

Christmas food baskets in Potton and Bolton-Est



THE SCOOP

MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Partage/Share food bank is encouraging you to remember those in need as the holiday season approaches. Each year in November the Partage/Share committee, volunteers and CABMN staff start preparing for the annual distribution of Christmas food baskets for those who request one prior to the Christmas holidays.

There are many ways to donate in support of this effort. Monetary gifts can be mailed or delivered and non-perishable foods are greatly appreciated. The non-perishable items can be dropped off in one of the CABMN containers located in local businesses or at the Main Office of the Volunteer Centre at 314-B rue Principale, Mansonville (Quebec) J0E

1X0 (upstairs in the CLSC Medical Clinic building) 450-292-3114.

If you live in the Potton, Bolton-Est areas and would like to register to receive a Christmas food basket, you must come to the Volunteer Centre and fill out a form between: Nov. 1 and Dec. 1, 2023. All requests are treated confidentially. The Centre asks that you take note of the deadline and come in prior to assure that your name is on the list.

The baskets will be prepared and delivered in mid December to all who have registered and those applying are reminded that if you are receiving a food basket through another organization you are asked to apply to only one organization each year.

We are expecting more requests due to the rise in food costs

"We typically fill 35-50 baskets each year," said Jennifer McGeean CABMN staffperson working with the Partage/Share committee for this project. "We are expecting more requests due to the rise in food costs and we certainly appreciate all of the support that we receive from donors as well as volunteers who help with this," she added.

The local Potton Fire Department



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Partage/Share committee members Rejean Neron, Claire Alger, Julia Eldridge (Chairperson), Cathy Riendeau and Kathy Mullins. Absent from photo but on the committee: Judith Ball and Christian Donaldson

and First Responders help to deliver the baskets each year making the effort a real community collaboration.

The Partage/Share committee is made up of: Julia Eldridge (Chairperson), Claire Alger, Judith Ball, Christian Donaldson, Kathy Mullins, Rejean Neron and Cathy Riendeau. The committee is responsible for the emergency food bank of the CABMN and its operation not only at holiday time but throughout the year. Last year besides the annual

Christmas baskets, the Partage/Share also offered a 16-week public market coupon program for low income families and individuals in collaboration with the Municipality of Potton. The food bank also filled 56 emergency requests throughout the year for food serving more than 100 people in need.

If you are able to donate to the Partage/Share annual Christmas baskets please know that your kindness and generosity is appreciated.

Let's get voving! Viactive Physical Activity Program for people age 50+ in Potton



THE SCOOP

MABLE HASTINGS

Every Wednesday morning the Missisquoi North Volunteer Centre (CABMN) senior services team offers its Viactive program for seniors at the Feather in the Wind Senior Centre (309 Principale in Mansonville).

Viactive is a physical activity program aimed at people age 50 and over. Created in 1988 by Kino-Quebec, the program helps specially trained facilitators get seniors moving. These are safe and fun group activities that are held in senior communities, including some 30 FADOQ clubs around the region.

"These activities are for anyone age 50 and over interested in doing group activities whose physical condition allows them to do so (reduced mobility or not)", explained Viactive animator, Gail Seymour a new member of the Senior Services team at the CABMN in Mansonville. "I was given tools



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including illustrated workbooks with exercises and accompanying music on CD to help me learn how to offer the program safely," said Seymour. "I also benefited from training provided by Annie Roy Sercovie Viactive animator who provided on-site training. Gail shares that she even brings her own tunes from time to time and the group enjoys the variety.

Viactive literature tells us that seniors should take part in the Viactive program to incorporate and maintain regular physical activity, to experience the pleasure of moving in a group,

to increase your overall physical abilities (muscular and cardiovascular endurance, flexibility and weight control), to avoid isolation, to improve physical health and prevent chronic disease and to improve psychological health (manage stress, maintain cognitive function).

"Many of us do it for the fun," shared Seymour. "I started offering the program recently after the last animator left for another job," she said. "I have to admit that it is one of the highlights of my week."

Participants can vary from week

to week depending on the season as there are many snowbirds who head south when the weather gets chilly. Some familiar faces are present every week and the group is very inclusive, encouraging and uplifting.

"It doesn't matter what your physical activity level is," explains Seymour. "You go at your own pace and you participate as you feel comfortable."

If you would like more information about the Viactive exercise program or any of the CABMN Senior Services contact the Main Office at 450-292-3114 or visit the website at: www.cabmn.org