

LE CARREFOUR

September 2021

English



50 and
+



graves.vs



www.legraves.com



info@legraves.com

Research, design and layout

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Revision / Translation

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Executive Director - Tresorer



CENTRE DE RÉFÉRENCE



DESCRIPTION OF SERVICE

You need informations or support? Informations on the resources or activity on the territory?

**Give us a call
this service is FREE!
450-424-0111
ext 223 or 0**



**Opening hours:
Monday to thursday
from 9 AM to 4 PM**

IMPORTANT



Due to the COVID situation and the safety measures in place, the service is currently **only available by phone**, but we hope to soon offer on-site service with access to our reference library, a computer for research and a telephone for important calls.

The Reference Centre NEEDS YOU!

We are looking for seniors who would like to participate in a new G.R.A.V.E.S. project: **comfort kits**.

G.R.A.V.E.S. wants to provide hobby kits for seniors living alone. We want to hear from you about what other seniors might enjoy.

What does it involve?

- **Try out our electronic tablets.** You do NOT need to be tech savvy, in fact we prefer you not be! You will test the games, our user guide and give us your feedback.
- **Share in a small group and discuss** ideas for board games, tools and other items to add to the kits.

When will it take place?

- You can choose from one of the following blocks:

October 6 from 10am to noon or October 7 from 1:30 to 3:30 pm

If you don't have transportation, contact us, we'll make it happen!

😊 Two prizes will be drawn among all participants!

To register, please contact Gabrielle Chartrand, Reference Center

Coordinator:

(450) 424-0111 ext. 223

centredereferences@legraves.com

Return to the AGM

The General Assembly of the *Grand Rassemblement des Aînés de Vaudreuil et Soulanges* went well on Wednesday, June 30th, and I would like to thank all the members for their presence.

We held a draw among the members who were present at the meeting and we are pleased to announce that **Mr. Yves Leduc** is the lucky winner of a \$25 gift card.

I invite you to consult the *Activity Report* at www.legraves.com.

Marie-Christine Floch, executive director

Stephanie and Katrina ref: The Key to the Fields. (2014).

Cultivating your self-esteem. (3rd ed.)

Self-esteem is the value a person perceives of themselves. Healthy self-esteem is recognizing our limitations, but not focusing all of our attention on them. It is also about feeling good about ourselves and believing that we deserve the respect of others. This perception of our worth can be influenced by many things.

One of these is gender stereotypes. A stereotype is a cliché, a set of expectations and often preconceived judgments made by society. A gender stereotype is a set of expectations and ways of acting traditionally associated with the female or male sex. We can think of our expectations of a girl, who should like shoes and should be calm, or of a boy, who we are quick to describe as adventurous and a go-getter.

So if we don't fully conform to these socially constructed stereotypes, we tend to evaluate ourselves negatively. Yet we are much more than these stereotypes. We are all unique and that is what creates our value. We are also influenced by the ever-changing and unattainable standards of beauty.

Indeed, we may also tend to compare ourselves to the images of success and beauty that are portrayed in the media. It is important to remember that beauty is much more than physical appearance. Beauty also lies in diversity, sense of humor, talent, authenticity, values and so much more.

Remember:

Give yourself time to take care of yourself (doing an activity you enjoy, pampering yourself, spending time with people you care about).

Be easy on yourself (you don't have to be perfect!).

Avoid comparing yourself to what you see in the media (you are unique).

Remember that you have the right to respect!

The Reference Center Chronicle

Gabrielle Chartrand

This month's theme: the art of managing arguments

Whether it is due to a misunderstanding, a clash of values or different conceptions of the same event, arguments occur on a daily basis. Some people try to avoid them, others are open to compromise and others will spontaneously agree with the other. Here are a few tips on how to make your point in a calm and respectful manner, without hurting the other person's feelings:

1) Speak in the "I" voice first

Speaking in "you" is a dangerous approach. It can be interpreted as an accusation and your interlocutor may become defensive. However, if you speak in the "I" tense, especially about the emotions you feel, you give the other person access to your feelings and he or she cannot dispute them.

Example:

Instead of saying "*You're always yelling at me*".

You can say: "*I feel sad and anxious when the tone rises.*"

2) Stay in the concrete facts, put aside the interpretations

Let's stick to what is objective and truthful! By staying in the concrete, tangible facts, we get closer to reality.

Example:

Instead of saying "*I know you're mad at me!*"

We can say: "*I didn't appreciate you raising your voice earlier.*"

3) Avoid the terms "always" and "never"

"Always" and "Never" are exaggerations that discredit our speech. Let's keep it as realistic as possible when talking about a sensitive topic by pointing to a specific time when it happened.

Example:

Instead of saying, "*You're always late.*"

We can say "*I was disappointed that you were late this morning.*"

...next page

4) Distinguish intent from impact

Even if my intention was not negative, it is possible that my words or actions hurt a person. Their emotion is valid, and apologizing can make a world of difference.

Example:

Instead of saying.

"You misunderstood...that's not what I meant and you know it!"

You can say:

"My intention was not to hurt you... but I can see that I did and I apologize".

5) Emphasize the importance of your relationship

My little trick that works so well in conflict with our loved ones: emphasize how much we appreciate the other person. A lot of strong emotions come from loving someone. Mentioning it can make all the difference in resolving conflicts

Example:

Instead of saying *"You always cancel on me at the last minute."*

You can say:

"I was disappointed that you cancelled our date, because I really enjoy spending time with you and was looking forward to seeing you."

Interested in learning more?

Join our list of participants for the *Reference Centre* groups! You will be the first to know about upcoming virtual and in-person information events.

Groups are offered in English and French.

**To register, contact Gabrielle at
centredereferences@legraves.com
(450) 424-0111 ext. 223**

"We have an obligation to make things beautiful. Not to leave the world uglier than we found it, not to empty the oceans, not to leave our problems for the next generation.

We have an obligation to clean up after ourselves, and not leave our children with a world we've shortsightedly messed up, shortchanged, and crippled."

- Neil Gaiman



"The most important thing is the little suns ... the little suns of each day. A smile, a word of encouragement, an exchange, a small pleasure or a big one, everything that makes us happy, joyful, alive. All the little suns that illuminate our days, which we must not miss" -

Ondine Khayat





Conseil
pour la protection
des malades

OUR VALUES

The Conseil pour la protection des malades (CPM), always concerned about the well-being of the users of the health network and the committees of users and residents across the province, continues to implement the strategic priorities to better serve those for whom and by whom the organization exists.

The CPM advocates a set of values that are specific to it :

Respect, Fairness, Dignity, Independence and Professionalism.

The mission

Promote and defend the rights of users of the health and social services network to increase their power to act and improve the quality of services.

Vision

The CPM, in 2019, became the reference for users and the health and social services network throughout Quebec, as Marguerite Blais, minister of seniors and caregivers, herself said, the CPM is a must.

Motto

Protect... *the users (sick people, elderly, disabled, psychiatric resident or any other person in need) receiving health and social services, ensuring that they are, at all times well cared for and respected in their dignity.*

Défend... *the users (sick people, elderly, disabled, psychiatric resident or any other person in need) receiving health and social services, inform them of their rights and defend them when those rights are wronged.*

Act... *on behalf of the users (sick people, elderly, disabled, psychiatric resident or any other person in need) receiving health and social services, from the government, health institutions and any other organization from which they depend.*

514.861.5922

info@cpm.qc.ca

<https://cpm.qc.ca>

Les frères Dumouchel



On March 1, 1841, *Alphonse-Édouard* and *Léandre-Arthur Dumouchel* were born in Rigaud. The twin sons of *Ignace Dumouchel* and *Marie-Antoinette-Thérèse Fournier*, the Dumouchels enjoyed an outstanding international career.

Renowned musicians

At the age of 9, the two brothers entered Collège Bourget in Rigaud. Their aunt Estelle Fournier introduced them to the world of music. In April 1859, Léandre-Arthur left the family home and moved to Alexandria where he became organist at the parish church. He then found a job in Brockville where he lived for two years. In 1861 he moved to Perth where he played the organ for three years. In 1864, he moved to Troy, New York, where he continued his career. In 1867, with his brother Alphonse-Édouard, who was also an organist and pianist, he participated in numerous concerts throughout the United States with the great singer Albani. In 1869, Léandre embarked on a long study trip to Germany. His brother joined him the following year to complete his musical training. During his stay in Europe, Alphonse-Édouard visited several countries including England and Spain. His brother, Léandre, lived for three years in Leipzig and Vienna. In 1869-1870, he studied piano at the Leipzig Conservatory. In 1872, he obtained a doctorate in music, thus becoming one of the first Quebecers to obtain such a degree.

An American career

Upon his return to America, Alphonse-Édouard settled in Ogdensburg, New York, in 1883, where he was the resident organist of the city's Catholic cathedral for 40 years. His brother Léandre-Arthur, also back in America, joined the Franco-American community in Rochester. For 4 years, he was organist in Rochester, then in Albany from 1876 to 1919. Around 1875, he composed, among other works, a Grand Magnificat in C. He is even said to have composed a little-known symphony, which has been forgotten for all practical purposes. Léandre-Arthur remained attached to his charming corner of the country and, every year, he returned to Rigaud to his ancestral home. On January 10, 1919, Léandre-Arthur died in Albany. As for his brother, who died on September 20, 1914 in Ogdensburg, his remains were repatriated to Quebec. Both musicians are buried in the Rigaud cemetery. Before his death, Léandre-Arthur donated an organ valued at \$6,500 to the church in Rigaud. Their contribution continues to keep alive the memory of two illustrious musicians of our region.

Louise-Josephte Chartier de Lotbinière, seigneuress

On December 15, 1823, *Louise-Josephte Chartier de Lotbinière*, daughter of *Marie Munro and Michel-Eustache-Gaspard-Alain Chartier de Lotbinière*, seigneur of *Vaudreuil and Rigaud*, married *Robert Unwin Harwood* at Christ Church Anglican Church in Montreal. When her father died on January 1, 1822, Louise-Josephte inherited the seigneurie of Vaudreuil.

A young music lover

History has retained little information about Louise-Josephte, however, a few letters from her personal correspondence have come down to us. In reading her letters, we discover a woman attracted to music. In a letter dated May 13, 1821, to an unknown correspondent whom she named "My dear friend", she asked her to be so kind as to lend her a book "to learn how to play the guitar" while specifying that she "will take good care of it".

A sensitive woman

In August 1835, an epidemic of locusts devouring grain struck the seigneurie of Vaudreuil. That year, Joseph Peck, a schoolteacher from Vaudreuil, wrote to Louise-Josephte to ask her to help him financially since the baker Joseph Lecomte threatened to stop supplying him with bread if he did not pay his debts to him. The teacher begs his lordship to "lend him 6 minots of wheat" which he claims he will be able to pay shortly. The next day, Louise-Josephte grants him 8 minots. It is probable to think that such a quantity of wheat was intended to feed the pupils of Joseph Peck.

An offer to sell

After her husband's death in 1863, Louise-Josephte administered her property alone. In 1865, she wished to sell her manor and turned to George-Étienne Cartier, who was then a member of the coalition that gave birth to the Confederation of 1867. In a letter dated July 14, 1865, Cartier replied to her, stating that the government had no intention of acquiring any property either in Vaudreuil or in the surrounding area. The military government, he wrote, was "busy making plans for the fortifications of Montreal. These plans for fortifications may extend to Vaudreuil but should not be carried out immediately. He concluded by saying that the government might be able to acquire the property later and that in the meantime, he was keeping Louise-Josephte's letter as a memorandum. The last seigneuress of Vaudreuil did not have to sell her manor to the government because it was burned down in 1869. On October 7 of that year, *Louise-Josephte* passed away in Vaudreuil.

Social Housing Community Support Project

During the "**Celebrate Summer**" event, we went out to meet people, which allowed us to highlight the good neighbors. You know, that person who makes the atmosphere in the building pleasant by his or her actions and attitude? Here is what tenants of HLM, OBNL, and COOPs of Vaudreuil-Soulanges had to say about their good neighbor:

"It's reassuring to have her around [...], she always has the right words to say."

"It's reassuring to have someone nearby."

"We've never seen him turn down a favor."

He never stops: always available!"

"We help each other out.""

"It feels good to know that there are helpful people around!"

"They really do beautify our environment "

"She will take my trash to the dumpster [...], That's generous of her!"

"When she bakes cakes, she comes and brings me some!"



These are all examples of how small acts of kindness promote good relations in the neighbourhood and contribute to the well-being of the people around us.

What are you doing?



CANVA STORIES 23

Marie-Claude
NICHOLS
MNA FOR VAUDREUIL



ASSEMBLÉE NATIONALE
DU QUÉBEC

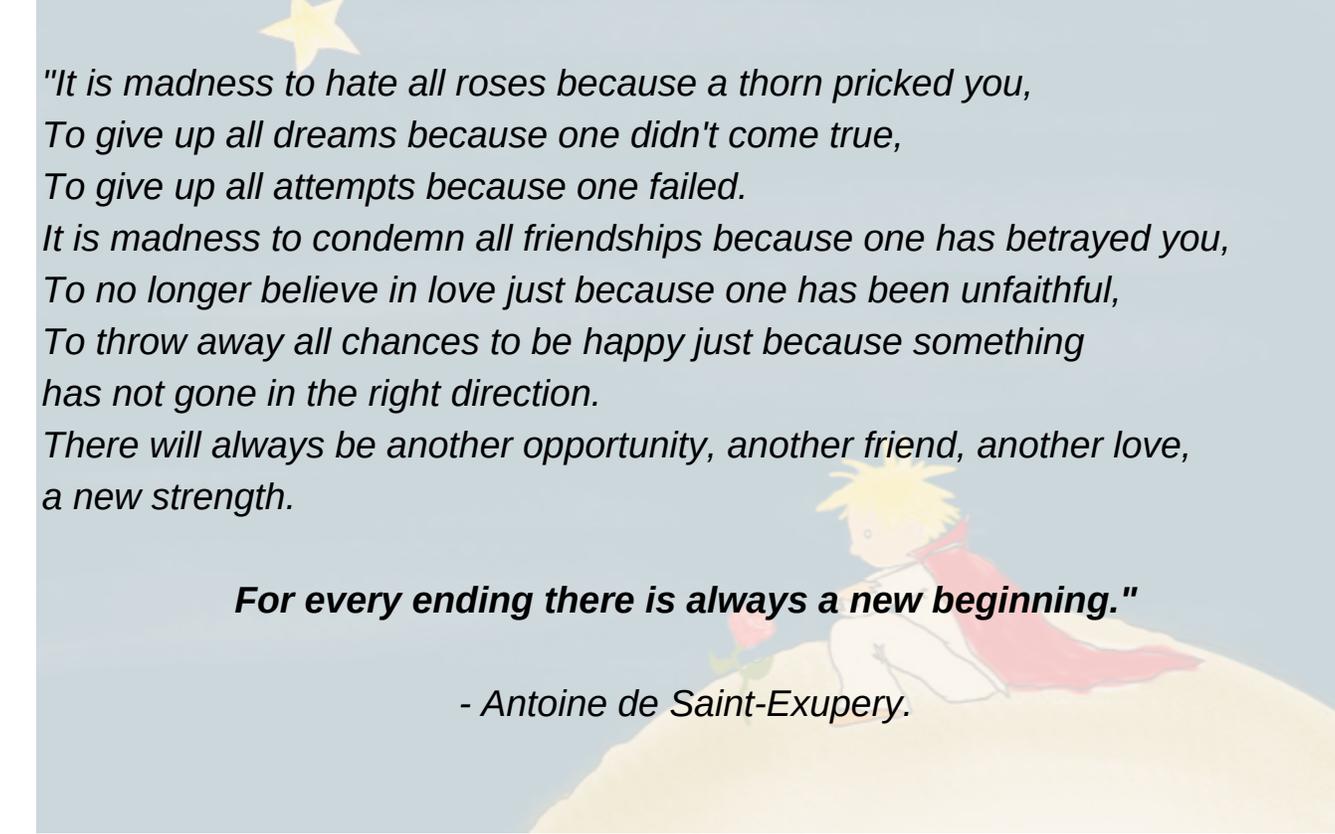
WORD OF WISDOM

"Not so long ago, I was convinced that in life, if you wanted to get by, you always had to fight against the current, no matter how strong it was.

But all things considered, living by letting yourself be carried along is perhaps not so stupid as that, as long as it makes us move forward"

Émile Zola





*"It is madness to hate all roses because a thorn pricked you,
To give up all dreams because one didn't come true,
To give up all attempts because one failed.
It is madness to condemn all friendships because one has betrayed you,
To no longer believe in love just because one has been unfaithful,
To throw away all chances to be happy just because something
has not gone in the right direction.
There will always be another opportunity, another friend, another love,
a new strength.*

For every ending there is always a new beginning."

- Antoine de Saint-Exupery.

That person you love, **call her**
That recipe you like, **prepare it**
That outfit that makes you look good, **wear it**
That music you love, **listen to it**
That text that makes you feel good, **read it**
That little pleasure that makes you happy, **if you can,**
do it, enjoy it and share it
NOW is the best time
Take care of yourself and those you care for
Enjoy this life,
Enjoy the present





Time for Tea & Learn—Each month, retirement residence Chartwell Le Prescott presents a column on various topics related to the well-being of seniors in the region. Help yourself to a cup of tea and enjoy a good read!

Are you considering retirement living?

Whether you're looking for the right retirement residence to meet your needs or those of a loved one, a site visit is essential to help you make an informed decision. In addition to visiting the available apartments, you should also look at the amenities, the indoor and outdoor spaces where entertainment and activities take place, as well as the common areas such as the dining room.

A simple visit can tell you so much! Here are some tips:



Choosing where to live

Determining the **geographic location** of where you want to live is a crucial part of the search process. For example, do you want to live near family members or friends?

Establish your priorities

What is the most important thing to you? Consider **your needs and desires**. One residence may offer the amenities you want, such as a pool or virtual golf, while another may not. Also, does the location offer the type of apartment you are interested in, or the level of care you need?

Contact the residence and book a personalized tour

Visit residences that meet your criteria, after doing your research and narrowing down some options. These visits can help you **put your priorities into perspective** and give you a good understanding of each residence's personality. Don't hesitate to have a family member or friend accompany you.

Request more information

If you still have questions after the tour, ask for more information and bring back a brochure. Don't forget to write down the phone number of the Retirement Living Consultant so you can follow up. This will help you make the best decision possible, and **you will leave with the peace of mind** that you have all the information you need to make the right choice.

To learn more about retirement living or book a personalized tour,
contact our Retirement Living Consultants at 438-338-9854.

Chartwell Le Prescott
1335 Émile-Bouchard Street, Vaudreuil-Dorion (QC)


CHARTWELL | LE PRESCOTT
résidence pour retraités

Binero

Each grid contains only 0s and 1s, and must be completed according to three rules:

- there are as many 1s and 0s in each row and in each column;
- there are no more than two identical chiffres side by side ;
- no two rows or two columns can be identical

1	1		
0			0
		1	

Grid to solve

1	1	0	0
1	0	0	1
0	1	1	0
0	0	1	1

Resolved grid

Level 1

			1	1
	0	0		0
1				
		1		
			0	
		1		

4

		0	0		
1					1
			0	0	
				0	
					1

5

1	1			1	0		0
0		0		0	1		
				1	1		
1	1						0
	0	0		1			

6

Level 2

	1			1	
	0			1	
			0		
		1			1
			0		
					0

14

	1			1	
	0			1	
			0		
		1			1
			0		
					0

15

						0	
			1			0	
		1	1				1
		1			1	0	
			1				0
		0					
							0
0			1	1			

16

Sudoku

7

		2	5	1	7	9		
	5		6		4		1	
	9	8		7		2	4	
	2		4		6		5	
	7	4		5		3	9	
	8		3		5		2	
		3	7	4	2	5		

10

3								5
		2	8		7	3		
	1	4				9	7	
	9			1			2	
			7		2			
	8			4			3	
	4	6				8	9	
		8	4		3	1		
1								7

8

	1	5		3		9	8	
8				4				2
2			9		8			1
		3				2		
5	6						9	7
		2				1		
6			5		4			3
3				7				8
	5	7		8		6	1	

11

			7			1		
	2		5	9				
		4					3	
2			6		8		9	4
1			9		2			8
9	6		4		5			2
	7					2		
				5	4		8	
		9			7			

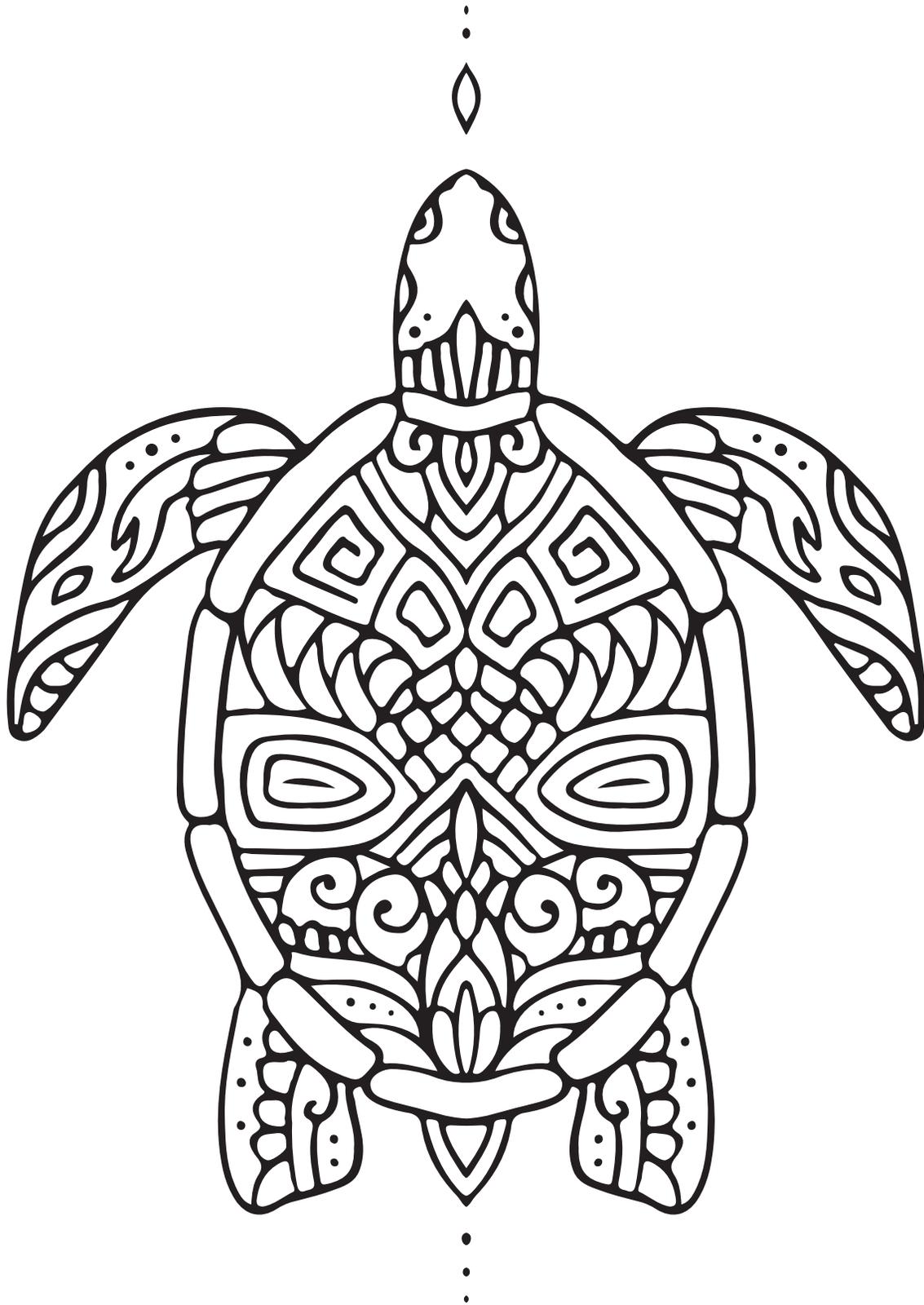
9

	7		5		4		6	
4								2
			2		9			
1		3		5		6		8
			8		7			
7		2		3		1		5
			6		8			
5								4
	9		1		5		3	

12

		6	3			9	8	
					1			7
		3	7			1		4
	1				6			
	4		5		7		3	
			4				7	
2		8			4	7		
9			2					
	5	4			3	6		

Let's put some colors!



Solutions Binero

4

0	1	1	1	1	1
1	0	0	1	1	0
1	0	1	0	0	1
0	1	0	1	1	0
0	1	1	0	0	1
1	0	1	1	0	0

14

0	1	0	0	1	1
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0	0	1	1	0	1
1	1	0	0	1	0
1	0	1	1	0	0

5

1	1	0	0	1	0
1	0	0	1	0	1
0	1	1	0	0	1
0	1	0	1	1	0
1	0	1	1	0	0
0	0	1	0	1	1

15

0	1	0	0	1	1
1	0	0	1	1	0
0	1	1	0	0	1
0	0	1	1	0	1
1	1	0	0	1	0
1	0	1	1	0	0

6

0	1	1	0	0	1	0	1
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16

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Solutions Sudoku

7

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4	3	2	5	1	7	9	6	8
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9	8	7	3	6	5	1	2	4
1	6	3	7	4	2	5	8	9
2	4	5	9	8	1	6	7	3

10

3	7	9	1	2	4	6	8	5
5	6	2	8	9	7	3	1	4
8	1	4	5	3	6	9	7	2
6	9	7	3	1	5	4	2	8
4	3	1	7	8	2	5	6	9
2	8	5	6	4	9	7	3	1
7	4	6	2	5	1	8	9	3
9	2	8	4	7	3	1	5	6
1	5	3	9	6	8	2	4	7

8

7	1	5	2	3	6	9	8	4
8	3	9	7	4	1	5	6	2
2	4	6	9	5	8	3	7	1
1	7	3	8	9	5	2	4	6
5	6	4	1	2	3	8	9	7
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6	9	8	5	1	4	7	2	3
3	2	1	6	7	9	4	5	8
4	5	7	3	8	2	6	1	9

11

8	9	6	7	4	3	1	2	5
3	2	1	5	9	6	8	4	7
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2	6	7	6	1	8	5	9	4
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5	8	9	1	2	7	4	6	3

9

2	7	1	5	8	4	3	6	9
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8	9	7	1	4	5	2	3	6

12

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3	1	7	8	2	6	4	9	5
8	4	9	5	1	7	2	3	6
6	2	5	4	3	9	8	7	1
2	3	8	6	5	4	7	1	9
9	5	1	2	7	8	5	4	3
7	5	4	1	9	3	6	2	8



MEMBERSHIP FORM
GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
THE MEMBERSHIP CARD IS FREE

LAST NAME

FIRST NAME

ADDRESS: _____

CITY _____ POSTAL CODE _____

PHONE NUMBER _____ (HOME)

PHONE NUMBER _____ (CELL PHONE)

EMAIL ADDRESS _____

WOULD YOU LIKE TO RECEIVE G.R.A.V.E.S PUBLICATIONS VIA E-MAIL?
YES ___ NO ___

The organization's bylaws and regulations are available upon request.

**PLEASE SEND THIS COMPLETED FORM TO
info@legraves.com**

BY MAIL TO

Le Grand Rassemblement des Aînés de Vaudreuil et Soulanges

418 avenue St-Charles, Vaudreuil-Dorion, Qc J7V2N1

Need more informations? Feel free to contact us

450-424-0111 ext 223

THERE ARE RESOURCES FOR YOU!

INFO SANTÉ: 811

Crisis center

Le Tournant: 450-371-4090

CISSMO & Mental health access

CLSC Vaudreuil: 450-455-6171

CLSC Rigaud: 450-451-6609

CLSC Saint-Polycarpe: 450-265-3771

CAB L'Actuel: 450-455-3331

CAB et Soulanges: 450-265-3134

OVPAC Valleyfield (transport): 450-371-5400

Food banks

L'Actuel Vaudreuil: 450-455-3331

CAB Soulanges: 450-265-3134

Café de la débrouille Rigaud: 450-206-1008

Popotte Roulante: 450-265-3548

LIGNE AIDE ABUS AÎNÉS: 1-888-489-2287

SAVA (Soutien aux aînés victimes d'abus)

maltraitance.org



Centraide
Sud-Ouest du Québec

Thanks to our financial partner

FREE SERVICES OFFERED TO THE CITIZENS OF VAUDREUIL-SOULANGES

450.424.0111



WHEELCHAIR RENTAL

10\$ / week (members)

15\$ / week (non-members)

On appointment only

Get your member card...

it's free

info@legraves.com

REFERENCE CENTER

Need information regarding any issue, need someone to support, listen to you and help you in your actions?

OUTREACH WORK (ITMAV)

Need references and support in your living environment?

COMMUNITY SUPPORT IN SOCIAL HOUSING

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