

# NEWSLETTER

## NAFR - Quebec Branch

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### A Word from the President

Hello to all members.

It has been a busy spring for the directors. We had our general meeting on April 14th with a full house at the Patro Roc-Amadour.

Our guest speaker, Dre Michèle Morin, made us aware of the importance of preventing deconditioning with the elderly. She was greatly appreciated.

The presentation on the new health care plan and the new Canada Life Administrator by Heidi Modro from the National Office was very informative for many of us and our booths were a hit.

Our Board of Directors has been renewed and we welcome Myriam Boudreault who has joined the team. By the time you read this, we will probably have already visited our members in Chicoutimi and Matane.



We also participated in the district meeting in Granby with the other Quebec chapters. It was two full days for the Annual Meeting of Members and the Presidents' Forum in Gatineau next June. We are all concerned about the turnover of Advocacy Program Officers, particularly those representing Quebec in recent years.



Association nationale  
des retraités fédéraux

National Association  
of Federal Retirees



Meanwhile, our treasurer, Roland Langevin, represented the Quebec Branch at the Annual General Meeting of FADOQ Quebec City and Chaudière-Appalaches Regions. As you know, if you wish to join or renew your membership in FADOQ, you are entitled to a discount, so mention it!

Let's enjoy summer! Don't forget breakfasts on the last Wednesday of the month at 8:30 a.m. at the Normandin Restaurant (Bouvier St.). For many of us, we are to meet again soon at the golf course or at the Beaumont Saint-Michel summer Theatre.

Kindest regards,

**René Grenier, President**



## ADVOCACY

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

### REMINDER - Notice to PSHCP participants: Complete and submit your Canada Life pre-enrolment before July 1, 2023

**By Internet:** Participants who indicated a preference for digital communications have received or will receive an email with a specific link to complete pre-enrolment on the Canada Life website. The link is active for 30 days, after which Canada Life will send another email with a new link. After completing your pre-enrolment, you must create an account on Canada Life's "PSHCP Member Services" website. It will allow you to access your personal information, obtain your PSHCP benefit card electronically and submit claims electronically after July 1, 2023.

**By paper form:** Participants who have indicated a preference for paper communications will receive a mail-in package with an enrolment form with instructions, as well as a self-addressed, stamped envelope.



To complete the membership application, the completed form must be mailed to Canada Life. Once Canada Life has processed your enrolment, you will receive a paper PSHCP benefit card.

**If you have questions, encounter difficulties during positive enrolment or if you have not received either an electronic or a paper-based package, contact Canada Life as soon as possible at 1-855-415-4414. This call centre will be open from 8 a.m. to 5 p.m. every day, member's local time.**

Here is a link with the most frequently asked questions and answers about upcoming changes. A reference tool to keep on hand.

[FAQ on the Public Service Health Care Plan renewal](#)



## 2023, A YEAR FULL OF CELEBRATIONS FOR FEDERAL RETIREES!

### Fighting for retirement security since 1963

You've earned your pension.  
Join us and protect it.

Exclusive deals on MEDOC\*  
travel insurance and more

Join now even if you aren't retired! [federalretirees.ca/join](https://federalretirees.ca/join)



**Our Association celebrates its 60th anniversary this year!**

**60 years of fighting in the interest of our members of today and those of tomorrow.**

Since NAFR's establishment, we have accomplished much together. Here are some milestones:

- 1973 – Years of constant lobbying by the Association culminated in the enactment of legislation stipulating the full indexation of pensions.
- 1994 – The Association spearheaded the creation of the «Seniors Coalition for Social Justice», which aims to ensure that any changes to seniors' income security programs are thoroughly reviewed.
- 2001 – The Association's advocacy initiatives lead to the creation of the Pensioners' Dental Services Plan (PDSP), a dental plan specific for all federal retirees.
- 2018 – After years of advocating for a dedicated voice for seniors in the federal government, the Association sees the creation of a new cabinet role: that of Minister of Seniors.
- 2022 – The Association's hard work at the bargaining table pays off, and Treasury Board approves the proposed PSHCP renewal agreement, which benefits all federal retirees.

The latest spring issue of [Sage Magazine \(pages 22-24\)](#) takes stock of NAFR's key achievements from 1963 to the present.



Sage\_spring2023\_we  
bv2.pdf





## Let's celebrate our colleagues in the federal family!

Did you know that 7% of the members of our Association have retired from the RCMP? On May 23, 1873, Parliament passed legislation to create the North-West Mounted Police (NWMP), which would become the Royal Canadian Mounted Police (RCMP).

Read their story [Federal Retirees celebrates RCMP150](#)

## A look back at our AGM – 2023



**Members present in large number.**

**Photo credits: Gilbert Sauvé, volunteer.**



Purification of the Assembly

By Francine Beaudry, President of the Aboriginal Veterans Association and André-Georges Toupin, Treasurer.



Serge Boisseau

Volunteer and Master of Ceremonies



Gaston Simard, Secretary  
René Grenier, President and  
Jacques Lambert, Member of the  
National Board of Directors.

## Kiosks of our collaborators



Catherine Poirier-Bisson,  
occupational therapist,  
Circul'action



Esther Michaud, who  
recently published «La  
vengeance au pluriel»



Julie Labbé et Gaétan,  
Matte, Agence Julie Labbé



Jocelyne Ladry, volunteer and  
Claude Larochelle, 2nd VP

			
<b>Heidi Carmen Modro</b>	<b>Mérerrick Sioui</b>	<b>Jean-Marc Demers, Guy Abel</b>	<b>Germain Boivin</b>
Speaker on changes to PSHCP with René Grenier	Awarded a Certificate of recognition. On his right René Grenier, and Guy Abel.	With the 13 Recognition Certificates of our Branch speakers in 2022	Special Recognition Certificate on leaving the Board but remaining a volunteer appreciated by all .

### Door Prizes and Certificate to Dre Michèle Morin

			
<b>Sylvie Gosselin</b>	<b>Rock Collin</b>	<b>Denise Langevin</b>	<b>Guy Sénéchal</b>
Security Blanket from Groupe Forget	Bouquet - Jardins Hamel	Certificate by Strom Spa	Book by Esther Michaud

			
<b>Claude Havard,</b>	<b>Suzanne Corbeil-Gagnon</b>	<b>Denise Belisles-Bélanger</b>	<b>Jean-Guy Fafard</b>
Johnson's Mascot Dog	Security Blanket - Johnson	Book by Esther Michaud	75\$ Certificate - Petro-Can

		
<b>Marcel Pruneau,</b>	<b>Special Recognition Certificate to Dre Michèle Morin, and René Grenier, President</b>	<b>Richard Houde,</b>
Maple Products Basket from Agence Julie Labbé		Vehicule Emergency Kit - Johnson





## NAFR's 60th Anniversary Cake

For those who could not attend the meeting or who would like to learn more, please read in our web pages the [President's report](#) and the [reports of the committees](#).




## Informations from Curateur public du Québec



As the law to better protect people in vulnerable situations has been in force for more than five months, the Better Protection Newsletter has been adapted to the new situation. It now answers all your questions and is called Together: Protecting us all Well. «Legislative changes are still on the agenda! It will address a variety of topics related to incapacity and the protection of people in vulnerable situations».

### Qu'est-ce que l'incapacité?

On parle d'incapacité lorsqu'une personne n'a pas les capacités intellectuelles nécessaires pour prendre soin d'elle-même ou pour gérer ses biens, ou lorsqu'une limitation physique l'empêche d'exprimer sa volonté. L'incapacité n'a pas d'âge. Que l'on soit vieux ou jeune, riche ou pauvre, sportif ou pas, elle peut toucher n'importe qui et à n'importe quel moment de la vie.

### Les principales causes de l'incapacité

Déficiences intellectuelles

Traumatisme crânien

Accident vasculaire cérébral (AVC)

Maladie dégénérative (par exemple, la maladie d'Alzheimer)

Maladie mentale

Ainsi, un handicap physique n'est pas une cause d'incapacité si la personne peut exprimer ses volontés.

To learn more about solutions to help a loved one with a loss of autonomy, consult pages [Your loved one becomes incapacitated](#) or the publication [Accompanying and protecting your loved ones – Tools to help you](#).

Don't forget that the «Curateur public» is there for you! For more than 75 years, he has been responsible for the protection of incapacitated persons.

You can reach him at 1 844 LECURATEUR (532-8728) or [by email](#).



## GENERAL INFORMATION MEETING (GIM) SAGUENAY-LAC-SAINT-JEAN

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

On May 12, our GIM was held in Chicoutimi to which we were pleased to welcome 50 participants. René Grenier, President of the Branch, Claude Larochelle 2nd Vice-President and a team of volunteers have lend a hand to the organization of this beautiful event. Many thanks to Gaston Simard, administrator, who acted as Secretary of the meeting.



Ghislain Lavoie, Regional Director, presented his report on the 2022 activities. René Grenier described the Branch's main achievements and priorities, particularly on the Advocacy and social and cultural activities. René shared some elements of the 2022 financial balance sheet and the 2023 budget forecasts.



**Speaker :** Ms. Julie Gagnon, Community Relations Advisor at the Société d'assurance automobile du Québec presented "Driving My Health" on the various aspects of safe driving and the health examinations required by the SAAQ. This topic of interest to participants raised several questions. Thank you very much Mrs. Gagnon for this very interesting presentation!

**Certificate of Recognition:** The Branch took advantage of this meeting to present a Certificate of recognition to Louise Rivard, Assistant Director General, Recreation and Partnership of FADOQ du Saguenay-Lac-Saint-Jean-Ungava for the presentation of a fascinating project at the May 2022 Meeting. This project is part of " Un cliché vaut mille mots " initiative, a photo exhibition with a focus on active aging, presenting photos of everyday situations experienced by seniors. Thank you very much, Ms. Rivard, for this great avant-garde initiative!



### **Election of the Regional Director:**



Ghislain Lavoie's term as a director was ending with our meeting. We then moved on to the elections. Ghislain was running for re-election. Jean-Marc Demers of the candidates committee asked the meeting if there were other candidates to be proposed. No participant came forward. Ghislain was then declared elected by acclamation for 3 years. Congratulations Ghislain!

**Canada Life, new administrator of the Public Service Health Care Plan:** Micheline Lefrançois signalled to participants the changes effective July 1, 2023, with the effective date of Canada Life, the new administrator. She emphasized the importance of completing and returning the pre-enrolment Form sent by Canada Life either online or by mail. Any individuals not having received any such communications to date should contact **1-855-415-4414** promptly.



Micheline took note of the contact information of members who had difficulty obtaining information from Canada Life in order to request help from NAFR's national office on the matter.

**Door Prize Draws:** Congratulations to the door award winners: Gisèle Simard, Diane Châteauvert, Yvon Labrecque and France Gobeil.



Thank you all for your beautiful and active presence!

See you next year!

More photos will soon be posted on our [webpage at Saguenay Lac-Saint-Jean Sub-Branch](#)



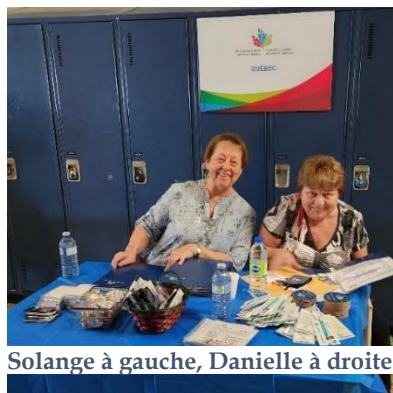
## BAS-SAINT-LAURENT-GASPÉSIE DIRECTOR REPORT

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

**You are still welcome to our General Information Meeting (GIM) to be held on Thursday, May 25, 2023, at 9:30hrs, at Riotel, 250 Ave du Phare E, Matane. [Riotel, 250 Ave du Phare E, Matane.](#)**

We hope you will be participating in large numbers. Our President will follow up on the activities and files underway at the Branch. We will answer your questions about PSHCP new administrator scheduled for July 1, 2023.

Suzanne St-Gelais and Danielle Doucet will talk about retirement, the «Matane Themed Walking Trail», and travel. There will be a presentation by Mr. David Caissie, trainer at the CISSS du Bas Saint-Laurent. If you choose to dine with us, please register by email [anrf@bellnet.ca](mailto:anrf@bellnet.ca) or toll-free phone: 1-866-661-4896, before May 16, 2023.



Solange à gauche, Danielle à droite

On Saturday May 6, 2023, was held the «Salon Aînés Actifs en Action» under the aegis of the Table de concertation des Aînés de la Matanie (TCA\_Matanie), at Matane High School. I am part of the organizing committee. This was a complete success with 240 people attending musical performances, conferences, and a meal on site.

NAFR had a well-attended kiosk. I would like to thank our 2 members Solange Labrie and Danielle Doucet who welcomed visitors to our booth with beautiful smiles. They have

helped to make our association well known. A special thank you to Suzanne Gauthier for taking photos. If you have any questions, you may also reach me at 418 562 9407 or by email at [sylhar.sh@gmail.com](mailto:sylhar.sh@gmail.com).







## Report of FADOQ's 53rd AGM

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

On May 2, as NAFR delegate, I attended the 53rd AGM of FADOQ - Quebec City and Chaudière-Appalaches Regions. There were 425 participants, a record for our region.

[A summary of this meeting is attached.](#)

The regional Games began Thursday, May 4, 2023, and will end with the Golf day on June 19 in Thetford-Mines. There is a strong participation in these games, which will be followed in the fall by the Provincial Games in Sherbrooke.

Next year (2024) the Region will host the Pan Canadian Seniors Games.

## Seniors' Concertation Tables (SCT)

**Chaudière-Appalaches, Serge Boisseau:** Serge mentions the importance of recognizing the work of volunteers. Several local issue tables will discuss ageism.

Here is the April 18, 2023 Newsletter: [infolettre-du-18-avril-2023.pdf \(wordpress.com\)](#)

**Matanie, Sylvie Harrisson:** Sylvie attends meetings of the Matane TCA. Sylvie is a member of their Housing Committee, Vigilance Committee and Adult Education Committee.

**Capitale Nationale, Nicole Laveau:** Nicole presented a summary of the 2022 activities-[attached document](#)

**Saguenay-Lac-St-Jean, Ghislain Lavoie:** Ghislain is very active in several seniors' organizations, including FADOQ. He wants to notify that the subsidy to provide respite has been cut.



## Activities in the Canadian Legion's Branches

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

We appreciate reporting on activities of members of the Canadian Legion in Eastern Quebec.



In the most recent issue of "LEGION" - May/June 2023 - it is reported that Pierre Rocque and Benoit Roy of the Quebec North Shore Legion Branch in Baie Comeau received a Life Membership Award.

It is also important to keep in mind that this year marks the 75th anniversary of the Establishment of the «UN peacekeepers». More than 125 000 Canadians have served in UN peace operations. "Not surprisingly, Canadians consider peacekeeping part of the country's identity". (Legion, March/April 2023, pages 38-43, by the Honourable Senator (retired) Roméo Dallaire, retired lieutenant-general, and Shelly Whitman, Executive Director of the "Dallaire Institute for Children, Peace and Security).



## Important programs for Seniors

We are told that many retirees are not aware of the many programs, services, and deductions to which they are entitled.

Thus, we present the federal @liens: [Programs and services for seniors - Canada.ca](#) and provincial: [Programs and services for seniors – 2023 Edition \(quebec.ca\)](#)

## In the MEDIA

We are still talked about in the local media, two wonderful occasions:

Radio interview - 7 minutes of Micheline L with journalist Lawrence Cassista broadcast last Friday on CIFI FM 90.3. The signal of the station reaches Côte-du-Sud - Montmagny-L'Islet-Kamouraska, - Côte-de-Beaupré and Charlevoix.

The local monthly newspaper ICI l'INFO of March 15, 2023, writes about the Branch AGM Announcement (see photo). ICI l'INFO has a circulation of 45,500 and reaches Beauport, Côte-de-Beaupré, Île d'Orléans, Sainte-Brigitte-de-Laval. See also its Digital publication at ICI l'Info - March 15, 2023.

<https://www.facebook.com/photo/?fbid=669279358531127&set=a.517365247055873>



In addition, on March 25, 2023, the Journal de Québec announced our AGM and Dre Morin's conference.

**Le dialogue de sourds se poursuit à l'UL**

Un dialogue de sourds se poursuit à l'Université Laval. Les étudiants sourds de la Faculté des Sciences de la Santé ont organisé une conférence pour sensibiliser les autres étudiants à leurs besoins et à leurs expériences. La conférence a été animée par une étudiante sourde et a attiré un grand nombre de participants.

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**MATELAS DAUPHIN**



**Sugar Bush:** Our visit to La Cabane à Sucre du Cap on April 18, 2023, was a success. More than 50 members came to enjoy a hearty meal, delicious Maple Taffy on snow and good company.



## UPCOMING ACTIVITIES

### The Beaumont St-Michel Summer Theatre

There are a few seats left for the play « **HAUTE FIDÉLITÉ.** »

**Date:** Wednesday, July 5 2023, at 8h pm.

**Price:** \$50.00 per person

Reservation and payment **before June 28, 2023.**

1. Roland Langevin by bank transfer  
[roland.langevin@videotron.ca](mailto:roland.langevin@videotron.ca) or
2. By cheque to NAFR Quebec Branch - 660 57th Street West,  
Apt. 162 Quebec City, Quebec G1H 7L8 or
3. By cheque or cash to Germain Boivin at the Branch breakfast on the last Wednesday of the  
month at the Normandin Restaurant (Bouvier St.).



Tickets will be handed out by Germain Boivin at the theatre.

For more information on the play and the actors, [click here](#)

## Monthly breakfasts - Québec

**Next breakfast, Wednesday, May 31, 2023, at 8:30 am, at the Normandin Restaurant at [986, rue Bouvier, Québec, G2J 1A3](#), 418-627-1265.**



*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.*





**Edna Richer,  
coordinator**

### Branch office hours

Our 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

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

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***NEXT ISSUE June 30, 2023***

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