

# NEWSLETTER

## NAFR - Quebec Branch

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### Message from the President

Dear Members,

You may know Swedish Professor Hans Rosling if you listen to the “TED Talks” on YouTube. Where did you read his book Factfulness: Why the World is Better Than You Think? Rosling suggests that the vast majority of us are wrong about the state of the world. For him, long before COVID-19, he said that the five global risks we should be concerned about were: a global pandemic, the collapse of financial markets, a third world war, climate change and extreme poverty.

He claims that the current pessimistic view is distorted by the way we think and suggests strategies to remedy it. But above all, you have to become stubborn optimists. Maybe even filthy optimists. Let's see.

We have already paid with the financial crisis of 2007-2009. With the new president of the United States, there is reason to believe that there will not be a third world war anytime soon. The silent miracle of human progress has meant that over the past twenty years the proportion of people living in extreme poverty has almost halved. In 1966, half the world was living in extreme poverty. It had fallen to 9% in 2017. We must not give up.

The vaccines are coming, a logical choice in order to stop this damn pandemic and end this confinement. Ultimately, all we have to do is fight climate change. The defining question of our time.

I am convinced that our members and our volunteers in the Quebec branch are also optimists. While never forgetting that our primary mission is vigorous and intelligent advocacy to protect the pensions and hard-earned benefits of our members, our branch does much more. First of all, congratulations to Jacques Lambert, re-elected District Director for the province of Quebec, at the Annual Membership Meeting (AMM) last December.

Our recruiting committee is working on improving our communication techniques to reach more of our members and future members. We will also engage the communication committee in this reflection.



The members of the COVIDExit committee, in my humble opinion, are some of the stubbornness optimists and continue to bring us activities. Ghislain Lavoie and Bruno Beaulieu in the regions remain active and participate in various events when possible. They have a lot to cover and in this period of confinement it is not always easy.

We are setting in motion preparations for our next Annual General Meeting which will take place on Friday, April 9, 2021, in the afternoon. Being optimistic, we reserved a room. However, being realistic, we are also preparing to meet on Zoom. The rules have been adapted in this sense to the AGM and these now prevail for all branches. Our Board of Directors has appointed Me Jean-Marc Demers chairman of the Nominations Committee. So, when he sets his committee in motion, do not hesitate, overwhelm him with many candidates to be part of the Administrators of the Quebec branch too. It would be a pleasure to have you on our team!



René Grenier  
President

<sup>1</sup> Hans Rosling, 2018. Factfulness: Ten Reasons We're Wrong About the World--and Why Things Are Better Than You Think, Ed Flariton Books NY.

<sup>1</sup> The National Association of Federal Retirees, our priorities.

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## ADVOCACY



By Micheline Lefrançois

### Long-term and home care priorities

The Association is currently campaigning on the priorities for long-term and home care facilities. These priorities are part of a national senior's strategy.

The pandemic in Canada and around the world is telling us that it is time to act to address long-standing structural problems in the care of our seniors.

Our national office recently sent you a message to this effect, inviting you to email your federal and provincial MPs to let them know about the need to improve the situation for seniors and to set high standards and ethical responsibilities across Canada.

To send a message to your MPs, go to the [Federal Retirees website](#), Advocacy and Long-Term Home Care tab, there you will see the link where to send your message.

[Our Long-Term Care and Home Care campaign is still in full swing and we still need your help!](#)



## LONG-TERM CARE AND HOME CARE PRIORITIES

The National Association of Federal Retirees (Federal Retirees) is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police and retired federally appointed judges, their partners and survivors. Federal Retirees has a proud 56-year history of advocacy on behalf of our 176,000 members and all retirees. With our volunteers and members from coast-to-coast, we continue this tradition of strong, smart advocacy campaigns to protect our members' earned pensions and benefits, and to support good policy that improves the lives all Canadians in retirement.

### Policy recommendations

Federal Retirees looks forward to working with federal, provincial and territorial governments to move Canada towards national standards for long-term care and home care that would:

- Replace an underfunded patchwork system of care with a comprehensive and coherent set of standards to deliver high quality and accessible home care and long-term care services to all older Canadians, from coast-to-coast-to-coast.  
*It's about care that doesn't depend on your postal code.*
- Be developed in collaboration with all levels of government, with standards, criteria and inspections tied to provincial funding and federal transfers.  
*It's about resourcing and accountability.*
- Be part of a wider National Seniors Strategy and its principle for a continuum of care, from better integration in the community to better transition from home care to long-term care.  
*It's about the right care, in the right place, at the right time.*
- Mitigate the chronic issues that have plagued the sector for years: obsolete facility designs; low levels of staffing per resident; low care time per resident; poor working conditions and very low wages for workers; low levels of regulated staff; high levels of casual staff working at different locations; usage of staffing agencies; low levels of specialists per facility; and too many residents per facility.  
*It's about catching up with alarms that have been sounded for years.*

*It's about time. And the COVID-19 pandemic has shown us that Canada is out of time.*

The pandemic has exposed the unacceptable conditions in many long-term care homes across the country, issues which experts and advocacy organizations – Federal Retirees included – have been raising for years. People with serious health conditions have been required to live in deplorable conditions for decades, and governments at all levels have done little to address it. Home care can improve health outcomes and reduce costs, but continuously fails to be recognized and properly funded.

It's time to do better.

*The time is now for Canada's governments to act to fix the long-standing structural problems with long-term care and home care – let's start with national standards that are tied to funding, so that together we improve access, oversight and accountability, and move toward high-quality of care and better outcomes for older adults.*

1-855-304-4700 | [advocacyteam@federalretirees.ca](mailto:advocacyteam@federalretirees.ca) | 865 Shefford Road, Ottawa, ON, K1J 1H9 | [federalretirees.ca](http://federalretirees.ca)

[Follow this link](#) to see a larger version of the above document

## REPORT FROM BAS-SAINT-LAURENT-GASPÉSIE

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



Bruno Beaulieu is very happy to represent the NAFR at the « Table de concertation des Aînés » (TCABSL) of the Bas-Saint-Laurent region. This Table is very active in the region and brings together around 100 members and community organizations. The members have a keen interest in seniors and believe in the importance of being relays of information on the services available to seniors.

Thank you, Bruno for making the NAFR known to other associations in the field!

## REPORT FROM SAGUENAY-LAC-SAINT-JEAN

By Ghislain Lavoie, administrator of SAGUENAY-LAC-SAINT-JEAN



Ghislain Lavoie is our representative at the Saguenay-Lac-Saint-Jean Seniors Round table. The Table aims at being the most representative organization and forum for the regional senior's community. The regional table's board of directors brings together 23 associations or organizations dedicated to the well-being of seniors.

Thank you, Ghislain for representing the Quebec branch at this Table and for keeping us informed about related issues for seniors.

**Please note that our spring information meetings in the Saguenay-Lac-Saint-Jean and Bas-Saint-Laurent-Gaspésie sub-branches normally scheduled for May are cancelled for known public health reasons.**

**Please note that our administrators are working to bring you virtual events until face-to-face meetings are permitted. We all can't wait to see each other again!**

## Invitation to a conference

The Quebec branch is pleased to invite Mrs. Madeleine Fortier to offer you a virtual conference under the theme **USURE DE COMPASSION: JUSQU'OU ALLER SANS SE BRÛLER?**



**DATE: WEDNESDAY MARCH 3, 2021**

**TIME: 9:30 am. to 11:00 am.**

**\*CONFERENCE IN FRENCH**

When helping others, we can sometimes forget about ourselves, burn out, and risk compassion fatigue. This conference aims to make you aware of compassion fatigue and its ravages in addition to giving you the tools to protect yourself from it.

### My mission as a speaker and writer:



« To bring to people, thanks to my experience, a new perspective, a new vision; get them to think and learn while having fun, help them take care of themselves and make their lives better. »

*Madeleine Fortier*  
*Speaker,*  
*trainer and write*  
<https://madeleinefortier.ca>

Madame Fortier is the author of the book *Usure de compassion: Jusqu'ou aller sans se brûler?* During the conference, we will have a draw of 5 copies of the book, for those attending.

You can register now for the conference by clicking on this link: Join the Zoom meeting <https://us02web.zoom.us/j/83183382407?pwd=ZEgvZ1QzVmJLem5lQ2puQit5MHJ3dz09>





**National Capital Region and Chaudière-Appalaches:  
Québec, Lévis, Lotbinière – 1 866-681-9797**

[SERVICES MÉMORABLES HARMONIA](#), cremation and commemoration company, is happy to offer NAFR Quebec Branch members exclusive discounts on all Funeral and pre-arrangements as follows:

A 10 % reduction on selected funeral goods and services on Funeral arrangement contracts at time of death up to a maximum of \$ 300;

An 8 % reduction on selected funeral goods and services on Pre-arranged funeral contracts up to a maximum of \$ 200.

These discounts also apply to the immediate family upon presentation of the NAFR membership card.

Contact [Harmonia](#) dedicated advisor Nathalie Lachapelle today at 1 866-681-9797 or [nlachapelle@harmonia.ca](mailto:nlachapelle@harmonia.ca) for a personalized service in accordance with your needs.



## PROFILE OF A COLLABORATOR

Dear members,

Let me introduce myself: I am Nathalie Lachapelle, a member of the Quebec Branch of NAFR. I have worked from the Federal Public Service for 25 years. I am now Director of the Social Mission at Harmonia and your dedicated funeral advisor.

As you may know, Harmonia is, for the last many years, a proud supporter of the Quebec Branch of the National Association of Federal Retirees. It is proud to offer your members exclusive discounts on all Funeral arrangements and Pre-arrangements, especially for you and your family.

As a competent advisor, I discuss and plan members' funeral wishes. A good arrangement is also part of a good retirement planning. Do not hesitate to contact me at 418-681-9797 or [nlachapelle@harmonia.ca](mailto:nlachapelle@harmonia.ca) for a personalized meeting, in strict confidence, aiming at establishing your last wishes. This could allow you to pursue your retiree life in all serenity!

Nathalie Lachapelle,  
Dedicated Advisor  
at Harmonia

## REFORM OF THE PUBLIC CURATEL

By Nicole Laveau, Administrator



### ***Bill 18: An Act to amend the Civil Code, the Code of Civil Procedure, the Public Curator Act and various provisions relating to the protection of persons***

I am sharing with you the broad outlines of a presentation offered by Me Denis Marsolais, Public Curator, as part of a regional meeting of the Table de concertation des personnes autochtones (First Nations people) de la Capitale-Nationale. The theme was on the reform of the public curatorship, which was adopted by the National Assembly of Quebec on June 2, 2020.



This Act No. 18, "An Act to amend the Civil Code, the Code of Civil Procedure, the Public Curator Act" and various provisions relating to the protection of persons, transforms the three current protection regimes, namely the advisor for adults, tutorship and curatorship, in **a single protection regime: personalized tutorship**. Conditions will apply and will be simplified. For example, one of the peculiarities is "the obligation for the court to take into account the capacities of the incapacitated person, in order to allow him, as much as possible, to perform certain acts alone."<sup>(1)</sup>

Two new features are introduced:

- **The assistance measure**, "Intended for a person wishing to be accompanied in making certain decisions, non-judicial measures, no medical or psychosocial assessment and no decision-making power for the assistant" (1)
- **Temporary representation**, "intended for an incapacitated person who needs to be represented to perform a specific act, legal proceedings and medical assessment required." (1)

The protection mandate (or better known as the mandate in case of incapacity) has undergone some changes, the main one being:

"Obligation for the agent to make an inventory and report" (1)

If you are planning to have your protection mandate made soon, don't hesitate to do it now. This legal document will remain valid even if the law changes.

The Public Curator anticipates that this WORKSITE may be spread over two years for its full completion. Bill 18 will come into force by June 2022.

(1)

- [\(Extract from the booklet "To better protect those who need it" \(In French\)](#)
- [Watch an interesting video that explains the changes to the law \(In French\)](#)
- [To find out more about the upcoming changes, you can consult this web link](#)



## TAX 2020 - Reference Tools

We are in the period of preparing our tax returns. The purpose of this article is to provide you with information on available tax credits and allow you to ask questions about the tax credits to which you are entitled. These references are not the only ones, but can guide you.

Source: google images [Lappui.org tax clinic](https://lappui.org/tax-clinic)

### REVENUE CANADA

As part of our virtual meeting on November 12<sup>th</sup> with the Honourable Diane Lebouthillier, Minister of Revenue, the Minister pointed out the existence of a website to help taxpayers better understand the basics of taxes. The Canada Revenue Agency offers both seniors and younger people the means to do their taxes and thus receive the benefits and credits to which they are entitled.

Indeed, the Agency has set up an educational program for this purpose: "Taxation 101".  
[here is the link](#)

The website allows you to learn more about taxes, take an online course, participate in quizzes to test your knowledge and get tools for filing a tax return. More specifically [on this link](#), you can see the advantages of filing a tax return such as:

1. [You may be eligible for the GST / HST credit and other benefits.](#)
2. [You might receive a refund](#)
3. [You want to apply for the working income tax benefit](#)
4. [You want to start or continue to receive Canada child benefit payments.](#)
5. [You can claim federal non-refundable tax credits](#)

### REVENUE QUEBEC

The references below come from the Revenue Québec website

[List of available tax credits](#)

Tax credits for the elderly:

[Programs and Services for Seniors | Government of Quebec](#)

Here is also an example of relevant information available in the electronic filing software of your tax report: [TurboTax](#)



## JOIN OUR ASSOCIATION

**Encourage your federal colleagues to join our Association**

Don't wait until retirement to join, do it now!

[See the advantages of being part of our Association](#)

Give the gift of membership to a friend for his/her birthday or any other occasion. [Here's how to do it.](#)

## GOODBY PIERRE!



Pierre Gagnon, colleague and friend of many, passed away on November 20<sup>th</sup>.

Our most sincere condolences to his wife Pierrette, his children and all his family.

Pierre has retired from the Coast Guard Maritime Traffic Service and was a member very involved of the Quebec branch. He was a dedicated volunteer on the Board of Directors. Pierre was an outstanding bowler and Branch champion. We keep an unforgettable memory of Pierre.

Rest in peace! [Pierre Gagnon's obituary](#) (In French)

## IMPORTANT WARNING

### Vaccination in Québec

In Québec, the COVID-19 vaccine will be free for anyone who wants it. The vaccines will be distributed by the Québec Immunization Program. **Doses will not be available on the private market.**

**Any electronic communication or call offering to get vaccinated for a fee is fraudulent.** If you believe you have been the victim of a fraudulent communication, please notify the Canadian Anti-Fraud Centre [This hyperlink will open in a new window.](#)

For more information on the subject, [follow this link!](#)





## Branch Activities



### Branch Happy Hour – Let's celebrate together!

On December 22<sup>nd</sup>, the Quebec branch celebrated virtually with its members. Sixty members raised their glasses to everyone's health.

Our host, Serge Boisseau, was able to set the mood and invited the participants to offer their wishes. The president, René Grenier, officially opened our activity by cutting a ribbon. He invited the participants to raise their glasses to everyone's health.

A quartet composed of the Boileau-Gagné family gave us a beautiful Christmas musical performance. Geneviève Boileau, pianist and piano teacher, Jean-François Gagné, violist at the OSQ and professor at the Conservatories of Quebec and Trois-Rivières, with their children Julien on cello and Delphine on violin won the hearts of all participants.

In addition to the presence of members from our large territory, we were happy to see Bruno Beaulieu, administrator of Bas-Saint-Laurent-Gaspésie and Sylvie Harrison, liaison officer, and Ghislain Lavoie, administrator of Saguenay-Lac-Saint-Jean and his wife Colette.

We proceeded to draw 6 door prizes won by Micheline Bélanger, Gilles Gagnon, Yves Bouchard, Pierre Landry, Nicole Laveau and John Le Garignon.

All in all, an entertaining and warm-hearted activity that brought members virtually together to bring some holiday atmosphere, moreover, in a different way, but different and much appreciated.



Serge Boisseau,  
host for the  
evening



Bruno Beaulieu,  
administrator  
Bas-Saint-  
Laurent-  
Gaspésie



Ghislain Lavoie,  
administrator  
Saguenay-Lac-  
Saint-Jean and  
his spouse  
Colette



The Boileau-  
Gagné family  
Quartet :  
Geneviève, Jean-  
François, Julien  
and Delphine



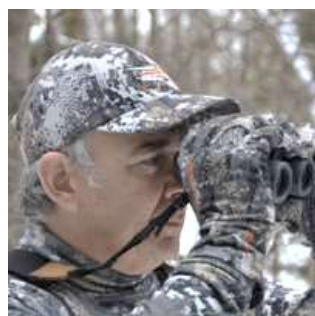
The Quebec Branch published in one of our local newspapers a message of thanks to the caregivers and frontline workers for their dedication to our members and their families.

On the left is a copy of the Journal de Québec ad in the December 19 edition.

## Ornithology conference



Invitation to a videoconference on bird-watching which will take place in late February or early March 2021, by Prof. Sylvain Lessard, ornithologist and professor at the Duchesnay School of Forestry.



Mr. Lessard travels across Quebec to communicate his passion for birds. This activity is not just for experts! Fans like us can indulge in this activity without difficulty.

While allowing us to enjoy the outdoors, it is an activity that motivates us to get some exercise and admire the beauties of nature. To get started, you need very little equipment: binoculars, a book to identify birds, and a little snack.

Sylvain Lessard,  
ornithologist



Pierre Marquis  
Member of the Communications Committee

So, this is a DATE not to be missed with Mr. Lessard.  
**We will communicate the date to you as soon as Mr. Lessard informs us of his availability.**

«Until then, keep fit and Happy New Year 2021! »



## Administrative positions available on the Board of Directors of our Branch

The terms of 3 directors will expire in April 2021 and they have indicated that they do not wish to renew.

All interested members are asked to contact Me Jean-Marc Demers, President of the Nominations Committee, by email: [jmd01@bell.net](mailto:jmd01@bell.net)



Edna 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](mailto:anrf@bellnet.ca)

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



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.

## Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Viateur Beaulieu



Lise Lavoie



Marianne Lafond



Pierre Marquis



John Le Garignon