appeal to you ? I invite you to contact :

**Benoit Drapeau** : responsible for volunteer management to find out the procedures for becoming a volunteer : 418-752-5577 ext 6.

He will be happy to answer all your questions regarding the role of volunteering.

[For more information](#) on the Répit-Gardiennage services, contact:

**Pauline Landry**, intervener and guide 418-752-5577 ext 4

**P'tit Bonheur likes to take care of its families and volunteers.**



**LE P'TIT BONHEUR**  
SERVICE DE SOUTIEN PARENTAL  
pour les parents d'enfants de 0-6 ans



# Volunteering promotion and development

It is a great pleasure to work once again with the wonderful team of the Centre d'action bénévole Saint-Siméon/Port-Daniel. Since last February, I take on tasks quite similar to what I did during my last assignment such as the management of volunteers and the community support. However, the promotion and development of voluntary action will take on a much more important place. Great challenges are ahead!



It is also a great pleasure to see again several volunteers that I already know. I am looking forward to get to know those I have not had the chance to meet yet!

Speaking of volunteers, promotion and development...

You are aware that without them, the Volunteer Center's services simply cannot respond to the needs of the community. This is why I would like to bring to your attention our need for volunteers for medical support-transport and for respite-child care at P'tit Bonheur.

As you are our ambassadors, I am requesting your help to pass on the information to your friends, families and acquaintances. You never know... If we would recruit even just one volunteer thanks to your promotion, it would be a big step in the right direction.

Thank you all for your valuable volunteering and have a good National Volunteer Week!

*Bénédict Drapeau*

Volunteering promotion and development agent

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## Urgent needs for accompaniment-transport service



In order to allow the proper functioning of the medical transport accompaniment service and not to overload our currently available volunteers, we urgently need volunteers for the sectors of:

- Bonaventure, Paspébiac, St-Godefroi, Port-Daniel

If you are interested, please contact-me at 418-752-5577, #6

# Little Frozen Meals

Hello everyone, spring is just around the corner... we must take advantage of this very pleasant season!

We've had so many positive comments from people who have joined our service! And again, many people don't know about the service that could simplify their daily lives, so tell them about us!

Quebec Meals-on-Wheels Week and other food services was held from March 10 to 16. During this week, the volunteer centre offered people reached by Meals on Wheels and Little Frozen Meals services a free meal, consisting of soup, a main course and dessert, which was truly appreciated!

Our volunteers are active and always there, their involvement, their dedication to the cause are part of our success. Thank you to all of you !

As for the beneficiaries, we register new ones regularly. Currently, more than 186 people are registered for this service. We all have people around us who, for different reasons, must use our food services. But our service becomes essential for them to maintain their autonomy. Our range of meals allows these people to diversify their diet and get a good nutritional intake. What people like about the Little Frozen Meals : "good portions, balanced and economical meals, good variety", and for those who use the delivery service... they really appreciate it!

## **Who is P'tits plats givrés for?**

- People who are ill
- People recovering from illness
- People with reduced mobility
- People losing their autonomy
- Or any other special situation



For more information, contact me and I'll be happy to explain it all to you!

*Diane Horth*

418-752-5577, extension 5

# Birthdays

## MAY

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

## JULY

- 02 Andréa Delarosbil
- 03 Yannick Bouffard
- 03 Carole Roy
- 07 Kathy-Edith Lacroix
- 07 Évangéline Poirier
- 07 Mariane Boulet
- 08 Ann Hall
- 10 Roger Côté
- 11 Denise Poirier
- 14 Raynelle Castilloux
- 15 Elaine Almond
- 17 Jeannine Delarosbil
- 19 Mona Hayes Court
- 21 Dorothee Francoeur
- 29 Véronique Lévesque
- 31 Johanne Delarosbil
- 31 Patricia Nugent McDonald
- 31 Yolande Corbet

## JUNE

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

"If volunteering is not paid, it is not because it is worthless,  
but because it is priceless"  
Sherry Anderson, American psychologist.

## AUGUST

- 01 Solange Gauthier
- 01 Sylvie Lepage
- 01 Angela Aspirot
- 04 Colette Arsenault
- 04 Céline Chapados
- 08 Linda Chapados
- 10 Manon Bourdages
- 13 Dolores Duguay
- 15 Irène Chapados
- 15 Lorna Journeau
- 23 Edith Huard
- 28 Serge Lebrasseur
- 29 Faye Le Gresley





# Our sponsors



300, rue Alexis-Poirier  
Saint-Siméon (Qc) G0C 3A0  
418-534-2155

La 1<sup>re</sup> Radio en Gaspésie



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



**HYUNDAI**  
GASPÉSIE AUTO  
Bonaventure

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

## RESTAURANT

La Maison du M' Burger

124, boul. Gérard-D.-Levesque Ouest  
Paspébiac (Qc) G0C 2K0  
418-752-2215



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



Pharmacie Denis Babin  
3, 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

