

# NEWSLETTER

## NAFR - Quebec

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### Word from the President

Hello everyone,

If you're like me, back-to-school is the time when families get back into their routines until the holiday season, and for me, it's the time when I say to myself: oh yes, I'm retired! And yet, during the summer season, our directors have not been idle.

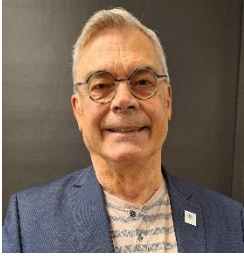
We finalized preparations and contracts for our branch activities, such as our participation in the SALON FADOQ 50 ANS + from October 18 to 20, the wreath-laying ceremony for "Remembrance Day" on November 11, a visit to Parliament to reward our active volunteers, and the holiday dinner at Restaurant Sagamité on November 21 for our members.

In addition, we are hosting our colleagues from the other five branches in Quebec from October 29 to 31 in Quebec City. We are likely to discuss the work of the National Board of Directors in revising its Strategic Planning document following feedback received at the Annual General Meeting, which should be represented at AAM 2025, progress on the Advocacy Program review, and progress on the work of the Special Committee on the Structure of the Association.

Don't forget the breakfasts on the last Wednesday of each month at 08:30, at the Normandin restaurant (Bouvier), on the first Thursday of the month at 10:00, at the Délice Resto Lounge in Lévis and those in the Saguenay region, in La Baie on the first Tuesday of the month and in Alma on the last Wednesday of the month with our colleague Ghislain Lavoie. Our monthly breakfasts are as popular as ever. Come and join us!

Kind regards,

**René Grenier**, President



## ADVOCACY

by **Pierre Beaudry**, Director - Advocacy

### Access to Healthcare Includes Home Care in Quebec

By 2030, people aged 65 and older will represent 23% of the Canadian population. This aging demographic poses significant challenges for access to and the quality of home care, which is fundamental for the autonomy of seniors. As you know, home care is one of the priorities of the National Association of Federal Retirees (NAFR).

On this issue, the Quebec Branch, aligned with the priorities of ANRF National, advocates for the interests of retirees by pushing for:

1. A coordinated national strategy aimed at improving access to home care with adequate funding.
2. An integrated continuum of care promoting proximity services at home.
3. Sustainable planning ensuring the quality of care and support for healthcare workers.
4. Recognition of the role of family caregivers.
5. Contributions of innovations in community care.

Currently, the Quebec Branch is exploring partnerships with organizations dedicated to improving home care, such as the **Tables de concertation des aînés (TCA)**, the **Fondation AGES, Entreprises d'Économie Sociale en Aide à Domicile (EÉSAD)**, and community organizations like the **Service Amical Basse-ville (SABV)** in Quebec City, as well as other partners, to concretely strengthen home support for seniors and demonstrate the relevance of innovative initiatives, such as social geriatrics sentinels, throughout Quebec and possibly elsewhere in the country.

While only 20% of the health budget in Quebec is allocated to home care, collective mobilization is essential to signal to the government that change is needed to ensure that seniors can age with dignity at home. Together, let us make our voices heard to prioritize this crucial cause! And why not use this time of the Mega Recruitment Campaign (MRC) of 2024 to recruit new members and add to our strength? Inspired by Barack Obama and the healthcare reform he championed, urging citizens to engage and collaborate for a better future, I invite you to join me in saying, "Together, yes we can." Alone we go faster, but together we go further. Let us unite our forces.



### The guide to programs and services for seniors, 2024 Edition, is now available

Produced annually by the Quebec government, this guide provides seniors with clear, concise information on the various government programs and services available to them. **[Consult the guide](#)**



## Dental care - Transition to Canada Life on November 1, 2024

by **Micheline Lefrançois**, Vice-president



This is a reminder! You've probably received an e-mail or letter from Canada Life to prepare yourself for the transition to effective dental care on November 1, 2024. If you haven't received a letter or e-mail, you can go to the Canada Life website and log in, as you would for medication, and you may find that dental information is already available. Recently, Treasury Board also sent out a reminder by e-mail or regular mail on the same subject, informing you that Canada Life was taking care of your positive enrolment on your behalf.

### Looking forward to November 1, 2024:

1. Continue to submit your dental claims to Sun Life as you currently do until October 31, 2024.
2. When you receive your positive enrolment notice from Canada Life between mid-August and September 2024, carefully review your personal information to ensure that it is complete and accurate. If not, follow the instructions to update it. To receive your direct deposit payments, you must provide Canada Life with your banking information during the validation process.

**Important:** If you have not received an e-mail or letter from Canada Life by September 20, call the PDSP-Canada Life Member Service Centre at 1-855-415-4414 (toll-free) Monday to Friday, 8 a.m. to 5 p.m. (local time), or 1-431-489-4064 (international collect). To know more about it, go to : [Preparing for the Pensioners' Dental Services Plan transition to Canada Life \(effective November 1, 2024\)](#)

## HEARING LOSS AND AGING

**Aging affects several parts of the body. Indeed, just like vision, our hearing gradually deteriorates over time and this often happens unnoticed.**

### WHEN DO WE LOSE HEARING?

Age-related hearing loss can begin well before the age of 60, but it is usually at that age that most people begin to feel the impacts of hearing loss.

After the age of 65, 1 in 3 people suffer from hearing loss, then 1 in 2 people from the age of 75.

### WHAT HAPPENS TO OUR EARS AS WE AGE?

As we age, many structures in the hearing system naturally deteriorate. The cells transmitting sound information to the brain stop functioning over time and cannot be repaired. The aging process of our ears is **irreversible!**

### HOW OFTEN SHOULD WE EVALUATE OUR HEARING?

As a preventative measure, it is recommended to carry out an audiological evaluation **from the age of 50** in order to assess your hearing. Generally, follow-up every two years is suggested after the age of 50.

However, more frequent follow-up may be necessary in the opinion of your audiologist depending on your situation.

### WHAT OTHER FACTORS CAN INFLUENCE HEARING?

Genetics, exposure to loud noise, noise trauma, ear surgery, ototoxic medications or certain diseases such as diabetes. Hearing loss could therefore occur earlier if you have one or more of these factors.

Here are some red flags:

- You find that those around you are mumbling
- You often ask to repeat
- You always turn the TV volume up

**If you have any doubts about your hearing, or that of a loved one, don't hesitate to book a hearing screening with your Groupe Forget audioprothesist.**

The largest network  
of audioprothesists  
in Quebec  
1-888-368-3637  
groupeforget.com

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FORGET**  
AUDIOPROTHESISTES



NAFR members have access to the exclusive offer of the [MAESTRO HEARING PROGRAM](#)



## RECRUITMENT and Salon FADOQ – 2024

by **Serge Boisseau**, Director – Recruitment

The **Mega Recruitment Drive** is back, and we've got more fabulous prizes than ever!

The contest runs from **September 3 to December 31, 2024**.

### AN OPPORTUNITY FOR EVERYONE

For the sixth consecutive year, NAFR is launching its recruitment campaign in cooperation with some of its partners. It's up to you to join for a chance to win one of the many prizes on offer. Monetary prizes range from \$250 to \$10,000.

### HOW TO WIN? PARTICIPATE.

To find out more, visit the [Mega Recruitment Campaign website](#).

Finally, the Mega Campaign returns with even more prizes to be won!

Refer and recruit a new member for a chance to win one of many prizes, including two grand prizes of a **\$10,000 travel voucher and \$5,000 in cash each, offered by Collette and Belairdirect.**



## Salon FADOQ – 2024

Once again, this year, NAFR-Quebec Branch will have a promotional booth at the Salon FADOQ - 2024.

This project is made possible thanks to the cooperation of members of our volunteer team.



This initiative enables us to meet our members, get to know potential new members for recruitment purposes, and at the same time expand our big federal family.

What a great project, right in the middle of the MEGA RECRUITMENT CAMPAIGN.

The « Salon FADOQ 50 ans + » has been running since 2012 and its success continues to grow. In 2023, over 15,000 visitors took this opportunity to visit over 250 kiosks and take advantage of the many conferences, each more interesting than the last.

Want to know more? : [groupeproexpo.com/salonfadoq/](http://groupeproexpo.com/salonfadoq/)

## **ARMISTICE 2024 CEREMONIES**

*We are preparing to participate in local Armistice Ceremonies during the week of November 11.*

*Many of our members are Canadian Forces retirees, for whom the Armistice is an event that was part of their professional reality. But the Armistice is the process of ending a world war, as at the end of WW1 and WW2. It is also an extremely important social and political milestone for everyone.*

*Our role in these local ceremonies is to help set them up where appropriate, and then to be one of the organizations which, through a local representative, lays a wreath on behalf of our NAFR Branch members. It's also a good way to make public one of the values promoted by our members.*

*We encourage our members to contact us if they think we should participate in a ceremony in a particular community.*

*Simply reach the organizer of the local ceremony - for example, the Legion member or the municipality - and then contact our coordinator Edna Richer at 1-866-661-4896 or [anrf@bellnet.ca](mailto:anrf@bellnet.ca).*

*We also encourage our members to attend these ceremonies.*

**René Grenier, President**



## **October 1st is International Day of Older Persons**

The Conférence des Tables régionales de concertation des aînés du Québec invites you to join in the celebrations of October 1, 2024!



This day is an opportunity to honor seniors and thank them for their contributions to society.

A wide range of activities will be offered across the province.

Click [here](#) to find an activity in your vicinity.



## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

by **Sylvie Harrisson**, Director, Bas-St-Laurent-Gaspésie

The Quebec Branch has renewed its agreement with the Association pour le développement des aînés(es) de l'Université du Québec à Rimouski (ADAUQAR).

This agreement enables our branch members to take part in training, either face-to-face for those in the region, or virtually for all Branch members. Some training courses and workshops are free, while others are very reasonably priced.



**ADAUQAR's Fall 2024 program is now available!**

35 training courses are grouped into four sections: Culture and Society, Information Technology, Languages and Leisure. Register now!

ADAUQAR website [Home \(adauqar.ca\)](http://adauqar.ca)

For more information: [info@adauqar.ca](mailto:info@adauqar.ca)



## SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

by **Ghislain Lavoie**, Director, Saguenay-Lac-Saint-Jean

Our monthly breakfasts took a summer break, but we're back in force;

**In La Baie:** On the 1st Tuesday of the Month at **9h00**,  
 at **Lucerne, 1302 Bagot St. LA BAIE, QC, G7B 2P4.**

**In Alma:** On the last Wednesday of the Month at **9h00**, starting on September 25  
 at **Pacini, Hôtel Universel, 1000 boul. des Cascades, Alma, G8B 3G4.**

See you soon !

## News from Tables de concertation des aînés (TCA)



### TCA Chaudière-Appalaches, (TCA-CA)

by **Serge Boisseau**, Director – Recruitment - Salon FADOQ



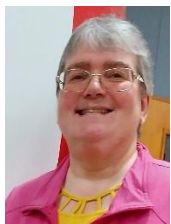
Here is a document of interest provided by the CAW-CA and originating from the INSPQ and the Conférence des Tables régionales.: [« Créer des conditions favorables à la santé et à la qualité de vie des personnes vieillissantes : un modèle intégrateur »](#).



### *Psitt!*

Don't forget to take a look at the [new 2024-2029 Government Action Plan: Pride in Aging](#). (in French)

View the full version or the action plan in brief (1 page).



### TCA Capitale-Nationale (TCA-CN)

by **Nicole Laveau**, NAFR Representative - Quebec Branch

At the Annual General Meeting of the Table de concertation des aînées de la Capitale-Nationale (TCA-CN) on June 26, the main topics of interest, in addition to the activity reports and annual financial statements, were the “Avis à la Ministre”, an essential condition that each « table » must provide to receive its annual grant.

For 2023-24, our “avis à la Ministre” focused on the subject of artificial intelligence in the service of seniors. The Conference of all Tables recently published its summary report on the opinions of the 17 tables in Quebec. You can find this summary it in the Documentation section of [ainescapnat.ca](http://ainescapnat.ca), as well as our previous opinions.

For 2024-25, we have already submitted an opinion on ageism. The next one will focus on Home care. We'll soon be looking at seniors of « immigrant families ».

At above meeting, we amended our General By-laws. The main changes concerned the status of “partner member” and the composition of the Board of Directors. We now have 2 directors from the Charlevoix and Portneuf regions, two very dynamic areas. We plan on meeting them next fall.

My mandate on the Board of Directors of the Table de concertation des aînées de la Capitale-Nationale (TCPA-CN) has been renewed for 2 years.

In short, I invite you to consult the website of the « Table de concertation des personnes aînées de la Capitale-Nationale », which has been redesigned in a more dynamic way. Each member has a descriptive page and a link to its own site. A wealth of documentation is available. Make a regular visit.



## AMONG LEGIONNAIRES IN OUR REGION

by **Jean-Marc Demers**, Secretary General

We like to give visibility to the concerns and activities of members of the Canadian Legion's federal family in Eastern Quebec, by drawing information from the Canadian military history magazine LEGION.

Today, we take a particular note of an article written in French by historian Serge Durflinger entitled "Repoussés à Beauport" in the July/August 2024 issue, on pages 10 and 11.



Une gravure à l'eau-forte des alentours 1770 représente la bataille de Montmorency du 31 juillet 1759 près de Québec (en regard).

TORONTO PUBLIC LIBRARY/JRR65

Mr. Durflinger writes about the 1759 battle of Montmorency, which he places in the context of the Seven Years' War (1756-1763).

On June 26, 1759, a fleet of 7,000 soldiers landed on the north shore of the St. Lawrence River at Côte de Beauport.

On July 31, according to witness Captain John Knox, it was a massacre. A sudden and violent storm "turned the steep slope into a water slide."

The battle went badly for the British, with dozens of casualties.

Faced with this situation, General Wolfe ordered the evacuation. He later wrote: "The fault... I take full responsibility for it. »

History tells us that six weeks later, General Wolfe's troops defeated General Montcalm's on the Plains of Abraham.

I highly recommend reading this article by historian Durflinger. At the same time, you can admire the above etching from around 1770, depicting the Battle of Montmorency.

[Repoussés à Beauport – La revue Légion \(legionmagazine.com\)](https://legionmagazine.com)



Scan this QR code with the camera of your cell phone or tablet to go to our website where you will find more content about our activities.

## SOCIAL ACTIVITIES

**Our 2024 Christmas Holiday Dinner is coming soon, and it's time to register!**



The Quebec Branch is pleased to invite you to its Christmas Holiday Dinner for members and their spouses. This will be an opportunity to celebrate and exchange with former colleagues and other retirees.

When: Thursday, November 21, 2024, at 6:00 p.m.

Where: Restaurant Sagamité, Wendake

Cost: \$70 (taxes - services included) / person.

For more information and to register: \*\*\*\* [see invitation here](#) \*\*\*\*

Quebec Branch Executive



It was last July 10  
at

**Théâtre Beaumont  
St-Michel  
and**

**Dinner at Bistro Quai  
St-Michel**



## BRANCH MONTHLY BREAKFASTS



In  
QUÉBEC :

**Last Wednesday of the month, 8:30 a.m. at the restaurant  
[Normandin](#) 986, rue Bouvier, Quebec, G2J 1A3. 418-627-1265**

In LÉVIS :

**1st Thursday at the month at 10h00, at [Délice Resto Lounge](#) 146,  
[Président-Kennedy, Lévis, G6V 6C9](#). 418 833-2221**

In LA  
BAIE :

1st Tuesday of the month, at 9h00 at [Lucerne 1302 Bagot St., LA](#)  
BAIE, QC, G7B 2P4. 418-544-0409

In ALMA :

Resumption on September 25  
The last Wednesday of the month, à 9h00, au [Pacini, Hôtel](#)  
[Universel, 1000 boul. des Cascades, Alma, G8B 3G4.](#) 418-668-0872

Our monthly breakfasts are as popular as ever. Come and join us!



**Edna Richer,**  
coordinator

### Branch Office Hours

Schedule: 1:00 p.m. to 4:00 p.m., Monday to Thursday

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Web site: [anrf-sq.org](http://anrf-sq.org)

[Suivez-nous sur FACEBOOK](#)

You can leave a message in our voice mailbox at any time;  
we'll be happy to call you back.

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***NEXT ISSUE NOVEMBER 20, 2024***