

# NEWSLETTER

## NAFR – QUEBEC BRANCH

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### Word from the President

Dear members,

On behalf of your Board of Directors, I'd like to offer you all our very best wishes for the New Year.

This fall, the six branches in Quebec worked together to acquire tools that would enable us to manage documents electronically and work together on the same platform. Unfortunately, the National Renewable Funding Committee did not support our request. We'd like some explanations, and we may have to go back to the drawing board. The Association must promote networks to encourage volunteers to work together.

Faced with the upcoming federal election, we'll need to have a set of convincing arguments, reasoning we can use to support the merits of keeping our defined-benefit pension plan in the face of players who might want to impose another plan on us. Regarding Old Age Security, the Auditor General of Canada has sounded the alarm, and her findings are harsh.<sup>1</sup> We have therefore asked the National Board of Directors to develop and deploy a volunteer mobilization plan, starting with comprehensive briefings to raise awareness of the issues.

As you can see, if we are to defend our rights and interests effectively, we need you. We have a number of volunteer positions available in our Branch, and we'd like to hear from you. Simply contact the Nominating Committee to receive the Nomination Form for the Quebec Branch Board of Directors, if you'd like to serve as a director, or contact the office to volunteer for our activities.

We look forward to hearing from you.

René Grenier, President Quebec Branch

<sup>1</sup> Stéphanie Grammond, éditorialiste en chef de *La Presse*, mercredi 4 décembre 2024. Pension de vieillesse Dur dur d'être un aîné ! Notre éditorialiste fait valoir que la pension de la Sécurité de la vieillesse, dans sa forme actuelle, est vouée à une mort lente



## ADVOCACY

BY **Pierre Beaudry**, Director Advocacy (CA)

### A promising Year 2025!

As we enter a new year that will be marked by significant political changes in Canada and the United States, it is critical that we remain vigilant and united in defending our interests as federal retirees. With the resignation of Prime Minister Trudeau, the federal Liberal Party leadership race, the possibility of a Conservative government in Canada, and the coming to office of a Republican administration in the United States, our top priority will be to protect and maintain our pensions and benefits.

We must be able to maintain a strong position advocating the maintenance and stability of our defined benefit pension plans and to firmly oppose any changes that could jeopardize our acquired rights. Continued and affordable access to health care, including medicines and dental care, is also crucial to our well-being and will be at the heart of what we do.

This fall, the six Quebec chapters worked together to have the National Office develop and propose a plan to mobilize chapters in the defence of our rights and interests. We at the Quebec Branch will take a proactive approach in the coming year. Together with our colleagues in other Quebec Branches, we will implement awareness and advocacy campaigns, while closely monitoring government policies. We will collaborate with other retiree rights organizations and groups to strengthen our collective voice. In addition, we will make sure to inform each of you about your rights and the resources available.

By joining forces, we can ensure that our needs and concerns are heard. Together, we can ensure a future where our financial security and quality of life are preserved. The year ahead will be decisive, and we are committed to



Jean-Marc Demers

## IMPORTANT NOTICE TO EACH MEMBER

**As an important part of the Annual General Meeting of members on April 11, 2025, at Patro Roc-Amadour, elections are scheduled to the Branch Board of Directors.**

**If you cannot become a candidate, take upon yourself to suggest to a colleague to be one. Copy of the Application Form is available on [anrf-sq.org/diams-elections-2025.html](https://anrf-sq.org/diams-elections-2025.html)**

**For more information, e-mail [anrf@bellnet.ca](mailto:anrf@bellnet.ca) or 1-866-661-4896, or reach Jean-Marc Demers, Chair of the Nominating Committee at [jmd01@bell.net](mailto:jmd01@bell.net).**

## Notices of Annual Meetings (AGM-Quebec, GIM-Jonquière and GIM-Matane):

**Annual General Meeting in Quebec:** You are invited to the Annual General Meeting of the Quebec Branch, on Friday, **April 11, 2025, at 9:30 a.m.** at the **Patro Roc-Amadour**, Salle Père-Raymond-Bernier at 2301, 1re Avenue in Quebec.

REGISTRATION REQUIRED by email at: [anrf@bellnet.ca](mailto:anrf@bellnet.ca), by phone 418-661-4896 or toll free: 1-866-661-4896 - **Registration deadline: March 28, 2025.** The agenda will be available on site and on our website [www.anrf-sq.org](http://www.anrf-sq.org) - Election of Directors. Form available on our website.



### General Information Meeting (GIM)–SAGUENAY-LAC-SAINT-JEAN, Jonquière:

You are invited to the GIM on Thursday, **May 15, 2025 at 9:30 a.m.** at the **Delta Saguenay Hotel in Jonquière.**

REGISTRATION REQUIRED by email at: [anrf@bellnet.ca](mailto:anrf@bellnet.ca) by phone 418-661-4896 or toll free: 1-866-661-4896 - **Registration deadline: April 30, 2025.** The agenda will be available on site and on our website [www.anrf-sq.org](http://www.anrf-sq.org)

### General Information Meeting (GIM)–Bas-St-Laurent-Gaspésie, Matane:

You are invited to the GIM on Thursday, **May 22, 2025 at 9:30 a.m.** at **l’Hôtel Riôtel de Matane.**

REGISTRATION REQUIRED by email at: [anrf@bellnet.ca](mailto:anrf@bellnet.ca) by phone 418-661-4896 or toll free: 1-866-661-4896 - **Registration deadline: May 10, 2025.** The agenda will be available on site and on our website [www.anrf-sq.org](http://www.anrf-sq.org)

## La fierté de vieillir

**PLAN D'ACTION GOUVERNEMENTAL 2024-2029**

**LA FIERTÉ DE VIEILLIR EN BREF**

**VISION**

Optimiser les possibilités de bonne santé, de participation et de sécurité afin d'acquiescer la qualité de vie pendant la vieillesse.

**OBJECTIFS**

- Adapter le Québec au vieillissement rapide de sa population tout en veillant à l'équité intergénérationnelle;
- Améliorer les conditions de vie des personnes âgées, notamment pour les plus vulnérables;
- Permettre aux personnes âgées qui le souhaitent de rester chez elles le plus longtemps possible et faire en sorte que leur sécurité ne soit pas compromise.

**ORIENTATIONS**

**Vieillir en vivre ensemble, c'est :**

- Favoriser la participation sociale des personnes âgées dans la communauté;
- Permettre aux personnes âgées d'y vieillir en santé;
- Créer des environnements sains, sécuritaires et accueillants à leur égard.

**APPROCHE**

- Agir sur le niveau de vie des personnes âgées, leur mode de vie et leurs milieux de vie;
- Modéliser des secteurs nationaux, régionaux et locaux dans les secteurs publics, communautaires et privés (professionnels) et organismes gouvernementaux, réseau de la santé et des services sociaux, municipaux et HSC, communautés autochtones, organismes communautaires, chercheurs;
- Favoriser la participation des personnes âgées, de leurs proches et de leur entourage;
- Mettre en place et soutenir la réalisation d'actions de proximité, intégrées et complémentaires propres à la réalité locale des communautés.

**12 AXES D'INTERVENTION**

**102 MESURES**

**34 PARTENAIRES GOUVERNEMENTAUX**

**231,4 G \$ D'INVESTISSEMENTS**

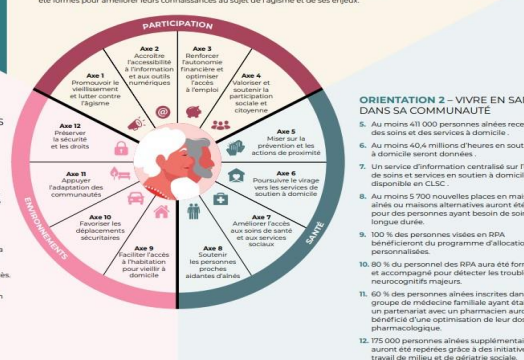
**16 CIBLES**

**ORIENTATION 3 – CRÉER DES ENVIRONNEMENTS SAINS, SECURITAIRES ET ACCUEILLANTS DANS SA COMMUNAUTÉ**

- 4 000 nouveaux logements abordables destinés spécifiquement aux personnes âgées seront construits.
- 50 000 personnes âgées auront été consultées pour se prononcer sur les améliorations à apporter dans leur localité dans le cadre de la démarche Municipale amie des aînés.
- Plus de 300 petites infrastructures additionnelles auront été adaptées ou aménagées partout au Québec afin de favoriser l'inclusion sociale et d'améliorer la qualité de vie des personnes âgées, telles que des installations dans des parcs, des sentiers, des ascenseurs, des rampes d'accès.
- 1 000 000 d'appels téléphoniques auront été acheminés à des personnes âgées afin d'assurer leur sécurité à domicile.

**ORIENTATION 1 – PARTICIPER DANS SA COMMUNAUTÉ**

- Créer à une simplification des démarches administratives, le nombre de formulaires nécessaires pour s'inscrire aux services et aux programmes destinés aux personnes âgées sur le site Web Québécois sera réduit au minimum de 20 %.
- Les modifications apportées au Régime des rentes du Québec contribueront au maintien en emploi d'au moins 15 000 personnes âgées de 65 à 69 ans supplémentaires.
- 1 100 000 personnes âgées bénéficieront du crédit d'impôt pour soutien aux aînés.
- Au moins 2 500 intervenants du réseau de la santé et des services sociaux, des organismes communautaires et d'autres partenaires intersectoriels, dont les acteurs municipaux, auront été formés pour améliorer leurs connaissances au sujet de l'âgeisme et de ses enjeux.



The action plan aims to support the implementation of 102 actions carried out by 34 partner government departments and agencies, which are part of 12 areas of intervention on which action is needed to achieve active aging and improve the living conditions of seniors.

## Plan d'action gouvernemental 2024-2029 – La fierté de vieillir en bref





## MSH Emergency Travel Assistance Provider

Public Service Health Care Plan (PSHCP) members

By **Micheline Lefrançois**, Vice-president

### How to reach them easily

#### . MSH - Interactive Voicemail Phone System

TO CONTACT MSH INTERNATIONAL:

- Calls from Canada or the U.S., you must dial **1-833-774-2700**.
- Calls from outside Canada and the U.S., you must dial **1-365-337-7437 (collect)**

Here is briefly the choice of our interactive voicemail.

1) Service in French, dial #1 (YES)

-Thank you for contacting the call center, etc. (25 second message)

If you find yourself in a life-threatening situation, please hang up and call 911

2) If you are a Public Service Health Care Plan Member, press #1 (YES)

3) If you are calling about a medical emergency, press #1 (YES)

4) If you have the Emergency Assistance Guarantee, press #1 (YES)

Once the 25-second message is through, you have 4 times to press the #1 number and within 20-50 seconds on average, you will have an Agent available.

I hope this explanation is helpful.



## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

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

I wish everyone a Happy New Year 2025. More than ever, we will have to stick together. It looks like 2025 will be full of actions.

I am in the process of organizing meetings in Rivière-du-Loup, Matane and Gaspé for May 2025. For Matane, it will be on May 22 at the [Riôtel de Matane](#). By the end of January, I should have confirmation of all the information for Rivière-du-Loup and Gaspé.

Here's a quick look back at our 2024 activities:

- ✓ We had our General Information Assembly (AGI) in Matane on May 22, 2024. It was a great success.
- ✓ In March, I met with Member of Parliament Christina Michaud and Minister Diane Lebouthillier to talk about our association and the issues we face. Mrs. Michaud and Mrs. Lebouthillier express a clear understanding.
- ✓ On October 2nd, I had a great meeting with the Public Service Alliance of Canada, Bas St-Laurent.
- ✓ We laid wreaths for Remembrance Day in Rimouski, Matane, New Richmond and Gaspé.
- ✓ On November 27th, we had lunch at the Café aux Délices in Matane. There were 27 of us; everyone appreciated the occasion. Renée Gauthier won a SAQ gift card, a donation from the ANRF-Quebec Branch. Mr. Nelson Blouin and Patrick Clements won their lunches, 2 gifts from the Café aux Délices.



I continue to represent NAFR at the Table de concertation des Aînés de la Matanie. The Table is active and I am very much involved. Our priorities for action are: homecare and the communication of information to our seniors.

I am a member of the organizing committee of the **Salon des Aînés Actifs en action** which will be held in Matane on May 10, 2025. I am also a member of the committee on homecare.

I will conclude by asking you to support your association by continuing to take your membership cards and to encourage your former colleagues to join as well. More than ever, we must show solidarity.

Thank you for continuing to support our association.

**ADAUQAR's Winter 2025 program is now available.** You may consult their available training courses, conferences and visits by clicking on these @liens:

[To consult the list of training courses](#) [To consult the list of conferences and visits](#)



## SAGUENAY-LAC-SAINT-JEAN REPORT

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

Breakfasts in Alma and at La Baie always... usually have 25 people attending. These community breakfasts are very much appreciated and allow us to discuss the issues that concern our members.

Our next General Information Meeting (GIM) will be held at l'Hôtel [Delta Saguenay](#), 2675 Boul. du Royaume, Jonquière G7S 5G8, on May 15, 2025 à 9h30. We look forward to seeing you there.

I wish you all a year 2025 filled with happiness!

Please visit our webpage at [Sous-Section Saguenay Lac-Saint-Jean](#) to stay well informed.

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## NEWS FROM the Tables de Concertation des Aînés (TCA)



By **Nicole Latulippe**, representative at the **TCA – Chaudière-Appalaches**

Due to this time of the year, you will understand that our operations follow a slow pace!

Therefore I thought I would provide you with the TCA/CAB Bulletin link at [BULLETIN décembre 2024](#) which gives you a lot of information on the Table's priorities and activities for the coming months.  
In closing, I wish you a HAPPY NEW YEAR 2025

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## Date on which the Pensioner's Annual Statement was sent

The 2025 Annual Pensioner's Statement, including the Liaison Bulletin slip, will be available in mid-February.

If you do not receive the documents in the mail by March 11, 2025, you must contact the [Government of Canada Pension Plan](#)

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## Dissatisfaction of Federal Retirees on Dental Plans Disparities

January 6, 2025, on Radio-Canada

Please take some time to listen to this interview broadcast on Radio-Canada last Monday January 6 with Ms. Hélène Nadeau, NAFR National Vice-President, on the disparity between the dental care plans of active public servants and that of federal retirees.

<https://ici.radio-canada.ca/ohdio/premiere/emissions/3801/les-matins-d-ici>

## SOCIAL ACTIVITIES

### The Quebec BRANCH holiday Dinner was a great success!

Indeed, 60 members and guests gathered at the Restaurant La Sagamité in Wendake on November 21. The atmosphere was festive, allowing people to share and celebrate. The warm décor of the restaurant, and the high-quality food were most appreciated.



President René Grenier welcomed everybody and said it was appreciated that the evening was such a success. He noted that the Quebec Branch has been very active in 2024 through its involvement in the Association's strategic orientations, its constant desire to offer good service to members and the organization of activities throughout the year.



René said we owe this festive occasion to Guy Abel, our Director of Finance, who organized this great event! Happy New Year 2025!



Guy  
Abel

## Monthly Branch Breakfasts New location in Quebec starting Wednesday January 29, 2025, at 8:30 am

**L'Oeuforie**  
Steak Frites & Cie.

850 bl. Pierre-Bertrand  
Québec, Qc - G1M 3K8  
418-681-4419



Please note that from now on our breakfasts in Quebec will be held at the Oeuforie, always on the last Wednesday of the month at 8:30 a.m.

Invite your fellow retirees and future federal retirees to join us!

For more details, read the press release [here](#)

At  
QUEBEC :

On the last Wednesdays of the month, at 8:30 at [l'Oeuforie 850, Pierre-Bertrand, Québec, G1M 3K8](#). 418-681-4419

At LEVIS :

On the 1st Thursday of the month, at 10:00 at [Délice Resto Lounge 146, Président-Kennedy, Lévis, G6V 6C9](#). 418 833-2221

At LA  
BAIE :

On the 1st Tuesday of the month, at 9:00, in [Lucerne](#) at [1302 rue Bagot, LA BAIE, QC, G7B 2P4](#). 418 544-8228

At ALMA :

On the last Wednesday of the month, at 9:00, at [Pacini, Hôtel Universel, 1000 blvd des Cascades, Alma, G8B 3G4](#). 418-668-0872

Monthly breakfasts are still as popular as ever. Please join us.

### SUMMER ACTIVITIES

**Sugar Bush**, Guy Abel is preparing this very popular activity within conjunction with Cabane à sucre du Cap. More information, in future issues and on our webpage.

### Théâtre d'été de Beaumont-St-Michel 2025

The Branch will once again offer the opportunity to purchase tickets at a very advantageous price at the Théâtre Beaumont-St-Michel. Diane Legros is preparing this activity scheduled for July 10, 2025. We will get back to you soon with information on reserving early your seats in the first 2 rows early.





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.

### Branch Office Hours



**Edna Richer, coordinator**

Schedule: 1:00 p.m. to 4:00 p.m., Monday to Thursday  
Telephone: (418) 661-4896 toll-free: 1-866-661-4896  
Email: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)  
Website: [anrf-sq.org](http://anrf-sq.org)  
Follow us on 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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