

JANUARY 2026 NEWSLETTER



Bonjour and welcome to Our JANUARY 2026 update

It is with great enthusiasm and pleasure that I am joining the Foundation as your new Executive Assistant. My commitment is to ensure you stay informed about the ongoing work of the Foundation through this newsletter, which is published four times a year.

I look forward to the opportunity to meet and exchange ideas with you soon.

Diane Dumont
Executive Assistant



WELCOME TO OUR NEW BOARD MEMBER

Please join us in welcoming **Philippe Lapointe** as a new director on the Foundation's Board of Directors, last October.

A well-known and respected figure in the media industry, Philippe Lapointe has achieved remarkable success in fields as diverse as broadcasting, television production, news, and radio.

He has notably led the newsrooms of Radio-Canada and TVA, and later oversaw all programming and production for the TVA network. He subsequently served as President of the independent production company Pixcom, and later as Senior Vice President for Multiplatform Operations at TC Media. Philippe Lapointe also created and managed AMI-télé, the world's first French-language television channel for people with disabilities, including those who are blind or visually impaired. More recently, he headed 98.5 and the talk radio division at Cogeco Média. He currently leads Canal M, the radio of inclusion, which is part of *Vues et Voix*, a non-profit organization dedicated to supporting people with disabilities. He also works as a consultant and public speaker.



Philippe Lapointe has contributed to many of the major organizations that shape the Canadian and Quebec cultural industries. His understanding of industry issues is exceptional.

In 2021, Philippe Lapointe published *Aventures au pays des nouvelles télévisées*, a narrative recounting major events that have shaped television news in Quebec.

SUMMER BBQ 2025

What a joy it was to celebrate a very special milestone—10 years of care, connection, and community through the Fondation Santé Vallée Massawippi.

When the Foundation was launched a decade ago, we were driven by a shared belief: that our community deserved better access to local, compassionate health care. That belief brought us together—and look how far we've come.

Thanks to you—our donors, volunteers, and partners—we've supported the CSVM clinic in delivering care to thousands of people across the Valley. Together, the Foundation and the clinic have grown, adapted, and remained deeply rooted in responding to the needs of our region, especially the needs of seniors.

During fall of 2025, two nurse practitioners have joined the Ayer's Cliff clinic team. And in early 2026, we are opening a new clinic in Lennoxville. These are big steps, made possible by your support—and by the belief that together, we can do more.

The event was a moment to pause, to celebrate, and to say thank you, but also a moment to look ahead with hope and ambition.



From left to right: Marianne Dandurand, MP, Compton Stanstead; Jacques Demers, Mayor, Ste-Catherine-de-Hatley; Marcella Davis Gerrish, Mayor North Hatley; Michel Rodrigue, President, FSVM; Henry Khouri, President, CSVM; et Alex Van Zuiden, Mayor, Ayer's Cliff.

ANNUAL GALA AT HOVEY MANOR

FSVM celebrated 10 years of service to the community

The Foundation held its annual Gala evening and celebration at Hovey Manor on November 7, 2025.

Tickets sold out early and a lively crowd gathered for cocktails and hors d'oeuvres followed by a gourmet supper. Once again, Stephen Stafford, his family and staff welcomed our guests with warm hospitality and extraordinary professionalism.

The guest speaker for the evening was the Right Honourable David Johnston, the 28th Governor General of Canada, who, in conversation with his daughter Alex, spoke about his latest book "*Empathy: Turning Compassion into Action.*" He emphasized the need for community-based volunteer leadership and fund-raising to address many of the toughest challenges we face locally, nationally and globally. Signed copies of his book were provided by the Foundation to all guests.



Guest speaker
Honourable David Johnston
28^e Gouverneur général du Canada
(2010-2017) and his daughter Alex

Community Builders Award



Honourable David Price, Community Builders Award

The FSVM honored the Honourable David Price with the Community Builders Award, celebrating a lifetime of service that began in the Sherbrooke Regiment Reserves and as Quebec's youngest electrical contractor. His commitment to the Eastern Townships is deeply rooted in both faith and civic duty, ranging from leadership roles in local churches and youth scouting to presiding over the Eastern Townships Agricultural Association and supporting numerous health foundations, such as the Heart and Stroke Foundation and Grace Village Care.

Mr. Price's impact reached its peak through his extensive public service career, notably as the Mayor of Lennoxville and as the Member of Parliament for Compton–Stanstead. He is credited with fostering regional collaboration in infrastructure, strengthening ties between Bishop's University and local businesses, and representing Canada on the international stage through NATO and national defense committees. Even beyond elected office, he remains a vital force in community development, serving on various corporate and healthcare boards to ensure the continued well-being of the region.

Special thanks were given to Marie-Eve Bouffard-Riddells and Andi Carter, as well as to Jed Richman who was a charming and entertaining MC for the evening. Record attendance as well as record fund-raising results from the silent auction only made the event more memorable for the Foundation.

Thanks to the generosity and support of our local businesses and individuals, including the Hovey Manor, Uniprix Ayer's Cliff, Les Marchés Tradition Patry & Fils, Raymond Chabot Grant Thornton and Therrien Couture Jolicoeur, as well as to all the generous auction donors.



**Judy A. Hopps & Royal Orr, Copresidents of the
Valley Massawippi Health Foundation**



OUR SENIORS PROGRAM

Collaborative Efforts for Senior Engagement

An important mission of FSVM is to actively support seniors in remaining socially engaged, healthy, and able to age in a place that is right for them.

To achieve this, FSVM has established a network of activities across Ayer's Cliff, Coaticook, North Hatley, Fitch Bay, and Huntingville (Grace Village). These activities provide seniors with regular opportunities for meaningful interaction and connection within their communities. They include monthly or regular social cafés, promotion of improvement of physical health and intellectual well-being through exercise classes and conferences, and community building gathering.



Structure and Coordination of Senior Social Cafés

Each café operates under the guidance of a dedicated senior coordinator. These coordinators work closely with participants to develop an engaging selection of activities that are tailored to the unique interests and needs of each group. The focus of these gatherings is on fostering conversation, encouraging lifelong learning, and celebrating together as a community.

Participation in the cafés is flexible, allowing seniors to engage as much or as little as they wish. All sessions are conducted in English. For many members, the café gatherings are the highlight of their month, offering companionship, stimulation, and support.

Highlights from Each Location

Fitch Bay: Members engage in artistic activities and immerse themselves in researching local history, deepening their connection to the region.

The *Ageless Ventures* group celebrated Hallowe'en in October with a lively game day featuring Scrabble, Crokinole, cards, and cornhole. In November and December, members actively participated in and supported various community events. The Georgeville Troupe presented Agatha Christie's and *Then There Were None*, with group leader Gretchen Hatfield taking on a major role in the production. The group's agenda also included choral singing, shared community lunches, and coffee parties.

Huntingville (Grace Village): The group regularly welcomes guest speakers and authors, enriching their meetings with diverse perspectives. In addition, exercise classes such as chair yoga and Essentrics are held throughout the year to promote physical well-being.

Over the past several months, they hosted author Alexane Roy to discuss strategies for improving communication with seniors living with neurocognitive disorders. The group also benefited from a presentation by a member of the Sherbrooke Police, who addressed the important topics of cyberbullying and online fraud, highlighting key warning signs to watch out for.



- **Coaticook:** The Coaticook Seniors Coffee Break, *We're Still Here and Kicking* marked its first anniversary this fall with a celebratory lunch and games afternoon. Each monthly gathering features a guest speaker covering topics such as financial management and strategies for addressing memory and mental health concerns. After the presentation and a question period, members enjoy time for informal chats and games. Seniors from Dixville, Baldwin Mills, Compton, Stanstead Est, and other neighbouring communities look forward to these monthly events in Coaticook.
- **North Hatley:** The group focuses on reconnecting with one another, sharing local community news, and coordinating volunteers for the Grace Village afternoon tea held on Thursdays. New volunteers are always welcome for this initiative. Regular voluntary contributions are collected to cover the cost of the cafés, with surplus funds being donated once or twice each year.

Each session includes an open discussion during the last 45 minutes on a topic selected the previous week, making for lively and educational exchanges that members eagerly anticipate. Additionally, there is significant overlap with participants in chair yoga and fall prevention exercise programs, fostering deepening friendships and connections between these groups. Plans are underway for a larger group gathering in the New Year.

- **Ayer's Cliff:** Now in its fourth year, this group excels at card and memory games, as well as engaging in problem-solving sessions designed to foster cognitive health.



- Over the last few months, creativity took centre stage when a group member guided a session on making homemade Christmas ornaments for family trees, showcasing the artistic talents within the group. Their Christmas party, like all of their special celebrations, featured a variety of games, homemade treats, and plenty of laughter. Several members are also preparing to participate in a Prevention of Falls course in January.



COMMUNITY BUILDING: AYER'S CLIFF GATHERING

Recently, FSVM and its Ayer's Cliff Senior Social Café hosted the inaugural joint gathering of all five senior social cafés. Held in the basement of Église St. Barthélemy in Ayer's Cliff, the event drew over 60 seniors who filled the space with warm exchanges, laughter, and lively conversation. For many, it was a long-awaited reunion with English-speaking friends from neighbouring communities.

Seniors Helping Seniors: Organizing and Celebrating Together

True to the spirit of mutual support, members of Ayer's Cliff Senior Social Café arrived two hours early to prepare the venue by setting up tables, arranging chairs, and adding decorative touches. The Massawippi Valley Health Foundation and the Townshippers Research and Cultural Foundation jointly supported the lunch for the gathering, and throughout the year, they continue to provide lunches or special desserts at the monthly meetings of the five senior social cafés. The Tillotson Coaticook Region Fund partners to support FSVM also.

The event featured an address by Mme Marianne Dandurand, MP for Compton-Stanstead, who highlighted the New Horizons for Seniors program, a community-based initiative that funds the foundation seniors' activities. After lunch, Kim Bailey, coordinator for the Ayer's Cliff Social Café, led the group in exercises and memory games, enriching the afternoon's activities.

Participants from over ten villages, departed with lighter steps, brighter smiles and a commitment to keep connecting with old and new friends.

UPCOMING ACTIVITIES:

SENIOR CAFÉS – WINTER 2026

GRACE VILLAGE SOCIAL CAFÉS

Lyne Roy leads the Grace Village Cafés every **second Wednesday** of each month, at **13h30**.

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| January 14: | Conference on anxiety
Geriatric psychiatrist Dr. Jessika Roy Desruisseaux will provide insight into both mental and physical disorders—such as worry, tension, and sleep issues—that can affect our daily lives. She will also suggest practical lifestyle changes, including exercise routines and breathing techniques, to help manage these challenges. |
| February 11: | “ <i>Driving into the past</i> ” History of covered bridges in Quebec
A film by Louise Abbott |
| March 11: | Speaker on how to deal with grief – book “ <i>Being alive</i> ”
Raymond Bernard |
| April 8: | Poetry reading – Tanya Allatt |
| May 13: | Tea & scones at Musée Beaulne Coaticook
10\$/person |

FITCH BAY SOCIAL CAFÉS

Gretchen Hatfield leads The Ageless Ventures on **the fourth Thursday** of each month, from **1:00pm to 3:00pm**, at Canon Gustin Hall.

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| January 22: | Reading plays together - Shakespeare's <i>Midsummer Night's Dream</i> . |
| February 26: | <i>Cabin Fever Be Gone Games</i> afternoon |
| March 26: | Ageless Ventures Spring Celebration Dinner. |
| April 23: | Drawing basics: Portraits |
| May 28: | Painting from photographs |

AYER’S CLIFF SOCIAL CAFÉS

Kim Bailey leads the Ayer’s Cliff Social Café, which convenes at the **CSVm clinic** on the **third Wednesday** of each month, at **1:30pm**, namely on:

January 21	February 18	March 18	April 15	May 20	June 17
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NORTH HATLEY SOCIAL CAFÉS

Elisabeth Churcher facilitates The North Hatley Social Café **every Tuesday** from **10:00 to 11:15 a.m.** in the activity room at the **Connaught Apartments**.

COATICOOK SOCIAL CAFÉS

Stéphanie Paquet leads the Coaticook Social Café on the **fourth Thursday** of the month, at **1:30pm**, at the community center, namely on:

February 26

March 26

April 23

May 28

June 25

FALL PREVENTION PROGRAM– WINTER 2026

Increase your activity level & improve balance and coordination



FSVM is pleased to sponsor Prevention of Falls courses in two locations this winter.

1. **Ayer's Cliff** at Beulah Church Hall, 967 rue Main, Ayer's Cliff, J0B 1C0 on Tuesdays from 1:30 p.m. until 2:30 p.m. January 6 to March 24, 2026.
2. **Grace Village (Huntingville)**, 1515 Pleasant View, Sherbrooke on Thursdays from 1:30 until 2:30 p.m. January 22 to April 9, 2026.

12 classes. \$75 per person for the session.

Space is limited. Anyone can register. Payment taken on the first day.

This class is designed for adults aged 50 and over who want to improve their overall physical fitness in a safe, motivating, and supportive environment. Led by a certified kinesiologist from Acti-sports, Coaticook, each session focuses on strengthening exercises, cardiovascular training, and flexibility work. Balance, posture, and coordination are also key components of the program.

Beyond physical improvement, the sessions offer opportunities for learning, empowerment and social connection, making it an ideal class for staying active, confident, and engaged.

For info and registration: direction@fsvm.ca



To our donors: thank you for your trust, your generosity, and your heart. Your support has fueled everything we've accomplished.

To our incredible volunteers: your time, your kindness, and your presence make all the difference. You bring warmth and humanity to everything we do.

And to the dedicated staff of the Ayer's Cliff clinic: your care, your compassion, and your daily efforts are the reason our mission comes alive. We are so proud to stand by your side.

So, on behalf of the entire board of directors of the Massawippi Valley Health Foundation, thank you. Thank you for being part of our journey. Thank you for your loyalty, your involvement, and your belief in the power of community.

Thanks to New Horizons for Seniors: Community-based projects of Employment and Social Development Canada for their vital support in making these initiatives possible.

Thanks to New Horizons for Seniors, Tillotson Fund and Townshippers Foundation for making our Seniors social cafés and Seniors Get-Togethers possible.



The Foundation is a not-for-profit corporation actively engaged in promoting the health and wellness of citizens in the Massawippi Valley and beyond and support the strengthening of Quebec's healthcare system.

Our primary mission is to actively identify gaps in the healthcare system and raise funds to address them, reimagining access to community healthcare. A key priority is to facilitate access to primary and preventive care, closer to home.

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