

L'INTER COEURS

VOLUME 51, N° 2 – JULY 2024



☀️ MESSAGE FROM THE PRESIDENT ☀️

Hello everyone,

The sunny days have arrived and summer is slowly settling in. Your CAB is still as active as ever and fortunately, the holiday period is fast approaching.

We held our annual general meeting on June 25. You were then able to read the work that was carried out over the last year, with the annual activity report and the financial statements. Thank you to all our administrative staff for their excellent work and professionalism.

Throughout the year, I have noticed the commitment and availability that our volunteers demonstrate every day. Thank you for the time you give to our seniors, you can be proud of it. There is always room for new volunteers and the needs are even greater in the Rivière-au-Renard sector.

We are working very hard to maintain our services for the summer period, with the exception of Meals on Wheels which is taking a break until mid-September. Regarding transportation support, after discussion with the board of directors, the decision was made last January to restart support for Rimouski. This is very good news that fills a need among our seniors.

And finally, I am ending my mandate this year, after six years on the board of directors. I really enjoyed my experience and I salute my colleagues who have never feared taking on new projects. You are a very nice gang, thank you and good luck.

I wish you a very nice summer.

Cécile Joncas, President of the Board of Directors



☀️ MESSAGE FROM THE GENERAL DIRECTOR ☀️

A lovely hello to you, dear readers of Inter Cœurs,

Summer is here, it's time for vacations, the beach, reunions with family. For us, it's also the time to catch our breath a little, after a busy year. A well-deserved vacation for all team members, who gave their 100% throughout the year.

The annual general meeting took place on June 25. Thank you to the members for participating in this beautiful moment in our associative life. I invite you to look out for an invitation to a special general meeting at the end of September, for the presentation of the audited financial statements.

On August 2, we will already say goodbye to Émilie Nadeau, who is leaving us to continue her studies. Émilie has been with us for almost a year and her time at the CAB was very appreciated. She quickly became comfortable with all the tasks related to the management of frozen meals, and she also gave a good helping hand in supporting individuals. Still young, her experience in the community will have contributed, we hope, to filling her toolbox, and this part of life will undoubtedly be useful to her one day or another. Thank you for everything Émilie. The whole team wishes you good continuity and it will always be a pleasure to see you again.

Before leaving, Émilie will have the opportunity to share her experience and guide the person who will replace her. Indeed, we are very happy to welcome, from July 9, Ms. Marie-Ève Langlois, to the position of frozen meals manager. Ms. Langlois will be employed until spring 2025. We wish her a great experience with us.

At the board of directors level, Ms. Cécile Joncas hosted her last ordinary meeting on June 20, since her three 2-year mandates have now ended. Cécile, I would like to sincerely thank you for your involvement over the last six years. We had good files to deal with, big decisions to make, and you were always there with your positive attitude, and you acted with prudence, diligence, honesty and loyalty, qualities necessary for any good administrator. Thank you for your listening and your support. I wish you a happy retirement from the board of directors, but I know that you will never be very far from the CAB.

I wish everyone a very happy summer. Take quality time with your loved ones and savor the little pleasures of life. To you, dear volunteers and employees, I wish you rest and to recharge your batteries. All year round you invest your all in your tasks in order to improve the quality of life of the people we help. You fully deserve this break time.

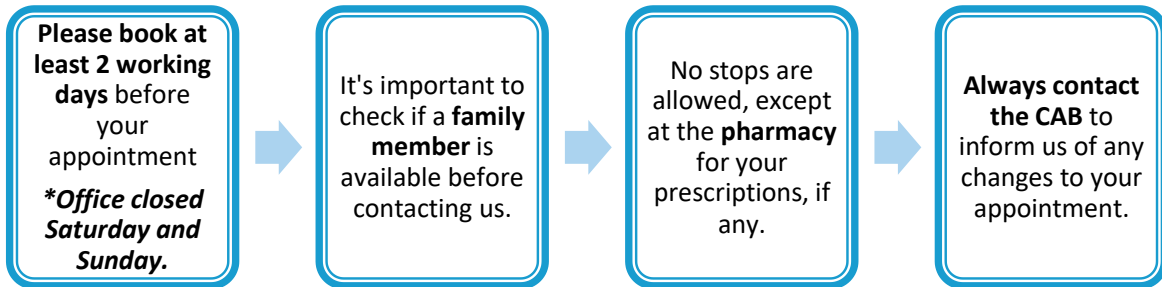
Take care of yourself, and we'll all see you in September, in good shape, because as you know, there's never time to get bored at the CAB, and that's the beauty of working there together.

Monia Denis, General Manager



☀️ INDIVIDUAL SUPPORT ☀️

Transportation Assistance:






Meals on Wheels:

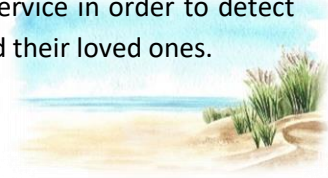
From September 2024, a new collaboration will see the light of day with Lilo Catering Service for the preparation of Meals on Wheels meals in Gaspé. In addition, we will be able to offer the service to a greater number of beneficiaries in the Gaspé sector (Forillon to Coin-du-Banc). Delivery is every Thursday at noon. For more information, please contact Jessie Perry at 418 368-6634, extension 5 or by email at the following address: jessie.perry@cabgaspe.com

☀️ NEW SERVICE OFFERED BY YOUR VOLUNTEER CENTRE ☀️

SécuriCAB is an automated call service aimed at the safety of seniors living alone. And it's FREE. This service 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 for themselves and their loved ones.

Three types of reminders offered:

-  Medication reminder
-  Food reminder
-  Monitoring call



Do not hesitate to contact Sandra Denis for more details and/or to register by calling 418 368-6634, extension 4 or at the email address reception@cabgaspe.com

☀️ SUPPORT FOR CAREGIVERS – LE RELAIS ☀️

Did you know that Le Relais is more than at-home respite for caregivers?

It's also about listening, support during different stages of life, and healing activities. To make sure you don't miss anything, you can subscribe to the Le Relais Facebook page, a support service for caregivers. Also, you can call your CAB Le Hauban office for more details or send an email to the representative to receive the information.

Israel LeGuédard, responsible for caregivers
418 368-6634, extension 1 or lerelais@cabgaspe.com



Vous êtes une personne proche aidante?
Notre service **info-aidant** vous accompagne:

- Écoute bienveillante et confidentielle
- Information personnalisée
- Références adaptées à vos besoins

Clavardage en ligne appui.org 1 855 852-7784

☀️ A WORD FROM THE FROZEN MEAL MANAGER ☀️

Hello to all,

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 **July 11, 2024, August 15, 2024, September 13, 2024, October 11, 2024, November 15, 2024, and December 13, 2024**. If you run out of meals between deliveries, you can contact us to place an 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 this summer, we may have to offer a maximum quantity of dishes.

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. **Soups and desserts are now \$1, while main meals are \$4.**

My contract with CAB ends at the beginning of August as I am going to continue my studies at the University of Sherbrooke. I am happy to have met you and to have gotten involved in my community. I am handing over to the next person responsible for frozen meals who will be introduced to you shortly.

Have a great summer and enjoy your vacation!

Émilie Nadeau, responsible for frozen meals



☀️ VOLUNTEER WEEK 2024 - "VOLUNTEERING IS BRILLIANT!" ☀️

From April 14 to 20, we highlighted the 50th edition of the SAB with the volunteer members of the organization. Wow, 74 volunteers were present at the recognition brunch in a sugar shack format. It was a great pleasure to share this moment with you and just as nice to take a little moment to highlight your valuable volunteer involvement. Thank you for getting involved with the CAB Le Hauban, it is thanks to you that our mission shines in our territory.

Congratulations to Ms. Ingrid Fleurant who was awarded the Volunteer of the Year award. Congratulations also to the other 23 monthly finalists!



Honorable mentions to the following volunteers for their volunteer involvement over many years.

5 years: Mr. Jean-Yves Dupuis, Ms. Danièle Arsenault, Ms. Danièle Arsenault, Mr. Louis-Marie Joncas, Ms. Marie Fournier, Mr. Denis Bernier and Ms. Danielle Tremblay

10 years: Ms. Mireille Labbé, Mr. Patrice Arsenault, Ms. Anne-Marie Langlois, Ms. Roseline Adams, Mr. Jocelyn Martel and Ms. Claire Synnott.



☀️ VOLUNTEERS OF THE MONTH ☀️



April: Mr. Danny Cloutier and Ms. Martine Dion
May: Ms. Chantal Francoeur and Ms. France Côté (AAG)
June: Ms. Lucette Dupuis and Ms. Josée Leclerc



Congratulations and thank you for your valuable involvement. You now have the chance to win the title of Volunteer of the Year 2025.

☀️ ACTIVITY FOR MEMBER VOLUNTEERS ☀️

For member volunteers, the next activity will take place in July at the Fort-Prével Golf Club. For less experienced people, experienced volunteers will be able to help you. You can still register with Benoit.

If you have ideas for activities, let Benoit know by contacting him at the office!

☀️ NEWSLETTER – NEW MEANS OF COMMUNICATION ☀️

From now on, volunteer members will receive a newsletter by email at the beginning of the month. This communication channel will allow us to send a monthly mailing instead of several email communications. We invite you to take the time to read it, important information will be found there. If you have not received or are having difficulty with the newsletter, we invite you to look in your unwanted emails or contact Benoit.

☀️ JEBENEVOLE.CA AND CRIMINAL BACKGROUND CHECK ☀️

Jebenevole.ca is the provincial platform for matching CABs and non-profit organizations (NPOs) with volunteers. It presents volunteer offers with search tools and filters allowing matching between organizations and individuals in order to fill volunteer human resources. Organizations that wish to do so can create an account on this platform, in order to recruit volunteers for their activities. In addition, Jebenevole.ca offers the **free** option of carrying out criminal background checks (VAJ) for volunteers working with community organizations and voluntary associations. More specifically, this program to cover VAJ costs is aimed at volunteers who work with a clientele said to be at risk of experiencing abuse by others, whether due to their physical and/or mental condition, or other temporary or permanent circumstances.

For any questions, we invite you to contact Benoit Bond at 418 368-6634, extension 3 or at coordo@cabgaspe.com. To check your organization's eligibility for the program, we invite you to create an account on the official twinning platform between aspiring volunteers and Quebec organizations Jebenevole.ca. We therefore invite you to visit this site to discover the richness of volunteer action and find volunteer opportunities that meet your aspirations!

HAPPY BIRTHDAY TO OUR VALUABLE VOLUNTEERS

AUGUST

- 5. Caroline Brillant
- 9. Ashley Boulet
- 10. Diane Ouellet
- 11. Rémi Dion
- 11. Lina Scott
- 15. Kara Syvret
- 17. Bernard Cabot
- 18. Marcel Ste-Croix
- 21. Flavie Huet
- 25. Rolande Denis
- 28. Thérèse Reeves

SEPTEMBER

- 3. Marthe Fournier
- 5. Monique Morin
- 6. Danièle Arsenault
- 11. Cynthia McDonald
- 18. Jenny Côté
- 18. Marie Fournier
- 19. Darcina Fortin
- 20. Suzanne Briand
- 30. Jacqueline Palmer

OCTOBER

- 5. Paul Blanchette
- 5. Chantal Francoeur
- 7. Josée Leclerc
- 12. Sylvie Déraps
- 14. Gilles Gauthier
- 15. Roseline Adams
- 18. Denis Bernier
- 21. Linda Labelle-Roberts
- 21. Micheline Whalen
- 22. Nicole Gaudet

NOVEMBER

- 5. Gloria Chicoine
- 5. Pauline Fortin
- 7. Jean-Paul Fournier
- 12. Colette Cotton
- 14. Céline Denis
- 15. Aristide Richard
- 18. Lorraine Thibault
- 24. Erika Williamson
- 26. Louise Rivet
- 30. Jean-Yves Huard



☀️ WELCOME TO NEW VOLUNTEERS ☀️

It is with enthusiasm that we welcome new member volunteers to the big CAB family: Mr. Gilles Gauthier, Mr. Yvon Coulombe, Ms. Roselyn Le Lacheur and Ms. Louise Ferlatte.
Welcome everyone.

☀️ IMPORTANT DATES TO REMEMBER FOR THIS SUMMER ☀️

- ☀️ **July 1st:** Office closed for Canada Day.
- ☀️ **July 9:** Arrival of the new employee responsible for frozen meals.
- ☀️ **July 11:** Delivery of frozen meals (Thursday for the summer period).
- ☀️ **August 2:** Last day of work for Émilie Nadeau, responsible for frozen meals.
- ☀️ **August 15:** Delivery of frozen meals (Thursday for the summer period).
- ☀️ **September 2:** Office closed for Labour Day.



☀️ IMPORTANT INFORMATION ☀️

FREE VACCINATION FOR SHINGLES

The Minister of Health, Christian Dubé, as well as the Minister for Seniors and Health, Sonia Bélanger, announce the enhancement of the Quebec Immunization Program with the addition of **free vaccination against shingles for Quebecers and Quebecers aged 75 and over and for immunocompromised people aged 18 and over**. The goal of the program is to reduce the number of cases of shingles and associated complications. This is a further step in prevention, one of the key elements of the Health Plan presented a year ago by Minister Dubé. This is a first step in reaching vulnerable people first. The program may be enhanced in the coming years to broaden the age groups who will be able to benefit from free shingles vaccine. For more information, please visit the following website: <https://www.quebec.ca/sante/conseils-et-prevention/vaccination/programme-vaccination-contre-zona>

☀️ FURTHER INFORMATION ☀️



☀️ EMPLOYEE SUMMER HOLIDAYS ☀️

- ☀️ **Monia Denis:** On vacation from June 27 to July 5 as well as from July 22 to August 16.
- ☀️ **Sandra Denis:** On vacation from July 1st to 9 and from August 5 to 16.
- ☀️ **Benoit Bond:** On vacation from July 15 to 22, September 2 to 5 and September 9 to 20.
- ☀️ **Émilie Nadeau:** On vacation from June 27 to July 2 as well as from July 19 to 26.
- ☀️ **Jessie Perry:** On vacation from July 12 to 15 and from August 12 to September 2.

