

NEWSLETTER

NAFR - Quebec Branch

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Message from the President

The pandemic revealed the inadequacy of care and services for the elderly. More than 80% of the deaths related to COVID-19 occurred in congregate settings: long-term care facilities, intermediate resources and seniors' residences (The Tribune, 2021-04-12). For this reason, Federal Retirees have been advocating for a national seniors' strategy at the political level. A coherent policy on the social determinants of health so that different orders of government can fulfill their respective responsibilities. We can learn from the best and introduce new ways of doing things in the community and in home care. A shift is clearly needed!

Our branch is mobilizing as we sense that a federal election is coming. To begin with, we had our Annual General Assembly last April via video conference. It was a great success and thank you to everyone who attended. We were able to fill every seat on the Board of Directors with a mix of old and new volunteers accepting new terms. We also have a new past president, Mr. Jean-Marc Demers, and have reappointed all our advisors for another year. We have received a list of MPs to meet with and we are updating our advocacy files. We have opened a Facebook account for the Quebec City Branch and are working on rejuvenating our website. We also have our newsletters and the Sage Magazine that you can continue to read.

Our COVIDExit committee has kept us connected, despite the Public Health measures. We are anxious to get back to breakfasts and social events, to meet colleagues and to do face-to-face recruiting. At least there is golf for the amateurs. We had high hopes that with a high level of vaccination, we could afford a return to some sort of "normalcy" in early summer. But the virulence of new variants that have emerged is jeopardizing current efforts to control the pandemic, including vaccination. There is not enough data yet available regarding the effectiveness of current vaccines against these new mutants. So, nothing less than a global "maximum suppression" strategy is being talked about.

So, our advisors talked to me about introducing "hygge" to all the members of the Board of Directors of the Quebec City Branch, the art of living practiced by the Danes. If you are going to stay cooped up, you might as well fully appreciate the little moments and have a "positive state of mind".

The Nordicity and the Winteriness should be for us also a source of inspiration to better adapt to this pandemic which persists. Try the practice, if you haven't already, you might be surprised. In the meantime, check our website and Facebook from time to time because as soon as we can, we will "reopen the machine" of activities.



René Grenier
President

Welcome new administrators

At the Annual General Meeting on April 9th, 3 new administrators from the Quebec Branch were elected. Congratulations to Diane Legros, Claude Larochelle and Gaston Simard. At the same meeting, the mandate of the following people was renewed: René Grenier, president, Micheline Lefrançois, 1st Vice-President, Germain Boivin, administrator and Pierre Landry Co-Secretary.

Jean-Marc Demers is appointed outgoing president, Yves Bouchard, Serge Boisseau, Gilles Chevalier and James Nicholson remain on the board as non-voting advisers.

Thank you very much to the administrators who have left us. Their precious collaboration was noticed. Many of our former directors remain with us as volunteers. They ensure a smooth transition with those who arrived.

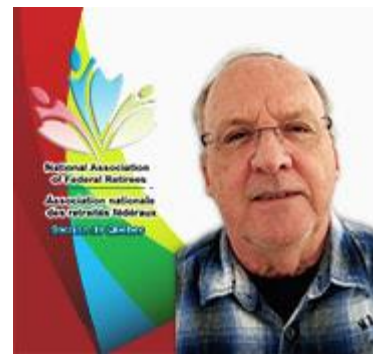
As you know, the many activities of the Branch are made possible thanks to the work of our volunteers! They are devoted at various levels: board of directors, various committees, events and activities, etc. We proudly salute all this dedication! Everything that comes true has a name: volunteering!



Claude Larochelle,
2nd Vice-President



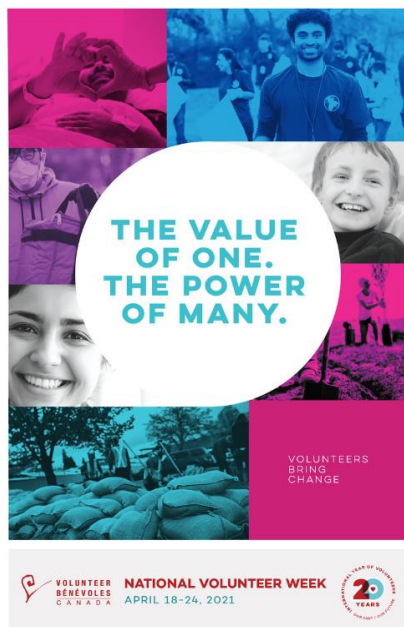
Diane Legros,
Co-Secretary



Gaston Simard,
Administrator

To see all the members of the board of directors, click on the following link:
[Board of directors - NAFR QUÉBEC BRANCH \(anrf-sq.org\)](http://anrf-sq.org) (In French)

Micheline Lefrançois, 1st Vice-President



VOLUNTEER ACTION WEEK 2021

The Quebec Branch says a **BIG THANK YOU** to all our volunteers!

[Volunteer Week](#) was held from April 18 to 24, 2021. Our president, René Grenier, passed this word on to our volunteers to thank them all for their essential contribution to the vitality of our Branch.

"The value of each one and the strength of numbers remind us of the importance of each of our volunteers and that they make our Branch active, dynamic and present everywhere. This year, we innovated with COVIDEXIT meetings on Zoom. An effective way for our volunteers to keep in touch with our members.

And also, with the introduction of our Facebook page: [National Association of Federal Retirees - Quebec Branch](#) (In French). Our volunteers are on the lookout for opportunities to resume our social activities when we can, and the committees remain active regardless. Our administrators,

members of the Board of Directors are also volunteers and they are always very busy looking after the interests of our members and our branch.

So, this week, let's think about the importance of our role, but also how to encourage and inspire other members to volunteer their time. The Quebec branch offers a positive experience that will allow them to value and recognize their talents. And with us, volunteers have the power to influence, persuade, advocate, achieve goals, work on committees and make decisions. Hats off to all of our volunteers and welcome to those who would like to join us. "



FACEBOOK - A trendy tool!

By Claude Larochelle



So that you don't miss anything about your association, "**Like**" our Facebook page! Over the past month, more than 100 people have consulted it and been informed before anyone else of the news that affects us and of the activities to come!

Go to: <https://www.facebook.com/RetraitesfederauxQuebec> (In French) and click on the "**Like**" button so you don't miss a thing.



Phoenix - Compensation for retirees

By Diane Legros

During our Annual General Meeting on April 9th, a question was raised by our members concerning the Phoenix compensation for retirees who retired in 2016 or after and who sustained losses caused by delays related to Phoenix. Examples of these losses: Delay in the payment of severance pay, vacation leave and loss of interest related to these delays.

What happened to you? What form do you need to fill out to get compensation? Here it is, we offer you an official response.

NAFR has obtained the following information: "The process has not yet been put in place for retirees. Treasury Board says it may take a few more months before the required form is available. "

As soon as the form is available, NAFR will advertise it in SAGE magazine, by email, on our social media and in the Branch Newsletter.

GROUPE FORGET AUDIOPROSTHESISTS



In Quebec, the Association collaborates with **Groupe Forget, Audioprosthésistes** to offer hearing health services to its members. These services differ slightly from those in other parts of Canada, due to provincial legislation. To identify a clinic closest to your home and to make an

appointment for a free hearing screening*, visit www.legroupeforget.com/en or call 1-888-368-3637

- Free hearing screening*
- 25% off batteries
- 50% off batteries for holders of a Groupe Forget Privilege Card
- 25% off the Groupe Forget Privilege Card (upon renewal)
- 10% off accessories and repairs

Also get a discount of:

- \$150 (1 aid) or \$225 (2 aids) off on a Regular maintenance kit or \$300 off on a Rechargeable maintenance kit
- First consultation free of charge
- Our 30-day money back guarantee

For more information on benefits and conditions, call Groupe Forget, Audioprosthésistes or visit their website www.legroupeforget.com/en

* This offer ends December 31st, 2022

This program cannot be combined with any other offer or promotion. This program does not include hearing aids covered by a government program. Details available in clinic. Certain conditions apply.



REPORT FROM SAGUENAY-LAC-SAINT-JEAN

By Ghislain Lavoie, administrator of Saguenay-Lac-Saint-Jean

We look forward to resuming our breakfasts as soon as public health allows it.

In the meantime, take care of yourself and enjoy the sunny days!



REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

By Bruneau Beaulieu, administrator of Bas-St-Laurent/Gaspésie

Our colleague Sylvie Harrisson represents the Quebec Branch of the NAFR at the Matanie Seniors Roundtable. This organization is very present in the community, particularly at the Salon Aînés Actifs en Action organized in recent years.

For my part, I am pleased to represent our Branch at the Table de concertation off the Bas-Saint-Laurent region in Rimouski.

When the public health restrictions are lifted, the activities of the Tables will be resuming with enthusiasm.



SENIOR LIVING ADVISORS FOR RETIREMENT HOME

You are looking for a residence for seniors?
You do not know how to manage?

Our personalized services will simplify the process to find the right residence that suits you.

Our services are free and meet the requirements of an autonomous, semi-autonomous or diminishing autonomy and long-term care senior.

For more information, get in touch with:
Julie Labbé 418 580-3793 - julielabbe@agencejl.ca
Web site: www.agencejulielabbe.ca



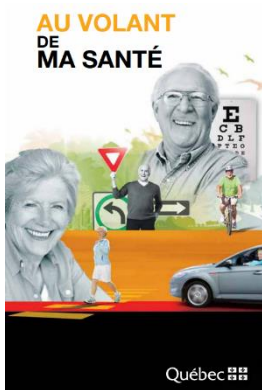
Branch activities



The golf season was launched on May 4th. The meeting point for our group is Tuesday at 9:30 a.m. at the Golf Royal Charbourg, Notre-Dame des Laurentides.
<https://royalcharbourg.com/>

There is always room for interested parties, members or non-members. Simply contact Germain Boivin, email: gboivin@videotron.ca Phone: 418-407-1809.

This outdoor activity is permitted by respecting the sanitary distancing rules.



Free videoconferencing *Health in the driver's Seat* (Conference in French)

The Quebec Branch of the NAFR is pleased to join with the Société de l'assurance automobile du Québec and invite you to a videoconference under the theme '*Health in the Driver's Seat*' on:

WEDNESDAY, MAY 26, 2021 AT 10:00 AM.

This is a 1-hour conference. Mr. Dombrowski will also answer audience questions.



You can register now for the conference by clicking on this link:

Join the Zoom meeting https://fedretirees-retraitesfed.zoom.us/join/register/tZ0pduCsqj4vG9DitylZ_Mt4Av22TDjH8oYe

Please register no later than May 21.

Speaker: Alexandre Dombrowski,
Conseiller de la SAAQ en relation avec le milieu

DOOR PRIZES

Highlights of the conference:

Description

Driving is a complex activity requiring many skills. After many years at it, it's easy to forget that many of our functions are called upon while we are driving. It is important to know that age does not determine whether an individual is fit to drive safely.

Health in the driver's Seat Conference aims to:

- Inform participants about the various aspects of safe driving of a vehicle and the required health examinations by the SAAQ;
- Review particular driving techniques and specific Statutes;
- Answer specific concerns of seniors and family caregivers.

The main themes are:

- Role of the SAAQ in assessing Seniors' ability to drive;
- Refreshing knowledge on driving (rules of the road, maneuvers, roundabouts, etc.);
- New developments in the Highway Safety Code;
- Sharing the road with vulnerable users (pedestrians and cyclists).

Death of Mr. Harold LeBlanc

On April 3rd, one of our members, Mr. Harold LeBlanc passed away. Several of us knew him well. He liked to participate in the activities of the branch, even recently during our virtual activities.



Our most sincere condolences to his wife, Ms. Colette Poulin, to his children. For more details, see the death notice.

[LeBlanc, Harold - Obituaries | Deux Rives funeral cooperative \(coopfuneraire2rives.com\)](#) (In French)



a Richer, coordinator.

Branch office hours

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

Phone: (418) 661-4896 Toll Free: 1-866-661-4896

Email: anrf@bellnet.ca

web Site: anrf-sq.org

[Follow us on FACEBOOK](#)



When health regulations require, we work remotely. Please check our phone message before you proceed to the office.

If you come to meet us in person, you must wear a mask. Hand sanitizer is available. Thank you very much for your cooperation.

NEXT NEWSLETTER, END OF JUNE, 2021

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle