

L'INTER COEURS

VOLUME 49, N° 3 – DECEMBER 2023

The team at Centre d'action bénévole
Le Hauban would like to wish you a
very happy holiday season!



Centre d'action bénévole
LE HAUBAN



A WORD FROM THE PRESIDENT

Hello to all of you,

The year 2023 is coming to an end and Mother Nature has spoiled us because we had a very beautiful autumn. The days are getting shorter and preparing us for the beautiful period that is coming. We slowly, with excitement, put ourselves into “holiday preparation” mode. Every year, I find my child's heart because the magic of Christmas still exists and for a long time, I hope.

Your CAB is still very active and overall, our financial situation is good but as they say, we don't “sit on our laurels”. The board of directors and our director continue to work very hard.

The CAB also pays great attention to the well-being of our seniors by maintaining all our services, as much as possible. I cannot ignore the work of all our generous volunteers, always loyal to the post and ready to get involved, day after day. Recruiting them always constitutes a challenge for the CAB in order to be able to maintain services, in our large territory and more particularly in the Rivière-au-Renard sector and surrounding areas.

To all our great employees and all our valuable volunteers, I say a huge THANK YOU for your support, your commitment and your contribution. It is a privilege to work with you.

In closing, all members of the board of directors join me in offering you our best wishes for health, love, happiness and peace. Spend beautiful moments with all those who are so dear to your hearts.

Merry Christmas and Happy New Year 2024.

Cécile Joncas, president



MESSAGE FROM THE GENERAL DIRECTOR

Hello to all of you,

Every year, fall is busy, bringing with it an aura of anticipation and renewal. This is the time when minds are sharpened and new adventures are on the horizon. Fall is not only about resuming activities, it is also a period of transition. It's an opportunity to question oneself, set new goals and dive into new achievements. It is a time when we can reflect on our past experiences, learn lessons, and move forward with determination.

Finally, fall reminds us of the importance of adaptability. In an ever-changing world, being ready to learn new skills and take on new challenges is essential. Autumn embodies this principle of adaptation and encourages us to approach change with optimism.

It is with this in mind that the members of the board of directors and staff participated in a strategic planning process, supervised by a consultant. This exercise served to:

- Establish the organization's issues
- Define priority directions and objectives
- Establish an action plan and draw up a list of major projects

To conclude this important process, a meeting in the form of a retreat took place on November 23. Further details will be communicated to you to this effect shortly.

A look back at the 2023 AGM

You were 22 members who participated in the 2023 CAB AGM, which took place on September 21. We would like to thank you for this important participation.

This was also an opportunity for members to designate the people who will act as administrators for 2023-2024. Thank you to the following people for accepting this mandate:

President: Cécile Joncas

Vice-president: Caroline Brillant

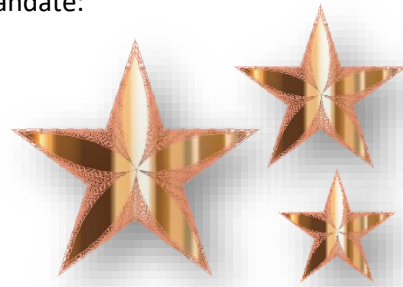
Secretary: France Côté (Wakeham)

Treasurer: Denis Bernier

Administrator: Magella Denis

Administrator: France Côté (Anse-au-Griffon)

Administrator: Marie Cassivi



I would like to take this opportunity to thank Ms. Tanya Jalbert Samson and Mr. Laurent Juneau who have completed their mandate. Thank you for your contribution over the last few years, it was a real pleasure working alongside you.

COMMITTEES 2023-2024:

- Committee on Recognition and Recruitment
- Friendly visits committee

There is still time to express your interest in getting involved on one of our committees. Contact us for more information!

To all of you, I wish a wonderful end to autumn and a wonderful holiday season. We look forward to seeing you during the next activities that will be suggested to you.

Take care of yourself

Monia Denis, general director





INDIVIDUAL SUPPORT

Accompaniment-transport:

Please book at least 2 working days before your appointment
***Office closed Saturday and Sunday.**

It's important to check whether a **family member** is available before contacting us.

No stops are allowed, except at the **pharmacy** for your prescriptions, if any.

Always contact the CAB to inform us of any changes to your appointment.

Meals on Wheels:

Service available from September to June.

Warm, complete and balanced meal delivered Thursday noon in Gaspé and Rivière-au-Renard at a cost of \$8.

A team of volunteers will contact you for your choice of meal.

It is important to call us if you plan to be absent before Monday 9am.

For any information, contact Jessie Perry at 418 368-6634, ext. 5.



NEW SERVICE – SÉCURICAB: SENIORS IN COMPLETE SAFETY

What is SécuriCAB?

SécuriCAB offers **automated call services to seniors** to ensure their well-being at home. Whether through safety calls or any other reminder essential to the health of the senior (diet, medications), **SécuriCAB is there for you.**

How to benefit from SécuriCAB?

Nothing could be simpler to take advantage of this service. Contact Sandra Denis at 418 368-6634, ext. 4 or at reception@cabgaspé.com

SecuriCAB is a free service

This bilingual service is completely free and accessible to all seniors who wish to benefit from it.

With SécuriCAB, seniors can now stay at home as long as possible in optimal conditions thanks to automated calls.



SUPPORT FOR CAREGIVERS – LE RELAIS

On November 7, as part of National Caregivers Week, a day of rejuvenation was held.

With the Horizon team, an outdoor health service, we held two outdoor activities whose themes were life balance and resilience. It was a day enjoyed by the participants. It is good to take time to recharge our batteries when we are caregivers and this time is rare for us.

If you are one of the 1,500,000 people in Quebec who give their time for a family member, a loved one or a friend, you can contact us to discuss it, ask your questions or even ask for respite. We are here for you!

Happy winter season!

Israel LeGuédard, responsible for caregivers

418 368-6634, ext. 1 or lerelais@cabgaspe.com



A WORD FROM THE FROZEN MEAL MANAGER

Let me introduce myself, Émilie Nadeau from Gaspé, graduating in Natural Sciences at Cégep de Gaspé. For a period of approximately 33 weeks, I will be responsible for the frozen meal service. I will be in the office **Tuesday, Wednesday and Thursday from 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m.** You can reach me at **418 368-6634, ext. 6** or by email at employee@cabgaspe.com

I am grateful to have gotten the position as Frozen Meals Manager because it is important to me to be involved in our community. In addition, my presence will help the entire CAB team in the organization of this essential service. I look forward to meeting the seniors we help, as well as all the partners we work with. We must not forget the volunteers, since without them the various CAB services could not be provided to seniors. I will be happy to communicate and work with you in the coming weeks for frozen meal deliveries.

I wish you all a happy holiday season with family and friends. Enjoy all these little moments with the people you love. We really need it to start the year off on the right foot. Looking forward to meeting you all!

Émilie Nadeau, frozen meals manager

1 time/month:
delivery of
frozen meals. A
volunteer will
contact you.

Possibility of
placing an
order outside
delivery times.

You or a
member of
your family can
pick up the
order at the
office.

Payment:
cash or cheque
made out to
**Vision-Gaspé
Percé-Now.**

ABOUT GENS BARQUE ACTIVITIES

You are probably wondering why there was no Gens Barque activity this fall. We are aware that these activities arouse a lot of interest, but this fall, we opted for an activity within the framework of the "Éclaireurs-veilleurs" network, having obtained funding to implement activities aimed at strengthening a culture of health promotion. These thematic activities will be presented in a lighter format, without meals or organization of transport.

Following the strategic planning meeting, we will be able to tell you more about the future of Gens Barque activities in the usual form. However, if you have any comments to make to us, we remain attentive. Thank you for your understanding.

SUPPORT FOR VOLUNTEERS

Hello dear volunteer members,

We have had a busy fall and I would like to thank you for your valuable involvement. The achievement of the Center's mission was made possible thanks to your donation of time, your knowledge, your skills and above all your feeling of belonging to our organization.

On December 3, we will mark International Volunteer Day with you. In a brunch format, you will be invited to participate in large numbers in this recognition activity, pleasure guaranteed! Stay tuned, you will receive an invitation shortly.

I invite people who benefit from the Center's services to join me in thanking the volunteers who accompany you day after day in your daily life. Whether with a beautiful smile or simply a thank you, you will in turn brighten up your volunteer's day.

I would also like to take this opportunity to wish you all a wonderful holiday season. It will be my pleasure to see you rested on January 8, 2024.

Benoit Bond, volunteer support coordinator



MONTHLY MEMBER ACTIVITIES

It's the return of monthly activities for CAB volunteers. On December 22, we will show a Christmas movie accompanied by a good hot chocolate and snacks. If you have ideas for movie that best represent the holiday spirit, I invite you to let me know! I will also survey you to find out what activities you would like to do over the next year. Here are some ideas: Card tournament, golf simulator, hiking, artistic activity, etc.



VOLUNTEERS OF THE MONTH



July: Ms. Gisèle Bernier and Ms. Françoise Roy
August: Mr. Laurent Juneau and Ms. Ingrid Fleurant
September: Mr. Pierre Caron and Ms. France Côté (Anse-au-Griffon)
October: Ms. Cynthia McDonald and Ms. Linda Clement



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

WELCOME TO NEW VOLUNTEERS

It is with enthusiasm that we welcome new member volunteers to the big CAB family: Mr. Stéphane Brochu, Mr. Marc Lachance, Ms. Viola Darlene Augustin and Ms. Céline Denis.



HAPPY BIRTHDAY TO OUR PRECIOUS VOLUNTEERS

DECEMBER

3. Étienne Bernier
 8. Louis-Marie Joncas
 14. Sylvianne Pison
 15. Pierre Caron
 15. France Côté (Wakeham)
 17. Raymonde Robitaille
 27. Tanya Jalbert-Samson
 29. Ingrid Fleurant

JANUARY

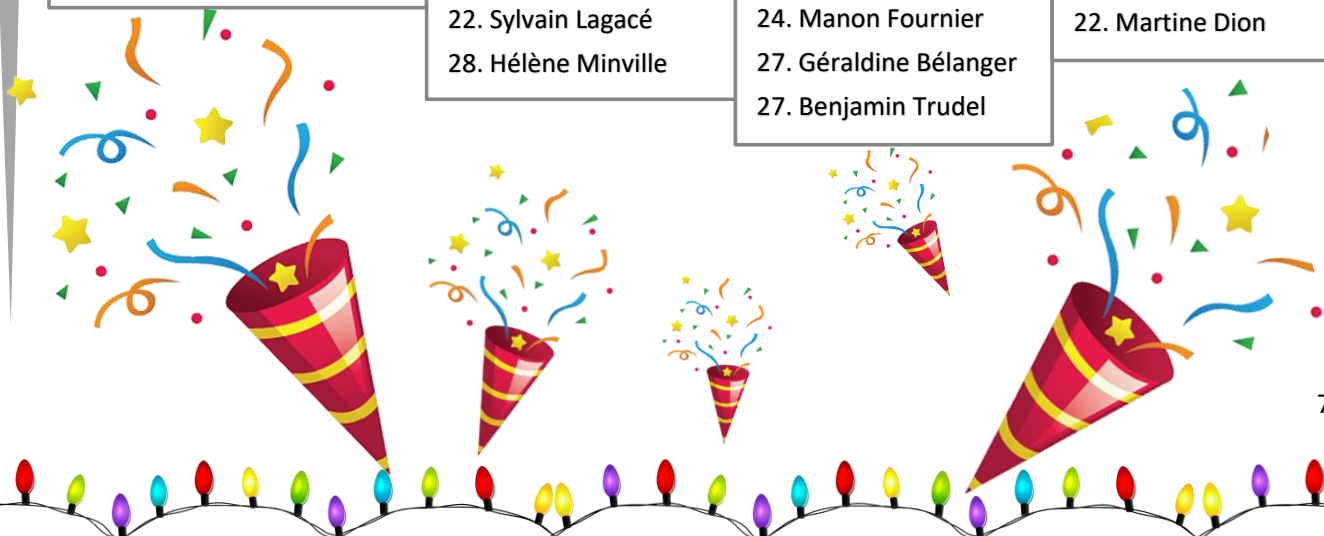
6. Alain Gallant
 8. Denyse Synnott
 15. Bernadette Cabot
 17. Martha Gaudet
 17. Michel Lachapelle
 20. Jean-Guy Lacombe
 20. Gisèle Bernier
 21. Laurent Juneau
 22. Sylvain Lagacé
 28. Hélène Minville

FEBRUARY

1^{er}. Françoise Roy
 4. Liette Labbé
 6. Anita Gionet
 6. Jean-Guy Vallée
 7. Conrad Samuel
 9. Norbert Bois
 14. Tanya Perry
 17. Patrice Arsenault
 24. Manon Fournier
 27. Géraldine Bélanger
 27. Benjamin Trudel

MARCH

4. Daniel Guay
 5. France Côté (Gaspé)
 10. Marcel Fournier
 12. Gilles Curadeau
 13. Marie Cassivi
 14. Lucie Fournier
 20. Darlene Williams
 21. Marc Lachance
 22. Martine Dion













CONFIDENTIALITY : EVERYONE'S BUSINESS

Confidentiality is an essential value at the Volunteer Centre, because we welcome people who are experiencing moments of vulnerability. Protecting personal information is of paramount importance. The members of the board of directors have a duty of confidentiality as do those of the work team and the volunteers.

No information provided in the context of one's duties as an administrator, volunteer or employee must be revealed and particular care must be taken not to discuss the organization's files with other people in the organization outside.

It is important to know that if any incidents of breach of confidentiality are detected, action will be taken.

IMPORTANT DATES TO REMEMBER

-  **December 5, 2023:** International Volunteer Day.
-  **December 20, 2023:** Last delivery of frozen meals before the holiday break.
-  **December 21, 2023:** Last delivery of Meals on Wheels before the holiday break.
-  **December 22, 2023:** Christmas activity for member volunteers.
-  **From December 22, 2023 to January 5, 2024:** Office closed for the holiday break.
-  **January 18, 2024:** Meals-on-Wheels resume for Gaspé and Rivière-au-Renard.
-  **January 26, 2024:** Frozen meals deliveries.
-  **April 14-20, 2024:** Volunteer Week 2024.



CHRISTMAS WISHES

Happiness is in each of our smiles, our words, our looks and our moments shared together. But above all, happiness is to treasure all these good moments filled with love in memory. From the entire team, we wish you a happy holiday season and a happy new year 2024!

