

L'INTER COEURS

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CENTRE d'ACTION BÉNÉVOLE
LE HAUBAN

FROM THE PRESIDENT

And if we dared ... volunteer! This is the theme chosen by the Federation of Volunteer Action Centers of Quebec (FCABQ) for Volunteer Week 2019. I asked myself the question, WHY this theme?

If we risked to:

- ♥ Give time, offer our time;
- ♥ Share our time;
- ♥ Support our community;
- ♥ Make a difference in our community, in the lives of others and in your life;
- ♥ Flourish by giving time and offering the best of ourselves;
- ♥ Share our knowledge;
- ♥ Meet wonderful people;
- ♥ Create events or be the star;
- ♥ Say, it made me happy;
- ♥ Be moved, when you hear "a chance that you were there";
- ♥ Feel useful to others.

If we risked, it is also an invitation to new volunteers because we need you, it is preparing the next generation.

And to all of you, dear volunteers, who dare to make a difference every day by your generosity, your compassion, your presence everywhere, from L'Anse-à-Valleau to Coin-du-Banc, THANK YOU FOR GIVING TIME in your community and THANK YOU to the organizations that support us with their financial contribution and recognition.

"Volunteering", it does not exist yet in the dictionary but to volunteer, it exists everywhere on the earth. Good week to all the volunteers and thank you for daring.

Roseline Adams

Presidente



FROM THE GENERAL MANAGER

Dear readers of Inter Coeurs,

Already the end of April, how time flies. And for us at the Center, the month of April is always busy. From April 7 to 13, we celebrated the 45th National Volunteer Week. I am very proud of the activities that took place during this very special week to highlight the people who dare to volunteer and who, through their actions, have a precious and invaluable impact on our community.

Who says spring, also says end of the fiscal year. We are preparing for our annual general meeting to be held on May 22nd. We hope to see you there in large numbers.

In closing, our region will be proud to host the provincial conference of the FCABQ next June. With my colleagues from other CABs, I have been on the organizing committee since last fall. It is under the theme: "Between sea and mountains: imagine the CAB of tomorrow! That representative from 107 CABs in Quebec will meet in Carleton.

I wish everyone a good spring. Hope to see you soon!

Monia Denis
Directrice générale

GET TOGETHER OF THE SENIORS « GENS BARQUE »

On February 28th, the last meeting of Gens Barque took place for the year 2018-2019, under the theme of Love, thanks to the financial support of Centraide Gaspésie Îles-de-la-Madeleine.

The 35 participants were able to share an excellent meal, as well as being entertained by the activities organized and animated by students of the social work program at Cégep de la Gaspésie and the Islands. Thank you to this dynamic and generous group for allowing us to offer quality gatherings to seniors. Thanks also to Marylin Arsenault, a community worker at the FADOQ Gaspésie Region Îles-de-la-Madeleine, who came to present the services offered.

A thank you also goes to the members of the organizing committee formed by Élise Denis, Mireille Labbé, Lorraine Thibault, Micheline Whalen and Sylvie Deraspe. Without you, these activities would not be possible. Our greatest desire is to be able to continue to provide seniors with other activities of this kind during 2019-2020, conditional on the funding that will be given to us.

FEW PICTURES OF THIS ACTIVITY « GENS BARQUE » OF FEBRUARY 28, 2019



SUPPORT TO INDIVIDUALS

Accompaniment in palliative and end of life care

Since March 1st, the Mésange team is available to provide support, listening and compassion to persons in palliative and end-of-life care and their loved ones.

The Mésange team is a palliative and end-of-life care support service whose mission is to help the person to go through this stage as calmly as possible.

This service is offered by trained volunteers, primarily at home, in private homes for seniors and occasionally in hospitals. It is available 24 hours a day. It is a free and confidential service, offered in collaboration with professionals from the health network.

Do not hesitate to contact us for more information by calling 418-368-6634, ext. 3. Benoit Bond, a social service training technician, is available to support you and answer your questions.

Frozen meals



Frozen meals will continue throughout this summer. They are always available at a cost of \$ 4 and can be delivered to your home. People aged 65 and over or anyone in a vulnerable situation can use this service.

To learn more about these delicious and nutritious meals, please contact Ms. Linda Aspirault, Project Coordinator, at 418-368-6634 ext.

Meals on wheel

Meals on Wheels meals are always available, all over the Anse-à-Valleau to Coin-du-Banc territory. A hot and balanced meal, including soup, main course and dessert for \$ 8 is delivered directly to the house on Wednesday in Gaspé or Thursday in Rivière-au-Renard. This service is offered to people who have a temporary or permanent difficulty preparing meals.

Call 418 368-6634 for all the eligibility criteria.

THE BOARD OF DIRECTORS INFORM YOU

The Annual General Meeting will be held on May 22nd. Members are invited to take part in this important meeting, where they will be able to see the achievements of the Center over the past year, as well as the challenges that lie ahead.

The Funding Committee will continue its work in 2019-2020. During the April 7 Brunch, CAB conducted a survey of its members regarding fundraising activities that would be considered. With over 95% participation, here are the most popular results: 70% voted for a brunch, a benefit lunch or a spaghetti dinner and 55% for a 5-7 wine and cheese or a mussels and fries dinner. We will keep you informed of developments.

We are pleased to inform you that we will receive funding from Support for Seniors' Caregivers, Gaspésie-Îles-de-la-Madeleine, which will allow us to hire a person at 21 hours per week. This person will have the main mandate to set up and coordinate the "Le Relais" project, which will provide respite at home to caregivers of seniors.

We are always attentive to the needs of our members and the people who receive our services. Do not hesitate to contact us for comments or suggestions.



WELCOME TO OUR NEW VOLUNTEERS

With enthusiasm, we are proud to inform you that 2 new people have joined our wonderful team of volunteers. We wish them great fulfillment in their respective involvements.

Welcome to **Denyse Synnott and Monique Bernard.**



APRIL

1-Louis Beaulieu
6-Claire Synnott
9- Jacques Laurent
12- Jacques Plourde
13- Gina Cloutier
13- Archange Ouellet
18- Laurina Boulay
30- Maryse Arsenault

MAY

5- Patrick Fallu
21- Mireille Labbé
23 – Raoul Deraspe

JUNE

5- Jocelyn Martel
6- Harold Grant
8- Donald Riffou
9- Ronald Mundle
9- Marie-France Élement
9- Danièle Arsenault
17- Jean-Marc Hardy

19- Sylvie Gagnon
19- Réjean Garant
19- Diane Bourdages
20- Danielle Tremblay
27- Yvon Ouellet
30- Denis Poirier

VOLUNTEERS OF THE MONTH

Our finalists are for:

Februay: Chantal Francoeur and Mireille Labbé

March : Géraldine Bélanger and Ingrid Fleurant

CONGRATULATIONS AND THANKS FOR YOUR GENEROUS INVOLVEMENT



VOLUNTEER WEEK

It's under the theme "What if we dared ... volunteer!" that the Nationale Volunteer Week was held from April 7th to 13th, 2019. On April 7, CAB volunteers were invited to a sugar shack brunch, a success in every way to mark the beginning of this very special week, in a warm and sweet atmosphere. Congratulations to Mr. Patrick Fallu who has been awarded the Volunteer Award of the Year 2018-2019. Mr. Fallu is involved in the accompaniment-transport. Congratulations to the other 23 finalists who deserve our admiration.



Left to right : Colette Cotton, Laurina Boulay, Roseline Adams, Jacqueline Palmer, Ingrid Fleurant, Lise-Hélène Mainville, Patrick Fallu, Marcel Ste-Croix, Jean-Paul Fournier, Benoît Bond, Denis Poirier, Marcel Fournier, Tanya Jalbert-Samson, Rémi Dion
 2^e rang : Géraldine Bélanger, Cécile Joncas, Bernadette Cabot, Marthe Fournier, Mireille Labbé, Chantal Francoeur.
 Absents on the photo : Anne-Marie Rail, Alain Gallant, Bernard Cabot, Raoul Deraspe.

Volunteer of the year 2018-2019

Mr Patrick Fallu



Organizing committee 2019



Throughout the week, we heard on the local radio, testimonials from people involved in our community, who reported on the diversity of opportunities to get involved. Thank you to these people who got on board for the occasion: Noëlla Parker, Myriam Lagacé and Héléna Blondin, as well as Jonathan Dufresne.

Volunteer Action Week ended on a positive note with the visit of Mr. Fimba Tankoano, Director of the FCABQ. It was in front of a room, gathering more than 70 representatives of locals organizations of the environment that Mr. Tankoano offered the conference "And if one spoke about the voluntary relief". A refreshing and motivating moment for good management of volunteer resources.

Many thanks to the members of the organizing committee, without whom this wonderful week could not have been highlighted: Chantal Francoeur, Cécile Joncas, Lorraine Thibault and Marie-France Élément. Not to mention Mrs. Mireille Labbé who prepared the cocktail.

We are very proud to contribute to the promotion of volunteerism in our community.

You too, dare to volunteer!



WE THANK OUR GENEROUS DONORS WHO HAVE RESPONDED TO OUR 2018 FUNDING CAMPAIGN WITH \$ 100 AND MORE

- DRE GISÈLE CHINIARA
- DRE MARIE DUCHARME
- VILLE DE GASPÉ
- DESJARDINS CAISSE DE LA POINTE DE LA GASPÉSIE
- CLINIQUE VÉTÉRINAIRE ÈVE WOODS-LAVOIE



- MOTEL-RESTAURANT ADAMS

- UNIPRIX GASPÉ

- ATELIER SOUDURE GILLES ASPIRAULT
- CENTRE DE SANTÉ RENAISSANCE
- CLINIQUE EN VUE
- MOTEL PLANTE
- DRE DOMINIQUE THOUIN
- DRE ISABELLE PLOURDE
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- CLINIQUE VÉTÉRINAIRE DE GASPÉ
- LES PRODUITS TAPP INC.
- DR CHRISTIAN MAINVILLE

- ÉGIDE DUPUIS & FILS
- BMR KEGA MATÉRIAUX DE CONSTRUCTION

VISIBILITY PLAN SUGGESTED BY CONTRIBUTION

All donations.....Thank you letter and receipt

Donation over \$100.....Thank you letter and receipt, visibility in our newspaper Inter Cœur for 4 issues

Donation over \$500.....Thank you letter and receipt, visibility in our newspaper Inter Cœur for 4 issues and on our Facebook page and also during the media outings, activities and events.