

# L'INTER COEURS

VOLUME 50, N° 1 – APRIL 2024

We wish you a wonderful spring!



Centre d'action bénévole  
**LE HAUBAN**

## A WORD FROM THE PRESIDENT

Hello everyone,

It's been an extraordinary winter, and we've been dreaming of spring that's just around the corner. And spring means Easter, with its delicious chocolates and renewal that gives us wings.

And your volunteer center has wings - I'd even go so far as to say it's got wind in its sails, with our super director and our dedicated employees who aren't afraid to take on new challenges. Everyone pitched in, and SecuriCAB was born of this collective effort. This system was put in place to ensure the well-being of our seniors in their own homes, always with a view to improving their living conditions and safety.

And what can we say about our wonderful volunteers, who are as loyal and committed as ever. Above all, volunteering is a story of love for oneself and for others. It's about bringing your spark to a place where more light will always be needed. So we can say loud and clear that volunteering is brilliant, which is also the theme of the 50th edition of Volunteer Week 2024, which highlights the importance of each and every volunteer.

Thank you all, you are so precious.

In closing, the members of your Board of Directors are as proactive as ever, looking for solutions and full of ideas. Thanks, gang, it's a pleasure to work together.

Have a good spring, and we look forward to seeing you!

Cécile Joncas, President



## A WORD FROM THE GENERAL MANAGER

Hello dear readers of Inter Cœurs,

The month of March is already ending, it's incredible how quickly time flies. Spring is here and our dedicated team remains committed to carrying out the center's mission and meeting the many needs of seniors.

A lot of work has also come from our tax assistance service which was back this year. Several clinics were organized throughout our territory, as well as in seniors' residences. This service helps hundreds of people file their tax returns. A huge thank you to the dedicated volunteers who invest a lot of time in this service.

The end of March also marks the end of our financial year. Now is the time to think about taking stock of the activities carried out in 2023-2024 and to plan our annual general meeting. Besides, you will be informed of the date soon but I can already tell you that a few positions will need to be filled within the board of directors. If you are interested in administrator experience and have been involved with CAB for some time, do not hesitate to contact me to find out more about the roles and responsibilities of administrators as well as how to apply.

Following the strategic planning begun in the fall of 2023, the work team and members of the board of directors targeted the priorities to work on during the year 2024-2025. The strategic map extends over 5

years and covers several projects, including internal operations, transport support, food services, recruitment and management of volunteers, communication and fundraising activities. In short, this planning will be presented at the AGM and you will be able to see all the great challenges that await us.

In closing, I would like to take the time to say a BIG THANK YOU to the employees of the Center. I appreciate the dynamism of the group, the listening and mutual assistance coming from each and every one. We regularly have to turn around at great speed in certain situations, and they do it with great professionalism. In a world where criticism is omnipresent, it is easy to give up. So it is appropriate to thank this dedicated, attentive and competent team. Jessie, Benoit, Sandra, Émilie and Israel, you do a colossal job and I feel it is my duty to express my deep gratitude to you. Individual performances are not the most important to me. We succeed as a team.

Obviously, I salute the members of the board of directors who support us in our actions and our everyday challenges. And to you precious volunteers, you know how much admiration I have for each and every one of you. Even if I don't see you every day to show you this, know that in my heart you have a very important place. Thank you from the bottom of my heart for responding to the numerous requests for accompaniment-transport, meal deliveries, etc. You make a big difference and we look forward to seeing you at our next Volunteer Week activities.

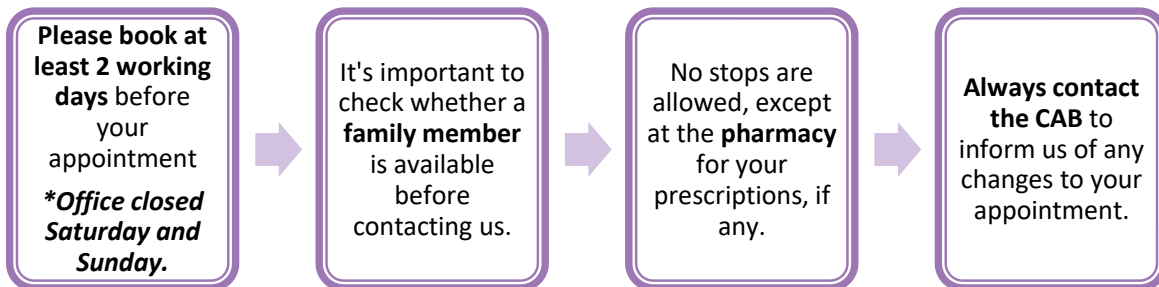
Kind regards,

Monia Denis, general director

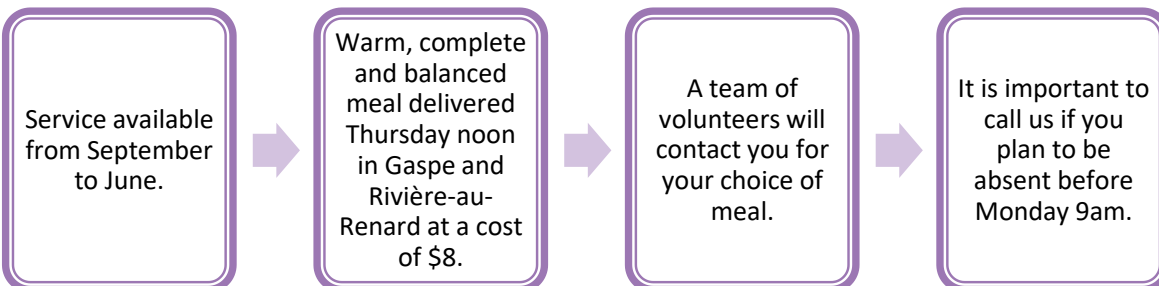


## INDIVIDUAL SUPPORT

### Accompaniment-transport:



### Meals on Wheels:






## NEW SERVICE OFFERED BY YOUR VOLUNTEER CENTER

The team at the Le Hauban Volunteer Action Center inc. is very proud to present its brand new service: SécuriCAB.

SécuriCAB is an automated call service aimed at the safety of seniors living alone. And it's FREE.

SécuriCAB was developed for all seniors in Quebec wishing to benefit from this service in order to detect emergencies and offer greater security and peace of mind for themselves and their loved ones.

Three types of reminders offered:

-  Medication recall
-  Food recall
-  Security calls



Do not hesitate to contact us for more details and/or to register. Don't hesitate to share this good news with your loved ones and friends!

Contact Sandra Denis by calling 418 368-6634, extension 4 or at the email address [reception@cabgaspe.com](mailto:reception@cabgaspe.com)

## SUPPORT FOR CAREGIVERS – LE RELAIS

A reading suggestion also available in audio format. To access it, scan the QR code or enter the following link in your browser bar.

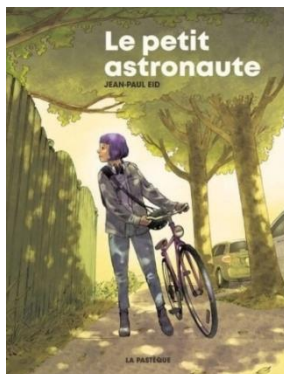


<https://ici.radio-canada.ca/ohdio/livres-audio/105933/le-petit-astronaute>

It is also possible to order a paper version from the ALPHA bookstore with the following code: ISBN: 9782897771034

### The little astronaut

Audio novel



Every year, Juliette goes to the neighborhood where she grew up. When she discovers that her childhood home is for sale, she decides to push open the front door and visit her past. Throughout the rooms, cupboards and creaking doors, memories of her childhood resurface with her parents, her friends, and her brother Tom, the little astronaut.

Himself the father of a disabled child, the cartoonist Jean-Paul Eid was inspired by his own story to tell that of the little astronaut.

A gentle and poetic story where we evoke childhood, diagnosis, difference and the links that unite us.

Israel LeGuédard, responsible for caregivers  
418 368-6634, extension 1 or [lerelais@cabgaspe.com](mailto:lerelais@cabgaspe.com)

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## A WORD FROM THE FROZEN MEAL MANAGER

Hello everyone, every month we deliver frozen meals. At this time, we contact all beneficiaries registered for the service to verify their needs. The next delivery dates are **April 19, 2024, May 17, 2024, June 14, 2024, July 12, 2024 and August 9, 2024**. If you run out of meals between deliveries, you can contact us to order. We will schedule a delivery to your home. Also, you or a member of your family can come directly to our offices to pick up your meals. Please note that due to limited meal inventory, we may have to offer a maximum quantity of dishes. The demand for the service is constantly increasing, we do our best to meet the needs of as many people as possible.

As for payment, it must be made in **cash** or by **check** made out to **Vision Gaspé-Percé Now**. If you do not have the exact amount upon delivery, an invoice will be sent to you at the end of the month to avoid errors on our part. Starting **April 1st**, there will be a change in meal prices. **Soups and desserts will be \$1, while main meals will be \$4.**

I would like to thank all the volunteers involved in serving frozen meals. There are approximately 45 volunteers who get involved throughout the year in all areas of the service (cooking, meal packaging, delivery preparation and delivery). Your involvement is valuable to us. Thank you for everything!

Émilie Nadeau, responsible for frozen meals



## ACTIVITY OF MEMBER VOLUNTEERS

On February 9, the monthly activities of member volunteers were relaunched. The beautiful temperature and good humor were there during the snowshoe hike on the new Trail of Legends. Special mention to the collective volunteers who were there to guide us and talk to us about the project!

A next activity will take place shortly, you will receive an invitation very soon. You have ideas for activities, let Benoit know by contacting him at the office.



*Volunteers participating in the snowshoeing activity on the trail of legends on February 9, 2024.*



*Mr. Jean-Marc Hardy explaining one of the many legends of the trail.*

## VOLUNTEER WEEK 2024

### 50th edition of Volunteer Week under the theme **Volunteering is Brilliant!**

Volunteering means spreading your values and talents; it is this multidimensional gesture that naturally gives meaning to the place we occupy in our communities. By getting involved with the causes that motivate us, we anchor ourselves in a living environment and contribute to a changing society.

Volunteering your time is an ingenious way of developing our skills, confirming our strengths and meeting a plurality of personalities who will enlighten us.

Taking part in voluntary action means bringing your spark where we will always need more light. And if shining means standing out brilliantly, we can say loud and clear that volunteering is brilliant!

From April 14 to 20, we will celebrate this wonderful week with you. Dear volunteers, be on the lookout, you will receive an invitation shortly to register for the SAB brunch. The committee members have some nice surprises in store for you!

A virtual activity will also be offered free of charge with this year's spokesperson: Guillaume Pineault.

Happy National Volunteer Week!

Benoit Bond, volunteer support coordinator



## VOLUNTEERS OF THE MONTH




**November** : Mr. Ronald Mundle et Mr. Jocelyn Martel  
**December** : Ms. Louise Rivet et Ms. Tanya Perry  
**January** : Ms. Colette Cotton et Mr. Benjamin Trudel  
**February** : Mr. Jean Fagiolo et Ms. Rolande Denis  
**March** : Mr. Jacques Laurent et Ms. Céline Denis



Congratulations and thank you for your valuable involvement.  
You now have the chance to win the title of Volunteer of the Year 2024.

# JOYEUX ANNIVERSAIRE À NOS PRÉCIEUX BÉNÉVOLES

APRIL	MAY	JUNE	JULY
1 <sup>er</sup> . Louis Beaulieu 6. Claire Synnott 9. Jacques Laurent 12. Jacques Plourde 16. Magella Denis 18. Claude-Émilie Cotton 21. Antoine Cloutier 30. Maryse Arsenault	5. Patrick Fallu 21. Mireille Labbé	5. Jocelyne Martel 6. Jean-Yves Dupuis 9. Ronald Mundle 9. Marie-France Élément 17. Jean-Marc Hardy 17. Liette Dupuis 18. France Côté (AAG) 18. Ruth Fournier 19. Diane Bourdages 20. Danielle Tremblay 27. Yvon Ouellet 30. Denis Poirier	2. France Collin 3. Anne-Marie Synnott-Langlois 3. Danielle Haché 17. Ginette Plourde 22. Stéphanie Côté 25. Cécile Joncas 26. Amina Bara 28. Sophia Trudel



## IMPORTANT DATES TO REMEMBER

- 🚲 **March 29, 2024 and April 1, 2024:** Office closed for Easter break.
- 🚲 **April 14 to 20, 2024:** Volunteer Week 2024.
- 🚲 **May 20, 2024:** Office closed for Patriots Day.
- 🚲 **May 30, 2024 at 7 p.m.:** Play "The Lives of Others".
- 🚲 **June 20, 2024:** Last delivery of meals on wheels for Gaspé and Rivière-au-Renard.
- 🚲 **June 24, 2024:** Office closed for the national holiday.
- 🚲 **July 1, 2024:** Office closed for Canada Day.

## WELCOME TO NEW VOLUNTEERS

It is with enthusiasm that we welcome new member volunteers to the big CAB family: Ms. Chourouk Mami, Ms. Diane Ouellet, Ms. Thérèse Reeves, Ms. Lina Scott and Ms. Gabrielle Vallerand.



## NOT TO BE MISSED ON MAY 30: LA VIE DES AUTRES

A play presented by PARMINOÛ which aims to convince people of the importance of caring about those around them and taking actions that can make a difference in the safety of people.

THEMES	TARGET AUDIENCE	DURATION
<ul style="list-style-type: none"><li>• The importance of safety between neighbors</li><li>• The importance of human contact</li><li>• Isolation</li></ul>	Adults (suitable for the general public)	60 minutes

Goodwill between neighbors is simpler than we think. It can be learned and even practiced! Dealing with this serious subject with a humorous approach, the play THE LIVES OF OTHERS makes you think and read between the laughs.

You will meet characters who are faced with the need to look out for each other. They will experience situations that will lead them to question their distrust, their need to be quiet, their “I mind my own business!” » which are ways of thinking that maintain peace, but at what cost?

Let yourself be carried away by the story of Stéphanie, Rachel, Chantal and the others, because THE LIVES OF OTHERS isn't just to be looked at, it's about us too!

This piece was created in collaboration with the Témis Region Volunteer Action Center and will be presented to you in Gaspé on May 30 at 7 p.m., at the Gaspé Creation and Diffusion Center.

The Le Hauban Volunteer Action Center inc. is proud to offer you this play absolutely free, thanks to a grant awarded as part of the Éclaireurs-Veilleurs program of the CISSS de la Gaspésie. Simply go to the website of the Center de Création Diffusion de Gaspé to reserve your tickets online from April 15 using the following link : <https://ccdg-location.tuxedobillet.com/main/la-vie-des-autres>

Welcome everyone.

Contact Monia Denis for more details at 418 368-6634, extension 2 or [direction@cabagspe.com](mailto:direction@cabagspe.com)

