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Taking time to recharge

25 YEARS OF BALUCHON LONG-TERM RESPITE CARE

As we announced in a previous issue, 2024 marked Baluchon Long-term Respite Care's 25th anniversary. We took advantage of our annual retreat to celebrate this milestone with our employees, Board members, and distinguished guests who have helped shape the history of our organization.

It was a perfect opportunity for the respite workers to experience an emotional and meaningful event. Throughout the evening, they felt the warmth, admiration, and gratitude expressed for their dedication. One of the most powerful moments, and a highlight of the evening was the broadcast of two moving video messages. First, Marie Gendron, founder of Baluchon and the very first respite worker, expressed her pride in seeing Baluchon's values carried forward by those who have followed in her footsteps. Then, Minister Sonia Bélanger paid tribute to these true missionaries and exceptional people, praising their work with caregivers and people experiencing loss of autonomy.



These sincere testimonials deeply moved the respite workers, reminding them that their role, though often carried out quietly, is recognized at the highest levels of government. They left the evening re-energized and more motivated than ever.

Portrait of a respite worker

MONIQUE LELIÈVRE

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My name is Monique Lelièvre. I come from a large, close-knit family originally from Gaspésie. Since I was 18 years old, I have worked with the public, and I love interacting with people. I worked in the restaurant and hotel industry for several years, and I have been working with the wonderful Baluchon team for three years now.

After retiring from the restaurant and hotel business, I wasn't ready to stop working completely. That's when I had the opportunity to care for a woman with Alzheimer's disease in her home, a role I held for three and a half years. It was an incredibly meaningful and rewarding experience. Later, I happened to come across an ad for Baluchon Alzheimer. I decided to apply, and it turned out to be a perfect fit.

I still vividly remember my very first *baluchonnage*. I immediately felt at ease, completely in my element. That was the moment I knew I had found what I like to call my second calling.

What this role gives me is almost indescribable. It's a true privilege to be able to offer reassurance and support. In doing so, I feel a deep and genuine sense of happiness. But it goes beyond that; I also feel immense pride in seeing caregivers return rested and renewed, ready to continue caring for their loved ones under the best possible conditions. And then there's gratitude, both mine and theirs. I'm grateful for the trust they place in me, and I'm truly moved by their appreciation. To feel that they can finally breathe, that they feel heard, understood, and supported; that bond of trust, that shared human connection, is priceless.

It's not even work for me, it's a rebirth. I love what I do, and I wouldn't change it for anything in the world.

Thank you, Monique, for your dedication and the love you have for Baluchon and your job as a respite worker!

New Cohort

MARCH 2025 TRAINING

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Three new recruits have joined the team of respite workers since the beginning of the year.



Over the past few years, in order to support our sustained growth, we have carried out several waves of recruitment. In the spring, we welcomed three new respite workers: Chantal, Annick, and Bertrand. Our three recruits have great interpersonal skills, deep empathy, and all the resourcefulness required for their upcoming assignments.

Welcome to all three of you!

15 Years of Commitment and Care with Baluchon

IZABELA

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Izabela, our valued Director of Clinical Services, is a cornerstone of Baluchon's memory and history. Last December, during our annual retreat, we had the pleasure of celebrating her 15 years of commitment to Baluchon Long-term Respite Care.

From the very beginning, Izabela has played a vital role in the evolution of our organization; in shaping its services, supporting its teams, and guiding it through key moments of transformation. She holds a unique place within Baluchon. Indeed, she is not only our living memory, but also a trusted reference and source of wisdom. Above all, Izabela is a profoundly compassionate person: attentive, calm, reassuring, and always ready to lend a helping hand.

One of her most important roles is to orchestrate the pairings between care recipients and respite workers, an art she has truly mastered. She has the ability to understand each person's needs, personalities, and sensitivities to create pairings that work, that comfort, and that often develop into a beautiful bond. For many of us, she is a bit like Baluchon's fairy godmother.



In addition to being incredibly competent, she is unanimously appreciated by both the respite workers and the clinical team.

So today, we simply want to say a heartfelt thank you. Thank you for these 15 years of building, supporting, and believing in Baluchon. Thank you for your heart, your kindness, your professionalism, and so much more.

We could go on and on listing all your qualities. But more than anything, we just hope you'll stay with us for many more years to come!



We know we can always count on you.

Isabelle Blais, Respite worker



You are a missionary at heart. What joy, what a privilege it is to work with you!

Sophie Morin, Executive Director

A GREAT YEAR

For Baluchon and its Foundation

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Once again, this year, thanks to the dedication of our Board members and the Foundation team, the amount raised continues to rise.

In fact, we have exceeded the \$724,000 in funds raised for 2024-2025.

In addition, 2025 marks the end of our 2022–2025 Strategic Plan for both the Foundation and for Baluchon. One of the Foundation's key objectives was to equip ourselves with the means to support Baluchon's growth by raising over \$1.5 million in three years, an ambitious goal at the time. The challenge met and even exceeded! We raised \$2.3 million in individual and corporate donations, directly benefiting caregivers across Quebec.

Planned Giving

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A BEQUEST IN YOUR WILL

A bequest is a donation specified in a person's will. It comes into effect upon the donor's passing. It can take the form of a sum of money, a specific asset (such as a house or shares), or a portion of the donor's estate. Over its 25 years of existence, Baluchon has received three such bequests; deeply appreciated and lasting gestures that have helped sustain its mission over time. Though less well known, this form of giving offers benefits both to the donor and to the organization receiving the gift.

While often unexpected, bequests are of great value to our organization and provide meaningful support to our mission.

BENEFITS FOR THE DONOR



NO IMPACT ON LIFETIME LIQUIDITY

The donation takes effect only after death, allowing the donor to keep their assets for their personal needs.



TAX ADVANTAGES

A tax credit may be applied to the donor's final income tax return, potentially reducing the amount of tax owed by the estate.



FLEXIBILITY AND CONTROL

The donor may modify or cancel the bequest at any time prior to their death.





LEAVE A MEANINGFUL LEGACY

A bequest allows you to support a cause that is important to you, even if you are unable to make a significant donation during your lifetime.



BENEFITS FOR THE NONPROFIT



STRENGTHENS THE MISSION AND VISIBILITY

Bequests are a powerful sign of trust in the organization and can inspire other donors to give.



A LONG-TERM SOURCE OF FUNDING

Bequests can play a key role in planned giving and contribute to the organization's financial stability.



GREATER FLEXIBILITY IN USE

These gifts are often unrestricted, giving the organization greater freedom to respond to priority needs as they arise.



STABILITY IN TIMES OF UNCERTAINTY

In a context where public subsidies vary unpredictably, bequests offer a degree of financial security.

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The Testamentary Bequest:

A GIFT WORTH DISCOVERING

I would like to make a donation:

Monthly donation:

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

One-time donation:

\$25 ☐ \$50 ☐ \$10 ☐ Other: ☐

FONDATION
BALUCHON
Répit long terme à domicile

First name/Last name:

Address:

City:

Province:

Postal code:

Phone number:

Email:

I would like my donation to remain anonymous

YES ☐ NO ☐

I would like to receive L'Entraide by email

YES ☐ NO ☐

I would like to become a member:

(membership fee \$20)

Payment method:

Cheque ☐ Visa ☐ Master ☐

Cardholder name:

Card number:

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Expiration date:

Security code (3 digits):

Please send your donation to **Fondation Baluchon Répit long terme** at 10138 Lajeunesse Street, Suite 200, Montreal, Quebec H3L 2E2
A tax receipt will be issued for donations of \$20 or more. Charitable registration number: 854604758 RR0001

Thank you for continuing to support Baluchon Long-term Respite Care and, in doing so, the families we have been helping for 24 years!

The actual cost of a day of respite care is several hundred dollars, and it is mainly thanks to your donations that we are able to maintain such high-quality services and offer families much-needed respite for just \$15 a day.