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Weather



TODAY:
40 PER CENT
CHANCE OF
SHOWERS
HIGH OF 23
LOW OF 11



TUESDAY:
SUNNY

HIGH OF 25
LOW OF 13



WEDNESDAY:
SUNNY

HIGH OF 25
LOW OF 14



THURSDAY:
SUNNY

HIGH OF 27
LOW OF 13



FRIDAY:
CLOUDY
PERIODS

HIGH OF 28
LOW OF 15

Acts of love and the Missisquoi North Volunteer Centre (CABMN) work hand in hand supporting seniors



THE SCOOP
MABLE HASTINGS

One of the goals of the “Acts of Love” organization is to support groups that work to break the isolation and loneliness experienced by seniors in various communities. For the last few months, an active “Acts of Love” group of volunteers has joined forces with the Missisquoi North Volunteer Centre (CABMN) Senior Services “VIGILE” program to extend loving acts toward seniors in the Potton area. The most recent initiative was an effort made in June by the combined groups to deliver plants as a gesture to lift the spirits and bring some beauty during the summer months to seniors either living alone or those 85 and over



PHOTOS COURTESY

living in Potton.
Approximately seven volunteers plus the two CABMN Senior Services staff delivered to 109 of the 115 seniors identified in the above categories. Nine routes were mapped out and SAPA staff and volunteers drove to the homes of the seniors to spread some cheer.
“We found many of those we delivered to out working in their own gardens,” shared Monique Gilbert, CABMN Coordinator of SAPA Senior Services. “We took the opportunity to deliver a beautiful plant along with information pamphlets about the CABMN services for seniors and another on the Prevention of Fraudulent Acts,” she added.
The volunteers who delivered the plants and pamphlets were happy with their experience and enjoyed connecting with Potton seniors as well as the opportunity to brighten someone’s day. The experiences also lead to the recruitment of two new CABMN volunteers, Suzanne Cote and Louise Boileau, both of whom took part in the deliveries.
Throughout the pandemic, the CABMN has strived to find ways to maintain strengthen and adjust

seniors programs to continue to remain an important part of the lives of seniors living in the western sector of the Memphremagog MRC.
“The Acts of Love group connected with our organization at the perfect time,” shared Angelle Laplume, SAPA senior services team member for the CABMN for over 25 years. “Acts of Love is a compliment to our already abundant services and the volunteers added to our senior services support through this initiative have been extremely positive.”
The Missisquoi North Volunteer Centre has a variety of senior services and programs lined up for the fall and the coming year promises to continue to emphasize meeting the needs of seniors and improving services while maintaining a personal connection.
If you would like more information about the CABMN Senior Services or for information on any of the many services provided to a diverse clientele visit: www.cabmn.org. The CABMN encourages all to sign up for the weekly electronic newsletter to stay informed about all activities and news. To reach the CABMN Main Office located at 314B Rue Principale in Mansonville call 450-292-3114.

Ben by Daniel Shelton

