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Weather



TODAY:
60 PER CENT
OF SHOWERS

HIGH OF 22
LOW OF 14



TUESDAY:
SHOWERS

HIGH OF 20
LOW OF 12



WEDNESDAY:
RAIN

HIGH OF 16
LOW OF 8



THURSDAY:
SUNNY

HIGH OF 22
LOW OF 8



FRIDAY:
CLOUDY
PERIODS

HIGH OF 25
LOW OF 12

Missisquoi North Volunteer Centre (CABMN) celebrates volunteers who did check-in calls to seniors throughout pandemic



THE SCOOP
MABLE HASTINGS

On Thursday, June 10 Missisquoi North Volunteer Centre (CABMN) Coordinator of senior services, Monique Gilbert and long time CABMN senior services worker, Angelle Laplume organized a special celebration for volunteers who made calls to check-in on seniors living in the MRC Memphremagog Ouest (Potton, Bolton-Est, Saint-Etienne-de Bolton, Stukely and Eastman), throughout the Covid pandemic.

The CAB's Project VIGILE, a pilot project that screens, informs, liaises, and intervenes on behalf of seniors aged 70 and over, living in the territory served by the CABMN was already implemented and had just begun when it was affected by COVID-19. For this reason, the SAPA staff team recruited a group of extraordinary volunteer callers who knew how to make a difference and was able to make individual interventions in supporting seniors.

The celebration on June 10 was held at the Multi-functional shelter in Potton's Parc Andre Gagnon and included a lunch prepared by the Depanneur Bonisoir staff and included fresh sandwiches, salad, veggies and more.

While not all of the volunteers could be present the group of twelve that gathered were a joyous bunch with wonderful experiences and feedback to share regarding making the calls to so many of the areas precious population.



Seniors Services team, Angelle Laplume and Monique Gilbert welcome volunteers to the June 10 event

Regarding the calls, it was shared that while some whose age defined them as "seniors," were surprised to get a call, the majority appreciated being checked on during a time where no one was sure what the next month, week or even day might bring. There were heartfelt stories shared but the greatest joy seemed to come from connecting with so many new friends and hearing a bit about their ways of beating the Covid blues.

For Gilbert and Laplume the pride and gratitude they felt for the contribution this group of volunteers had provided was immense and so appreciated. Gilbert had prepared a fun trivia game with facts about the calls which during some weeks totalled close to 1000 phone calls! Even the group who had made them all happen, working at different times and on various days were surprised to hear how many calls and how many people they had connected with.

Prizes were awarded to each volunteer at random. These prizes were donated by businesses and individuals including: FamiliPrix Pharmacy in

Mansonville, Brome Bird Care in Knowlton, Owls Head Golf as well as Sylvie Boisvert and Claude Bedard. The prizes were a wonderful touch and created some fun excitement for those gathered.

In its Annual General Meeting report of activities, the CABMN Senior Services boasts the following accomplishments for the past year:

- 202 Individual interventions
- 241 Services provided
- 24 Workshops, trainings, and conferences (1241 participations)
- 9046 COVID-19 calls (400 volunteer hours)
- 110 Buddy Calls (55 volunteer hours)
- 269 VIGILE Heat wave emergency calls
- 45 Newsletters
- 586 participations in Heart & Energy group, and Walking Club.

For more information about the CABMN senior services or any of its other programs in the community or to sign up for the free weekly newsletter visit www.cabmn.org or call the Main Office at 450-292-3114.

Ben by Daniel Shelton

