

NEWSLETTER

VOL. 34 NUMBER 3 — SEPTEMBER 2022



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



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To join us



**176, boul. Gérard-D.-Levesque Ouest
Paspébiac, Québec, G0C 2K0**

418-752-5577

- ◆ Reception, accompaniment-transport and other services : Chantal ext. 2
- ◆ Administrative assistant and Meals on Wheels : Sylvia ext. 3
- ◆ P'tit Bonheur : Céline ext. 4
- ◆ Little Frozen meals : Diane ext. 5
- ◆ Become a volunteer and volunteer management : Diane ext. 5
- ◆ Support for caregivers of seniors : Liza ext. 6
- ◆ For the executive director : Nathalie ext. 7

For immediate assistance, press 0

Do not hesitate to call us, we are there for you!

WORD FROM THE PRESIDENT



Hello dear volunteers,

We are already in September, which means that fall is coming and the beautiful leaves will change colour. I encourage you to go outside and get some fresh air; it's so good for morale.

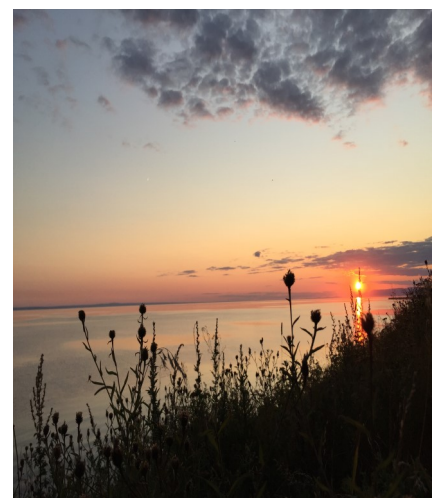
September is suicide prevention month. Thanks to the Center who offered 10 tickets to our volunteers for a great conference. This year the theme for September 10th was Rekindle Your Flame. I would like to thank you through your volunteer commitment you are rekindling the flame for many people. However don't forget that, with small daily gestures, we have to rekindle our own flame.

I would like to thank the Board members Ms. Marie Arsenault (Vice-President), Ms. Andrée Lepage (Treasurer-Secretary), Ms. Nicole Henry, Mr. Raymond Marcoux, Ms. Diane Horth and Mr. Roger Côté, for your time. For me, working face to face together as a team, for the population, is a wonderful experience to share.

Don't forget, if you experience discomfort as a volunteer with P'tit Bonheur, Meals on Wheels, Les P'tits Plats or any other involvement, you have to talk about it. The staff, including the director, are here for you too. They will take the time to welcome and listen to you, then look at what can be done.

Looking forward to seeing and meeting you,

**Annie Leonard
President**



WORD FROM THE DIRECTOR



Hello everyone,

What a great summer we had, we were really spoiled with amazing weather. Fall is here, and we are in the process of resuming all our activities and services, and there is a lot of work to be done.

We had a nice in-person annual general meeting in June, at last. It was a great reunion for all, and it really did a lot of good to finally be able to see each other, thank you to all the members that were present!

We are currently preparing for some small changes in the layout of our offices, the office space previously occupied by The Association Épilepsie Gaspésie Sud will be converted into two workspaces, which will be more suitable for our team.

As of this summer, we have someone on the team to support, listen to and accompany elderly people's caregivers, this project is funded by the APPUI organisation. We are happy to have Liza Garant, who is developing this project, on our team again. I am using this opportunity to welcome Céline Fourcaudot, who has been with us since September 12th as a support worker at P'tit Bonheur, accompanying and supporting families. We also have the pleasure to have Audrey-Noémie Loiselle as a social work intern, welcome to the team!

We are currently working on different social issues that concern us, including funding. Some of our services are costly and do not have adequate funding to meet the needs of all the people who use them. Meals on Wheels and Medical support/transport are two services that require a lot of funding, and they represent a great part of our core mission financing. The funding of our Little Frozen Meals project, after April 1st 2023, is another great challenge, but we are working hard at it, we are creating new projects, consulting with our peers, and doing our best to try to make it work. These are such essential services that are very appreciated by the people who use them.

We invite you to visit our website, where you can learn more about our services to the community, how to become a volunteer, how to donate, everything about the work our volunteers do in the field, and about our team. We hope you enjoy your visit on our website!

Lastly, I wish you all a beautiful autumn, and thank you for your commitment to our community and its people!

Nathalie Bujold, Director



SUPPORT FOR CAREGIVERS OF SENIORS



A new project was launched in the summer of 2022 at your Cab, it's called "Support for caregivers of seniors". It aims, first of all, to provide individual and personalized assistance to caregivers of seniors, either in person at home, at our offices, by telephone, in a zoom meeting or other platform. These people can experience good times as well as isolation, exhaustion, discouragement, incomprehension and more. Each story is different, important. It deserves to be listened to and taken into consideration.



Secondly, these caregivers may feel the need to share their experiences, to hear how others live these situations of assistance to seniors. Regular coffee meetings and workshops will be organized.

Then, information and training needs may arise and take the form of training workshops, depending on the needs expressed, the availability of caregivers and the concern to provide the best possible support to caregivers.

Finally, respite will be offered to caregivers to allow them to attend different activities and other requests according to availability.

This is the presentation of this beautiful project, developed by the Cab's management in collaboration with and financed by L'Appui, which will take place on a two-day/week basis over a three-year period with the possibility of renewal.

Liza Garant
Intervenor for caregivers of seniors



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

ACEF PÉNINSULE (Cooperative Association of Family Economics)



Hello to all,

I am writing a short note to introduce myself as the new ACEF (Cooperative Association of Family Economics) worker in the Bonaventure sector. I am a trained social worker from the University of Sherbrooke and have worked with the general population for several years, in the area of intervention. We are located at the Bonaventure Carrefour Jeunesse Emploi office and offer services to all age groups, from 16 to 100. It will be my pleasure to answer your questions.

We offer a free and confidential consultation service for people who are having budget difficulties or who need advice or support.



It aims to solve debt problems related to consumption, over consumption, the use of credit or psychosocial difficulties. We offer you simple and effective tools to facilitate the management of a tailor-made budget.

DEFENSE OF RIGHTS

We also offer a consumer rights defense service. This component includes support and accompaniment for individuals when they are victims of illegal or abusive commercial practices. We ensure the collective defense of rights through mobilization and action around issues that have an impact on consumers.

As well, we offer 17 workshop themes on 'my finances, my choices' (MFMC); for example: budget, over-indebtedness, food, credit, financial security, fraud, etc.

Looking forward to meeting you !

Lyne Arseneau
Intervener in budget consultation
ACEF Bonaventure and Avignon



FLEA MARKET



Municipality	Address and phone	Days and hours
Caplan Le Vide Grenier	2, boul. Perron 418-388-5829	Friday Noon to 7PM
Saint-Siméon	112, ave du Viaduc 418-392-9075	Wednesday 1PM to 4PM Saturday 9AM to Noon
Bonaventure	107, ave Grand-Pré 418-534-8782	Saturday 9AM to 4PM
New Carlisle No longer accept clothes and others articles (sale only)	164, boul. Gérard—D.-Levesque 418-752-6694	Wednesday and Friday 1PM to 3PM First Saturday of the month
Paspébiac La friperie des Tout-P'tits	176, boul. Gérard-D.-Levesque 418-752-5577	Every 5 to 6 weeks or upon request
Hope Town Recycle Plus	225, Route 132 Ouest 418-752-2137	Tuesday to Saturday 9AM to Noon 1PM to 5PM



Make a
DONATION

*Au cœur de
sa communauté!*

Support hundreds of local people and families

You can make your donation in several ways:

In cash or by check, in person or by mail to the following address:
176, boul. Gérard-D.-Levesque West, Paspébiac, Québec, G0C 2K0

Or directly by filling the form on our web site: cabst-simeon-port-daniel.com

Our organization recognized as a charitable organization, you will receive a receipt which will be useful to you when filing your income tax return. For information, 418-752-5577, Ext. 3, Thank you!

COMMUNITY SUPPORT AND VOLUNTEER MANAGEMENT



We are looking for volunteers for the P'tit Bonheur family respite service. You love children, you want to get involved in supporting new parents, especially taking care of a young child, we need you. We ask that you be available 3 hours per week for a period of 9 to 12 weeks.

Your role during the respite period:

- Establish warm contact with the parent, lend an attentive ear.
- Look at the safety of children and their basic needs.
- Distract and accompany the child in its games, go for a walk, rock the child, read a little story.
- During the first respite activity, the P'tit Bonheur worker will accompany you.

If you would like additional information, you can reach us at 418 752-5577 ext. 5.



Diane Horth, Head of Volunteer Management



BULLYING TOWARDS SENIORS

Bullying can happen at any age, so yes, it does affect seniors as well. It can come as gestures, words or any behaviour expressed in a repetitive manner, whether it is directly or indirectly. Examples of bullying include, but are not limited to : pushing, hitting, threatening, insulting, slandering, isolating, excluding, etc.

There are 3 types of bullying :

Physical bullying is recognized in acts such as tripping, shoving, hitting, and constraining, and has for main goal to cause injuries, cause fear or to control the person.

Verbal bullying manifests itself through remarks to the person in an attempt to mock them, insult them, ridicule them, threaten them, etc.

Social bullying is all about targeting someone's integrity, their reputation, or their self-esteem.

Bullying can provoke feelings of distress to the person and generally has lasting and damaging effects on them. If you are in this situation, do not hesitate to contact **The Elder Mistreatment Helpline at 1 888 489-2287**.

Audrey-Noémie Loiselle
Intern, 3rd year student in Social Services Technology

Source : <https://www.fadoq.ca/en/reseau/resources/mistreatment-fraud-and-bullying/>



NEWS FORM THE P'TIT BONHEUR



Hello to all of you,

What a beautiful summer we had, mother nature has pampered us with these beautiful warm days and this beautiful sun, we had the chance to refill our energy to now face the fall. The return to class is now done and the routine begins to settle. I would like to take this opportunity to remind you that Le P'tit Bonheur is always in action to respond to the needs of families, by supporting you, informing you and especially accompanying you in all the steps and moments that family life involves.

I am happy to work at P'tit Bonheur and I would like to take this opportunity to remind you of the different services offered:

- ✓ Support, listening, counseling, respite care
- ✓ Rental/loan of baby equipment
- ✓ Accompaniment/transportation
- ✓ Clothing depannage for the little ones

I am available Monday to Friday from 8:00 a.m. to 4:00 p.m. It will be a pleasure for me to welcome you and to try to help you. As a mother and grandmother, I am convinced that my knowledge, my experience, my ability to listen and my great availability will help me in my work and thus better support you.

I am looking forward to meeting the volunteers of Le P'tit Bonheur as well, to work with you and to see your great generosity. We are already getting ready for the Halloween tour, we can't wait!

I wish you a beautiful fall, enjoy each day to create small happinesses with those you cherish. Important, never forget that for every problem, there is always a solution.

Céline Fourcaudot,
intervenor P'tit Bonheur



LITTLE FROZEN MEALS



The little frozen meals are among a variety of 12 dishes and 3 soups that aim to support a person in his daily life.

They are intended for:

- People 65 years old and over;
- People in convalescence;
- People with reduced mobility;
- People with a loss of autonomy;
- People living in the territory of St-Siméon to Port-Daniel.



The little frozen meals are cooked by volunteers and a cook within our Volunteer Centre and are there to help vulnerable people.

The meals are offered at a cost of \$4.50 and the soup at \$1.50. We also offer a home delivery service every two weeks and the cost is \$5.00 for a dish and \$1.50 for soup.

If you have a situation or need information, please contact us at (418) 752-5577 ext. 5.

Diane Horth, Little Frozen meals intervenor



SecuriCAB - NEW SERVICE

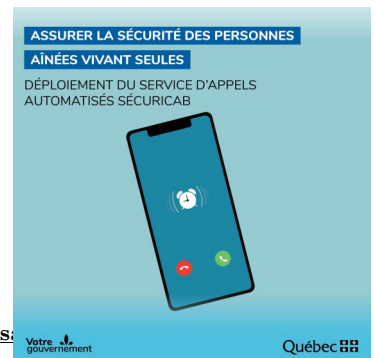
The Minister responsible for Seniors and informal Caregivers, Marguerite Blais, announced on June 15 at the FCABQ convention, the deployment of SecuriCAB, an automated call service aimed at the safety of seniors living alone at home.

SecuriCAB was developed for all seniors in Quebec wishing to benefit from this service in order to detect emergencies and provide greater security and peace of mind, to themselves as well as to their loved ones and caregivers.

In addition, the service will allow volunteer action centers to optimize their work by reaching service users, volunteers and partners with a “click” to inform them on various subjects.

For additional information on Securicab, do not hesitate to contact us at 418 752-5577 ext. 2.

<https://www.quebec.ca/nouvelles/actualites/details/securicab-service-dappels-automatisees-vis-seules-41387>





BIRTHDAYS



SEPTEMBER

Paquet, Chantal	01
Sawyer, Diane	05
Poirier, Hélène	06
Langlois, Andréa	07
Arsenault, Thérèse	08
Tremblay, Françoise	08
Babin, Lise	10
Duguay, Micheline	12
Bourdages, Lucette	16
Roy, Gilles	18
Grenier, Albert	18
Lamy, Suzanne	19
Marcoux, Lisette	21
Major, Diane	22
MacWhirter, Anne	25
Duguay, Gilles	25
Chapados, Léone	27

OCTOBER

Bernier, Guylaine	03
Germain, Guylaine	03
Renouf, Sharon	05
Arsenault, Gisèle	07
Michel, Gilberte	13
Marcoux, Raymond	15
Goyette, Colette	18
Delarosbil, Marie-Claire	21
Aspirot, Thérèse	22
Lapointe, Tammy	23
Doherty, Mona	23
Lévesque, Lyne	28
Bujold, Blanche	29
Dorion, Gabrielle	30

NOVEMBER

Bourdages, Alma	05
Poirier, Omer	06
Bourdages, Jacqueline	06
Bourdages, Doréanne	06
Roussy-Assels, Andréa	07
Aubut, Lorenzo	11
Coulombe, Clément	14
Allain, Yvon	16
Gignac, Colette	19
Huard, Émilie	19
Guignon, Sharon	21
Langlois, Jacinthe	22
Gagnon, Gérald	23
Gauthier, Joël	23
Corbet, Alexandrine	24
Delarosbil, Lison	25
Boissonnault, Gaétane	27
Corbet, Julia	29



Little thought...

DECEMBER

Chatterton, Tammy	06
Allard, Maryse	09
Almond, James	12
Crozier, Betty Anne	13
Lemay, France	13
Smith, Patrick	13
Roy, Jewell	18
Brisebois, Francine	18
Doyle, Denise	19
Poirier, Noëlla	24
Delarosbil, Jean-Guy	27

**A soul can call
itself generous
when it takes
more pleasure in
giving than in
receive!**

Antoine Gombaud





OUR SPONSORS



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**153, boul. Gérard-D. Lévesque
New Carlisle (Qc) G0C 1Z0
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.-Lévesque Est
Paspébiac (Qc) G0C 2K0
Tél.: 418-752-2277
Télé. : 418-752-6566**



**300 Rue Alexix-Poirier
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**



**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**

