The ABCs for Seniors

By now you are familiar with our «ABCs for Seniors» we announced last year. After many start-up tests, we are ready to launch this project with great fanfare and for as many people as possible!
Are you a Laurentian senior 65 years of age or older? You may be eligible to receive an electronic tablet with our digital platform which includes the ABC Center's list of services for seniors and lots of other useful info and entertainment: movies, music, games, discussion forums, news, health and wellness tips for seniors, access to the video conference room to attend our lectures, and even an SOS button.
Of course, you will receive training on how to use this platform.

Contact us at 514-744-5511 ext. 226 for more information.

The ABC Fridge is well appreciated in the community

It will soon celebrate its first anniversary and has been in operation all year, including winter! Starting as a local attraction in June 2021, it is now the object of benefiting exchanges between donors and their surplus of food and temporary needs brought by one circumstance or another. At the beginning, we had a few curious people who came to the Center to bring us some donations or to help themselves to some food.
Little by little, word of mouth has done the job. We have regular donors, who bring us the surplus from their fridge, and those who bring us food from time to time. The beneficiaries of the project, who come to the fridge for food, are sometimes regular, sometimes occasional, and they also bring food when they have too much. Let us remember that each generous gesture, however small, counts for a lot.
In times of pandemic and inflation of food prices, its timing couldn't have been better because some people need this help more than ever. We are extremely proud of our community fridge project. Please stop by with a little extra of fresh produce.

The Board of Directors and the ABC Center team wish you a beautiful late spring and summer!

info

ABC Center Quarterly Newsletter - **May 2022 - N° 76**

A National Volunteer Week Appreciation Evening Filled with Emotions

The pandemic unfortunately prevented us from holding our annual Volunteer Recognition Evening last year in context of National Volunteer Week.
But we adapted to reality and held a virtual Zoom event which ended up being a real success! Participants met for a festive evening where we heard our Executive Director, Mrs. Henriette Konté, as well as Saint-Laurent elected officials thank wholeheartedly all our generous volunteers for contributing their valuable time and efforts to help co-citizens in need through the different services and programs provided by the ABC Center. They also empathy how particularly important our volunteers' good will had been in these difficult times, for many of us.
The joyful evening included the traditional karaoke that gave many hidden talents the opportunity to perform their favorite tunes with happy singalongs from the volunteer family whose generosity and understanding were celebrated over the virtual event.
A special tribute was paid to volunteers who have left us during the year and who were known to have greatly contributed to the Laurentian community over the years.
Well-known singer Kim Richardson concluded the evening by taking us on a beautiful journey.
We do hope our Recognition Night will be in-person next year.
Meanwhile, and following the difficult times we have all been through, ABC's campaign theme will remind us that

«No matter how stormy the weather, we (you) will be the stars to break the clouds».
Thank you all and see you next year!

An overview of the History of Quebec all in francophonie

Throughout the winter, students registered in francization courses at Cégep Saint-Laurent were given the opportunity to have French conversation with volunteers of the ABC Center and also learn some basic facts about the History of Quebec, thanks to cultural exchanges and lectures. From History of La Nouvelle France and the evolution of French-speaking in North America, the students were exposed to Quebec expressions and major historical events! A big thank you to the volunteers who agreed to share their knowledge and help these students discover not only the French language, but our History!

Following is the testimony of a participating volunteer

« This project was for me a beautiful experience, rich and very animated.
I would like to thank the ABC Center for giving me the opportunity to participate in this activity.
I can sincerely say that I have reaped more than I have given. I gained knowledge about Quebec History through the very interesting lectures presented by very qualified people. I learned new Quebec words and expressions. I also had a great time talking with the students who were enthusiastic and worked very hard to speak and express themselves in French.
I hope that I was able to pass on to them some of my love for the French language, despite the fact that it is not my mother tongue, and my appreciation and joy of living in Quebec.»
Ghada Krouchan

The ABC Center youth committee is back

It will be back in the Summer and we are now looking for 12 to 18 year-old who are interested in participating in a Youth Committee activity, starting in mid-July. The goal is to create, imagine and shape a project or an event that will promote volunteerism. This could be the perfect opportunity to meet other youth your age and add a creative experience to your curriculum! Come together to create a great project and put your talents to use!

Call us at 514 744-5511 (ext. 224) to register!

DID YOU KNOW WE HAVE A MOBILE APP FOR VOLUNTEER OPPORTUNITIES?

CALL 514-744-5511 EXT. 222 TO REGISTER OR BY EMAIL AT BENEVOLE@CENTREABC.ORG

Testimony of a young volunteer

Three years ago, the Covid-19 pandemic began. At first, many believed that it would only be a passing one and that we would soon go back to our sheep. Then, day after day, week after week, events did not improve. More and more, the feeling that nothing would return to normal settled in our homes. Our hearts filled with anxiety, and our ears with conflicting news. Months passed and one thing became clear: we had no choice but to adjust to the new practices and our new lives. Some of us lost loved ones, others saw their fellow human beings suffer from this virus, not only physically, but also mentally, psychologically and spiritually.

When I first started volunteering at the ABC Center, Melanie Massicotte greeted me with the most beautiful attitude I could imagine. She sat down with me and we talked. I told her about my interests and from that day on, she has never stopped being present and positive for young volunteers like me. Thanks to her, I now volunteer at Hôpital du Sacré-Cœur de Montréal on a regular basis.

I started volunteering in 2019 because through all the unhappiness I was feeling because of the changes going on around me, I needed to do something, if only something that could help my fellow citizens, in a world where everything seemed out of our control. The philosopher Epictetus shares a thought that we all need to apply in these difficult times: «Let us seek our goods within ourselves, otherwise we will not find them.»

An important source of happiness lies within each of us. We have the choice to illuminate it, or not. There is one thing that the coronavirus has certainly revealed to us all: the hunt for happiness through the outside world is a hunt doomed to failure, or temporary success. Your soul, on the other hand, will stay with you until the end. Nurture it. One way to do this is to discover yourself, to know yourself better. It is very rewarding to spend time with yourself and learn what feeds your soul with joy, and to nurture the relationship between your soul and those things.

It hasn't been an easy time and it still isn't. It is perfectly okay and reasonable to not be «okay», to not feel present and to be sad. But know that you all have an internal source of happiness, which will always be within you, waiting for the moment when you choose to feed it and let it out.

Finally, to all those who contribute to the collective happiness, with your good attitude or your smiles stuck to your faces, and to the volunteers who are involved in their community and who accumulate volunteer hours, congratulations! And thank you for contributing to the happiness of humanity.

Tydia Allouche
Young Volunteer of the ABC Center

Donate

If you feel like it, you can make a donation at any time for the ABC Centre, in the amount of your choice and against a tax receipt. Any help is welcome, this donation will allow us to continue our mission. We thank you for your generosity!

Many thanks to all volunteers

Once again this year, you have represented a valuable and indispensable support for many activities taking place in Saint-Laurent for the benefit and enjoyment of its citizens. You understand that volunteerism and our implication contribute directly to the quality of life of our community, and our community is grateful for your generosity and your empathy.

FOLLOW US ON SOCIAL MEDIAS AND DON'T MISS ANY NEWS

Centreabc

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