

NEWSLETTER

NAFR - Quebec Branch

INDEX DES SUJETS

- [Veterans' Week](#)
- [Become a volunteer](#)
- [Message from the President](#)
- [Advocacy](#)
- [FADOQ 2022](#)
- [Mega Recruitment Campaign 2022](#)
- [Indexation Rate 2023](#)
- [Curateur public – New Law](#)
- [Saguenay-Lac-Saint-Jean Report](#)
- [Gaspésie Bas-Saint-Laurent report](#)
- [Major acquisition](#)
- [End of Epost service](#)
- [News of the Tables de concertation des aînés](#)
- [Social and Virtual Activities](#)
- [Have your Say](#)
- [Branch office hours](#)
- [Collaborators](#)
- [Next Issue](#)

VETERANS' WEEK NOVEMBER 5-11, 2022

They fought and sacrificed
for Canada and Canadians.
We remember.



NAFR Quebec Branch pay tribute to the sacrifices of our Veterans. This national initiative includes commemorative ceremonies, activities and events from coast to coast to coast.

Thank you to all our volunteers who represented the Quebec Branch by laying a wreath at several commemorative events on its territory.



On November 11, in Quebec, President René Grenier and Serge Boisseau laid a wreath on behalf of NAFR Quebec Branch



NAFR – Quebec Branch present at events:



On November 6, in Rimouski, **Bruno Beaulieu**, laid the wreath on behalf of the Quebec Branch of the National Association of Federal Retirees (NAFR).



On November 6, at the Cenotaph of Parc de La Paix in Lévis, **Serge Boisseau and Pierre Marquis** laid a wreath on behalf of the Quebec Branch.



On November 6, at **Chicoutimi City Hall**, **Ghislain Lavoie** and **Gaston Simard** laid a wreath on behalf of our Branch during a beautiful ceremony.

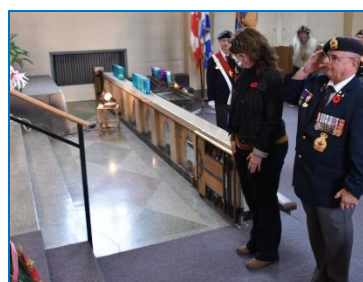


At the **Bagotville military base** on November 11, **Ghislain Lavoie** and **Gaston Simard** laid our wreath.

On November 11, on behalf of the Quebec Branch, wreaths were also laid in **Arvida** by **Jeannine Dubois**, in **Alma** by **Alain Gauthier**. **Ghislain Lavoie** also laid a wreath in **La Baie**.



November 11, in **Gaspé**, **Hubert Briard** laid a wreath on behalf of our Branch.



On November 06, at **Bas-St-Laurent-Gaspésie**, **Sylvie Harrison**, Administrator, laid a wreath on behalf of our Branch.





On November 11, at the **New Richmond Cenotaph**, Chief Warrant Officer (Retired) **Normand Parent, MMM, CD** laid a wreath on behalf of the Quebec Branch.

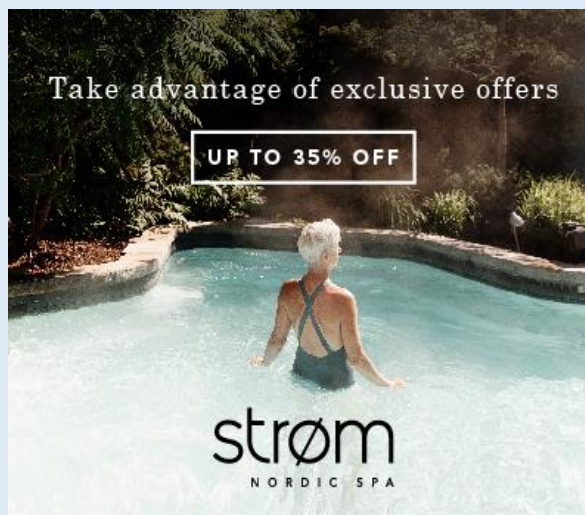
BECOME A VOLUNTEER FOR OUR BRANCH



We need you and your involvement. We are a small team, and we want to continue to increase services and activities to the members of our large Branch. Whatever your talents and interests, you can contribute. Volunteering is proven to help stay young and healthy. Our particularly sought-after fields of activity are:

- **Translator** (support for our 6 annual newsletters)
- **Finance** (requires approximately 3 hours per month)

strøm
SPA NORDIQUE
VIEUX-QUÉBEC



See the offer for our members:

<https://www.stromspa.com/en/partners-wellness-offers/>



A Word from the President

Hello everyone,

During the election campaign, we reached out to as many candidates as possible from all parties to raise our profile with a focus on long-term care, home care and health care. We have not heard the last of it. The ninth edition of the Salon FADOQ 50 ans + Régions de Québec et Chaudière-Appalaches was a great success for our booth. We received many memberships and had the pleasure of talking with many of you.

As President of the Quebec Branch, I was appointed co-chair with Brenda Powell of the Charlottetown Branch at the Presidents' Forum. Prior to and during the annual membership meeting, the Presidents' Forum provides an opportunity for branch presidents to communicate with each other, have a voice, and provide an opportunity to collaborate and share best practices.

During the Remembrance Day commemoration, our Branch will be on hand throughout our territory and our volunteers will have the opportunity during the ceremony to lay wreaths. A big thank you to the volunteers who participate.

Our videoconferences are always very popular. Our next videoconference will be on Wednesday, November 23: "Healthy Aging: The Role of Nutrition". Register if you haven't already done so. In collaboration with the other five branches in Quebec, we will send you their videoconferences available to our members.

While fall is often synonymous with beautiful scenery as the hardwoods and ferns take on their intense colors of red, yellow, gold, purple and scarlet, year after year they are never exactly the same. The same is true of hunting crops. This is also true in economic cycles. Do you remember? Last fall, toy stores were worried that they wouldn't be able to restock their shelves in time for the holiday season. This year, it's inflation, champagne will increase by 5% and foie gras will be rarer with the avian flu ... So fall will certainly be the opening of the hunt for discounts and for some the opportunity to redefine the commercial traditions of the holiday season.

In all friendship, the Quebec Branch Holiday Party will be held with our colleagues from the Canadian Legion (Branch 265) at the Quebec City Cruise Terminal on December 3. One thing leads to another, and we will also have our happy hour by videoconference on Wednesday, December 21, to wish each and every one of us good wishes. Nothing complicated, just a nice meeting between us.

So, in closing, we wish you all Happy Holidays! We hope to see you at our next activities.

René Grenier, President



ADVOCACY

By Micheline Lefrançois, 1st Vice-President

In our September newsletter, our president René Grenier shared NAFR's priorities for the Quebec election. We have shared these priorities with all the candidates of the major parties in our territory. Essentially, we were asking for their commitments to put in place the resources needed to improve and modernize home and long-term care services.

Quebec elected the CAQ with 90% of the seats. The party's election platform included few specific commitments for seniors, with a broader focus on the health care system. However, the platform focuses on "at home care and services; at home hospital as an innovative way of caring for patients." Read the election platform [Home - Coalition Avenir Québec \(coalitionavenirquebec.org\)](https://coalitionavenirquebec.org) More information in French [Résultats historiques des élections 2022 du Québec \(retraitesfederaux.ca\)](https://retraitesfederaux.ca)

In the last Quebec budget (2021-2022) led by this party, we can see specific government targets for seniors, including:

- « Continue to strengthen care and services for seniors and caregivers: \$2.6 billion i.e.
 - o Strengthening home support services: \$785 million
 - o Improved caregiver care and services: \$250 million
 - o Opening of the first seniors' homes: \$1.5 billion
 - o Harmonization of public and private CHSLDs: 128 million »

NAFR intends to follow closely the next budget to see how investments will go in the same direction and more, for Quebec seniors. [Quebec's historic 2022 election results \(retraitesfederaux.ca\)](https://retraitesfederaux.ca)

Changes to the Public Service Health Care Plan (PSHCP)

Several members asked us for additional clarification on the changes that will be made to the PSHCP when they come into effect on July 1, 2023 when Canada Life takes over the plan. Given the large number of improvements and changes, we refer you directly to the official website: [Improvements and changes to the Public Service Health Care Plan](https://improvementsandchanges.tothePublicServiceHealthCarePlan). We are keeping an eye out and keep you informed if there is new any information.

Our presence at FADOQ 2022 was a great success!

Our volunteers met with several federal retirees and raised awareness of our association.

On the photo our volunteer Ellen Paquet





MORE CHANCES TO
**WIN
BIG**

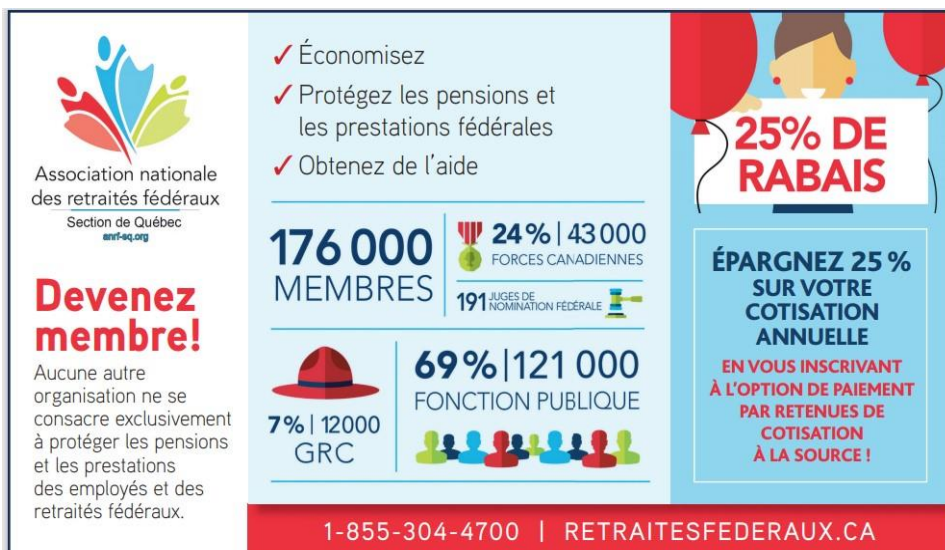
Mega Recruitment Campaign

By Claude Laroche 2nd Vice-President

It is at this time of year that your association conducts its recruitment campaign. Only you can help us reach non-member retirees.



When these retirees ask what we have recently done for them, talk to them about public service health care renewal and our involvement in the recent federal and provincial elections. NAFR represented federal retirees and sat at the bargaining table.



Association nationale des retraités fédéraux
Section de Québec
nafr-qc.org

Devenez membre!

Aucune autre organisation ne se consacre exclusivement à protéger les pensions et les prestations des employés et des retraités fédéraux.

- ✓ Économisez
- ✓ Protégez les pensions et les prestations fédérales
- ✓ Obtenez de l'aide

176 000 MEMBRES

24% | 43 000
FORCES CANADIENNES

191 JUGES DE NOMINATION FÉDÉRALE

7% | 12 000 GRC

69% | 121 000
FONCTION PUBLIQUE

25% DE RABAIS

ÉPARGNEZ 25 % SUR VOTRE COTISATION ANNUELLE

EN VOUS INSCRIVANT À L'OPTION DE PAIEMENT PAR RETENUES DE COTISATION À LA SOURCE !

1-855-304-4700 | RETRAITESFEDERAUX.CA

The reason is quite simple: The strength of numbers. The more members we are, the greater our influence.

It costs only \$51.36 per year to stay informed and have the chance to participate as a member in advocacy. In addition, and this is not negligible, for each member you refer, you get a \$5 Tim Horton gift card and a chance to participate in the big draws.

Three easy ways to participate:

1. Use our online form to send your reference quickly and easily: [Mega Campaign](#)
2. Tell the person you are recommending including your name and membership number when a retiree register directly
3. Call us at 1-855-304-4700 ext. 300. We will be happy to help you.

Help us stay strong and influential!

[Click here](#) for how to participate. The success of this recruitment campaign will depend entirely on the participation of our members.

INDEXING RATE - Retired Members – Pension 2023

As of January 1, 2023, the indexing rate for federal public service pensions will be 6.3%. For more information, see: [Canada.ca Pension indexation.](#)

The Curateur public du Québec – New Law



On November 1, 2022, the [Law to better protect vulnerable persons](#) came into force! After more than two years of work, the protection device will make a considerable difference in the lives of thousands of Quebecois by being better adapted to their needs.

All Quebecois can benefit from a humanist law that values autonomy more, promotes the exercise of civil rights, takes into account the wishes and preferences of people in vulnerable situations and is in line with major international trends.

The law provides for protective measures adapted to the faculties of each person and recognizes the privileged role of the family and relatives. In addition to being modernized, it introduces two novelties: temporary representation and assistance measures.

It is now possible to take advantage of the assistance measure!

This non-judicialized measure allows a loved one to support a person experiencing a difficulty. Once recognized by the Curateur public, an assistant can more easily help a person in their dealings with the many ministries, agencies, service companies and professionals.

It is thus possible to support the assisted person more adequately in his decision-making, the management of his property and the exercise of his rights. For more information, visit our new [Québec.ca Assistance Measure webpage](#).

The content of the Curateur public's website has also changed address: you will find all the new features of the act, as well as the new collection of publications gathering pamphlets and guides, by consulting the Curateur public's website.

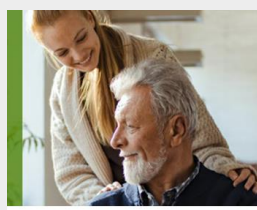
It consists of three leaflets aimed at presenting the various services to the population.



Accompagner et protéger vos proches
Des outils pour vous aider



En prévision de l'incapacité
Le mandat de protection



La mesure d'assistance
Une reconnaissance officielle pour vous aider

If you wish to obtain paper versions of these documents, send your order by email or by phone to 1 844 LECURATEUR (532-8728).

How to find what you are looking for?

In order to meet the needs of the population, the clear, concise and popularized contents of this platform are organized by themes and sub-themes that represent "life situations" or "tasks" that citizens must perform. You will find the Curateur public's content mainly under the themes [Family and support for people \(Incapacity and loss of autonomy\)](#) and [Justice and civil status \(Legal protection\)](#).

Saguenay-Lac-Saint-Jean Report

By Ghislain Lavoie, Director



On September 28, 2022, I attended the International Day of Seniors at the [community of Mashteuiatsh](#) with more than 300 participants. The Aboriginals had their say. Nine of our members participated. NAFR donated \$100.00 to TRCA02 and paid for the meal of our 9 participants. I had a booth there that was a great success and made NAFR known. The documentation flew away.

During the swearing-in at the Chicoutimi Legion, as a member I was invited to promote and talk about NAFR.

Having received several questions about improvements to our health insurance (PSHCP), given the large number of improvements, please consult directly the official website: [Improvements and Changes to the Public Service Health Care Plan](#). And if you need more information, please contact me at: voiegis28@gmail.com

Breakfasts:

La Baie – The first Tuesday of each month at the restaurant Lucerne, [1302 rue Bagot, La Baie](#) at 9:00.

Alma – The last Wednesday of each month, at the Pacini restaurant, [1000 boul. des Cascades, Alma](#) at 9:00.



BAS-SAINT-LAURENT-GASPÉSIE REPORT

By Sylvie Harrisson, Director

I represent NAFR on the Table de concertation des aînés de la Matanie. I can tell you that this Table is very active, and we have meetings every 2 months. There are generally 15 to 20 members of various groups in Matane such as: Volunteer Centre, Alzheimer Society, a member of the municipal council, the préfet (reeve) of the MRC, etc... The Table is currently planning a meeting with the regional director of the CISSS du Bas St-Laurent to discuss health issues in our region.

I am responsible for a new subcommittee on housing and seniors.

I am also part of the committee that organizes the «Salon des aînés actifs en action», an annual event to be held on May 6, 2023, at the Polyvalente de Matane. In the past, this show has been very successful. It brings together 300 to 400 people. We are aiming to have a kiosk there on behalf of NAFR.

On September 24, I attended the inauguration of the municipal park named after Lieutenant-Colonel Jean-Charles Forbes, Canada's most decorated French Canadian. Mr. Willeke Pierik Blanchet, former Consul of the Netherlands in Quebec, was in attendance.

Monthly breakfasts have not resumed in Matane or Rivière-du-Loup. We need volunteers willing to get involved for a return of this important activity to break the isolation and create a sense of belonging.

News from the Tables de concertation des aînés (TCA)



Nicole Laveau, By Nicole Laveau, Secretary of the Board of Directors, TCA - Capitale nationale

On October 26, the Table de concertation des aînés de la Capitale Nationale held its regional general meeting. Various presentations will still be offered, these conferences open to all will be held in the afternoon. Here are the next ones:

- December 13, 2022 Retirement in 2040: Comment faire mieux ? with Mr Francois L'Italien
- February 15, 2023, Public transit in the Québec City area
- April 19, 2023, Housing for seniors, all facets with the CIUSSS-CN.

An important information document has been shared and should be very useful to you, the 2022 Guide: [Programs and Services for Seniors \(quebec.ca\)](https://quebec.ca/Programs-and-Services-for-Seniors)

Last May, a seniors summit was organized by various partners. The main issues identified were:

- Health i.e. health and social services, access to a family doctor and the trajectory of services,
- Maintenance of home services,
- Accommodation for seniors.

In the afternoon, we had a presentation of the Summary Report and recommendations of the participants in activities that took place last April. Here is the web link for consultation:

[Quebec City Senior Summit 2022 \(quebec.qc.ca\)](https://quebec.qc.ca/Quebec-City-Senior-Summit-2022)

This concerns Quebec City and its 6 boroughs.

By Serge Boisseau, Représentative - TCA – Chaudière-Appalaches

The TCA will hold its 'Time for Action' Congress on 17-11-2023.

An important scenario on the 5 themes selected during the meeting of November 23, 2021 and the resulting OPINIONS. The 5 themes are:



1. Home care and services
2. Segregation
3. Poverty
4. Transportation***
5. Ageism

At the consultation meeting of November 17, 2022, the TCA-CA, wishing to follow the evolution of the situation on two topics of interest, invited decision-makers to come and report to us on certain developments concerning our region. The two priority

topics will be home care (including home support) and the transportation needs of rural seniors.

For more information, see the Communiqué: [Table de concertation des aînés de Chaudière-Appalaches – POUR LE MIEUX-ÊTRE DES AÎNÉS – PARCE QUE L'AVENIR NOUS APPARTIENT \(tabledesainesca.com\)](https://tabledesainesca.com/POUR-LE-MIEUX-ÊTRE-DES-AÎNÉS-PARCE-QUE-L'AVENIR-NOUS-APPARTIENT)



By **Ghislain Lavoie**, Director and representative - **TCA-02 Chicoutimi**

It is with great pleasure and interest that the members of Table-02 and guests received the Minister responsible for seniors, Marguerite Blais, on July 22. This exchange meeting allowed us to present the senior issues of our region, issues that had been prioritized during our last special consultation meeting in January 2022.

The expectations discussed were:

1. The economic reality of seniors
2. The reality of home support and investments in home help
3. The fiscal reality and the return to employment, the recognition of expertise and active aging
4. A reflection on the implementation of incentives for involvement and social immersion
5. The promotion of good practices in terms of housing, care, caregivers, fight against abuse and promotion of good treatment and services for seniors.

Major Acquisition

By **Guy Abel**, Director



Our Branch has acquired a Poly Studio videoconferencing system to allow board members who cannot travel to participate remotely on the board of directors. The system is portable and allows meetings to be held at different locations.

The Branch hopes to interest future volunteers who cannot or do not want to travel to get involved and participate remotely in the various committees of the Branch.

We have already tested and used the system during our last Board of Directors (BOD), which was held face-to-face and virtually.

Do not hesitate to contact one of the administrators of the Quebec Branch to express your interest in getting involved.

Contributions in 2023

Effective January 1, 2023, annual dues will be \$52.56 for individual membership and \$68.28 for dual membership.

For 82% of Federal Retiree members who pay their dues through source deductions (SCRs), the monthly deductions (one twelfth of the annual amount) will be calculated by the Pension Centre and recorded on the first pension statement of the new year.

Members who have not chosen RCS and pay by cheque or with credit card, if the renewal date is before December 31, 2022, you pay at the 2022 rate, which is \$51.36 (individual membership) and \$66.60 (dual membership). Any payments submitted after 11:59 p.m. Pacific Standard Time on December 31, 2022 (as evidenced by postmark) must be made in 2023 rates.

END OF EPOST SERVICE

Canada Post will end epost™ service by December 2022. Although the Epost service is coming to an end, you can still log in to access and view your mail. The senders you are registered with will tell you how to receive your pay stubs, invoices, and important documents in the future.

We received a lot of questions from our members: How will we receive our documents that we received on Postel: Pension Statement, Annual Member Statement and Tax Documents?

The officer at the Pension Office confirms that steps are being taken to replace the epost service. However, as nothing is finalized, in the meantime, we will receive all documents through the Postal Service.

However, be sure to sign up for the compensation email notification system. It appears that there are still 150,000 public service employees who do not receive important information about their pay, pension, and benefits. To register, click on [Sign Up Notification](#).

Promotional coupon



As a member of the National Association of Federal Retirees, you benefit from exclusive discounts at Biron.

- 15 % discount*** on Biron's laboratory services, sampling and care
- 15 % discount*** on Biron's sleep care
- 10 % discount*** on Medvue and Imagix's Magnetic Resonance Imaging (MRI) examination
- 10 % discount*** on Imagix's computed tomography (CT-Scan)
- 5 % discount*** on Medvue's ultrasounds not covered by RAMQ

To take advantage of this offer, make an appointment by phone : 1 800 463-7674

Biron stands out



Present this promotional coupon or proof of employment at your appointment.

* Biron reserves the right to change this offer at any time at its discretion. Certain exceptions apply.
The discount will not be applied retroactively if the employee does not have the promotional voucher or other proof of employment.
Corporate discounts are not eligible for products in the cpap.biron.com online store.

Biron B

Site web : [Laboratoire, radiologie, sommeil et génétique | Biron](#)

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ACTIVITÉS
SOCIALES
ET VIRTUELLES



VISIOCONFERENCE « Vieillir en santé : le rôle de l'alimentation »



By : Julie St-Jean, Dt.P., nutritionniste at Clinique universitaire de nutrition de l'Université de Montréal

Date : le 23 novembre 2022 à 10h00

By: ZOOM

Registration required, if you are not already registered, do it now.

[Read the communiqué](#)



INVITATION - HOLIDAY EVENING

➤ Saturday on December 3, 2022 at 17h00

➤ Au Terminal de Croisières de Québec, [84 rue Dalhousie Québec Qc G1K 4C4](#) – A beautiful room with illuminated views of the river. There is still availability. If you are not registered, you have until November 25 to do so.

People who have not sent their payment, it would be time to do so. Interac payment to Roland Langevin roland.langevin@videotron.ca or by cheque payable to ANRF– Section de Québec – envoyé par la poste au 309-1250, rue de l'Islet, Québec G2K 2H3

[Read the Communiqué](#)



INVITATION – 5 to 7 of the holidays

COME CELEBRATE THE HOLIDAYS DURING THE VIRTUAL "5 TO 7" HOLIDAY 2022

When: On Wednesday 21, 2022 at 17h00 by ZOOM - Wishes! Music! Surprises! Draws

Register now: [here](#) This is a good way to share the spirit of rejoicing among retired colleagues living in our beautiful great territory. Come celebrate together! An activity much appreciated in recent years!

Les Grands Explorateurs



Conferences are always available online.



The Quebec Branch has a preferential rate



Les Grands Explorateurs offer, for you and your colleagues who are not registered in room, a promotion of 5 cine-conferences at the rate of \$ 102.50 including taxes.

Contact the box office at 514 521-1002 or 1 800 558-1002 mentioning the promo code to obtain this promotion.

You can also subscribe online at the www.lesgrandsexplorateurs.com and always by entering your promo code **LGE-QCANRF!**

Contact the box office at **514 521-1002 or 1 800 558-1002**

mentioning the promo code to obtain this promotion. You can also subscribe online at the www.lesgrandsexplorateurs.com and always by entering your promo code **LGE-QCANRF!**

BRANCH monthly breakfasts

Considering the Holiday Season, there will be no BREAKFAST on Wednesday, December 28, 2022.

Next breakfast on Wednesday, January 25, 2023, at the same location at 8:30 am, at the Normandin restaurant at [986 Bouvier Street, Quebec City](#), 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.

Have your Say

By Guy Abel, Director and member of the Comité Innovation par le Web (COMIWEB)

The September Zoom presentations on "First Nations Rights" and the October Zoom presentations on "NATO and Issues for Canada" were a great success. There was a very good turnout with more than 150 participants. A small survey was sent to participants and a response rate of 50% was obtained.

The survey showed that more than 90% of participants found the presentations interesting and several very good suggestions for future presentation topics were proposed.

You can still watch the NATO presentation on our YouTube channel at <https://youtu.be/jH3zi8G8y78>. Don't miss our upcoming presentations.

Web Innovation Committee



. Edna Richer,
coordinator

Office hours of the Branch

For the holiday season, the office will be closed from December 24, 2022 to January 3, 2023.

Schedule: 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

Website: anrf-sq.org

[Follow us on FACEBOOK](#)

Members of the Communications Committee and Collaborators



Micheline Lefrançois



Edna Richer



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Lise Lavoie



Marianne Lafond



Pierre Marquis



Claude Larochelle



Gilbert Sauvé

NEXT ISSUE JANUARY 15, 2023

