

March 2026

# Mon milieu de vie EXPRESS

Les 1000  
*et un* visages  
de l'hébergement  
en Estrie

Un événement à ne pas manquer!

Samedi 14 mars 2026  
au Centre culturel de l'UdeS



## Special invitation

### Salon de l'hébergement 0-100 ans

We are delighted to invite you to the Salon de l'hébergement 0-100 ans, an event designed for you, your loved ones, and anyone who wants to learn more about the living environments available in the Eastern Townships.

#### Come discover, explore, and enjoy the experience !

Whether you want to learn more, exchange ideas, or simply satisfy your curiosity, you will find a welcoming, lively setting full of discoveries. And who knows, maybe even an opportunity to get involved !

#### Inspiring encounters await you there !

##### Morning (11:00 a.m.)

Join **Jean-Philippe Dion**, spokes person for the salon, for a discussion. He will share his experiences as a foster parent, adoptive parent, and caregiver.

##### Afternoon (2:00 p.m.)

Discussion about the reality of living with or caring for someone with a neurocognitive disorder.

**Dr Matthieu Lafontaine-Godbout**, a physician specializing in geriatric care, will be present.

**Relatives of people in care will also share their experiences. Together, they will talk about the challenges, lessons learned, and small moments of happiness from everyday life.**

The event will be hosted by **Priscillia Quirion**, radio host and singer-songwriter.

We look forward to seeing you at this unique event !

Visit our website to learn more.

#### **Rosane Rivard**

Directrice de l'hébergement en soins de longue durée

# Les 1000 et un visages de l'hébergement en Estrie



## Salon de l'hébergement 0-100 ans

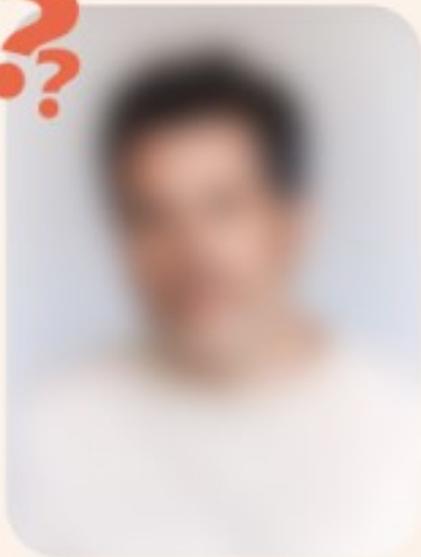


Le samedi 14 mars 2026 de 9 h 30 à 16 h

Au **Centre culturel de l'Université de Sherbrooke** 2500, boul. de l'Université

*Gratuit et ouvert à tous!*

C'est un rendez-vous pour découvrir et expérimenter les différentes facettes des milieux de vie offerts aux jeunes, aux adultes et aux aînés en Estrie. **Et qui sait... peut-être explorer des occasions de vous y engager!**



**Un porte-parole inspirant vous y attendra...**

Rendez-vous sur notre page web pour le découvrir et en apprendre davantage sur le salon!

[santeestrie.qc.ca/salon-hebergement](https://santeestrie.qc.ca/salon-hebergement)

*Un événement à ne pas manquer!*



# News from your living environment

## Discovering menu 5.0

On January 22, representatives from resident committees had the privilege of participating in a Menu 5.0 tasting event. The goal was to discover several dishes from this new menu, which is being rolled out in various long-term care facilities.

The event, organized by food service managers, offered participants a tasting platter of different dishes and invited them to share their impressions and experiences.

Whether it was the pulled pork parmentier, the pot-au-feu, or the surf and turf paella, accompanied by an Asian-style cucumber salad or beetroot and apple salad, many positive and constructive comments were received during the tasting. Not to mention the variations on rhubarb tart and chocolate chip cookies with a pureed texture, which surprised participants and revived the same memorable taste and tradition.

Some of the comments shared :

« The dishes are really tasty»

« We really like the spice blends, they add more flavor.»

« The meat is very tender, which is appreciated»

« It's deceptively delicious. »



These discussions provided insight into residents' preferences. The feedback gathered will guide ongoing efforts to enhance the quality of the dining experience in long-term care facilities.

## The rollout of the new menu is progressing well.

Most facilities have already completed the transition to the new menu. A phase is currently underway in Val-des-Sources, and Valcourt, and two other sectors remain to be rolled out : CHSLD of Richmond/MDA of Lac-Mégantic (March 15, 2026) and CHSLD of Lambton (April 5, 2026).

Congratulations to the teams for their collaboration and efforts to ensure the well-being of residents. Several positive comments have been received by the teams.



### Sugar shack season is almost here !

In March, we celebrate maple syrup season by adding comforting, traditional desserts to the menu :

- Sugar pie (March 6)
- Maple syrup doughnuts (March 9)
- Pouding chômeur (March 16)

We hope these sweet treats will bring back fond memories of days gone by.

**Thank you and bon appétit !**



# News from your living environment

## A genuine and shared commitment

Following a letter received by a Residents' Committee, we would like to highlight a positive development that demonstrates the strength of a genuine and committed partnership developed over the past few years between this Residents' Committee (RC) and a manager.

Here is the essence of the testimony given by the residents' committee of the St-Vincent CHSLD (long-term care facility) on the richness of this partnership:

*In recent years, a genuine spirit of collaboration has developed, based on active listening, trust, and mutual recognition of roles with the manager in charge. The Committee has been able to fully exercise its mandate to defend rights and improve living conditions in an environment where its ideas were not only heard but considered an asset to the community. In addition, the trust and encouragement offered on a consistent basis supported and accompanied the Committee at every stage of the projects it initiated.*

*Discussions were also conducted with transparency and candor, always in accordance with our respective mandates—the committee's being to defend residents' rights and improve their living conditions. On numerous occasions, we were asked to participate in various processes, recognizing the value of our contributions and offering us real opportunities to make the committee's voice heard.*

*This partnership has resulted in tangible actions that improve the daily lives of residents, such as the purchase of electric blankets, the installation of interactive murals on each floor, the creation of activity areas in the great hall, tango dance afternoons, and summer camp, to name just a few..*

*We have seen how open and honest communication can lead to concrete results. We believe that this type of collaboration between managers and residents' committees really helps to convey and take into account the message of residents' and families' representatives.*

*This collaboration shows that a residential facility has much to gain when managers and committees work together toward a common goal : making the living environment more humane, safer, and more pleasant..*

*We hope that this way of working together will continue, as it brings real benefits for everyone.*

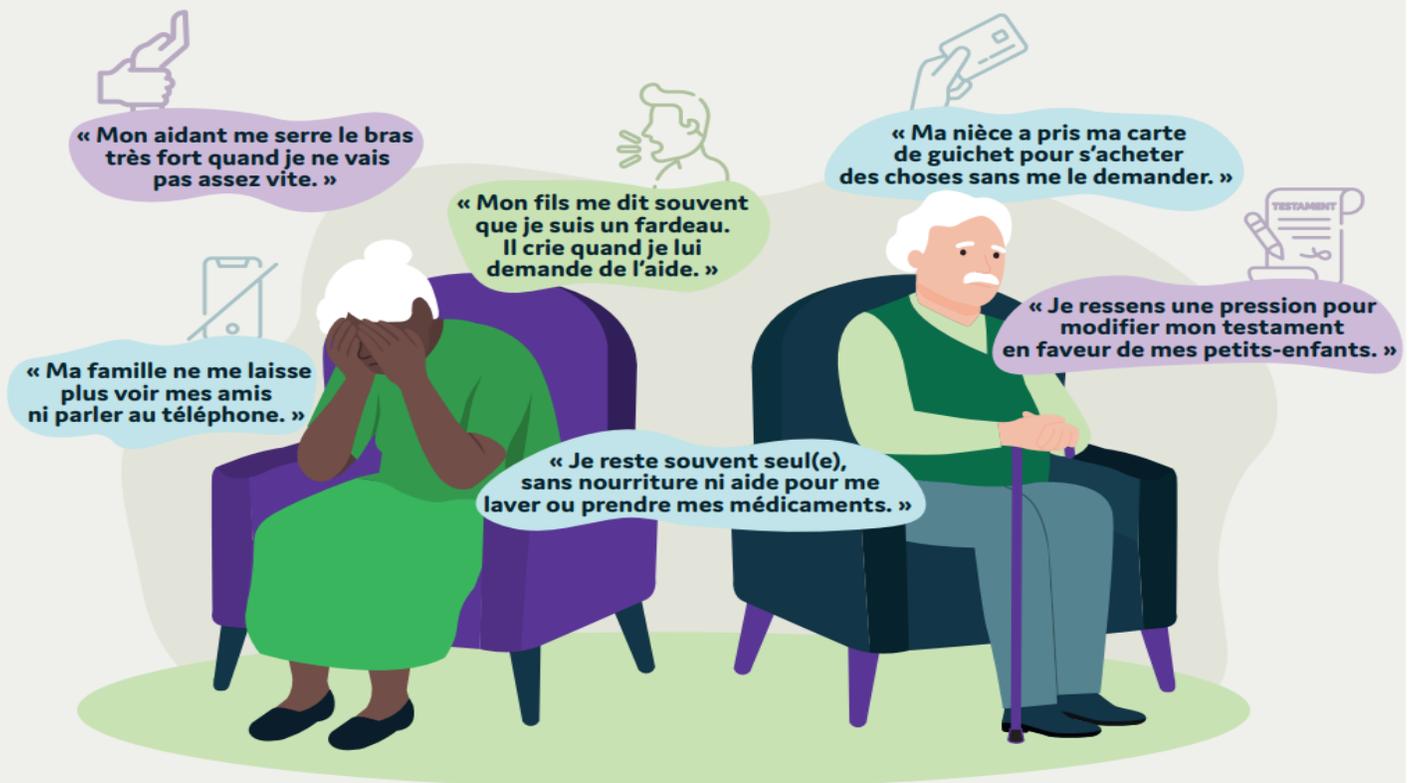
*This text is based on a letter written by the members of the Residents Committee of the Saint-Vincent Long-term Care Centre.*



 **Your feedback helps us improve Mon milieu de vie express !**

For any questions, article suggestions, or comments about the newspaper, please write to us at :  
[equipemdv.ciussse-chus@ssss.gouv.qc.ca](mailto:equipemdv.ciussse-chus@ssss.gouv.qc.ca).

## La maltraitance peut être difficile à reconnaître



**Si vous vivez une situation semblable, parlez-en.**

### Comment avoir de l'aide?

Appelez la **Ligne Aide Maltraitance Adultes Aînés (LAMAA)** au **1 888 489-2287** entre 8 h et 20 h

En tout temps, contactez **Info-Social** au **811, option 2**

Parlez à une **personne de confiance** (ami[e], membre de la famille, professionnel[le] de la santé, etc.)



Centre intégré  
universitaire de santé  
et de services sociaux  
de l'Estrie – Centre  
hospitalier universitaire  
de Sherbrooke

Québec

# News from your living environment

## Do you enjoy interacting with people ? Do you want to feel fulfilled by helping others ?

Residents— of CHSLDs and MDAs need volunteers like you! Come brighten up these people's lives by taking the time to listen to them, accompany them, entertain them, and much more.

The volunteer Department offers you an experience that allows you to socialize and create meaningful connections !

It should be noted that volunteer needs vary depending on the region and sector of activity. To find out about volunteer opportunities and make others a little happier :



## The welcome guide - New edition



We are pleased to announce the release of the latest version of the Welcome Guide for Residents and Care-givers.

This guide aims to make the transition to residential care more humane and reassuring, and to better support you in your new living environment.

It also recognizes the essential role of relatives as partners in the reception and accommodation process.

We invite you to view the web version of the new guide by clicking here.



# Did you know that....

## Why your life story is so valuable

In the hallways of the CHSLD, Marie, who has been a beneficiary attendant for 12 years, sees more than just patients. Thanks to a simple tool, the «**Life History and Habits**» form, she sees artisans, gardeners, mothers, and enthusiasts.

### A bridge between the past and the present.

Justine, also a PAB, remembers when Mr. Laroche arrived. When he was admitted, the former carpenter was anxious and often refused her care. «He was agitated and got angry when we entered his room,» she says.

Everything changed the day Justine looked into his life story. She discovered that Mr. Laroche was an early riser, accustomed to starting his day listening to the radio with a specific coffee in his workshop. The next day, Marie adjusted her approach : she turned on the radio softly and struck up a conversation about woodworking... and the miracle happened. Care was no longer a chore, but a moment of sharing.

### More than just a form : a key to providing better care

For healthcare teams, every detail counts :

- **Rituals** : Coffee at a specific time or a favorite radio station.
- **Fears** : An apprehension of water or darkness.
- **Source of joy** : The names of grandchildren, a passion for singing or gardening.

« We don't have a lot of time, but when i know what matters to a person, it changes everything in the way i provide care,» says Marie.

### A message to families.

Filling out this document may seem like just another administrative task, but for Marie and her colleagues, it is a gift. It is an opportunity to respect your loved one's identity, even when words fail them.

« **When you fill out the life story, you give us valuable insights. You help us honor who your loved one has been throughout their life** », concludes Mireille a nursing assistant.



# Did you know that....

## Recognition of family caregivers as partners in care.

The decision to bring a loved one into live-in-care is undoubtedly a significant moment in the journey of a caregiver. This new reality brings with it a host of questions and concerns : Who will take care of my loved one ? Who are all these people i see on the floor, in my loved one's room, or at family meeting ? What are their roles in relation to my loved one and me ? How can i contribute to the well-being of my loved one who is being accommodated ?

Caregivers interact with staff members during every visit, every meeting, and every phone call without always knowing exactly who they are...

The CISSS de Laval, in collaboration with caregivers, produced the following video to inform caregivers about the various professionals who care for their loved ones in long-term care centres and with whom they can collaborate. We are pleased to share this video with you to help you learn about these different roles.

<https://www.youtube.com/watch?v=8Q5VW4zfj8A>

## Is your loved one in long-term care ? You are still a caregiver...just in a different way.

### We are still here to support you.

We offer services to caregivers of seniors living in the city of Sherbrooke to accompany and support them throughout their journey:

- Individual services, including psychosocial support from qualified professionals.
- Several group activities : Various training sessions (on communication, burnout prevention, stress management, etc...), breakfast meetings, support groups, grief counseling, post-caregiving discussion groups, and many other types of groups.

See our website : [www.reseaudamis.ca](http://www.reseaudamis.ca)

- Services available during the day and in the evening.
- All services are free of charge.
- We have a program of group activities three times a year.
- Whether you need someone to listen, want to talk with other caregivers, or need information, we are here for you !

#### Registration is now open for :

« Preventing burnout » training

Four sessions from April 30 to May 21, from 9:00 a.m. to 11:30 a.m.

819 562-2494 ext. 30



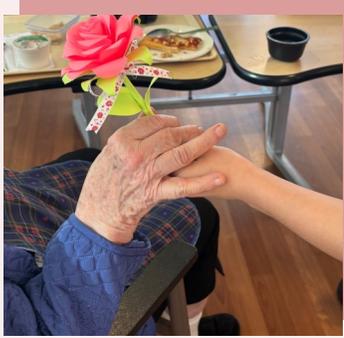
For all Local service networks  
in the Eastern Townships

# Did you know that....

## Valentine's Day Highlights

### CHSLD of Weedon

A celebration filled with love, where residents and employees shared moments at the photo booth and smiled as they rediscovered memories from the wedding photo wall and couples.



### Farnham, Gérard Harbec

A lovely visit from the students of Saint-Romuald School, who came to give residents the flowers they had carefully made, bringing joy and warmth to everyone.



### Maison des aînés de Granby

#### Heartfelt Mail

A wonderful Valentine's Day activity where residents, loved ones, and staff exchanged sweet words and messages of affection through our Heartfelt Mail program.



### An inspiring partnership between the CHSLD and the town of East Angus.



East Angus highlights a remarkable partnership between the City and the CHSLD, allowing residents to participate in municipal programs in 2026. Designed specifically for them, a host of activities—from winter carnivals to summer shows, drive-in movie theaters, and family celebrations—will be accessible to them thanks to adapted facilities. On-site entertainment, fireworks visible from the CHSLD, and involvement as judges in certain activities reinforce their presence at the heart of community life. This initiative recognizes the valuable contribution of seniors to the city's history and marks the beginning of a promising collaboration, placing residents at the center of the community they helped build.

# À ne pas manquer!

## ARTS FOR CAREGIVERS – Free Event

The Centre Pierre-Gobeil (Sherbrooke) offers a programme specifically dedicated to caregivers (regardless of where they come from): “ARTS FOR CAREGIVERS.”

Every month, a free show is offered, with refreshments and opportunities to chat with the featured artist.



**CENTRE CULTUREL Pierre-Gobeil**

**DES ARTS POUR LES PROCHES AIDANTS**

**CHANSON CUBAINES AVEC JULIAN GUTIERREZ**

**21 MARS DE 13H30 À 15H30**

AU CENTRE CULTUREL PIERRE-GOBEIL  
BILLETS GRATUITS  
WWW.CENTRECULTURELPG.COM

Desjardins 970, RUE HAUT-BOIS SUD, SHERBROOKE



**CENTRE CULTUREL Pierre-Gobeil**

**DES ARTS POUR LES PROCHES AIDANTS**

**POÉSIE ET MUSIQUE AVEC DUOSONANCE**

**11 AVRIL DE 13H30 À 15H30**

AU CENTRE CULTUREL PIERRE-GOBEIL  
BILLETS GRATUITS  
WWW.CENTRECULTURELPG.COM

Desjardins 970, RUE HAUT-BOIS SUD, SHERBROOKE



**CENTRE CULTUREL Pierre-Gobeil**

**INVITÉE SURPRISE**

**DES ARTS POUR LES PROCHES AIDANTS**

**2 MAI DE 13H30 À 15H30**

AU CENTRE CULTUREL PIERRE-GOBEIL  
BILLETS GRATUITS  
WWW.CENTRECULTURELPG.COM

Desjardins 970, RUE HAUT-BOIS SUD, SHERBROOKE

**Le Comité Bientraitance Memphrémagog vous invite à une pièce de théâtre sur la prévention de la fraude chez les aînés.**

**EN QUÊTE DE VOTRE ARGENT**



MEMPHRÉMAGOG | Canada



**Date :** Lundi 23 mars à 14h

**Lieu :** Espace Culturel de Magog  
90, rue St-David

Accueil dès 13h15 avec kiosques d'information, café et biscuits.

Accessibilité par ascenseur et stationnements disponibles au 15 et au 90, rue St-David.

**Billets 5 \$**

En vente au Centre d'action bénévole (CAB) de Magog  
344, rue St-Patrice Est

**Qu'est-ce qui fait que les fraudeurs réussissent à piéger autant de personnes ?**  
Ces histoires de fraude vous démontreront comment vous protéger, et vous aideront à reconnaître les signaux d'alarme.