

# Introducing Missisquoi North Volunteer Centre's new coordinator of senior services



## THE SCOOP

MABLE HASTINGS

Many in the Potton area are familiar with Monique Gilbert who works at the Missisquoi North Volunteer Centre-CABMN providing senior services to the population in the MRC Memphremagog West alongside Angelle Laplume and Krysten Vanier. What they may not realize is that after three years at the CABMN, Monique was recently named coordinator of the senior services team. Aside from her expertise in organizing and animating healthy exercise and well-being classes, she will assume the leadership of the SAPA senior services team reporting to the executive director. Monique works at the CABMN Tuesday to Thursday from

8:30 a.m. to 4:30 p.m. and Fridays from 8:30 a.m. to 4 p.m. and can be reached at 450-292-3114 extension 103 or at m.gilbert@cabmn.org

The CABMN salutes Monique's efforts and celebrate her enthusiasm for her work with the senior population in the MRC Memphremagog West.

"I am pleased to highlight the professionalism and spirit of my colleague Monique Gilbert," stated Angelle Laplume who has worked in senior services at the Volunteer Centre for over 25 years. "Monique's presence on the dynamic CABMN staff team for the past three years is an undeniable positive addition to the efforts of the organization," she added.

Monique, who is an accredited Kinesiologist by profession, is focused on keeping seniors active and enhancing the well-being of the senior population by improving body and mind. Since Monique's arrival on the senior services team, a walking group and a heart healthy exercise group have been added to the many other longstanding programs of the CABMN, seniors programming being one of many. Monique has a vivacious approach to working with the senior clientele and those who participate in the weekly exercise programs are extremely happy with her efforts.

Ron Jones, a CABMN board of



COURTESY

Monique Gilbert, new coordinator of senior services at the CABMN

directors member, also participates in the exercise programs offered and he was eager to share he and his wife's accolades for Monique's work. "Janet and I greatly appreciate the energy, knowledge and humour that Monique brings to her work with the elderly in our community, not to mention her infectious smile and joie de vivre", he said.

The senior services team, along with an impressive roster of dedicated volunteers has been instrumental in the close to 1,000 regular phone calls to check in on seniors in the MRC Memphremagog West throughout the Covid pandemic. This is just one service the CABMN added during Covid in support of the communities served. There have been many emails and calls of appreciation received the new service and other similar initiatives.

For Monique, who has assumed the role of coordinator of the senior services team on a trial basis, she is enjoying her role and the opportunity to work alongside a dynamic group with immense support from volunteers.

One of the volunteers working with the SAPA seniors team is Danielle Poitras, a retiree living in Potton.

"I got to know the super energetic Monique through the Pilates classes and other physical activities she offers. It is because of her that I have been involved occasionally with the CABMN for the past year", she said. "I see from the calls I make to the seniors how much Monique is appreciated by all. It is unanimous, she is loved

for her dynamism, her generosity, her listening, her openness and the attention she gives to people. Everyone feels unique when they talk to her. Bravo and thank you Monique for your commitment."

The MRC Memphremagog West is made up of over 60 per cent senior population and the CABMN has long dedicated its efforts in supporting seniors in remaining autonomous and in their own homes for as long as possible. In fact, since the CAB Missisquoi North began some 40 years ago, senior services (Maintien a Domicile) has been prioritized.

According to CABMN Executive Director Mable Hastings, the CABMN is now working with all Municipalities in the MRC Memphremagog West in determining the needs in each sector.

"Once the pandemic allows and the needs of each of the municipalities in the MRC Memphremagog West are determined, our CAB will update its vision plan and expand our services as we are able to with the staffing we have," shared Hastings. "Not only our programming for the senior population but also our volunteer coordination, emergency food bank services, accompanied transport, youth programs, programs for the intellectually and physically challenged and more," she added.

For more information about the Senior Services of the CABMN or to find out about the exercise programs offered by Monique Gilbert visit the CABMN website at: [www.cabmn.org](http://www.cabmn.org) or call the CABMN office at 450-292-3114.

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