

LE CARREFOUR

English

June 2021



Happy Father's Day

50 and
+



June 15



WORLD ELDER ABUSE AWARENESS DAY

IMPORTANT NOTICE

The Annual General Membership Meeting
is rescheduled for **June 30**

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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.



June 15, World Elder Abuse Awareness Day as decreed by the United Nations

World Elder Abuse Awareness Day on June 15 is an official day designated by the *United Nations* that recognizes the importance of elder abuse as a public health and human rights issue. Since 2006, many communities across Canada and around the world have marked this day to raise the profile of the issue, share information about abuse and neglect, and promote resources and services that can improve the safety and well-being of older adults.

Through the *Government Action Plan to Combat Elder Abuse 2017-2022*, the *Government of Quebec* reiterates its commitment to respond to the concerns of the population by continuing to fight elder abuse in all settings and by encouraging caring behaviors in order to lay the foundation for a more just and inclusive society.

To mark this day and to show your solidarity, we invite you to wear a purple garment or accessory, the official color of this awareness campaign. It reminds us of the importance of acting collectively to prevent and counter all types of elder abuse.

To this end, we have organized a contest called "**Get Involved**". Details can be found on page 7 of this publication.

"Together we are stronger"



ELDER MISTREATMENT HELPLINE

Do you think you might be experiencing mistreatment or that an older adult near you is? Call the elder mistreatment listening and referral helpline.

The ELDER MISTREATMENT HELPLINE was created in 2010 as a free, confidential and bilingual service, available every day from 8 a.m. to 8 p.m.

Whether you are an older adult, a family member, a friend, a neighbour or a care worker, you can use this service.

Our experienced professionals are here to listen, give you information and direct you to the most appropriate resources to meet your needs.

If you have any doubts, do not hesitate to contact us!

Don't ignore mistreatment!

THE MISTREATMENT of older adults



CALL US!
1-888-489-2287
aideabusaines.ca

is unacceptable!
Speak up!

Québec 

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Votre 
gouvernement

Québec 

What is mistreatment?

Mistreatment consists of actions or a lack of appropriate actions that cause harm or distress to the older person.

Mistreatment happens within a relationship where there should be trust. It is often committed by a family member but could also come from people who offer services or care. Sometimes the person who is mistreating the older adult has no bad intention.

Mistreatment is not always accompanied by violence, but neglect can cause as much harm as violence.

Consequences of mistreatment

Mistreatment has consequences and negative effects for the quality of life of older adults who experience it. They may isolate themselves, be fearful, feel insecure and anxious. Mistreatment can even lead to depression, increase illness and may cause death. The consequences may appear rapidly or develop long after the event.

Action must be taken as soon as the first signs appear.



If you are experiencing one of these situations, it may be mistreatment:

- You are forced to do things that make you feel uncomfortable.
- You are not shown respect when spoken to.
- You are humiliated or infantilized.
- You are shoved around or rushed.
- You are not taken to the doctor and not given your medication.
- You are forbidden to visit/having visits or talk to your friends or family.
- You are molested or forced to have sexual contact.
- Your bank card is taken without your permission.
- You are being threatened in order to give money.
- Your hygiene or diet is neglected.
- Decisions are made for you on the pretext that you are too old.

You have rights

Regardless of your age, gender, origin or sexual orientation:

- You have the right to physical and psychological safety.
- You have the right to make your own decisions.
- You have the right to respect.
- You have the right to use your money and assets as you see fit.
- You have the right to receive the care and services you need.
- You have the right to seek help if you are not being treated appropriately.

To learn more about mistreatment

and how to identify it, go to:

[Québec.ca/maltraitanceaines](https://quebec.ca/maltraitanceaines)

**Get
involved**

Wear purple and send us a picture of yourself!

**You could win one of six prizes that will be drawn
on June 15 from the photos received.**

Send your picture to: centredereferences@legraves.com

**for more information call 450 424-0111
Submit your creation before June 14**



Community support in social housing, let's talk about it!

By focusing on prevention, *The Grand Rassemblement des Aînés de Vaudreuil et Soulanges* ensures that vulnerable people or those at risk of becoming frail in the *MRC of Vaudreuil-Soulanges* are better informed, equipped and autonomous in order to live an active and happy life within their communities.

One of the means to achieve this objective was to develop the *Community Support Project in social housing*. A service agreement allowing, among other things, the hiring of two interveners who work directly with the clientele was then signed with the *Centre de Santé et Services sociaux Montérégie-Ouest (CISSMO)*. That was more than 11 years ago.

Since then, the community support team has been working with seniors residing in social housing, such as *HLM, OBNL* and *Coopérative d'habitation*. Currently, there are 23 buildings in 14 cities in our large territory and they include 384 housing units.

The objective of community support in social housing is to break the isolation of seniors so that they can remain in their living environment as long as possible, in complete safety, and to develop and maintain their power to act in order to have more control over what is important to them and their loved ones.

As part of the June 15 *World Elder Abuse Awareness Day*, with the objective of preventing abuse and intimidation, a contest is currently underway among social housing tenants. They are invited to nominate the neighbor who practices good treatment and who, through his or her actions, promotes a better living environment together.



***Happy Father's Day
to all Dads!***

A look at Homosexuality in Living Environments

written by Stéphanie Duguay

Many seniors are apprehensive about their future living environment, which could be hostile to them as homosexual seniors. Today's seniors are also those who lived during the period when homosexuality was still a crime in Canada. Let's remember that in Quebec, we have to go back to 1977 to prohibit discrimination based on sexual orientation (discrimination in access to housing or employment for example). In senior living facilities, there is still sometimes a certain taboo surrounding the disclosure of residents' sexual orientation or gender identity.

In 2009, *Fondation Émergence* created the *Charter of Good Treatment of Homosexual Seniors*. These 11 principles promote a caring environment for these individuals who may be more vulnerable. Some senior living facilities have signed the charter making a commitment to provide senior living environments that are more inclusive of sexual and gender diversity.

Source :

<https://www.viragemagazine.com/vieillir-gai-dans-la-dignite/>

https://quebec.huffingtonpost.ca/entry/aime-lgbtq-agisme-homophobie-transphobie_gc_5d7cdb62e4b03b5fc8845e37



Be different

Gillian is a seven-year-old girl who cannot sit in school. She continually gets up, gets distracted, flies with thoughts, and doesn't follow lessons. Her teachers worry about her, punish her, scold her, reward the few times that she is attentive, but nothing. *Gillian* does not know how to sit and cannot be attentive.

When she comes home, her mother punishes her too. So not only does she *Gillian* have bad grades and punishment at school, but she also suffers from them at home.

One day, *Gillian's* mother is called to school. The lady, sad as someone waiting for bad news, takes her hand and goes to the interview room. The teachers speak of illness, of an obvious disorder. Maybe it's hyperactivity or maybe she needs a medication.

During the interview an old teacher arrives who knows the little girl. He asks all the adults, mother and colleagues, to follow him into an adjoining room from where she can still be seen. As he leaves, he tells *Gillian* that they will be back soon and turns on an old radio with music.

As the girl is alone in the room, she immediately gets up and begins to move up and down chasing the music in the air with her feet and her heart. The teacher smiles as the colleagues and the mother look at him between confusion and compassion, as is often done with the old. So he says: "*See? Gillian is not sick, Gillian is a dancer!*"

He recommends that her mother take her to a dance class and that her colleagues make her dance from time to time. She attends her first lesson and when she gets home she tells her mother: "*Everyone is like me, no one can sit there!*"

In 1981, after a career as a dancer, opening her own dance academy and receiving international recognition for her art, *Gillian Lynne* became the choreographer of the musical "*Cats*."

Hopefully all "different" children find adults capable of welcoming them for who they are and not for what they lack.

Long live the differences, the little black sheep and the misunderstood. They are the ones who create beauty in this world.

Sharing the secret...

There was a farmer who grew excellent corn. Every year he won the prize for the best corn grown. One year, a reporter interviewed him and learned something interesting about how he grew it.

The reporter discovered that the farmer shared his seed corn with his neighbors. *"How can you afford to share your best seed corn with your neighbors when they produce corn in competition with yours every year?"* the reporter asked.

"Why sir?" replied the farmer, *"Didn't you know that? The wind picks up pollen from ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will gradually degrade the quality of my corn. If I want to grow good corn, I must help my neighbors grow good corn."*

The same is true for our lives... Those who want to live meaningfully, must contribute to enriching the lives of others, for the value of a life is measured by the lives it touches.

And those who choose to be happy must help others to find happiness, because the well-being of each is linked to the well-being of all...

Ref: : Jérôme Brachet



The history of Father's Day

Christian origins: The first celebrations of Father's Day date back to the Middle Ages. This holiday took place on Saint Joseph's Day, March 19. Contrary to our time, it did not take place every year, it was necessary to wait for the decree of 1621 in order to make of it a festival of precept. During the 19th century, Pope Pius IX declared St. Joseph the patron saint of the Church.

The origin of Father's Day is religious since the Christians celebrate every March 19th the Saint Joseph, spouse of the Virgin Mary and guardian of the baby Jesus: some countries celebrate Father's Day on this date. But we can go back even further to Babylon, more than 4000 years ago, where the first traces of a celebration of fathers were found on clay with the inscription "a long and happy life, in good health" to his father. It was a child named Elmesu who created the first greeting card ever discovered.

A civil holiday: Since the 20th century, Father's Day has become a non-religious holiday in the USA and is celebrated the third Sunday of June.

The origins of Father's Day in the world

French origin of Father's Day

Although Father's Day is less celebrated than Mother's Day, it was established in 1952 just two years after Mother's Day in our country. It is celebrated on the third Sunday of June. Before this introduction, it was a Breton lighter brand "*Flaminaire*" that first launched the idea of a Father's Day in 1949. It has therefore a commercial origin as was Grandmother's Day launched by the coffee brand *Grand'Mère*. Although we celebrate it every year and it has taken its place in the calendar, it is not an official holiday.

American origin of Father's Day

In the United States, Father's Day has a strong connection with Mother's Day. It is also a little girl who, raised by her father with her five siblings following the death of her mother, wanted dads to be celebrated. It was on Mother's Day that she had this thought, thinking that all fathers deserved to be celebrated for their courage and love. She canvassed politicians and associations to establish this official day. It was in her village that she organized the first Father's Day on June 19, 1910, the day of her father's birthday, which then spread to Washington State and other states. It was not until 1924 that *President Calvin Coolidge* established the holiday. Later, *President Johnson* signed the official proclamation to put it on the calendar on the third Sunday of June in 1966 and the last part of this event took place in 1972, when *President Nixon* made it official.

“Silent, Strong Dad,”

By Karen K. Boyer

He never looks for praises.
He's never one to boast.

He just goes on quietly working
For those he loves the most.

His dreams are seldom spoken.
His wants are very few,
And most of the time his worries
Will go unspoken, too.

He's there... a firm foundation
Through all our storms of life,
A sturdy hand to hold onto
In times of stress and strife.

A true friend we can turn to
When times are good or bad.
One of our greatest blessings,

The man that we call Dad

**Marie-Claude
NICHOLS**
MNA FOR VAUDREUIL




ASSEMBLÉE NATIONALE
DU QUÉBEC



**HAPPY FATHER'S
DAY TO ALL DADS!**

So much more to discover:

<https://www.archivesvs.org/histo/ephemerides>

June historical items

June 1, 1914: The municipality of the village of Coteau du Lac decides to build an iron and concrete bridge over the Delisle River, on the south side of the Grand Trunk Bridge, thanks to a grant from the federal government. In March 1916, the cost of construction was \$3,175.

2002: Following an amalgamation, the police services of Coteau-du-Lac, Hudson, Les Cèdres, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Saint-Clet, Saint-Lazare, Terrasse-Vaudreuil and Vaudreuil-Dorion are abolished and their officers are integrated into those of the Sûreté du Québec

June 3, 1903: The municipality of the village of Coteau-Station has experienced many fires that were very devastating. For example, on this day in June 1903, after a two-month drought, a fire fueled by a violent wind destroyed seven homes: those of Pierre Doucet, Sostine Bériault, Joseph Defoe, J. Stapelton, Auguste Dicaire, Joseph Dicaire and Jean-Baptiste Lamarche.

June 5, 1725: The President of the Council of the Navy wrote to Madame de Vaudreuil that he had been unable to grant the command of the ship *Le Chameau* to her son, Louis-Philippe de Rigaud, but that he had granted him the position of second in command on *Le Dromadaire*, a ship that sailed between France and Île Royale under the command of Henri-François Desherbiers marquis de L'Étanduère. Louis-Philippe de Rigaud will be in charge of the ship between 1722 and 1725 and will carry out various voyages between France and New France.

1911: Tragic death of Ovide Boileau, beadle of St-Lazare. Ovide Boileau had climbed into the church tower to lubricate the bell mechanism. Surprised by swallows that had made their nest, he fell into the void in an upright position, which caused a serious compression of the spine. He died a week later.

June 6, 1803: On this day in June 1803, a terrible fire destroys the castle of the former Governor General of New France, Philippe de Rigaud, Marquis de Vaudreuil (1643-1725). Following the final departure of the de Vaudreuil family in 1763, the property changed hands twice before passing to the Notre-Dame parish administration, which established the Collège Saint-Raphaël, an institution for the education of boys. This castle was located on the south side of Place Jacques-Cartier in Montreal. In the early 1990s, the remains of the building were the subject of archaeological excavations. Many artifacts from the French Regime were found.

June 7, 1787: In a letter dated June 7, 1787, Michel-Eustache-Gaspard-Alain Chartier de Lotbinière writes to his cousin Nicolas Renaud d'Avène des Méloizes who was handling his affairs in France and refers to the upcoming legislative changes in the Province of Quebec. He reaffirms his decision to remain in Canada: "I see that the Anglican system will prevail, so that there will be change in the laws for the country. In spite of the small inconveniences that will result, I am determined to remain." In this letter, he also speaks about the Labadie de Tonnancour family with whom financial questions give him a lot of worries: "I am wrong with Juchereau, but if he wants to examine things with the indulgence of a good parent, he will see that in the past, I was tormented, harassed and tyrannized by the difficulties and bad quarrels of the Tonnancours...".

June 7, 1942: two training planes from the St-Eugene military camp in Ontario collided over Rigaud Mountain. The two pilots, no doubt for fun, were doing sometimes dangerous spins. The first plane fell near the Sacred Heart statue, behind the chapel of the sanctuary of Our Lady of Lourdes. The second plane went down about a mile further south in the mountains. Both pilots died in the crash.

June 13, 1959: A gruesome discovery was made in Rigaud during the construction of the Centre des loisirs located near the Sainte-Madeleine church. The contractor who was excavating the site feared he would find bones. This happened on the morning of June 13. The bones were collected and buried in the new cemetery.

June 16, 1613: Samuel de Champlain, accompanied by an Indian guide and four Frenchmen, including Nicolas de Vignau, whom he described as a great liar, left St. Helen's Island with two canoes on May 27, 1613 in an attempt to discover the North Sea (Hudson Bay). On May 30, he crossed the Lake of Two Mountains and, on his return, on June 16, escorted by 60 canoes mounted by 300 Algonquin warriors, he camped for the night at the head of Carillon Island, located opposite Rigaud. But the silence of the night was disturbed by an alarm. The Amerindians believed they had seen enemy canoes and lit several fires that Champlain had them put out, explaining to them that instead of hiding, it was better to uncover themselves. This alarm was undoubtedly caused by the anguished dream of an Amerindian.

1901: On this day in June 1901, a celebration was organized to commemorate the 100th anniversary of the founding of the parish of Sainte-Madeleine de Rigaud.

June 20, 1849: In order to strengthen the faith of the inhabitants of Île Perrot and to ward off the misfortunes of navigation that travelers on the St. Lawrence might suffer, Monsignor Ignace Bourget, Bishop of Montreal, created quite an event by proceeding on June 20, 1849 with the location of the famous papier-mâché statue of Our Lady of the Guard offered by the church of Notre-Dame de Bonsecours in Montreal. A huge crowd, two other bishops, Plessis and Guigues, and 25 priests attended the ceremony.

1888: The salary conditions of teachers had changed considerably since the 19th century. On June 20, 1888, Arsène Michel Veber was hired as a teacher at the model school in Coteau-du-Lac. His salary was set at \$240 per year, \$60 less than that of his predecessor. It was also agreed that the teacher would have to heat the school properly, at his own expense.

1899: On this day in June 1899, destructive thunderstorms accompanied by torrential rains hit the Rigaud region and caused enormous damage. During the storm, Joseph Séguin, a fisherman, was killed. On the evening of this deadly storm, Séguin did not come home, which worried his wife Azilda Ranger and his parents. The next day, a search was organized. On the shore of Carillon Island, his father discovered his son's boat and, a few meters away, he saw him sitting under an elm tree. He approached the boat to see with amazement the blackness of his face. The lightning had struck him. The father took the body of his son and put it in his boat, then rowed home. Joseph Séguin, 35 years old, was buried in Rigaud on June 23, 1899. The elm tree was still alive in 1959; it was located in front of Pierre Quesnel's camp.

June 24, 1844: It was the first time in 1844 that Rigaud celebrated the feast of St-Jean-Baptiste. The ceremony took place on the mountain in the shadow of the cross near the chapel dedicated to the patron saint. This feast was held annually and without interruption until 1862. Unfortunately, in 1863, Father Pierre Bélanger, the parish priest of Rigaud, was forced to discontinue this solemnity because of numerous abuses. In 1895, at the instigation of the Ordre des forestiers catholiques, and to commemorate the centenary of the first mass celebrated for the inhabitants of the seigneurie of Rigaud, the celebration of this feast was resumed. The festivities began at 9:00 a.m. and ended around 11:00 p.m. According to the elders, this 1895 celebration is not yet surpassed in pomp and magnificence.

June 30, 1933: On this day in June 1933, in order to maintain good order and health, the municipality of Coteau-du-Lac forbids cows to roam the streets.

ITMAV

Initiatives to work in the community with seniors in vulnerable situations or at risk of becoming frail



Jasmine Dufour



Bruno Beaulieu

TRUE or FALSE?

- 1.** I take care of my 85-year-old father, I help him in his day-to-day life, I choose and prepare his meals, I know what time my father likes to eat, and he must go to bed at 7:00 p.m. every night to stay healthy. I decide who can visit him and when so that he doesn't get tired. My father is far from being abused, I love him and I give him loving care.
- 2.** An elderly woman lives with her daughter Natalie. There was an agreement between the two of them that the mother would be housed and fed at her daughter's home free of charge in exchange for babysitting her two grandsons aged 2 and 4 during the week. For the past week, the grandmother has not been feeling well and would like to go see her doctor, who is only available on weekdays. Unfortunately, Nathalie cannot get away from work to stay at home with her sons. Not being able to leave the children alone, she has to wait for her daughter's summer vacation to see her doctor. Since there was an agreement between the woman and her daughter, is there abuse?
- 3** An 86-year-old woman is walking in a park. She hears footsteps behind her and barely has time to turn around when a stranger grabs her purse and runs off. Was the woman abused?
- 4.** Mrs. B is 78 years old and has Alzheimer's disease. Her husband takes good care of her, so she still lives in his house. Despite the fact that she no longer recognizes him and has told him that she doesn't like it when he gets into her "space", the husband continues to have sex with his wife. The husband does not consider this to be sexual abuse since they have been married for 42 years.

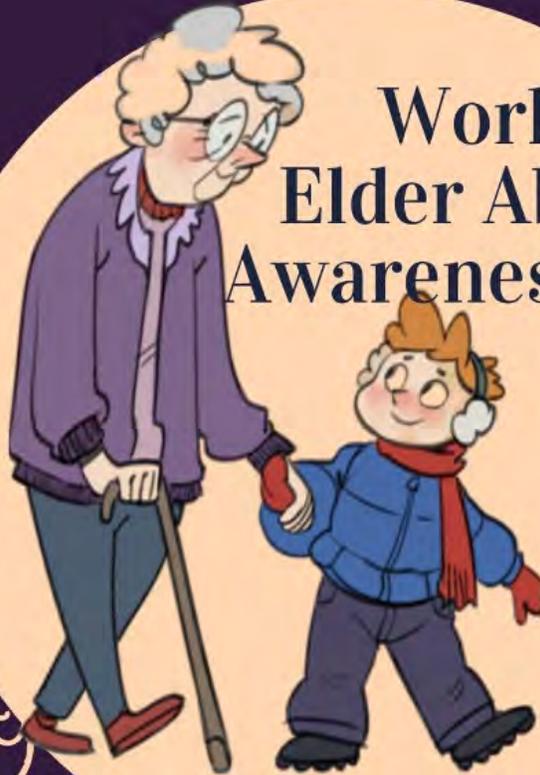
Answers on the following page

Answers to TRUE OR FALSE

1. **FALSE.** Every person is able to make their own decisions, the fact of not consulting his father on his preference of what and when he eats, his bedtime, controlling who can visit and when constitutes abuse and this in spite of the good intentions of the caregiver because every person has a right to his freedom of choice and this without discrimination due to his age.
2. : **TRUE.** There is in fact negligence on the part of Nathalie because of her lack of appropriate action to meet her mother's needs. Despite their agreement, if the elderly woman feels the need for a doctor's care and is deprived of it, this is abuse.
3. **FALSE.** According to the World Health Organisation's definition, abuse occurs when an act is committed by a person whom the senior trusts. Since this criminal act was committed by a stranger, it would not be considered abuse, but rather theft.
4. **FALSE.** According to the World Health Organisation's definition, abuse occurs when an act is committed by a person whom the senior trusts. Since this criminal act was committed by a stranger, it would not be considered abuse, but rather theft.



World Elder Abuse Awareness Day



Being kind to the elderly IS NOT a sign of weakness, shun their abusers!

Let's put some colors...



Allowing yourself to live comfortably during your retirement years

Many seniors are considering living in a retirement residence at this stage of their lives to take advantage of the many benefits of this lifestyle: peace of mind, security, reduced housekeeping and maintenance, socialization, physical and cognitive activities, exceptional dining facilities and much more.

"I can't afford this lifestyle, I must not spend, I have to keep saving my money for my future."

Here is a **classic example** of many seniors' thinking. Often, they have planned and saved for this stage of their lives, but because they have spent their entire lives doing so, they have a hard time changing their perception and starting to spend their money.

Of course, it is important to **seek financial advice from professionals** who are not emotionally involved in the situation to ensure that your resources are sufficient. But we must also find a way to allow ourselves to use our money to make life easier and more enjoyable. After all, isn't that what you were aiming for when you were saving money: to make your retirement years more enjoyable and to make the most of it?



First, ask yourself **what is best for you at this stage of your life**. Often people have spent so much time prioritizing others that they don't even think about what they might need. This issue becomes even more important as one ages and a change in lifestyle could meet changing needs.

Many people who have finally made the move say **they wish they had done it sooner**. They often put off making the move because they find it difficult to allow themselves to spend their money and live a more fulfilling, happy, and secure life. If you need help with your reflection about your future, consider getting advice and guidance from people you trust who can help you determine where you should reside so you can live the life you deserve.

Now is the time to live your future!

Source: [Essential conversations with Dr Amy D'Aprix, gerontological social worker](#)

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

How others see you
is **not** important



The most important is
how **you** see yourself



MEMBERSHIP FORM
GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
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YES ___ NO ___

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

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

Need more informations? Feel free to contact us

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

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15\$ / week (non-members)

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REFERENCE CENTER

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OUTREACH WORK (ITMAV)

Need references and support in your living environment?

COMMUNITY SUPPORT IN SOCIAL HOUSING

Need information, help, support or need to talk to someone?

**During this COVID-19 pandemic,
elderly people may be at risk of being mistreated.**

**You suspect you are being mistreated or fear
that an older person close to you might be?**

Call the Elder Mistreatment Helpline at **1-888-489-2287**

Confidential and free, this service is accessible every day from 8 a.m. to 8 p.m

aideabusaines.ca

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