

# NEW LETTER

VOL. 35 NUMBER 2 — APRIL 2023



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

**LET'S VOLUNTEER**

**IN UNISON!**

**NATIONAL VOLUNTEER WEEK**  
April 16-22, 2023 **49<sup>th</sup>**  
EDITION

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## TO CONTACT US



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

**418-752-5577**

- ◆ Reception, transport-accompagnement and other services : Chantal ext. 2
- ◆ Administrative assistant and Meals on Wheels : Sylvia ext. 3
- ◆ P'tit Bonheur : ext. 4
- ◆ Little Frozen Meals : Diane ext. 5
- ◆ To become a volunteer and for volunteer manager : Diane ext. 5
- ◆ Support for caregivers of seniors : Liza ext. 6
- ◆ Outreach worker for seniors 581-233-0866
- ◆ Executive director : Nathalie ext. 7

For immediate assistance, press 0

Site Web: [www.cabst-simeon-port-daniel.com](http://www.cabst-simeon-port-daniel.com)

Facebook: <https://www.facebook.com/cab.saint.simeon.port-daniel>

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



## WORD FROM THE PRESIDENT



Hello,

The board of directors and the staff are happy because we will be having a brunch, life is picking up and it is very enjoyable. In the springtime, life starts moving forward and it feels good.

The theme of volunteer week is, **VOLUNTEER IN UNISON!**

This theme makes me think of people in a choir. Did you know that choir singing, among other benefits, helps develop and maintain all of our cognitive functions. It is a very good exercise for the brain as Pierre Lemarquis, neurologist and author of the book "Serenade for a musical brain", explains. Other benefits, which I found in my Google searches: good for physical health (breathing, control of gastric reflux), keeps one in a good mood, increases intergenerational solidarity, etc.

So I can say that volunteering is very positive and good for all of us.

Thank you all, dear volunteers!

A little thought :

There is no winter without snow, no spring without sun, and no joy without being shared. (Serbian proverb)

Let's volunteer in unison!

Annie Léonard  
President





## WORD FROM THE DIRECTOR



Hello to you all,

A year that is ending for your Volunteer Center with somewhat worrying files, we only have to think about funding. The last provincial budget did not reassure us about PSOC funding, our global mission, wishing that we had not understood all these figures correctly. Another funding that concerns us, the Little frozen meals, funded since its inception by the Alliances (plan to fight poverty), as the implementation of the new plan has been postponed for a year, the funding is no longer and no transitional measures for the moment for the projects in action, including the Little frozen meals for our organization. It is more than 200 people who use this food service on a regular or occasional basis, quite a challenge and yet we have not remained inactive without looking for solutions with our various partners, including the social development team of the MRC Bonaventure. Therefore, we will continue to look for solutions at the beginning of the fiscal year in order to ensure a response to the needs of these very often vulnerable people.

The volunteer week is at our doors, finally we will have a gathering activity with our members, our last breakfast was in 2019. For us, the whole team of the center and for you dear volunteers, these are precious moments where we have the pleasure to exchange together and especially to recognize in a more official way your commitment in the community, the benefits of your actions which are beneficial for the whole community. Don't forget to reserve your place, it's important!

Let's volunteer in unison, a beautiful theme that reminds us of the importance for a community to carry out common actions, to advance together, to support causes, people and ideas.

It is in unison that the entire team of the Volunteer Centre invites you to continue to make your volunteer actions shine and thanks you for your precious commitment to those people in the community who need it.

Happy Volunteer Week and thank you for volunteering in unison!

Nathalie Bujold, director



# NATIONAL VOLUNTEER WEEK 2023



THEME:

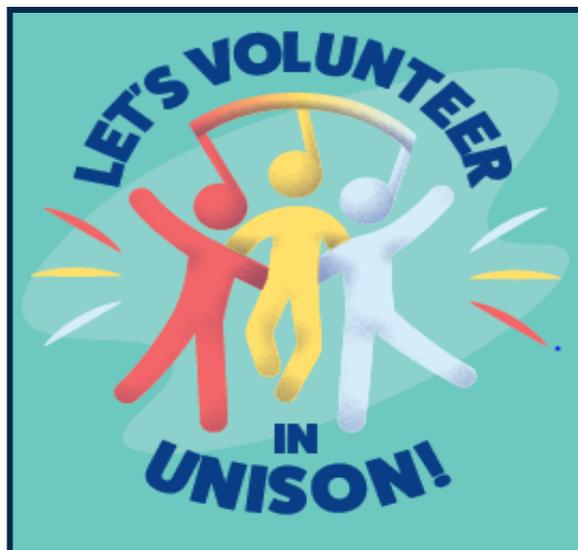
## LET'S VOLUNTEER IN UNISON !

Volunteering is a movement, a multitude of actions carried out by people who have a shared goal to nourish communities in which mutual aid and solidarity shine.

Volunteering unites us in a common vision of participating where each action makes the next one shine brighter. Regardless of the time commitment or the cause, volunteer involvement has an impact on society and contributes to communities that are more rich and diverse.

Volunteering brings voices together, blends their unique sounds into a concert that resonates across the province.

To be a part of volunteerism is to join an buoyant movement where it feels good to give and receive, no matter the extent or nature of your contribution. When it comes to the heart, there are no small gestures. We can all contribute in our own way, and yet volunteer in unison.



## OUTREACH WORKER FOR SENIORS



### TAKE ADVANTAGE OF SOME TAX BENEFITS AVAILABLE FOR YOU

Did you know that there are certain tax benefits for those 60 and over that you may be entitled to?

In Quebec, one out of two seniors are living on less than \$20,000 per year and 80% receive the Guaranteed Income Supplement. Some cannot afford to buy the necessary equipment that would improve their daily lives.

It's hard to imagine having an active social life with dentures that always fall out, hearing aids that don't fit, or glasses that no longer match your vision. So, here's some information that could save you money.

#### AGE 60 AND UP:

Career extension tax credit

#### AGE 65 AND OLDER:

Amount allowed due to age

Deduction for early retirement transferred to spouse

#### FROM AGE 70:

Tax credit for home support for seniors

Tax credit for support to seniors

Tax credit for expenses incurred by a senior to maintain his or her autonomy

For more information there is the site [justepourtous.revenuquebec.ca/en/](http://justepourtous.revenuquebec.ca/en/), designed by Revenue Quebec to help you with your income tax return.

You can also call me at 581-233-0866, it will be my pleasure to guide you through the process.

Source: Virage magazine, spring 2023

Anakim Castilloux, Outreach Worker 65 years old +





## COMMUNITY SUPPORT AND VOLUNTEER MANAGEMENT

We're already into volunteer week!

You who are involved in our organization: whether it is:

- \* transportation accompaniment,
- \* Meals on Wheels (delivery and responsible),
- \* the volunteer committee for seniors,
- \* the friendly call,
- \* the friendly visit,
- \* small occasional services,
- \* technical and punctual support,
- \* help with forms,
- \* translation and correction of documents,
- \* P'tit Bonheur (transportation accompaniment, respite care, equipment cleaning),
- \* The Little frozen meals (cook's help, delivery, preparation of orders)
- \* the board of directors,



you all have our gratitude! It is important to recruit people who believe in our mission!

**You told me that, as volunteers, you feel accomplished and you like helping others: it's all to your honour!** Thanks to you, our organization can offer support to vulnerable people in our territory.

During this volunteer week, know that all year long, you have our full appreciation!

**Volunteering is a free and voluntary gift of self. For all those who join us, it is because of you that our center exists THANK YOU!**

**Diane Horth,**  
head of volunteer management





## RECEPTION AND OTHER HOME SERVICES

Almost a year ago, I moved to your beautiful region of Gaspésie. Your welcome as well as that of my work team warmed my heart! Many of you have already met me at the reception desk at the center or spoken to me on the phone.

Indeed, I am responsible for the Reception, the Accompaniment/transport, SécuritéCAB as well as various home services and volunteer committees for seniors.

The Volunteer Centre offers a wide variety of services to break the isolation and to make our seniors feel safe.

I would like to tell you about **SécuritéCAB**.

This daily automated call service is **free** and reassuring. The member chooses the time of their daily call and when they call, they will hear the following message:



"Hello to you! This is a daily monitoring call from your SecuriCAB. If you are not feeling well, hang up immediately and I will send help to you. However, if all is well, press 1. Have a great day!"

In the event that there is no answer or the member hangs up, then SecuriCAB will issue an alert to the Volunteer Center so that I can contact your respondents.

If you are interested in these services or any of these services, please contact me for more information and I will be happy to answer your questions.

I would like to take this opportunity to **thank all our volunteers** without whom these services could not be offered to the population.

Chantal Poirier  
reception and others home services.





## LITTLE FROZEN MEALS

### MENU :

- |                                |                |                       |
|--------------------------------|----------------|-----------------------|
| ◆ Chicken breast               | Lasagna        | Italian meatballs     |
| ◆ Meatball Stew                | Cod filet      | Macaroni and cheese   |
| ◆ Chinese noodles with chicken | Shepherd's pie | Pork tenderloin       |
| ◆ Pineapple ham                | Salmon pie     | Salted cod fish cakes |
| ◆ Vegetable beef soup          | Pea soup       | Chicken barley soup   |

**These Little Frozen Meals are healthy, practical and economical !**

Hello to you all,

The preparation of the Little frozen meals is hard and physical work in the kitchen. Several volunteers participate and take turns every week. For them, feeling useful is one of their motivations. The work is concrete and they see the direct link with the service offered.

Thank you, dear volunteers, for giving of your time!

The Little frozen meals are an excellent home-support alternative. Depending on the needs, some people take it for 2 meals/day, others 1 meal/day. They manage their menu themselves.

For distribution, they have the choice of picking up their order at the CAB or otherwise, we offer home delivery service every two weeks. Some, following a request for another service, were made aware of this service and joined it. Many are unaware of all the opportunities CAB has to offer for home-support. If you see or hear people who might have needs, tell them about us!

At any time, a need may arise concerning your diet, the Little frozen meals could be one of the solutions to lighten your tasks, your daily life, for you targeted people or caregivers.

**Diane Horth,**  
little frozen meals coordinator





## SUPPORT FOR CAREGIVERS OF SENIORS THE FIREFLIES

**Appui**  
proches aidants

### Whose spring is it?

The March sun is melting the snow, the sap is flowing from the maple trees, the days are getting longer: if these signs of the upcoming arrival of beautiful days don't give you the feeling of life being reborn, spring may be here, but you are not. Perhaps you are too preoccupied with your work, too exhausted to appreciate the good weather.

You are taking care of a loved one, a spouse, a parent, a friend. This situation requires time, energy and creates concerns, problems to be solved and you become overwhelmed, swamped by all these obligations. Tell yourself that you are not alone, the Caregiver Support Program for Seniors is there for you.

Get out of the house for something other than grocery shopping, pharmacy and medical appointments. Meet people who are going through the same thing as you and who are supportive. To be listened to in a confidential way, to relax, to think, to change your mind, to share a good moment in a caring way, to find some answers to your questions: this is what we offer you.

This program is new and has started two and a half months late (due to a lack of staff). The work is done on a two-day/week basis. Nevertheless, we are on our fifth coffee meeting, a talk on health, an information session from Service Canada and Revenue Canada and we will soon receive the Community Justice Centre to help us protect ourselves against fraud of all kinds. Next, CALACS will present a workshop on Healthy and Positive Sexuality for Seniors and other activities will follow.

We also offer respite so that caregivers can attend our meetings in peace and quiet and we hope with all our heart that they can enjoy the good weather.

**Liza Garant,**  
support for caregivers of seniors





## Birthday



### MAY

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

### JUNE

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

### JULY

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

### AUGUST

Gauthier, Solange	01
Lepage, Sylvie	01
Aspirot, Angela	01
Arsenault, Colette	04
Chapados, Céline	04
Chapados, Linda	08
Bourdages, Manon	10
Duguay, Dolorès	13
Chapados, Irène	15
Journeau, Lorna	15
Cayouette, Liette	15
Mace, Sandra	18
Huard, Édith	23
Lebrasseur, Serge	28
Le Gresley, Faye	29



### OUR LITTLE THOUGHT...

*Kindness in words creates confidence.  
Kindness in thinking creates profoundness.  
Kindness in giving in giving creates.*

*Lao-Tseu*





## OUR SPONSORS



### Municipalité de New Carlisle

138, boul. Gérard-D.-Levesque,  
C.P. 40  
New Carlisle (Qc) G0C 1Z0

Tél.: 418 752-3141



Pharmacie Denis Babin  
86, boul. Gérard-D.-Levesque Ouest  
Paspébiac (Qc) G0C 2K0

Tél.: 418-752-6635

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Port-Daniel (Qc) G0C 2N0

Tél.: 418-396-2866



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

Tél.: 418-752-2277



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

Tél.: 418-534-2155  
Télé. : 418-534-3830



À votre service depuis plus de 30 ans...

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

Tél.: 418-534-2191



### RESTAURANT La Maison du M' Burger

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

Tél.: 418-752-6121

