

BOARD OF DIRECTORS 2013-2014

Our General Annual Meeting was held on May 28, 2013. Following are the names of our new Board of Directors. Best of luck for the coming year!

Bach Hue Nguyen	President
Marie Josée Wenger	Vice-President
Nancy Vermilus	Treasurer
Oulimata Diagne	Secretary
Sami Baffoun	Administrator
Janine Fata	Administrator
Johnny Pierre	Administrator



Volunt – Here

Newsletter of the Côte-des-Neiges Volunteer Centre

Summer 2013

STEWART HOMECARE SERVICES

A small company with a big heart!

Each year, we work with the Cote-des-Neiges Volunteer Centre to bring a wee bit of joy to some of their clients at Christmas time with a visit and a gift. We enjoy it and we hope they do too! We also offer homecare services such as housekeeping, walks, (a 3 hour minimum) and meals on wheels once a week at a reasonable price. Should you require any of these services, please do not hesitate to contact us at : **514-523-5342**.

Centre de Bénévolat Côte-des-Neiges Volunteer Centre

4945 Côte-des-Neiges, #6
Montréal, Québec H3V 1H5

Tel. : 514-340-1072

E-Mail : centredebenevolatc.d.n@bellnet.ca

Fax : 514-340-0343

Web site: www.centrebenevolatcdn.org



It's really hot!

In periods of intense heat, your state of health can quickly deteriorate.

Be sure you:

- ✓ **Drink at least 4 glasses** of water or juice a day or follow a doctor's recommendation
- ✓ Spend at least 2 hours a day in an **air-conditioner or a cool environment** (shopping centre, library, etc.)
- ✓ Take at least **1 cool shower or bath** a day, or cool your skin with a wet washcloth several times during the day
- ✓ Reduce your physical efforts
- ✓ Wear **light clothing**
- ✓ **Speak** with family or friends daily

If you are not feeling well or have health-related questions, call Info-Santé **8-1-1** or speak to a health professional

In an emergency, call **9-1-1**

Learn more at www.msss.gouv.qc.ca/chaleur

And have a very good summer

Patricia Lavigne, Director

As I Began to Love Myself by Charlie Chaplin*

As I began to love myself I understood how much it can offend somebody as I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me.

Today I call it **“RESPECT”**.

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow.

Today I call it **“MATURITY”**.

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment, so I could be calm.

Today I call it **“SELF-CONFIDENCE”**.

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm.

Today I call it **“SIMPLICITY”**.

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything the drew me down and away from myself. At first I called this attitude a healthy egoism.

Today I know it is **“LOVE OF ONESELF”**.

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time.

Today I discovered that is **“MODESTY”**.

As I began to love myself I refused to go on living in the past and worry about the future. Now, I only live for the moment, where EVERYTHING is happening.

Today I live each day, day by day, and I call it **“FULFILLMENT”**.

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But As I connected it to my heart, my mind became a valuable ally.

Today I call this connection **“WISDOM OF THE HEART”**.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born.

Today I know THAT IS **“LIFE”**!

* **Text proposed by Claude Dumont, volunteer**

MANDATE IN CASE OF INCAPACITY

A mandate in case of incapacity is also a legal contract which permits you to name the person of your choice to take care of your personal possessions as well as to make decisions regarding your personal protection. It must be written and signed in advance while you are still capable to make decisions and will not be used unless an illness or an accident deprives you of your faculties either temporary or permanently, such as a stroke or an illness like Alzheimer.

By preparing this document in advance, it gives you time to choose the person or people that you would like to take care of you and your possessions should need be. You can choose a hand written private mandate of incapacity or have one made by a lawyer, which needs to be signed by 2 witnesses You can also have a notarized mandate where a notary who will prepare this document according to your wishes.

Once the mandate is prepared and signed, it remains valid as long as it is not modified. The mandate remains valid but not active as long as the person is apt. If you become inapt, your family or the person or people you designated can have your mandate homologated which will make the document officially active. To do so, they must have an evaluation of inaptitude done by 1) a doctor for medical purposes and 2) a social worker for physiological purposes. Afterwards, these evaluations are sent together to your notary who will then present these documents to a judge to ask that the mandate of incapacity be homologated therefore officially naming the designated mandatory.

If a person is declared inapt and does not have a prepared mandate of incapacity, an unfortunate situation we often see; a request can be made to the Public Curator to place you on a protection program. Your personal belongs and possessions will then be administered by a tutor or a private curator or by the Public Curator for certain cases.

These people work to ensure the well-being of our citizens according to the individual's needs. They assure decisions taken are always in the best interest of the inapt individual.

Written by Pascale Laprise, Social Worker, Institut de l'université de gériatrie de Montréal (IUGM)

Translated by: Cote-des-Neiges Volunteer Centre for our internal newsletter.