

NEWSLETTER

VOL. 35 NUMBER 3 — OCTOBER 2023



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



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THANK YOU FOR YOUR GENEROSITY

And yes, we can have fun and be generous at the same time while supporting an organization, a cause, a project!

Thank you to Les Lady Royals de New Carlisle, the organizers of the September 9th softball day in New Carlisle. Thanks to the various partners of this day, the New Carlisle and Paspébiac Volunteer Firefighters, the New Carlisle Sécurité du Québec and the various ball teams from New Carlisle, Bonaventure, Paspébiac and Hope.

The members of the Board of Directors and the entire work team would like to thank you for this much-appreciated donation to help us carry out our mission on behalf of local people.



WORD FROM THE PRESIDENT



Dear Volunteers,

You have surely noticed the beautiful autumnal colours that are beginning to decorate our stunning Gaspesian landscapes. Though we had a somewhat rainy summer, there is still plenty of time to make the most of the sunshine with a walk, bike ride or other outdoor activities. Enjoy it as much as you can, fill your lungs with the fresh air that is so good for our health. Moreover, I encourage you to volunteer in your community; you will see that it will do wonders for you, just as it has done for me. Helping others is the way we help ourselves.

As a newly elected president, I would like to thank all of the previous directors and also welcome our new members. Your engagement and volunteer work are essential to our organization's continued success.

Our staff members are here to respond to your needs. Don't hesitate to contact the Centre d'action bénévole; we can help you.



I look forward to meeting you,

Raymond Marcoux

WORD FROM THE DIRECTOR



Hello everyone,

Autumn is here, the whole team is finally back, and activities and services are starting up again! Let's just say that the summer wasn't a quiet one, and the team in place didn't really have much of a break, as it was downsized. With September comes the resumption of very active consultations, and we try to be present as much as possible, according to each person's availability. Working together with the community often leads to the development of new activities or services that meet important community needs.

We had a great Annual General Meeting in June, and it's always great to see you there and share your concerns with you. Many thanks to all the members who attended!



On the work team, there have been some small changes, some retirements. First of all, we'd like to wish Richard Desroches, who worked at the Centre for over 25 years in the janitorial and maintenance departments, a happy retirement, and especially to thank him for his availability and hard work. Thank you, Richard! Sylvia Lebrasseur is also retiring, after almost 5 years with the Volunteer Centre, in accounting, individual services and volunteer recognition. Sylvia's versatility was greatly appreciated. We would like to thank her and wish her the best of health in her many projects. Thank you, Sylvia! Finally, our thanks to Chantal Poirier, who has been with us for just over a year, and who will be taking on new challenges with a local company. Thank you for your dedication to the people who asked for your services, and good luck in your new job.

We are currently working with the other Volunteer Centres in the region on an important issue: funding. Funding for direct services such as Meals-on-Wheels and medical accompaniment/transportation remains a challenge for all centers. The announcement of \$10.4 million for Meals-on-Wheels in Quebec should have a positive impact, and we should have news soon.

We invite you to visit our website, where you can learn more about community services, including how to become a volunteer. Yes, there's a growing need for volunteers, especially in the area of medical accompaniment and transportation.

Finally, I'd like to wish you all a wonderful autumn, and thank you for your commitment to the community. You're doing a great deal of good for the people around us!

Nathalie Bujold

SUPPORT FOR CAREGIVERS FOR SENIORS



YOU ARE A CAREGIVER LIVING WITH A PERSON?

You may be able to claim a \$1,299 tax credit if you meet the following conditions:

- You lived with a care receiver (not your spouse) 70 or over without an impairment;
- You lived with the care receiver in a dwelling of which you, your spouse (if he or she also lived with you), the care receiver or the care receiver's spouse (if he or she also lived with you) was an owner, tenant or subtenant;
- You lived with the care receiver for at least 365 consecutive days, including at least 183 days in 2022;
- The care receiver lived in Canada the entire time you lived with them.

HERE SOME RESSOURCES FOR YOU:

INFO-CAREGIVER SERVICE (L'APPUI)

Info-caregiver is a phone professional service, confidential and free for the caregivers and the people around them, also for the Health professional.

Phone : [1 855 852-7784](tel:18558527784)

EMAIL : INFO-AIDANT@LAPPUI.ORG

PROCHE AIDANCE QUÉBEC

Proche aide Québec have 124 community organizations in the province of Québec who support caregivers. These organizations have the mission to support and help with the breathlessness the caregivers experience sometimes.

Phone : [514 524-1959](tel:5145241959)

EMAIL : INFO@PROCHEAIDANCE.QUEBEC

SITE WEB : WWW.PROCHEMAIDANCE.QUEBEC

Liza Garant,

Intervenor for the caregivers of seniors





How can I protect myself from being exploited?

You can take practical steps, such as not giving anyone your bank and credit card information. You can also take these legal steps to protect yourself:

While you are in good health, create a [protection mandate](#) (used to be called mandate in case of incapacity). This is a legal document naming a person (or persons) you trust to make decisions for you if you become unable to make them for yourself.

If you gave someone a [power of attorney](#) and think it was misused, you can cancel it at any time. A power of attorney is a document giving someone the power to do some things on your behalf, such as withdraw money from a bank account. Unlike a protection mandate, a power of attorney only applies while you are still capable of making decisions. If you do decide to cancel a power of attorney, make sure to notify the appropriate people or institutions, such as your bank.

While you are in good health, make a [will](#) that says who will inherit your property after your death.

If I or someone I know is a victim of exploitation, what can I do?

There are several places you can turn:

You can contact the [Commission des droits de la personne et des droits de la jeunesse](#) (human rights and youth rights commission) at 1-800-361-6477. The Commission is an organization that makes sure the protections in the Quebec Charter of Human Rights and Freedoms are respected. The services of the Commission are free.

The Commission has a special team dealing with exploitation of the elderly, so ask to speak to a member of this team.

If you are a relative, friend, neighbour, volunteer or someone else who knows the elderly person, you should know that you don't need the victim's consent to alert the Commission.

If it appears there has been exploitation, the Commission will investigate the situation. This investigation involves speaking to the people involved to get their versions of the facts.

The Commission will work with everyone concerned to try to improve the situation. If necessary, the Commission will work with other groups, such as health and social service agencies, to put in place support measures for the elderly person. During an investigation, the Commission can inform the Public Curator that the person seems to be unable to take care of themselves and requires protection.

If no agreement can be reached, the Commission can ask a court to order emergency measures to protect the elderly person. If the person is a victim of physical violence, the Commission can also report the situation to the police.

You can also call [Aide Abus Aînés](#), a bilingual, confidential help line and referral service for seniors who are victims of exploitation, abuse or neglect, and their families, friends, neighbours and the general population. Call either 1-888-489-2287 or 514-489-2287 in Montreal.

You can contact your [local CLSC](#) (community services centre). Click on the link or see your phone book for the CLSC in your area.

Anakim Castilloux,
Proximity worker for seniors

RENT INCREASES – RIGHTS OF THE LESSOR AND LESSEE



At every lease renewal, the landlord has the right to increase the monthly rent of your dwelling to adjust it for the cost of living. However, it's possible that the landlord's proposed increase is too significant and that you consider the amount to be unreasonable. Even though they own the space, the Lessor must justify the rent increase and officially provide a written request. You have the right to refuse the increase requested by writing and to get to an agreement on a different amount. Here's what increase percentages are suggested by the Régie du logement, according to the type of dwelling:

Type of dwelling	Average rent increase in 2023
Unheated dwelling	+2,3 %
Heated by electricity	+2,8 %
Heated by gas	+4,50 %
By heating oil	+7,30 %

If, in addition to the increase in taxes, the Lessor has had to [undertake major work](#), it is possible that the requested rent increase reaches **4.5%**. In short, for a monthly rent of 700 \$, your new rent can reach an amount between **723\$ and 749\$**.

“Major work” refers to substantial improvements or repairs to a dwelling, whether it's indoors or outdoors.

If the owners decide to undertake major work during the term of the lease, they cannot [raise the rent](#) before the lease ends. They'll have to wait until the end of the lease to do so. They also cannot change any other conditions in the lease during the term of the lease.

In addition, once the work is completed, you can expect to find your dwelling in a **clean condition**, as the landlord will have the right to expect a **clean dwelling** if you leave.

Leasing period	Deadline for the rent increase request
Lease of 12 months or more	3 to 6 months before the end of the lease
Lease of less than 12 months	1 to 2 months before the end of the lease

Usually, in Québec, the term for a residential lease is 12 months. If your landlord does not respect these time frames, the lease is automatically renewed with the same terms as the previous lease agreement. Consequently, the rent for your dwelling stays the same.

(Source : Régie du logement and JuriGo.ca)

COMMUNITY IMPLICATION



Would you like to get involved in your community?

Freshly retired or just more time in your day-to-day life?

We have several services for seniors, families and people with medical needs. For each of these services, we always need volunteers. The precious time you can give, whether it's a few hours a week or a month, helps far more than you might think.

A gesture, a smile, an outstretched hand, a reassuring exchange brings comfort and security to the person accompanied during a medical appointment.

A moment's respite for a parent, helping to organize the Friperie des Tout-P'tits, folding the newsletter, decorating for annual events, translating documents, helping to cook P'tits plats givrés or simply distributing them these moments of volunteerism are as precious as nuggets of gold.

We invite you to spread the word, visit our website and take a look at the registration form:

<https://www.cabst-simeon-port-daniel.com/boutique/create-account-benevole.php>

When you complete it and press send, it will give us a good idea of your interest in volunteering. Our most pressing needs at the moment are in New Carlisle, Paspébiac, St-Godefroi and Port-Daniel.

You could join our wonderful family of volunteers!

Diane Horth,
volunteer management



NEWS FROM P'TIT BONHEUR



The P'tit Bonheur would like to inform you that we still accept donations for furniture, appliances and anything that can be useful in the furnishing of apartments. We proceed by pairing the available donations to the people who need them. Please note that we do not have storage space, nor do we have any means of transportation. The logistics for these exchanges have been agreed between the two parties by phone. The P'tit Bonheur keeps an updated list for this purpose: (418) 752-5577 #4.

We'd like to remind you of all the services offered by the P'tit Bonheur:

- ⇒ Support, Listening and Advice
- ⇒ Rental / Loan of baby equipment
- ⇒ Respite / Childcare
- ⇒ Transport Accompaniment
- ⇒ Dépannage (milk, diapers, clothing)



Anyone who's interested in giving a few hours of their time to volunteer with our organization can fill out the form that's available on our website : https://www.cabst-simeon-port-daniel.com/boutique/create_account_benevole.php Once the form filled, we'll then contact you for an interview.

Any donation of goods, clothing, accessories, and equipment for children from 0 to 6 years old can be dropped in one of the two identified bins behind the CAB office.

Since taking office, last June, I've noticed that your commitment and your compassion towards families in need have had an outstanding impact. Your tireless efforts and precious time make a real difference in the lives of so many people.

Thanks to you, some families find hope, comfort, and crucial support. It's also because of you if the CAB can offer all these important services. Your actions are a source of inspiration. Volunteering is the art of giving heart and time freely, you are good model for us all.

Know that you make a difference, and for that we are grateful to you.

We all know people who aren't aware of the services we offer. We invite you to pass on this information to your friends, family, and colleagues and to contact us if you have any questions.

With our deepest thanks,

Pauline Landry
Intervenor parental support

Tuesday to Friday 8 am to 4 pm



LITTLE FROZEN MEALS



Happy autumn to you all,

Yes, we're already there, summer has flown by! It's important to remember that you have to make the most of every season and every moment!

I am back after two months of absence, not on vacation, but due to a lack of funding. Unfortunately, this is a harsh reality for community organizations.

When I first arrived, I noticed an increase in requests for The little frozen meals. Certainly, people's needs are changing, and we're there to help them get healthy, inexpensive meals. An alternative for the people reached, they keep their autonomy and maintain their home, on an occasional or regular basis, depending on their needs.

There are two ways to purchase them: directly from the CAB, or opt for the bi-weekly home delivery service. The cost is \$5/plate and \$1.50/soup.

You, volunteers, people reached, you who read this newsletter, you may know someone who does not know this service, talk about it around you. You, caregivers, could benefit from this service, as it's not always an easy task with your work, your daily routine. Lightening your load with a few meals for the person you care for could be more than beneficial. For those of you who are recovering from illness, or for families in special situations, we can also take some of the workload off your shoulders! Don't hesitate to contact us for more information, and above all, tell them about our Little frozen meals!

Even in summer, the volunteers are hard at work. Throughout the year, they remain active. I'd like to thank them for their time and hard work, demanding but so rewarding. And let's not forget those who make the delivery, rain or shine, they're there! Volunteers often say to me... we're doing it for the cause and we're helping our fellow man!



Little Frozen Meals:

an essential need for our community!

**Diane Horth,
Intervenor**

BIRTHDAYS



SEPTEMBER

Paquet, Chantal	01
Poirier, Hélène	06
Langlois, Andréa	07
Arsenault, Thérèse	08
Babin, Lise	10
Duguay, Micheline	12
Bergeron, Francine	13
Bourdages, Lucette	16
Roy, Gilles	18
Grenier, Albert	18
Lamy, Suzanne	19
Marcoux, Lisette	21
Major, Diane	22
Dugdale, 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
Lapointe, Tammy	23
Lévesque, Lyne	28
Bujold, Blanche	29
Dorion, Gabrielle	30

NOVEMBER

Bourdages, Alma	05
Bourdages, Jacqueline	06
Bourdages, Doréanne	06
Roussy-Assels, Andréa	07
Coulombe, Clément	14
Allain, Yvon	16
Gignac, Colette	19
Huard, Émilie	19
Murray-Guignon, Sharon	21
Langlois, Jacinthe	22
Gagnon, Gérald	23
Corbet, Alexandrine	24
Boissonnault, Gaétane	27
Corbet, Julia	29



Little thoughts...

DECEMBER

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

Helping others it's like a rainbow in someone cloud.

-Maya Angelou

Kindness is the language that the deaf can hear and the blind can see.

- Mark Twain





OUR SPONSORS



Municipalité de New Carlisle
138, Boul. Gérard-D-Levesque
New Carlisle (Qc) G0C 1Z0
Tél. : 418 752-3141



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
Saint-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 Marc-Étienne 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

