

# Taking action for the well-being of Seniors



## THE SCOOP MABLE HASTINGS

The Memphremagog senior's consultation committee (Table de Concertation des aînés Memphremagog/TCAM) is very happy to be celebrating its 25th Anniversary. The event unfolded during the National week that recognizes the natural caregiver which permitted the MRC to recognize with pride the role and various projects realized by the TCAM, like the launching of the 7th edition of the senior's Agenda and Guide to Resources 2017 aimed at helping the caregiver to facilitate access services.

Did you know that in 10 years, 1 person in 3 in our MRC will be aged 65 or over? Did you know that for certain municipalities of our MRC this means 1 in ever 2 people? This is the case for Austin and Saint-Etienne de Bolton where it is projected that 44% of the population

will be 65 or older in the next ten years. The potential for these persons to benefit their community is huge. On the other hand, some issues are inevitable due to aging and these citizens will likely have increased needs!

The TCA Memphremagog is made up of a multitude of organizations and associations, municipalities who have been working to assure the well-being of seniors in our MRC for the last 25 years. This occasion provides us with the opportunity to recognize, applaud and underline the efforts of the TCAM over the years. Among these wonderful initiatives we find the 7th Edition of the seniors guide and agenda of which 7000 will be distributed for free in our entire MRC. This important and valuable tool will permit users to always have the resources and information on hand as well as calendar in both French and English.

The guide is being distributed through 39 partners to seniors who receive services: vaccination clinics, home care services offered through the CIUSSS de L'Estrie-CHUS, day centers, volunteer centres (CAB) in Magog, Stanstead and Potton, to private residences, AQDR, Coopérative de solidarité de services à domicile, Golden Age clubs, Caisse Desjardins (Memphremagog), pharmacies, etc. Some fifty businesses and organizations contributed to the production of the guide by buying publicity. They are thanked most sincerely for their sup-

port.

We must also underline that the hard work and dedication that went into producing the guide goes to the members of the TCAMemphremagog, who gather the information contained, assure the delivery and distribution points and who partner with the valuable assistance of the Imprimerie CRM in the realization of the guide. The TCAMemphremagog has also created a magnet recognizing caregivers that reads, "Thank you for sticking around." The magnet will also contain the number for the INFO-Help Line (INFO-

AIDANT) 1 855 852 7784, a help line, offering information and references for the persons who are providing care for another person who has lost their autonomy. Another simple but valuable tool that can make all the difference for a senior or their caregiver!

The TCAMemphremagog is an alliance to all of those who have the well-being of seniors at heart! For more information contact: Christine Meunier, Community Organizer CIUSSS de l'Estrie-CHUS, 819-843-2292, extension 2395 or cmeunier.mm@ssss.gouv.qc.ca



COURTESY

## Christmas Basket Campaign in need of help in the greater Magog area

Each year St Paul's United Church, Magog and Beulah United, Ayer's Cliff are part of the concerted effort of several local charities and coordinated by the Magog Food Bank, to provide Christmas baskets for all those in need in the wider region of Magog and Ayer's Cliff area. It is a sad thing to say that the demand for these baskets is ever increasing while the funds received every year has remained about the same or has decreased. Last year a special, last minute appeal to friends far and wide, was required in order to prepare the number of baskets that had been committed to. This year St Paul's is faced with the prospect of having to cut back on the number of baskets, at the same time that the food bank is expecting the demand to increase.

In order to avoid that scenario an appeal is being made to the general public. All donations will go towards brightening Christmas for families in the area. The number of baskets committed to this year will be determined by the amount of the donations received by Nov. 30th. Requests for Christmas baskets should be made to the Magog Food Bank/ Banque Alimentaire de Magog at 819-868-4438

Donations may be sent to :  
St Paul's , 211 des Pins, Magog , QC, J1X 2H8

Beulah United, 967 Main St, Ayer's Cliff, QC J0B 1C0

A separate campaign is organized in the Stanstead area by CAB Rediker.

They can be contacted at: 819-876-7748.

### Did you know...

That should you have no spouse at the time of your death, the assets remaining in your **RRSP** or **RRIF** might be reduced by income taxes close to 50 per cent.

Rather than seeing your hard-earned savings diminished by taxes, you may wish to consider donating all or part of your retirement plan.



Amounts from retirement plans transferred to the CHUS Foundation will still be taxable in your estate, but they will be fully deductible as charitable gifts.



### TYPICAL DONOR

Anyone who benefits from sufficient retirement income, business income or any other type of income, that might therefore enable a donation to the CHUS Foundation without affecting his or her financial security.



Fondation  
du CHUS

*A planned gift: a gesture for life*

For information on planned giving, please contact François Lefebvre at **819.820.6450** # 24752