

## VOLUNTEER IN A CHSLD AND HELP IMPROVE RESIDENTS' QUALITY OF LIFE

**Baie-Comeau, April 6, 2022** – Would you like to contribute to the quality of life of seniors living in CHSLDs? The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord is looking for volunteers for CHSLDs on the North Shore.

The pandemic has been challenging for everyone, and especially for seniors. By offering your help, you can make a real difference for the residents of your community's CHSLD.

### **Contribute to the well-being of residents**

Volunteering helps seniors in living environments connect with people from outside their residence and break their daily monotony and isolation. It also contributes to bonding and increasing the quality, quantity and diversity of the recreational activities available in CHSLDs.

While they do not replace staff members, volunteers take part, with them, in the common mission of CHSLDs, which is to provide services to people who, by reason of loss of functional or psychosocial autonomy, can no longer live in their natural environment.

Those interested in volunteering their time in a CHSLD in their region can do so in the day or the evening, during the week or on the weekend. They are invited to give their availability and to register by telephone at 1 800 463-5142, ext. 712122 (toll-free), or by email: [elizabeth.pelletier.09cisss@ssss.gouv.qc.ca](mailto:elizabeth.pelletier.09cisss@ssss.gouv.qc.ca).

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Source: Jean-Christophe Beaulieu  
Information officer  
Centre intégré de santé et de services sociaux de la Côte-Nord  
418 962-2572, ext. 414009