Volunteer Ambassadors Awards!

It is with immense pride that the ABC Center will present, on Friday, October 2nd, 2020, the «Volunteer Ambassadors 2020-2021» awards, for the sixth consecutive year. These honours, which are presented as part of international volunteer day, are intended to recognize and reward five distinguished ambassadors who are generously and fervently involved in their communities, in the different spheres of human activity.
Because of its resounding success, the initiative was renewed once more this year, in order to spotlight the exceptional work of numerous citizens who have stood out in their communities due to their generosity, dynamism, and extraordinary commitment.
Once again, we encourage Laurentians to nominate a citizen who volunteers in St-Laurent by November 1st, 2020.
A selection committee will evaluate all nominations and objectively select the five winners to be honoured on Friday, December 4th, 2020.
Full details of this event, evaluation criteria and nomination form will soon be provided by email and and will be available on the ABC Centre:
www.centreabc.org.

You are grieving, the ABC Centre can help!

This project aims to break the social isolation of the bereaved by offering them a moment of listening, exchanging and mutual aid.
Providing support for the bereaved, arose out of a concern brought to the attention of the Senior Consultation Committee, which has been part of the ABC Centre for several years, along with many partners working with an aging population.

Given the ongoing COVID-19 pandemic, support will be available in the form of telephone calls with a professional.
To register, please call 514-744-5511, 222

40 ans info ABC

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Youth Committee 2020

Despite the pandemic, the Youth Committee met five times last summer. Together, the members decided to organize several activities, but in a slightly different way. And to get there, what better way than through the Internet and Zoom application! Among the activities chosen, we made origami doves for an event to be held in September 21st as part of the International Day of Peace. We also organized a large virtual bingo of citizen involvement held on Friday, August 21st. Several volunteers were present and we had many awards. Finally, we did a day of volunteering with several young people at Moisson Montréal. This experience has shown us that we are making a real difference in the community of St-Laurent. Thank you all for your participation in our activities. We will most certainly be back the next year!

Maxime Goulet, member of the 2020 Youth Committee

Volunteering during COVID-19

With the arrival of the coronavirus pandemic, the last year saw the lives of many people and organizations change drastically around the world. It has forced organizations to reinvent themselves in their activities and to review their procedures in order to follow public health measures exactly. It was necessary to purchase the required equipment (masks and gloves) and to respect the measures of social distancing.

In a short period of time, we saw the need for emergency food assistance increase significantly, with seniors confined to their homes and some organizations closing due to lack of resources. At the ABC Centre, we had to meet the demand that, in a few months, almost tripled. Indeed, during the period of confinement, we saw an unprecedented outpouring of solidarity from the entire population. As a result, we did 108 interviews and training with new volunteers!

Since the beginning of the health crisis, some activities, including special events, have been put on hold. Others are operating at full capacity, such as seniors' services, errands and Meals on Wheels. In a few weeks, we have gone from 29 seniors receiving help per week to more than 80. The same goes for meals offered, which have gone from 150 to more than 360.

Grocery aid has also increased significantly. Indeed, until July we did 396 grocery runs. For some days, orders sometimes reached a record of 16 deliveries. As for the calls for friendship and safety in connection with the pandemic and the summer heat waves, we counted almost 2100!

In addition, pending the gradual opening of other organizations and services, ABC Centre volunteers continue to collaborate collaborate to bank activities, French and English virtual workshops, community gardens and the seasonal market. The profile of volunteers has also changed. Because seniors were more vulnerable to the virus, they were forced to stay home, giving young people a chance to lend a hand.

In fact, all these changes have shown us that the social safety net is strong and well woven in Quebec. This pandemic has made us realize that volunteering plays a valuable role in our community. So, to all who generously got involved, a resounding THANK YOU! because it is together that we transform our communities every day.

Food assistance services needed more than ever

Testimony

During the pandemic, several seniors benefited from grocery aid and the Meals on Wheels program. Here is a testimony from one of the beneficiaries, who agreed to share her impressions of the service she received.

«I've been living alone for several years, but at the time I could go shopping. Now I have reduced mobility and with the COVID-19 pandemic, everything has become more complicated. I have several chronic pains. I have children who love me, but they are currently in France and England, so it is not easy for them to come and visit me. Before COVID-19, they would come to see me a few times a year and they would take care of me; they kept me company. But since the pandemic, who comes to visit me or who takes care of me? Nobody. I live great moments of loneliness and fatigue. Fortunately, the ABC Centre volunteers are all smiles, showing great kindness and compassion towards me. When the ABC Centre calls me or the volunteers come to see me, I feel like I am not alone. Since the beginning of COVID-19, Meals on Wheels and my groceries have been delivered directly to my home and it relieves me enormously. There are a lot of things that I can't do anymore. Volunteers give me hope. It gives me courage and I never feel forgotten. You've just changed my life! »

Beneficiary of the ABC Center

Annual general meeting of the Virtual ABC Centre!

On Thursday, June 11st at 5 p.m., the 42nd Annual General Meeting (AGM) of the ABC Centre was held in a brand new virtual format adapted to the reality of the COVID-19 pandemic. The event was held via the Zoom platform and 48 volunteers, 2 partners and 4 team members participated in the event. This meeting was an opportunity to take stock of our activities and to present the main achievements made during the year 2019-2020. Once again, this strong mobilization demonstrated not only the deep commitment of volunteers to the organization, but also the fruitful collaboration that the ABC Centre has been able to build with several community partners.

It is with great pleasure that we present the new Board of Directors composed of Roger Risasi, Simon Lambert, Paulina Herrera, Antoine Karoichan, Pinyu Qi and Rachid Chakridi.

DONATE YOUR TOYS
for the benefit of the children of our community!

In November, the ABC Centre will begin its annual toy drive in the St-Laurent borough. The toy drive is intended to collect toys generously donated by community members, and then distribute them to the students of the Enfant-Soleil School and Henri Beaulieu before the Christmas holidays.

This great initiative, which takes place every year, is an opportunity for our citizens to give back to the community. The holiday season is a difficult time for many families who live below the poverty line and who cannot afford to give their children Christmas presents. is proof of our solidarity for our community.

We hope that Laurentians will mobilize to give joy to children who are less fortunate.

Notice of death

It is with great sadness that we pay tribute to outstanding volunteers who have passed away this year.

These volunteers have been instrumental in developing our community.

We will be eternally grateful for all they have accomplished for the ABC Centre.

We extend our deepest condolences to their families

They will remain in our hearts forever.

- **Michel Sabbagh**
- **Nicole Leroux**
- **Nicole Legault**
- **Léo Maheux**