

L'INTER COEURS

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We wish you a good
summer!



CENTRE d'ACTION BÉNÉVOLE
LE HAUBAN

A WORD FROM THE PRESIDENT

It's the start of summer, the start of deconfinement! What a spring !!!!

I hope you are doing well, that you are doing better, we were told,  IT'S GOING TO BE OKAY! however you always have to be careful.

For the Volunteer Action Center, several activities were on hiatus, however the work team was on the front line to meet the needs. Angels to watch over us. What a reorganization! And what a team, always with a smile, everyone got involved in rearranging the schedule, space and working methods to meet the needs of the community.

Many volunteers could no longer help, and others answered the call and joined the team. To you dear volunteers who are still at the post, I hope you have a wonderful vacation and enjoy the summer. THANK YOU for your dedication and generosity.

With this new reality caused by the pandemic and the measures it entails, the Volunteer Center will be faced with the challenge of recruiting new volunteers to join the team. If you know someone around you who wants to give some time, invite them to join our team, it will be our pleasure to welcome them. Paused for now, working committees and activities will probably resume in August, while naturally respecting public health measures. For Benoit, Israel, Sandra and Monia, a few weeks of vacation will be well deserved.

And I'm pleased to announce Jessie's return to give the regular team a break.

It is customary for the AGM to be held in June and like many events it is postponed and we may be able to hold it next November. In this regard, the current board of directors has agreed to continue in office until the next meeting.

The Volunteer Action Center has received many acts of generosity from the population and we would like to thank you for them, small gestures that brighten up the days and help to continue in more difficult times.

We hear around us that the support and help provided by the Volunteer Action Center in the community often makes the difference in keeping our seniors at home, and it is thanks to each of you, dear volunteers, so THANK YOU for your involvement in the community and Thank you to the work team for orchestrating everything.

Have a good summer and a good vacation!

Roseline Adams



A WORD FROM THE DIRECTOR GENERAL

Hello to you all,

We missed our April edition for the newsletter. We can say that the spring was very eventful with the sudden arrival of COVID-19, which played a nasty trick on us. Looking back, I can say that we did well.

I would like to thank the members of the board of directors who have accompanied me through this special and exceptional period since March 13. There were calls, even on Sundays, emergency conference calls, Zoom meetings. And yes, Zoom is part of our lives now. Our Center had to prioritize essential services for seniors and families in need. Slowly, we are catching our breath.

I also have to take my hat off to the team, who have had to adapt to all of these changes, and to complete new ways of doing things. Some went into telecommuting mode for a while, others stayed at the office while adapting to the various health instructions. This period would have been even more difficult to go through without you. Thank you from the bottom of my heart Benoit, Israel and Sandra.

Speaking of Sandra, I warmly welcome her to our team as an administrative assistant. She arrived in the heart of the crisis. In addition to having to manage her new work tasks and integrate into a new team, she has lived through all the stages and the many changes brought about by the pandemic. Her beautiful personality and her calm are good for our crew. Welcome to CAB Sandra. Not to mention Jessie, who has been back in the office since June 29, after completing her bachelor's degree in social work. We are happy to see her again, and to be able to count on her experience as an individual support worker.

The pandemic has had a disruptive effect on many aspects of our lives, but also on volunteer involvement. Several volunteers from our CAB had to withdraw and place themselves in forced quarantine, due to their age or their medical condition. Others have seen their volunteer work change in order to adapt to this new reality which required adjustments and unfortunately some have had to retreat as their volunteer positions were suspended for various reasons. I salute you all, not to mention the new people who answered the call. Some were passing through, others are here to stay. There is no doubt that a major issue awaits us in terms of recruitment for the coming months, in order to be able to continue supporting seniors in need.

It's vacation time, time to recharge. With a very stable team, I am confident that we are ready to face the next few months, which will no doubt be full of uncertainties and surprises. But one day at a time, we'll get there. Glad to see you soon.

Monia Denis



A WORD FROM THE ADMINISTRATIVE ASSISTANT

Hello everyone,

For almost four months now, I have embarked on a new professional adventure as an administrative assistant, within an extraordinary team at the Le Hauban volunteer action center. My name is Sandra Denis and I have recently been working in this field having been a family and school child educator for over twelve years, but I love this new challenge.

I am on duty to greet you at the office and on the phone. I am available to answer your questions and / or direct you to a worker responsible for certain files.

I love the special bond that I have already had the chance to develop with some of you and I am already looking forward to meeting you all. Looking forward to seeing or talking to each other soon.

Sandra Denis

A WORD FROM THE COORDINATOR FOR VOLUNTEER SUPPORT

Hello to all of the volunteers who are members of the CAB,

To begin, I would like to wish you a summer filled with happiness and fulfillment!

It is obvious that the COVID-19 pandemic has affected many of you, in terms of your lifestyle, your volunteer involvement, your social interactions, etc.

As the volunteer support manager, I am very proud and grateful for the volunteer work that was brilliantly carried out at the Center during this very special period. Your involvement has a major impact on the well-being of the beneficiaries of the Center.

For those whose involvement has been affected by COVID-19, know that we remain attentive to your needs and concerns, it will be our pleasure to welcome you again when you feel ready and at ease. .

With that, have a good summer season!

Thanks thanks thanks !

Benoit Bond

A WORD FROM THE RESPONSIBLE FOR CAREGIVER SUPPORT

Le Relais

For a year now, we have added a support service for family caregivers to your CAB. We have made a difference in the quality of life for both caregivers and those receiving help. Whether it is to discuss, get information or even to receive respite, we are here for you dear caregivers.

Do not hesitate to contact us or talk about us!

Le Relais, to allow you to catch your breath in order to continue your role of caregiver.

Israel LeGuédard



A WORD FROM THE INTERVENER SUPPORT INDIVIDUALS

Dear volunteers, dear beneficiaries,

Two years ago, I left Gaspé to complete my studies in Rimouski in social work. Now, I am happy to announce my return to the Volunteer Action Center as an individual support worker.

Wonderful volunteers, I am delighted to meet you again and thus to start our wonderful collaboration again. In addition, I am honored to continue my work with you, dear beneficiaries. It will be my pleasure to speak with you on the phone during this exceptional period. Throughout my mandate, I will try to brighten your day and accompany you in your various requests.

Looking forward to meeting you again!

Jessie Perry

REMINDER OF INSTRUCTIONS TO PERSONS RECEIVING ACCOMPANIMENT- TRANSPORT SUPPORT

- The 48 hours deadline must be respected to make a request, particularly during this period when several volunteers are not available.
- Do not contact volunteers directly. Always contact the Volunteer Action Center with any questions or changes.
- The only authorized stop is at the pharmacy, to receive a prescription following the medical appointment.

COVID-19 - Here are the Public Health measures to be respected :

- ⇒ If you have flu symptoms, you must notify us.
- ⇒ Wearing a mask is obligatory for the volunteer and the beneficiary. If you don't have a mask, the volunteer will give you one.
- ⇒ You must sit in the back of the vehicle.
- ⇒ Payment can be made in cash or by check.
- ⇒ The accompaniments-transport to Rimouski and Quebec are suspended for an indefinite period. However, it is still possible to offer this service for appointments to Chandler and Maria.

ONCE UPON A TIME, A PANDEMIC ...

Closure of the office to the public

Since March 13th, the CPOC has been closed to the public. However, you can always reach us by phone, Monday to Thursday, 8 a.m. to 12 p.m. and 1 p.m. to 4 p.m., and Friday, 8 a.m. to 12 p.m. If you need to stop by the office, it is best to contact us in advance to make an appointment. Wearing a mask is compulsory. It is also possible to leave your documents in our letterbox, located right next to the door.



Meals on Wheels continued until the end of June

An obvious essential service, the Meals on Wheels was offered despite all the unforeseen events and necessary adaptations. Thank you to the kitchen team at Résidence La Renardoise for their usual collaboration. Faced with the closure of our regular caterer for the Gaspé sector, we were able to maintain the service thanks to the collaboration of the CISSS de la Gaspésie. A much appreciated partnership. For 16 weeks, employees took turns going to prepare the bags for delivery. Thank you to the volunteers who agreed to continue the delivery, respecting the sanitary and distancing measures. Meals on wheels will resume on September 9th in Gaspé and September 10th in Rivière-au-Renard.



Frozen meals have never took a break

The frozen meal service is not taking a break for the summer. Thank you to the kitchen team at Villa des Buissonnets and the employees at Accueil Blanche Goulet, who allow us to respond to requests. To have an order prepared, you can reach Jessie Perry at 418 368-6634, extension 5.

Maintenance of the support service in palliative and end-of-life care

This service is maintained. Our team of volunteers is ready to take requests. For information you must speak to Benoit Bond at 418 368-6634, ext. 3.

Calls for benevolence: a support appreciated during a period of confinement

From the announcement of the lockdown by the government, we have been concerned with ensuring that isolated and vulnerable people are safe, and can receive the necessary support. Each targeted senior was paired with a volunteer, in order to receive between 1 and 2 calls per week. Thank you to the volunteers who accepted this commitment. You have made a difference in the lives of these people.

Emergency financial aid

Our Center was able to benefit from new one time emergency financial resources to offset the additional costs and the loss of income caused by the pandemic. Thank you to the CISSS de la Gaspésie, to Centraide GÎM via the New Horizons program for seniors and to Méganne Perry Mélançon, Member of Parliament for Gaspé.

The postponed Annual General Meeting

We have obtained permission by decree from the Ministry of Health and Social Services to postpone the date of our annual general meeting. You will be summoned in due course, when we have sufficient information. However, our preparations are underway and our accounting firm is working on our audit.



World Day Against Elder Abuse

In collaboration with the Table de bienveillance of the MRC La Côte-de-Gaspé, CAB volunteers distributed more than 120 cupcakes to seniors living in private residences, as well as to people who receive meals on wheels and frozen meals.



Tax assistance service

This service had to take a break in March and April. In May, we hired an additional resource 2 days a week, in order to receive clients by appointment. Volunteers completed 454 provincial and federal returns. Thank you to the precious volunteers who worked extra hard at the end of the season.

NEW IP TELEPHONY SYSTEM

We recently changed our phone system. We are currently using new IP technology. Because of this, when we try to contact you, it is possible that your ringtone sounds from a long distance. However, you will see on your display that it is indeed CAB. In addition, please pay special attention to the greeting as we have made some changes to the telephones.



Looking forward to talking with you!

WELCOME TO NEW VOLUNTEERS

It is with enthusiasm that we welcome:

Janick Chevarie, Marie-Pier Martin, Jean-Raphael Lemieux, Camille Perry, Pierre-Luc Synnott, Sylvain Lagacé, Raymonde Robitaille, Martine Dion, Anatole Beghin, André Fortin, Guillaume Chassé, Danny Cloutier, Isabelle Ouellet, Charlotte Mogé, Chantal Leblanc, Katarina Preston, Audréanne Paquin, Jean Fagiolo, Linda Clements, Simon Minville, Magela Denis, Wilma Zoomer, Monique Morin, Félixia Horth et Alexandra Francoeur.



We wish them all the best in our team.

VOLUNTEER ACTION WEEK 2020 Back to the 46th edition

From April 19 to 25, 2020, the 46th edition of Volunteer Action Week took place. Under the theme "Volunteering is chic!", The Federation of volunteer centers of Quebec and its members wanted to show the chic side of volunteering.



In this very particular period of health crisis, unable to offer you an activity of recognition worthy of your formidable involvement, a delivery of brioches was made to the volunteers who are members of the CAB. A little well-deserved attention. We would like to thank the Café de la Traverse for making delicious brioches. As soon as it is possible to get together, you will be invited by the SAB committee to participate in a breakfast brunch.



This week, we held the Volunteer of the Year draw. Congratulations to Mr. Jean Denis, loyal CAB volunteer for more than 5 years.

We also underline and thank the volunteers finalists: Laurent Juneau, Lorraine Thibault, Mireille Labbé, Jules Poirier, Géraldine Bélanger, Helena Blondin, Marie-France Element, Danièle Arsenault, Gilbert Carbonneau, Louis Beaulieu, Laurina Boulay, Romuald Cotton, Marcel Ste-Croix, Micheline Whalen, Caroline Robitaille, Gina Cloutier, Jean-Paul Cloutier, Jacques Paradis, Gilles Curadeau, Roseline Adams, Cécile Joncas, Patrick Fallu and Marcel Fournier.



The CAB Le Hauban team thanks you all for your invaluable volunteer involvement. You promote the organization throughout the territory!



HAPPY BIRTHDAY TO OUR PRECIOUS VOLUNTEERS!

APRIL	MAY	JUNE	JULY
1 ^{er} – Louis Beaulieu	5 – Patrick Fallu	5 – Jocelyn Martel	2 – France Collin
6 – Claire Synnott	21 – Mireille Labbé	6 – Harold Grant	3 – Danielle Haché
9 – Jacques Laurent	23 – Raoul Deraspe	6 – Jean-Yves Dupuis	3 – Anne-Marie Langlois-Synnott
12 – Jacques Plourde		8 – Donald Riffou	8 – Denise Fournier
13 – Archange Ouellet		9 – Danièle Arsenault	14 – Denise Dupuis
13 – Gina Cloutier		9 – Marie-France Élément	15 – Suzette Samuel
18 – Laurina Boulay		9 – Ronald Mundle	23 – Jacques Paradis
20 – Élise Denis		17 – Liette Dupuis	25 – Cécile Joncas
23 – Isaac English		17 – Jean-Marc Hardy	AUGUST
		18 – Ruth Fournier	11 – Rémi Dion
		18 – France Côté	15 – Kara Syvret
		19 – Diane Bourdages	17 – Bernard Cabot
		19 – Réjean Garant	18 – Marcel Ste-Croix
		19 – Sylvie Gagnon	19 – Philomène Aïda Adomou
		20 – Danielle Tremblay	
		27 – Yvon Ouellet	
		30 – Denis Poirier	

VOLUNTERS OF THE MONTH

January 2020	February 2020	March 2020	April 2020	May 2020	June 2020
Jacques Paradis	Roseline Adams	Patrick Fallu	Bernard Cabot	Lucie Lemieux	Hélène Perry
Gilles Curadeau	Cécile Joncas	Marcel Fournier	Marie Cassivi	Denis Bernier	Hélène Blondin

