

# NEWSLETTER

## NAFR - Quebec Branch

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Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees

### A Word from the President



Hello to all members,

It's always a pleasure to meet our members, this year in Chicoutimi and Matane. Our friend Ghislain Lavoie was reappointed for another term in the Saguenay region as administrator and liaison officer. On the executive front, we held a brainstorming day on June 7. We had to take stock of what we'd heard at our meetings, consult each other and, as far as our Branch is concerned, draw up an intermediate strategic plan, if such a thing exists: aligned with the Association and with our members.

Just the change of insurance showed us that while for many, the conversion went well, for others it wasn't obvious. This has created palpable pressures for us at branch level. We'll also need to recruit volunteers, but first of all, we need to organize ourselves to welcome them and make them feel productive.

I've just come back from the AMM in Gatineau, where, except for the first few words of welcome, everything was in English. Fortunately, we had translation with headphones. What I learned was that, as an association that defends the interests of our members, despite our outstanding reputation with the federal government, we still have a long way to go. We need to make an enthusiastic commitment to providing an equitable, diverse and inclusive environment for all our members. We may need to rethink the work of the branches, and at the national level, we may need to be more present on the public stage.

Our messages will have to be adapted to the new platforms, i.e., social media, if we want to be heard. If a message is worth a thousand words, now we say a video is worth a million, and stop scrolling to other articles. To grab attention and stay relevant in the eyes of the public, we need to "keep it simple" and publish fewer overly technical articles, be optimistic while keeping a fundamental message, as in TED talks. We remember stories, even if we forget the details. In a word, we have to go out and meet our audience.



Finally, congratulations to Jean-Marc Demers, who received one of the 60th Anniversary prizes awarded by the District of Quebec at the Théâtre du Casino de Gatineau, and to Guy Abel, who won the Best Sixties Costume award by acclamation Abel from the audience at the Annual Dinner. The story doesn't say whether he gets up at the crack of dawn like his father to deliver milk to the doors. I'll leave it to you to take a look at the photos below. We have quite a Finance Director!

Let's enjoy the summer!

**René Grenier**, President

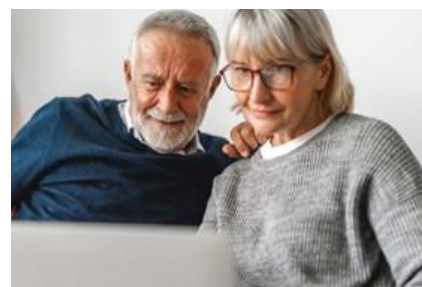


## ADVOCACY

By **Micheline Lefrançois**, 1<sup>st</sup> Vice-president

The [PSHCP Bulletin 46 - PSHCP-AA](#) provides you with essential information about our health insurance plan. In this issue:

- [The transition from Sun Life to Canada Life](#)
- [Submitting claims to Sun Life before the July 1 transition to Canada Life](#)
- [Comprehensive coverage and emergency travel benefit](#)
- [Your new Comprehensive coverage and emergency travel benefit provider](#)
- [Ensure that your positive enrolment information is up to date](#)
- [Reminder: improvements and changes to the PSHCP](#)
- [Contribution rates / relief provision](#)
- [Reminder: Relief Provision for retired members](#)



### Reminder: Relief Provision for Retired Members

If you joined the PSHCP as a retired member, you may be eligible for the plan's relief provision.

**The relief provision has been expanded to include members who retired between April 1, 2015, and March 31, 2025.**

For example, if a member retires by March 31, 2025, he may be eligible for a reduced contribution rate based on the 25:75 cost-sharing ratio (participant: employer), provided he meets the following criteria:

- He/She receives the Guaranteed Income Supplement (GIS) guarantee.
- He/She has a net income or combined net income below the GIS eligibility threshold.

## ANNUAL NATIONAL MEETING OF MEMBERS 2023

### NATIONAL VOLUNTEER RECOGNITION

By **Micheline Lefrançois**, 1<sup>st</sup> vice-president

**Among the activities of the 2023 Annual Meeting of members of the National Association of Federal Retirees, was held at the Théâtre du Casino de Gatineau the Gala Recognition of Volunteers by the presentation of the 60th Anniversary Awards.**



**Jean-Marc Demers, receiving the 60th anniversary award from Jacques Lambert of the National Board of Directors.**



Under the leadership of National President Roy Goodall, along with members of the National Board of Directors and the Presidents of the 76 branches across the country, the recipients took turns presenting themselves to be awarded from the President a well-deserved trophy recognizing their important contribution and leadership in the development and well-established success of the Association in their respective regions!

For Quebec, the three recipients are: Ms. Jocelyne Wiseman, member of the Board of Directors of the Montreal Branch and member of the Board of Directors of the FADOQ network, Mr. Pierre Cousineau, 2019 NAFR Volunteer and former President of the Outaouais Branch and Me Jean-Marc Demers, 2022 Gold Medallist of the Lieutenant Governor of Quebec for his exceptional contribution to the development of the cause of Seniors, and former president of the Quebec Branch.

Below are the 6 presidents of Quebec who proposed the 3 nominations for the 60th Anniversary Awards.



From left to right, Pierre Bilodeau (Montreal Branch), Rachel Baril (Mauricie Branch), René Grenier (Quebec Branch), Jean-Marc Demers in the middle, Donald Déry (Outaouais Branch), Gérard Brochu (Cantons de l'Est Branch), Régis Charron (Haute-Yamaska Branch), Andrée-Lise Provost and Jacques Lambert (members of the National Board of Directors for Quebec).



## Volunteer Recognition Gala – AMM 2023 à Gatineau



### Guy Abel, winner of the 60th anniversary dressed as a Milkman

To celebrate the 60th anniversary of our Association, participants were invited to dress as in the Sixties. Guy Abel, our Branch Director of Finance, proudly wore his father's milkman suit for delivering from door to door in the Reginal Municipality of Lotbinière the 60s. Guy was all the rage with his costume that attracted everyone's attention. He won the Best Costume Design Award hands down.

**Congratulations Guy!**

Guy Abel and Jean-Marc Demers



## SAGUENAY-LAC-SAINT-JEAN DIRECTOR REPORT

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



Summer has arrived and people are very fond of travel.

The people interested in our little summer tour were so numerous that we have 2 groups. On July 4th and 7th, our bus will leave for St-Siméon and then to Baie St-Paul from where we will take the train (most likely the 1st hydrogen train) to Les Chûtes Montmorency. The bus will be waiting for a short tour of Quebec City and a return home.

Our breakfasts, which are taking a break this summer, will resume again in September:  
The 1st Tuesday of the month at La Baie at [Restaurant Chez Paulo](#) and  
the last Wednesday of the month at Alma [Chez Roberto](#).

Click on the names for more information on restaurants, addresses and routes to get there.

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



## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

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

On May 25, our General Information Meeting (GIM) was held in Matane. A great success with 49 participants. This event took place in the presence of René Grenier our President, Guy Abel, Director of Finance, Gaston Simard, Secretary and fellow volunteers.



Mr. René Grenier informed us of the different types of pension funds and Mr. Guy Abel presented the financial statements of the Branch.



Member Danielle Doucet described how to prepare for travel and member Suzanne St-Gelais presented the beautiful thematic trails she designed. Ms. Sylvie Dubé and Mr. David Caissie, trainer at the CISSS du Bas-Saint-Laurent and the Flambeaux network, made us aware of the signs of social

isolation and vulnerability among some seniors.



**Presentation of certificates:** To Rock Giguère (left), Horticultural Society; Certificates also presented to Patricia Gallant, horticulturist at the Jardins de Métis; Marie-Ève Belzile of the Sureté du Québec in Matane and Me Maude-Gosselin Bouchard from the Office of l'Aide juridique in Matane.

Several door prizes were drawn.

You can already see several other photos on our web page at the tab of [the subsection-bas-st-laurent](#).

If you have any questions, you may also contact me by phone at 418 562 9407 or by email at [sylhar.sh@gmail.com](mailto:sylhar.sh@gmail.com).





## Seniors Programs and Information you need to know

By Diane Legros, Editor-in-Chief

### Important Report on Home Care and Services



The Health and Welfare Commissioner (HWCC), Ms. Joanne Castonguay, in her mandate on home care and support services, reaches conclusions that are already widely known, in her first two of four reports on the current state of home care and support services.



The summary of the first report is available on the Health and Welfare Commissioner's website. The full report is also available for consultation on the web site of [site Web du Commissaire à la santé et au bien-être](#). The [full report](#) is also available for consultation.

[The second CSBE](#) report presents a quantified analysis of the performance of home support services, while the third will summarize the overall evaluation of the CSBE. The fourth report will present Ms. Castonguay's recommendations and will be tabled with the

Government in December 2023.

## Seniors and Consumer Affairs: Rights to Assert - A Guide for Seniors

QUEBEC CITY, Jan. 26, 2023 /CNW Telbec/ - Consumption is a vast field and the key to avoiding many problems is to get informed! It is with this in mind that the Office de la protection du consommateur offers seniors and their families, as well as the community interveners, various tools to inform them of their rights and remedies regarding the consumption of goods and services.

### A free guide to making the right decisions and avoiding problem.

The [Seniors and Consumption: Guide - Rights to Assert](#) aims to inform seniors of their rights and help them prevent problems they may encounter in various areas of consumption that particularly affect them.

For example, you will find information on pricing errors at checkout; itinerant sales; legal guarantees; telecommunications services; courses; cards and lines of credit; «miracle» products available on the Internet; the purchase of a trip; the purchase of furniture by invitation and funeral and burial services.

This guide can be downloaded electronically free of charge from the Agency's website so that it can be easily referred to whenever a situation arises. Senior workers are also invited to order copies of this tool to distribute to their clients.

In addition, on the Office website you will be able to view the webinar offered on January 31.

For information and interviews:  
Charles Tanguay  
Communications and Education Department  
418-643-1484, ext. 2254

View original content : <http://www.newswire.ca/fr/releases/archive/January2023/26/c9491.html>

## A major statistical portrait of seniors, a first in Quebec

How many seniors are there in Quebec? Where do they live? How do they move? How much do they work? How do they spend their time? These are some of the questions you will find answers in the [Portrait of seniors in Quebec](#) produced by the Institut de la statistique du Québec, in partnership with the Secrétariat aux aînés. The publication contains a wealth of information on housing, means of transport, income, time use, health, consumption, lifestyle, communications, etc.

## Aging and living together, at home: There is still time to participate in the broad public consultation

The Secrétariat aux aînés invites the public to participate in a broad public consultation, conducted as part of the work that will lead to the development of the third action plan resulting from the Government Policy [Aging and Living Together, at Home](#), in Your Community, in Quebec, for the period 2024-2029. This online consultation gives Quebec citizens the opportunity to share their views on topics affecting their aging or that of their loved ones.

CSBE defaults to French content on its website. Certain publications and webpages are available in English. Below you will find a list of all English-language content. [Get an English preview of other content on the CSBE website with Google Translate](#). This service provides free automated website translation. **Until July 21, 2023, have your say [here](#)**

## Shelter Allowance Program – Financial assistance of up to \$170 to offset rent increases

QUÉBEC CITY, Jan. 17, 2023 /CNW Telbec/ - In conjunction with the publication today of the percentages applicable to the calculation of rent adjustments in 2023 by the Administrative Housing Tribunal (TAL), the Minister responsible for Housing reminds us that low-income households can obtain up to \$170 per month to pay their rent thanks to the Housing Allowance (PAL) program of the Société d'habitation du Québec.

This financial assistance will allow eligible households to better cope with the impact of inflation on the cost of living and absorb the effects of their rent increase in 2023. For more information: [Revenu Québec Allocation logement](#)

View original content: <https://www.newswire.ca/news-releases/>

## Our NAFR Representatives Win Gold

By **Roland Langevin**, Treasurer and Delegate to FADOQ

### Our team wins Gold

The team that represented the NAFR- Quebec Branch at the Grosses Quilles (Mixed) of the FADOQ Regional Games - Quebec City and Chaudière-Appalaches Regions won the Gold Medal .

This team was composed of: Yvon Trudel (team captain), Doris Trudel, Jocelyn Bouchard, Éric Boisvert and Rachel Routhier. They will represent us at the Réseau FADOQ Provincial Games to be held from September 19 to 21, 2023, in Sherbrooke. **Congratulations to the team! See you in September!**



## Good News for Women Veterans

Adoption of the name "Veteran" by the ACVA Committee and Veterans Affairs Canada

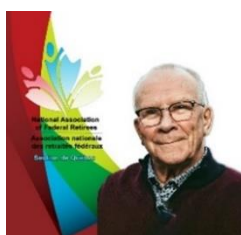
Finally, the Government is replacing the term "female veteran" with "veteran."

Following requests from several Veterans, the ACVA Committee recently changed the name of its ongoing study on "The Live Experience of **Women Veterans**" to "The Live Experience of Veteran Women". Best of all, the Minister of Veterans Affairs has committed to making changes within his department.

The term "female veteran" was seen as a lack of recognition for women who served.

To view the segment, click here: <https://youtu.be/w26ycYfzl4A>.

We ask that the term "veteran" be adopted by the Department of National Defence, the Canadian Armed Forces and any other department or agency of the Canadian government.



By **Germain Boivin**, Chief Events  
Organizer

### SOCIAL ACTIVITIES



### Beaumont St-Michel Theater Evening

It's Wednesday, July 5, 2023, at 8 p.m.

[For more information click here](#)



Golf is in full swing until mid-September, every Tuesday at 9:30 a.m., at [Royal Charbourg](#)

The Quebec Branch breakfasts continues in July and August, on the last Wednesday of the month at Normandin Bouvier Street.



NAFR– Quebec Branch will still have its booth at [Salon de la FADOQ – Québec/Chaudière-Appalaches](#) It will be held from **13 to 15 october 2023**.

We are writing about it now because we always need volunteers to promote our association at the booth. It is important to remember that, if applicable, your expenses will be reimbursed by NAFR.

To keep up to date with the latest news, visit our webpage : [ANRF SECTION DE QUÉBEC - Accueil \(anrf-sq.org\)](https://anrf-sq.org).



## A new privileged partner at NAFR: IRIS

Federal Retirees and their eligible immediate family can now take Advantage deals at [IRIS | Federal Retirees \(retraitesfederaux.ca\)](https://www.retraitesfederaux.ca). With more than 150 locations across Canada, the IRIS network is ready to meet the vision care needs of Federal Retirees members, offering savings on eyeglasses, sunglasses and more.



Scan this QR code with the camera of your cell phone or tablet to visit our website where you will find more content on the rights and interests of our members.



Edna Richer,  
coordonnatrice

### Branch office hours - Summer 2023

*Our office has resumed its usual schedule*  
**From June 26 to September 4, 2023, our office will be open  
 from 1:00 p.m. to 4:00 p.m. on Wednesdays and Thursdays.**

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

E-mail: [anrf@bellnet.ca](mailto:anrf@bellnet.ca)

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

[Follow us on FACEBOOK](#)

*You can leave a message in our voicemail at any time; it will be our pleasure to call you back.*

### Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



Diane Legros



Gilbert Sauvé



Marianne Lafond



Pierre Marquis



Claude Larochelle

***A great summer to all!***



***NEXT ISSUE 15 September 2023***