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A TRIBUTE TO MARIE GENDRON

Reflections on Our Retreat



Every December, the Baluchon Long-term Respite Care team looks forward to a special tradition. It's the one time each year when our volunteers, who are spread across Quebec, step away from their day-to-day responsibilities and gather in one place. For three days, we pause our respite services to focus on ourselves, thus reconnecting, recharging our batteries, and celebrating our unique bond.

The 2025 edition will go down as a year of long-awaited reunions. One of the highlights was the incredible opportunity to celebrate alongside our founder, Marie Gendron, during a special tribute day held in her honour. Although we had heard that she might attend our annual retreat, it still seemed almost too good to be true. Even when the day finally arrived, we could hardly believe it!

Seeing Marie among us was like rediscovering the beacon that lit the path to respite care in the home over 25 years ago. Her vision and determination continue to resonate through every respite care placement we make, and we still apply many of the practices she established at the organization's inception. It was a deeply moving moment. The warmth of the conversations, the smiles, and the genuine affection on display spoke volumes. For our respite care workers at Baluchon, Marie is much more than the organization's founder; she is the visionary who laid the foundation for everything that followed.

The emotion in the room was even more profound with the presence of Edith Fournier, one of the very first people to benefit from our services. Her moving account, which was filled with gratitude, cherished memories, and heartfelt emotion, was a powerful reminder of why we do this work: to bring support, comfort, and hope to families who need it.

Over the course of the three days, there were tears, laughter, and countless hugs. These moments together allow us to build the unique relationships that make Baluchon so special. Our respite workers had the opportunity to share stories from the field, discuss the realities of their work, exchange tips and insights, and simply enjoy being together.

As they set out once again to support families across Quebec, they do so with renewed energy and, this year, full of inspiration thanks to Marie's heartfelt and beautiful words.

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INTRODUCING OUR BOARD MEMBERS

Who They Are, and What They Do

The Baluchon Long-term Respite Care Foundation Board

With every respite care placement, there are people working behind the scenes, such as the clinical team and the administrative team. This is also true of our Foundation's Board of Directors. A diverse team of professionals from finance, business, marketing, and insurance, united by a common mission: raising the funds that keep our organization strong, so you can take the respite time you need.

Role : To help secure funding by leveraging their experience and professional networks.



Marc Chartrand

President, Fractional Chief Financial Officer (CFO)

Marc is a seasoned finance professional and CFO with 35 years of experience helping businesses thrive. Whether safeguarding financial stability, leading major negotiations, or guiding organizations through complex transitions, he has devoted his expertise to their long-term success and now brings that same commitment to the Foundation.

As president, Marc provides the discipline and focus that allow the Foundation to set increasingly ambitious goals. He keeps our directors and board members engaged, motivated, and constantly striving for excellence.

The cherry on top : His great sense of humour and, above all, his remarkable ability to bring people together and inspire both board members and employees to meet and exceed our goals.



Dominique Gargour

Vice President, Account Director at Dialekta

As an account director at Dialekta, Dominique brings extensive expertise in the world of marketing. She understands how to capture attention, engage audiences, and connect with potential donors. She played a key role in the rebranding strategy for Baluchon Long-term Respite Care and its Foundation, and granted us access to the best designer free of cost.

The cherry on top : Her creative energy and calm, steady presence.



François Gauvin

Treasurer, Partner, Ex Chief Financial Officer at iNovia Capital Inc

As a partner and Chief Financial Officer at iNovia Capital, François operates in the world of finance and investment, where he is responsible for overseeing significant assets and capital allocations. His expertise helps ensure that every dollar entrusted to the Foundation is used wisely and effectively to maximize the respite we provide to families.

The cherry on top : His sense of humour. And, of course, his financial rigour, which helps ensure the sound management and long-term sustainability of our organization.



Laurence Coutu-Paquin

Board Member, Project Manager

As a career project manager, Laurence brings a structured approach to the table. Her role on the Board will be invaluable in overseeing our fundraising initiatives. Her rigour and dynamic energy are major assets in turning our ambitions into concrete realities.

The cherry on top : Her organizational skills and dynamic approach



Sophie Bissonnette

Board Member, Senior Advisor at PwC

A senior consultant at PwC, she brings her expertise in strategic consulting and analysis to our organization. Her keen insight into governance issues and her understanding of business networks will help the Foundation strengthen its position and explore new avenues for growth.

The cherry on top : His attention to detail and analytical thinking



Pierre Donaldson

Board Member, Partner at Diagram Ventures

As a partner at Diagram Ventures, Pierre is a builder at heart. His work focuses on launching new companies and driving technological innovation. On the Board, he brings an entrepreneurial mindset and a constant desire to push boundaries, embrace new challenges, and explore new opportunities for growth.

The cherry on top : Pierre brings a great sense of humour, boundless enthusiasm, and a passion for tackling challenges. His energy and drive make him a valuable asset to the board.



Véronique Joubert

Board Member, Director and Senior Advisor at Unixia Groupe Conseils

A managing partner at Unixia and an expert in group insurance plans, Véronique advises companies on the protection and well-being of their employees. Véronique is our reference for all things insurance. She has also enabled all our employees to benefit from a free telemedicine service.

The cherry on top : Her gentle nature and natural empathy.

3 RESPITE CARE WORKER PROFILE

Meet Maxime



Born in Montreal, I grew up with a younger sister, three years my junior. After my parents separated when I was very young, I became the only man in the household. It was then that I began to understand that my own happiness was closely tied to the well-being of those around me. Although our financial means were modest, I never lacked love or support. To this day, I remain deeply grateful to my mother and hold her in the highest regard. She continues to be a cherished presence in my life.

My professional journey began at 17, shortly after high school, when I learned the printing trade alongside my father, who trained me as a press operator. After 25 years devoted to a career I loved, I faced the greatest challenge of my life: supporting my child through illness and end-of-life care. Without realizing it or even thinking of myself that way, I had become a family caregiver. That life-altering experience inspired me to channel my grief and lived experience into a new purpose, ultimately leading me to become a Baluchon respite care worker.

I joined the wonderful Baluchon team in October 2023. This choice came naturally to me. This work allows me to reconnect with my roots and my identity every day. I now appreciate every little detail of life and choose to find the positive in every situation I encounter.

To me, working at Baluchon is much more than a job; it is a true calling. I cherish the time spent building meaningful connections with the people in my care and learning about the lives they have led. I am incredibly proud to be a Baluchon respite care worker and deeply honoured by the trust family caregivers place in me when they welcome me into their homes and entrust me with the care of the person they love most, allowing themselves a well-deserved moment of respite.

A note from management: Maxime's journey is truly inspiring. From the moment we met him, we knew he would make an exceptional Baluchon respite care worker. And because we like to make the most of all his talents, he's also the one who carved the wooden part of the Baluchon he carries on his shoulder!

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A WORD FROM LUC ARMAND

Who has been making monthly donations via direct debit through for several years now.

Supporting families day after day requires a long-term vision and reliable resources. Monthly giving helps make that possible. After many years of dedicated service as Chair of our Board of Directors, Luc Armand chose to continue making a difference through a monthly donation. In doing so, he ensures that his commitment to Baluchon continues to have a lasting impact. Today, he shares what motivates him to give month after month:

« Through my monthly donation, I'm doing my part to support Baluchon Long-term Respite Care. As a consultant to families caring for someone with a neurocognitive disorder, Baluchon is an organization I frequently refer to. With the growing number of people affected, families are also seeing their burden of responsibility increase. I know that Baluchon allows family caregivers to take care of themselves for a few days with peace of mind. Every time people express their great satisfaction with the services they receive from Baluchon, I feel a sense of pride. I know that my financial contribution, however small, helps sustain and expand these services. Baluchon is a unique and essential respite resource. I will continue with my monthly donation for many years to come! »

Thank you again, Luc, for your unwavering commitment and your invaluable support!

Reminder of the main benefits of monthly giving

Donor



Continuous impact all year round (e.g., \$15/month rather than a one-time \$180 donation).



Automated, a single annual tax receipt, no more repeated solicitations.



A closer, more lasting connection to the cause, as described in Luc's testimonial.

Nonprofit organization



Predictable revenue that allows for long-term project planning.



Lower processing costs and fewer administrative follow-ups.



The retention rate is significantly higher than for one-time donors.

I WISH TO MAKE A DONATION:

Monthly donation:

\$10/month \$20/month \$50/month Other

One-time donation:

\$25 \$50 \$100 Other

Name: First Name: Telephone:

Email: Address:

City: Province: Postal Code:

I wish for my donation to remain anonymous Yes No

I would like to receive L'Entraide by email Yes No

I WISH TO BECOME A MEMBER:

(\$20 membership fee)

Payment method

Cheque Visa Mastercard

Cardholder name:

Card no.: **** *

Exp. date: Security code (3 digits):

Please send your donation to Fondation Baluchon Répit long terme at 10138, rue Lajeunesse, bureau 200, Montréal (Québec) H3L 2E2

A tax receipt will be issued for donations of \$20 or more. Charity registration number: 854604758 RR0001



Thanks to each and every one of you for continuing to give life to Baluchon Répit long terme and, by extension, to the families we have been supporting for 24 years!

The real cost of one **day of baluchonnage** (respite service) amounts to **several hundred dollars** and it is mainly **thanks to your donations** that we can **maintain such a quality of service** and **offer families respite** for the **modest sum of \$15/day**.

NOTICE OF MEETING

Annual General Meeting 2026

BALUCHON
Répit long terme à domicile

You are hereby cordially invited to the Annual General Meeting of the regular members of Baluchon Répit long terme, to be held on:

TUESDAY, JUNE 16, 2026, AT 5:00 P.M.

Agenda of the meeting:

- 1** Adoption of the minutes of the AGM held on June 18, 2025;
- 2** Presentation of the annual activity report for 2025-2026;
- 3** Presentation of the financial statements for the fiscal year ended March 31, 2026;
- 4** Appointment of the auditor for the year 2026-2027;
- 5** Election of directors for the years 2026-2028.

By order of the Board of Directors,

Isabelle Le Bourhis

President of the Board of Directors

Any member in good standing wishing to attend this meeting must confirm their attendance before Wednesday, June 10, 2026, by phone with the executive assistant at 514-762-2667 ext. 212 or by email at info@baluchonrepit.com.

Each participant will receive the relevant documentation as well as a hyperlink to join the meeting via videoconference.