

LOCAL NEWS

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Maison Aube-Lumière wins \$50,000 Aviva Canada prize

Record Staff
SHERBROOKE

Thanks to generous support from the Sherbrooke community, La Maison Aube-Lumière hospice care centre has won a \$50,000 prize in the Aviva Community Fund's Canada-wide competition. This money will enable the centre to build its long-awaited therapeutic garden, the first in Quebec dedicated to people at the end of life living their final days in a hospice.

The garden project placed in the top five in its category thanks to votes from the public and then won over the jury, which awarded the funds in the "Community welfare" category.

"We want to warmly thank the people of Sherbrooke who mobilized to vote for our project," says Maison President Élisabeth Brière. "We are very grateful because thanks to this support we will finally be able to realize our therapeutic garden, which will benefit patients and their families, as well as our employees and volunteers.

In hopes of improving the quality of if the some 2,500 patients, families and

loved ones every year, La Maison will build a therapeutic garden behind the main structure.

Studies have shown that therapeutic gardens provide benefits to the psychological, emotional, and physiological health of patients. Access to nature significantly increases positive feelings in patients and reduces emotions such as fear, anxiety, and sadness. Positive impacts are even felt at the physiological level by a decrease in blood pressure, cardiac activity, and muscle tension.

Usually, therapeutic gardens are advocated in a curative approach. However, the real health benefits of using a therapeutic garden are quite helpful at end-of-life, which is naturally anxiety-provoking.

The garden will include well-defined areas: an area for vegetable plants, apple trees and small fruit, an area for aromatic plants such as lavender, a water area with a fountain and bird houses, and islands of various plants and flowers. The therapeutic garden will also be fully lit for optimal use, even in the evening.

This cost of the project totals \$80,000.

The Coaticook Vocational Training Center is committed to providing the entire workforce for this project, with the support of the students and teachers of the "Landscaping" and "Horticulture and

Garden Center" programs. . This represents a contribution of \$20,000. The Sébastien Duchesne Fund will also provide a contribution of \$10,000 for the project.



COURTESY

Top left, Sylvie Bergeron, Director of Volunteering and Support Services; bottom left, Élisabeth Brière, President. Top right, Chantal Roy, Director of Financing and Communications, and bottom right, Marie Bécotte, General Manager of La Maison Aube-Lumière celebrate their Aviva Community Funds award for their Therapeutic Garden project.

Santa visits to Lennoxville Sunday

Record Staff
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The Borough formerly known as Lennoxville is inviting residents to its traditional Santa Claus visit this

Sunday, Dec. 10, from 1 p.m. to 4 p.m. at the fire station, located on Samuel-Gratham St. next to the borough offices.

Santa's visit has been organized as usual in partnership with the

Lennoxville Volunteer Firefighters Association Inc. and is aimed at young and old. In addition to treats for participants, several activities are also being planned including horse drawn sleigh rides, a

colouring table, crafts, games, face-painting and inflatable games.

Mansonville Optimist Club

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Laurianne Cherrier, Sophie Germain, Reilly House for donating close to 200 cookies! A big thank you to Lesters for the donation of hotdogs, Multi-Marque Boulangerie Canada Bread Ltd for the buns, the men in the kitchen: Raymond Cherrier, Mikey Mierzwinski and Stéphane Gauthier, Virgin Hill Coffee for the free coffee and hot chocolate, Marche Richelieu for all of the time given in organizing the food for the event. Dominique and Jacques

Ducharme for the use of their great Elf and Snow Queen costumes, the OPP of the Baluchon for decorating, and all of the other volunteers who made the event possible; a huge thank you to Santa and Mrs. Claus for their visit and the goodie bags made by Santa's little helpers Jasmine and Jaykob Mierzwinski.

"It takes a village to put something like this together and the Optimist Club is very appreciative to all who contributed," said McGeean. "We do this for the kids and with that in mind; everyone goes above and beyond to help."

The event began at 11am and ended at 3pm and after a day of indoor and outdoor fun, surely there were many tired but happy children as bedtime rolled around that evening. The only concern seemed to be how they were going to sleep and not disturb the face painting that was done with impeccable accuracy and artistic flair!

Next up, the Optimist Club will begin their Opti Ski program for the children from Potton attending either local elementary school. The program runs from January to March. For more informa-

tion, contact: Éric Deschênes at 450-292-0677 or eric.cultivart@gmail.com

If you would like to donate to the Mansonville Optimist Club, donations can be issued and sent to: Club Optimiste de Mansonville, CP 441, Mansonville, QC J0E 1X0

Christmas is a time for children and Optimist Clubs focus on bringing opportunities and joy to the kids in each community. Mansonville is one of many who celebrate its families and children.

PHOTOS BY MABLE HASTINGS

