

# HELPING HANDS

## BROME-MISSISQUOI CAREGIVERS SUPPORT GROUP BIENNIAL JOURNAL



*Brome Missisquoi Caregivers Support Group is dedicated to enhance the wellbeing of caregivers by offering them a human approach.*

*The Maison's objective is to create a community of belonging focused on welcoming and supporting caregivers and their loved ones in a safe, friendly, and family oriented atmosphere*

### In this issue:

- Caregiver's Bill of Rights.....2
- Word from our President of Board.....3
- Word from our Executive Director.....4
- Our location.....5
- Words from our Counsellors .....6
- Words from our Head family Assistant and our Clinical Advisor.....7
- Your BMCSG Team.....8-9
- New Arrivals.....10
- Information.....11
- Our services.....12
- Psycho social Support.....13
- Our respite services.....14
- Free Activity Respite.....15
- Caregiver's Testimony.....16
- A Song of Hope.....17
- The caregiver's tools.....18
- Moment of relaxation.....19
- Support Group.....20
- Fundraising.....21
- Not to be missed.....22
- Board of Directors.....23
- Organization Chart.....24
- Our loyal Partners.....25



**MAISON Gilles-Carle  
Brome-Missisquoi**

*"You are taking care of a  
loved one ...  
We will take care of you!"*

**2020-2021  
October to March  
Copyright**

## CAREGIVER'S BILL OF RIGHTS



I have the right to take care of myself. It is not an act of selfishness. It will give me the ability to take better care of my loved one.



I have the right to seek help from others even though my loved one may object. I know the limits of my own endurance and strength.



I have the right to maintain parts of my own life that do not include the person I care for, just as I would if he were healthy. I know that I do everything that I reasonably can do for this person. I have the right to do some things just for myself.



I have the right to get angry, be depressed and express difficult feelings once in a while.



I have the right to reject any attempt by my loved one to make me do things out of guilt or anger.



I have the right to get consideration, affection, forgiveness and acceptance for what I do for my loved one, as I offer these in return.



I have the right to take pride in what I'm doing. And I have the right to applaud the courage it has taken to meet the needs of my loved one.



I have the right to protect my individuality. I also have the right to a life that will sustain me in times when my loved one no longer needs my full time help.

## WORD FROM OUR PRESIDENT OF BOARD

Dear members,

As usual, I wish, in my own name and those of my fellow directors, to salute all the advancement of our organization, whose success and achievement are shared among all of us: directors, officers, dedicated employees, members and volunteers. It is through all of us and together that the accomplishment of our mission is achieved daily.

So whether you are a caring volunteer, dedicated employee, partner, donor or sponsor: *Thank you*

Take care of yourself.

Warm greetings!



*Joannie Tardif*  
President of the Board



## WORD FROM OUR EXECUTIVE DIRECTOR

Dear Members,

Autumn is already upon us. I hope that despite the special sanitary conditions that we all applied during the summer, you were still able to enjoy this beautiful season.

With autumn beginning, our projects resume.

Several approaches are on our work tables particularly concerning the House and its facilities. The expansion that was planned for the fall must be postponed until the spring. This postponement is mainly due to the situation in the construction sector. We are continuing the preparatory steps for this construction project, which is important to us.

As you will see, we have resumed with a program adapted to the situation that will evolve according to the health situation.

We are going through a period that demands a great tolerance for ambiguity and a great dose of adaptability. Please know that the confinement in our basement offices that many of us go through saddens us. I miss your presence and that of your loved ones.

We assure you of our willingness to accompany and support you during this period.

Have a good fall!



*CHRISTINE TOUGAS*  
Executive Director

## OUR LOCATION

# BROME MISSISQUOI CAREGIVER SUPPORT GROUP MAISON GILLES-CARLE BROME-MISSISQUOI

### *Our Location*

Brome-Missisquoi Caregiver Support Group  
614 J.-André-Deragon blvd  
Cowansville (Québec) J2K 0H7

Business Hours :                      Monday to Friday  
                                                         8:30 am to 4:30 pm

To contact us: (450) 263-4236



Christine Tougas, Executive Director: [direction@rsabm.ca](mailto:direction@rsabm.ca)  
Martine Pelchat, Administrative Assistant: [secretariat@rsabm.ca](mailto:secretariat@rsabm.ca)  
Jozée Paquet, Respite Coordinator and Social Counsellor: [coordonnateur@rsabm.ca](mailto:coordonnateur@rsabm.ca) and  
[intervenant@rsabm.ca](mailto:intervenant@rsabm.ca)  
Sabrina Harvey, Social Counsellor: [intervenant@rsabm.ca](mailto:intervenant@rsabm.ca)  
Renaud Pineault, Head family and social Assistant and Volunteer Manager: [benevolat@rsabm.ca](mailto:benevolat@rsabm.ca)  
Béatrice Touchette, Auxiliary services Assistant  
Constance Noiseux, Clinical Advisor: [clinicienne@rsabm.ca](mailto:clinicienne@rsabm.ca)

You can follow us on our social networks :

Facebook:      Maison-Gilles-Carle-Brome-Missisquoi  
                                                         Jozée-Sabrina intervenantes

Web site:        [www.rsabm.ca](http://www.rsabm.ca)



## WORDS FROM OUR COUNSELLORS

Hello dear caregivers!

The last months have been disrupting for everyone but were especially demanding and stressful for you caregivers. I had the opportunity to welcome many of your testimonials and the privilege to support some of you through telephone conversations or in-person meetings outside. I heard that you were already tired before the pandemic, but many of you are now completely exhausted. There has been less help, less support, more stress and more worrying. The Maison Gilles-Carle has gradually resumed its activities of respite, but we are not at the moment working at full capacity. We haven't stopped being here for you, even if only listening to you or guide you. I cannot predict the future but I can at least guarantee you that we will keep supporting you by listening to your needs and struggles, no matter what.

I invite you to take a moment each day to ask yourselves these questions: What is my energy level today? Do I have too much on my plate? Who could offer me some support? What might help me have a nice day today? As I am writing these lines, I am asking myself these same questions. We cannot compare ourselves to others, as we all follow unique paths. What unites us is our need to feel loved and valued.

I am then wishing you to love and congratulate yourselves for all your exceptional qualities.

*Josée Paquet*  
Social Counsellor



Greetings caregivers,

One year already has passed since my first day here among you. A lot of things have happened since that day!

Despite the pandemic, we have been able to keep in touch by different means. I have been away for a moment but you have stayed in my thoughts. I am now back and am still astonished at how well you have greeted me here, in your Home.

We are back this Fall with new activities. Hopefully we will be able to hold them as planned. We will keep you informed as we go along.

Whatever the case, it will be my pleasure to see you and listen to your stories!

I wish you all a great end of year filled with joy and fun moments

*Sabrina Harvey*  
Social Counsellor

# WORDS FROM OUR HEAD FAMILY ASSISTANT AND OUR CLINICAL ADVISOR


Hello dear members,

In these times of pandemic, I am particularly proud of my work team and our volunteers. Everyone is making an effort to adapt day after day to the new instructions. Everyone's safety is at stake and together, we will face the challenges that this represents.

Let us keep hope and be united in front of this battle. Let us remain vigilant because the everyone's involvement is necessary to defeat the virus.

***Renaud Pineault***

Head Family Assistant and Volunteer Manager



Hello dear members:

What great encounters since my arrival in September 2019! I have the privilege of working with people of heart, of welcoming people who will entrust their loved ones to us and a working as a team to provide quality and safe services to our participants.

The challenges are there every day! We are working to provide personalized services in a specific context (long live COVID) and we need you to achieve our goals of living up to your expectations.

Your comments are relevant and necessary.

Thank you for your collaboration.

***Constance Noiseux***

Clinical Advisor

# YOUR BMCSG TEAM

## ADMINISTRATIVE TEAM



From left to right:

- 1<sup>st</sup> line: Christine, Executive Director  
Martine, Administrative Assistant  
Jozée, Respite Coordinator and Social Counsellor
- 2<sup>nd</sup> line: Sabrina, Social Counsellor  
Renaud, Head Family Assistant and Volunteer Manager
- 3<sup>rd</sup> line: Constance, Clinical Advisor  
Béatrice, Auxiliary services Assistant

# YOUR BMCSG TEAM

## FAMILY AUXILIARIES TO THE RESPITE TEAM



From left to right :  
1<sup>st</sup> line : Brigitte, Andrée and  
Caroline  
2<sup>nd</sup> line : Lisa, Marie-Josée and  
Nathalie



From left to right :  
1<sup>st</sup> line : Stacy, Christiane  
and Johanne  
2<sup>nd</sup> line : Henry et  
Maryse

## NEW ARRIVALS

We are pleased to announce the arrival of new recruits who have joined our team: Béatrice who arrived at the beginning of July and who will be with us as an auxiliary services assistant; Jessy, a trainee in social work technique, who will follow our psychosocial workers in their activities. Welcome to the House!



Béatrice

Jessy



## INFORMATIONS

Hello dear caregivers,

I am pleased to share with you some information on the billing of our respite service.

At the end of each month, when using the respite service, an invoice will be prepared and sent via email. This is why it is important to provide us, when opening your file, all the essential information of the responsible person, including the email address. This address will also be useful to us for the transmission of information by our administrative team. If we cannot obtain an email address, we will contact you by phone.

### **Payment methods :**

Due to the pandemic situation of Covid-19, payment by bank transfer and recently, by interac transfer or by credit card (through telephone) is preferred. You can also make your payment as follows:

- Cash or check made out to : “ RSABM”;  
(If I’m absent, you can leave your duly identified envelope in the box for this purpose at my office);
- Credit or debit card.

If you are proceeding by bank transfer or interac transfer, I invite you to contact me so I can provide you with the necessary information.

Please note that the monthly invoice will serve as a receipt. No further receipts will be issued.


Thank you for your cooperation and do not hesitate to contact me for more information. You can contact me from Wednesday to Friday inclusively by phone at 450-263-4236 or by email: [secretariat@rsabm.ca](mailto:secretariat@rsabm.ca)


***Martine Pelchat***  
Administrative Assistant


## OUR SERVICES


Dear members,

The entire team works towards offering you services that meet your needs, whether it be our respite services, our support services and psychosocial support services, our various workshops, moments of relaxation or coffee-meetings.

 **Respite Services :** We would like to inform you that it is possible to book in advance for a respite service (half day, day, evening and night). We invite you to contact us as soon as possible if you are unable to make it or must cancel the service. It is also important to respect the hours of opening and closing of the respite service. For more information: please contact Ms. Jozée Paquet, by email: [coordonnateur@rsabm.ca](mailto:coordonnateur@rsabm.ca) or by phone 450 263 4236.

 **Psychosocial Intervention Service :** Our counsellors are always available to welcome you, listen to you, offer professional support and answer your questions. We remind you that you can communicate by email with the counsellors at: [intervenant@rsabm.ca](mailto:intervenant@rsabm.ca) or by phone 450-263-4236.

 **Moments of relaxation (massage):** As a member, you can enjoy this beautiful moment of relaxation. Due to the pandemic situation, our volunteer massage therapists are pleased to offer you this moment in respect with the new instructions of public health. You will find this information at the relaxation moment section of the journal. Please notify us as soon as possible if you are unable to attend, we can then give your spot to another caregiver in need.

 **Workshops / coffee-meeting:** Welcome to our discussion workshops and coffee-meetings: a moment of sharing for you and others who also go through what you live! A bit of healing in a pleasant atmosphere. Taking into account the organization of the physical premises due to the sanitary measures, six participants maximum will be authorized and therefore, it is now mandatory to confirm your participation at these meetings.

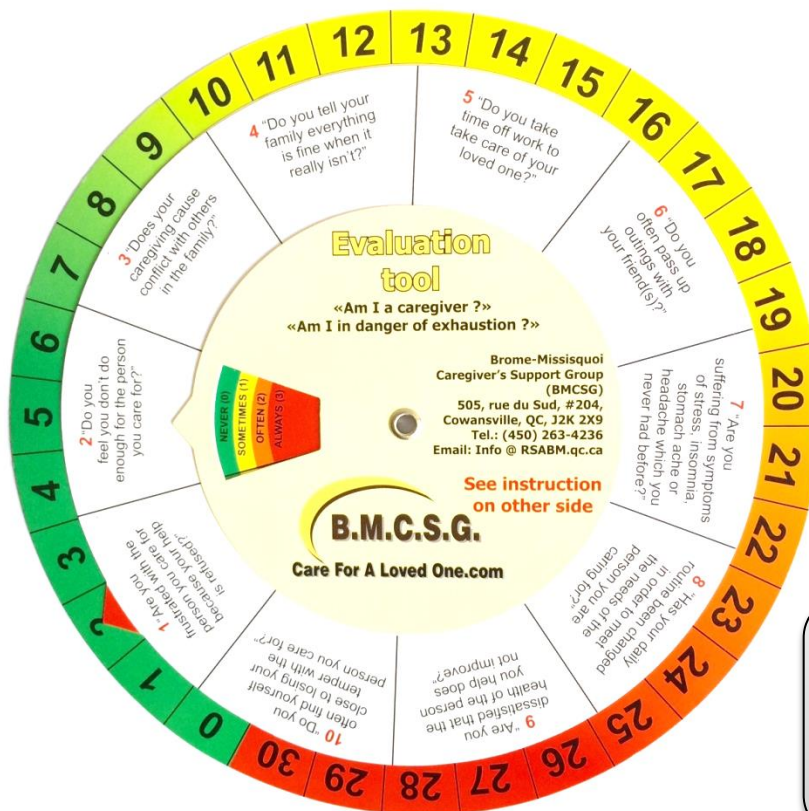
We thank you and remain at your disposal for any question, comment or suggestion.

**The team of the Brome-Missisquoi Caregivers Home is here for you.**

# PSYCHOSOCIAL SUPPORT

To avoid exhaustion and to see more clearly in your situation and your emotions, we offer you the opportunity to meet our social counsellors at Brome-Missisquoi Caregivers Home in Cowansville, on appointment.

In addition to Cowansville, we serve the population of Brome-Missisquoi and the surrounding area.



I'm so tired...  
I'm close to losing my  
temper...  
I feel guilty...  
What can I do?



For more information and /or making an appointment, please contact  
Jozée Paquet or Sabrina Harvey, Social Counsellors  
450-263-4236 / [intervenant@rsabm.ca](mailto:intervenant@rsabm.ca)

## OUR RESPITE SERVICES

Dear caregivers,

Here is a new description and pricing of our respite services and opening hours at the Brome-Missisquoi Caregivers Home. **A little novelty:** the evening respite, which can also be added to the day respite. Do not hesitate to contact Jozée Paquet for more information or reservation: [coordonnateur@rsabm.ca](mailto:coordonnateur@rsabm.ca) or 450 263 4236.

DAY RESPITE	Monday to Sunday, 7 days a week 8 :30 am to 4 :30 pm \$15 per day or \$7.50 per half-day, meals included
NEW EVENING RESPITE	Sunday to Thursday, 4:30 pm to 8:30 pm \$7,50
OVERNIGHT RESPITE	Monday to Sunday, 7 days a week From 4 :30 pm \$25 per night, meals included



# FREE ACTIVITY RESPITE



Dear caregivers, did you know that you can enjoy our respite service free of charge. Let us take care of your loved one to take full advantage of our services (coffee-meeting, massage, psychosocial support, discussion workshop). Note that you must book in advance in order to use this free service (subject to availability).

To reserve, contact us at 450-263-4236



## *CAREGIVER'S TESTIMONY*

They say we cannot foresee what the future may hold; even so, sometimes we dare to do it.

My spouse always thought he would be seriously sick one day because he had health issues since becoming an adult. I always thought I would spend the rest of my life contributing to society and helping people in some way.

Nonetheless, I could not visualise myself being a full-time caregiver and have to put my professional and personal plans aside in order to take care of my spouse who became eventually handicapped.

The thing is we have both learned to cope with our new reality since 2012 with vicissitudes.

I was very naive to think I could manage everything at home and be able to deal with errands, cleaning, cooking, doctor's appointments, administering medication, taxes and leisure for my spouse and I. Reaching out for help was not an option since I felt I had the energy and willingness to carry out these tasks myself efficiently.

I was not ready to let strangers enter my life, but above all I felt it was a matter of pride and ego allowing people to know I was not capable or healthy enough or brave enough to be in charge of silly little tasks, you know, at least in my head I thought so. Reality hits so hard.

Most of what I have learned from being a caregiver was based on my own experience. I just wish I had received an instruction manual with steps to follow through.

After eight years of being a loving, devoted, dedicated, tireless caregiver, my deep love for my spouse remains intact. However, my energy, patience and multitasking skills have dramatically decayed, so I decided it was time to reach out for help.

Finding a nursery home for a few days off was an interesting option, both for my spouse and myself, because it suits our current needs. Yet, it is not an easy task to find one since most nursery homes are only interested in year-round staying, so hunting one every week is really challenging not to say impossible.

I found Maison Gilles-Carle by talking to my psychosocial worker who diligently helped me find a place so I could have well deserved respite.

My spouse has special needs while he is staying out.

At Maison Gilles-Carle, not only did they fulfill our needs, but if they do not currently offer a service, they implement it for you or your family member if possible.

I would like to extend my gratitude and respect to all the staff at Maison Gilles-Carle, from the director to the cleaning staff, for all their help and patience. Also, I offer my special and personal thanks to Jozée Paquet. Without her persevering help, I would have probably relinquished long time ago.

Yours faithfully,

L.A.

## *A SONG OF HOPE*

In these uncertain times, we thought we would give you a beautiful *smile*. Here are the lyrics of an instrumental themed song used for the soundtrack of the Charlie Chaplin film, a song you will recognize and will enjoy humming, even without having the melody.

### *SMILE*

Smile though your heart is aching,  
Smile even though it's breaking,  
When there are clouds in the sky,  
You'll get by,  
If you smile through your fear and sorrow  
Smile and maybe tomorrow  
You'll find that life is still worth while  
If you just,  
Light up your face with gladness  
Hide every trace of sadness  
Although a tear may be ever so near  
That's the time you must keep on trying  
Smile what the use in crying  
You'll find that life is still worth while  
If you just smile  
Though your heart is aching  
Smile even though it's breaking  
When there are clouds in the sky  
You'll get by,  
If you smile through your fear and sorrow  
Smile and maybe tomorrow  
You'll find that life is still worth while  
If you just smile  
  
That's the time you must keep  
Smile what's the use in crying  
You'll find that life is still worthwhile  
If you just smile.

# THE CAREGIVER'S TOOLS

Dears Caregivers,

In this section, you will find tools for your daily life.

## If you need: LISTENING AND SUPPORT

If you are looking for information, resources near you or if you just want to speak to someone, the Caregiver's helpline is available in English.

1 855 852-7784

## If you need: INFORMATION

«Seniors.gc.ca» Find federal, provincial and some municipal information about the services, benefits, programs and initiatives relevant to caregivers in Québec.

[www.seniors.gc.ca](http://www.seniors.gc.ca)

«Agingcare.com» is a community of caregivers facing the challenges of caring for a loved one. They provide a comfortable meeting place for the exchange of ideas with professionals and people just like you. You will get answers to your questions, as well as practical advice.

[www.agingcare.com](http://www.agingcare.com)

Book: «**The Caregiver: A life with Alzheimer**» This book relates the story of a man's transformation from husband to caregiver after his wife's diagnosis of Alzheimer. An intelligent and beautiful testimony to how family members turned caregivers in becoming the ultimate advocates for their loved ones in the face of a disease with no cure.

## If you need: ENTERTAINMENT AND RELAXATION

Movies: we have a selection of movies that you can borrow to watch at home. Title's like «The notebook» or «Unfinished song» are available, come and take a look! In addition, you will find links on the web on *Guided Meditations*.

**Do not hesitate if you want to meet with the social counsellor and borrow a book or a movie at the same time!**

# A MOMENT OF RELAXATION

## MASSAGE THERAPY

Dear Members,

In view of the Covid-19 pandemic situation, the schedule and location for massage therapy services given by our volunteers have been changed. Below you will find detailed information for each massage therapist. We will keep you informed as soon as Mr. Laliberté returns. Thank you.

Mr. Verge offers a therapeutic acupressure massage based on several techniques (Jin Shin Do®, Thai, Reiki...). He was formed from 1993 to 1996 in acupressure, Jin Shin Do® and has attended several training courses in Quebec (massage Amma, Reiki, etc.) and in Thailand (Thai massage). The acupressure treatment is a unique experience of introspection. You'll be lying on a mattress (on table or on the ground), dressed and accompanied by the massage therapist. Before the treatment, he will question you briefly and will take your pulse to establish a care that meets your needs.

<u>Volunteer</u>	Murray Verge
<u>Cost</u>	FREE for the <u>caregivers</u>
<u>Place</u>	20, McPherson St., Lac Brome (Mr. Verge's residence)
<u>Day</u>	Tuesdays until December 8, 2020 From January 2021, new time and place to come
<u>Time</u>	9:00 am, 10:30 am and 12:00 pm
<u>Specifications</u>	Dress comfortably IMPORTANT : BRING YOUR MASK
<u>To reserve</u>	Martine at 450 263-4236 or <a href="mailto:secretariat@rsabm.ca">secretariat@rsabm.ca</a>

Mr. Laliberté has been practicing massage therapy for more than 40 years and offers us a therapeutic massage based on the Jin Shin Do technique.

The Jin Shin Do® is an acupressure technique that aims to relieve the physical and emotional tensions of the body by the simultaneous pressure of two acupuncture points. It results from a synthesis of traditional Japanese and Chinese acupressure theories, Taoist philosophy and various Western psychotherapies.

<u>Volunteer</u>	André Laliberté
<u>Cost</u>	Free for the <u>caregivers</u>
<u>Place</u>	TO COME
<u>Day</u>	TO COME
<u>Time</u>	TO COME
<u>Specifications</u>	Dress comfortably IMPORTANT : BRING YOUR MASK
<u>To reserve</u>	Martine at 450 263-4236 or <a href="mailto:secretariat@rsabm.ca">secretariat@rsabm.ca</a>

# SUPPORT GROUPS

Dear Caregivers,



Many of our members show us their enthusiasm regarding their participation in our support groups. They realize that they are not alone, they feel supported by others, they come seeking moral support. Many friendships are formed and even a couple has formed in one of these groups!

We have started new support groups mostly in French. Here are the groups in operation at the moment. They are held approximately once a month:



Loved ones in residences

Loved ones at home

Caregiver's meeting (English speaking group)

These groups are still open, but we have limited places. If you are interested to participate, you should therefore contact Jozée or Sabrina to discuss the possibility of joining.

The Thursday night coffee-meeting still takes place, but it is now a closed group because it is filled to max capacity.

As for our discussion-workshops (in French), they will take place on Wednesdays from 1:30 p.m. to 3:30 p.m. Two are currently in preparation and will be held on November 4, 2020 and December 2, 2020. The next discussion workshop will be communicated to you on our Facebook pages: *Jozée-Sabrina intervenantes* and *Maison Gilles-Carle Brome-Missisquoi*. In addition, we invite you to contact us at 450-263-4236 or by email and we will be happy to inform you of the topic of these discussion-workshops.

You **must confirm** your presence in order to respect the health measures and the ratio put in place because of the Covid-19. The ratio could vary according to public health recommendations.

For the moment, we are hosting these face-to-face meetings here at Maison Gilles-Carle, but that could change depending on the evolution of the pandemic. We would then see to organize meetings by videoconference.

Most meetings start with a theme that guides the meeting, which facilitates discussions and exchanges.

We look forward to seeing you there!



*Jozée Paquet and Sabrina Harvey*  
*Social Counsellors*



# FUNDRAISING

## SALE OF RAINBOW CARPETS

How about a beautiful Arc-en-Ciel carpet you can rest your feet on in the kitchen or just at the entrance of your house.

This 24 "x 36" size carpet made from recycled rubber is on sale for \$ 35 and you will receive a \$ 20 tax receipt.

To obtain it, please contact us at 450-263-4236.

Thank you for your support to our Mission.



# NOT TO BE MISSED

## COFFEE-FILM

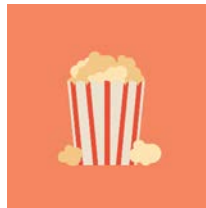
Dear members, participants and volunteers,

It is our pleasure to invite you to our next activity under the theme "*A MOMENT OF WELLNESS OUTSIDE OUR DAILY LIVES*".

This great opportunity to meet us before the holiday season will take place on:

**WEDNESDAY, DECEMBER 16, 2020**  
**1:00 PM TO 4:00 PM**  
**CINÉMA PRINCESS – COWANSVILLE**  
**141, Principale St, Cowansville**

**Im, Popcorn and drink for free!**



«Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common, a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime. "

Please take note that the film will be in French.

At the end of the screening, the discussion will be open to allow us to exchange between us.

Confirmation of your presence is required.

*Jozée Paquet and Sabrina Harvey*  
*Social Counsellors*

# BOARD OF DIRECTORS

**THANK YOU TO OUR BOARD OF DIRECTORS FOR  
THE GIFT OF THEIR TIME AND FOR THEIR  
EXPERTISE**

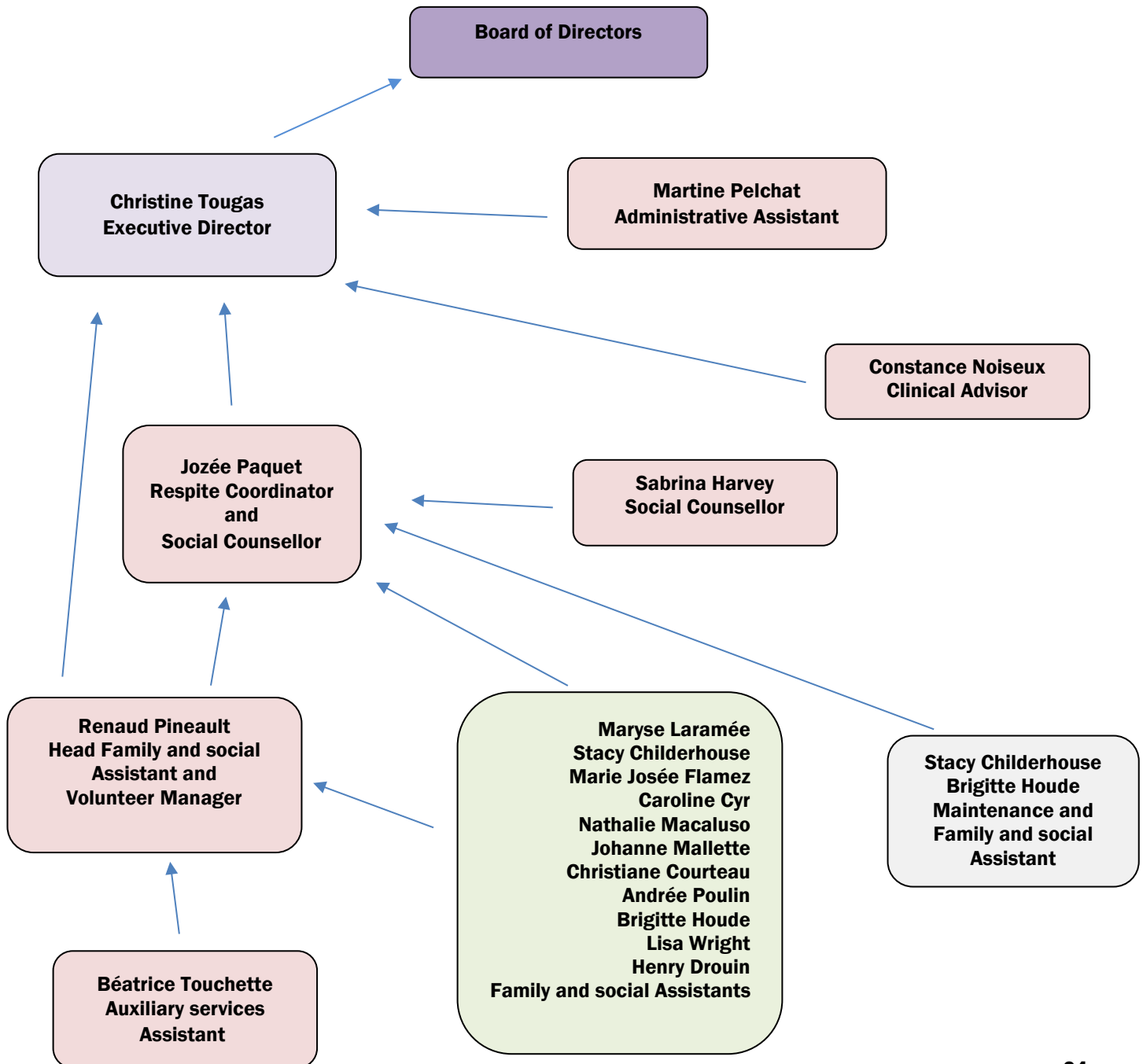
President:	Joannie Tardif
Vice-president:	Michel Lafrance
Secretary:	Luce Goerlach
Administrators:	Pierrette Beaudry
	Ginette Champagne
	Gisèle Desrochers
	1 Vacancy



# ORGANIZATION CHART

## At the BMCSG, WHO IS MY RESOURCE PERSON?

### CAREGIVER



# OUR LOYAL PARTNERS



***Vous*** êtes là pour ***eux***,  
***nous*** sommes là pour ***vous***.

