

NEWSLETTER

NAFR - Quebec Branch

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A Word from the President

I hope the summer season is going as well as you would like. The executive committee has hardly slowed down. We are busy with the preparation of the provincial elections in collaboration with the other Branches in Quebec, our two national directors and the Advocacy Section at the National Office.

Our members are concerned about the ever-increasing inflation rate and the impact it is having on the purchasing power of pensioners now. We have brought this concern to the attention of NAFR's National Office. Regarding the indexation rate for our 2022 pension, it was indexed in January 2022 as planned and for 2023, the indexation rate will be calculated in October 2022 to be made public and applied in January 2023. For more information, visit our web page www.anrf-sq.org.

The ninth edition of the Salon FADOQ 50 ans + Régions de Québec et Chaudière-Appalaches will be held on September 30, October 1 and 2 at the Centre de Foires de Québec. This is an opportunity for our branch to be seen and to recruit even federal public servants still in service! Come and see us at the Quebec City Branch booth. It's always nice to chat together.

If there is one certainty, it is that there will be an eighth wave of COVID-19 in the fall. Although there is also a big unknown, what will be the variant at work (its contagiousness, its severity, its ability to thwart vaccine protection, etc.)? We are not left out, because Jean-Marc will very soon mobilize the COVIDExit committee to set in motion an enriched and most interesting program this fall. At least one conference per month if all goes according to plan. Check your newsletters and our website for the program.

Don't forget the breakfasts on the last Wednesday of each month at 8:30 a.m. at the Normandin (Bouvier) restaurant for residents of Quebec City and Chaudière-Appalaches or according to your own schedule elsewhere in the region. For many of our members, we will see you soon at our booth at the Salon de la FADOQ and during our virtual conferences this fall.



In closing, I would like to point out that October 1st will be the [International Day of Older Persons](#) decreed by the UN. This year's theme is Resilience and the contribution of older women. Let us celebrate older women here and around the world by thanking them for their vital contributions in all areas of our society.

Kind regards,
 René Grenier

Advocacy

Our priorities for this election

Managing health care based on science

We are asking each political party for their commitment to Quebec's seniors to put in place the programs and budgets needed to modernize home care and long-term care services.

Over the past two decades, we have witnessed a form of progressive segregation of seniors in Quebec. By choice or by necessity, seniors find themselves in CHSLDs, so-called intermediate resources, seniors' residences (RPAs), condominiums or low-income housing for seniors. The pandemic has dramatically demonstrated that these environments are far from ensuring the safety and access to care of the people who live there. [[Réjean Hébert, Le Soleil, December 20, 2021](#)]

Despite the ongoing pandemic, Quebec's CHSLDs can once again place three or four residents in a single room. An "exceptional" measure", assures the Ministry of Health and Social Services, but one that goes against the report tabled last May by coroner Gehane Kamel. Yet, as early as 2017, well before COVID appeared, the government had asked these same establishments to eliminate rooms with more than two residents. According to Paul Brunet, president of the Council for the Protection of the Sick, "We may look smarter by reducing the number of people waiting on a stretcher, but we're going to make the risk of infection worse, and not just from COVID." "The scientific literature is pretty clear that the number of beds and the number of users per room is associated with an increase in COVID infections. There are several studies that have shown this," adds Dr. Sophie Zhang. [Alexandre Duval, Radio-Canada, August 19, 2022]

It is distressing to note that the major reforms of the last twenty years have not been informed by evidence (the Couillard reforms in 2003 and Barrette in 2015). Major reforms, concocted by medical ministers without a rigorous foundation - established by health services research. It is therefore not surprising that these reforms have failed and have had a negative impact on access to quality services. Instead, they were based on attractive but unproven ideas.

The OECD provides a health database that is the most comprehensive statistical source for comparing the health systems of OECD countries. This essential tool allows for comparative analysis and learning from international comparisons of health systems. The smartest countries are increasingly relying on evidence, obtained from numerous rigorous scientific studies conducted around the world. In our country, why not demand nothing less than that the next Quebec government commits itself to investing massively, based on science, in a reform of the Ministry of Health and Social Services? That the Ministry restore the health care system; implement a strategy for seniors; manage the organization of care and services for seniors; and base its decisions and orientations on evidence (evidence-informed decision-making).

As President of the Quebec City Branch, I am joining the other five Quebec presidents in sending a letter to the leaders of the main political parties to make our priorities known for this election. The Quebec Branches have 32,000 members and represent a good visibility to be heard and to share our priorities with the leaders of the parties.

Make Your Voice Heard

You too have a role to play before the people of Quebec go to the polls in the near future. Make your voice heard with your local candidates to highlight how important these issues are.

[Join us in spreading the word](#): it's time to improve aging in Quebec.



René Grenier, president



Agreement with the PSHCP (Public Service Health Care Plan)

By Diane Legros, éditor-in-chief

In its August 8 message to members, we announced the renewal of the agreement reached after more than two and a half years of negotiations with the PSHCP Partners Committee. Significant enhancements will be in effect on July 1, 2023, in several benefit categories and when Canada Life replaces Sun Life as plan administrator.

I invite you to read about the key gains from the PSHCP that will allow pensioners to save money and achieve their health and wellness goals.

[Information available here](#)



LE SALON fadoq
50 ANS +
Régions de Québec et Chaudière-Appalaches
30 septembre au 2 octobre 2022
Centre de Foires d'ExpoCité (Québec)

We will be present at Le Salon FADOQ !

The Quebec Branch will have its booth at Le Salon FADOQ 2022, which will be held from September 30 to October 2 at the Centre de Foires Expo Cité. Our volunteers will be happy to welcome you.

Several topics will be discussed including housing, health, leisure, conferences, and shows by well-known artists are in preparation.

Spread the word to your pre-retired colleagues and federal retirees! [Here is the exhibitors' website](#). Free admission for all. It is not necessary to be a FADOQ member to participate in the Show.

However, if you wish to become a member of FADOQ, our Branch is an associative member of FADOQ. FADOQ membership card \$20 instead of \$30. Several benefits and discounts on a multitude of products and services. Here is the form: [fadoq - formulaire 2019.pdf \(anrf-sq.org\)](#)





Hearing well means aging well!

Maintaining your hearing health throughout life is key to aging well and staying active.

Here's how good hearing can contribute to slowing the effects of passing time on your quality of life.

Keep up an active social life

Social isolation is one of the first negative impacts of hearing loss. Since all our social relationships are based primarily on oral communication, an emerging hearing problem will inevitably make communication difficult, which encourages gradual social withdrawal. Meet with an audioprosthetist as soon as you notice signs of hearing loss.

Keep Your Brain Healthy

Keeping our minds active helps delay the appearance and progression of cognitive issues. When we maintain good hearing health, our brain continues to receive all kinds of stimuli and that keeps our mind in good shape.

Stay Autonomous

When we take steps to make sure we're hearing well, we're giving ourselves the chance to stay independent as long as possible. Communicating well, understanding what our doctor or pharmacist tells us, and hearing sounds that signal danger or an emergency is essential to independent living.

Hearing well changes everything!

MAESTRO HEARING HEALTH PROGRAM

NAFR members have access to the exclusive Maestro Program offer, which includes a free hearing screening, discounts on a hearing aid maintenance kit, discounts on batteries, accessories and repairs.

For more details, please contact us: <https://www.legroupeforget.com/campagne/programme-sante-auditive-maestro-groupe-forget-audioprothesistes>



Mega recruitment campaign of 2022 – Recruit members and earn big

By Claude Laroche, 2nd Vice-President

Did you know that by helping us recruit new members you could win prizes?

The 2022 recruitment campaign was launched on September 1st. This competition is reserved for members of the Association who are recruiting a new member. By participating, you have a great chance of winning.



The National Bureau (BN) is organizing a recruitment campaign. Members who recruit new members have the chance to win outstanding awards. The campaign began on September 1st and ends on December 31st.

- This year's grand prize is **\$10,000 in cash**, offered by Johnson Insurance.
- Secondary prizes include a **\$5,000 trip**, offered by Collette, **two brand new tablets** offered by Rogers and SimplyConnect,
- **5 \$100 prepaid** credit cards.
- There is also a pre-draw of a **\$500 prepaid credit card**, offered by Rogers and SimplyConnect, which will take place on November 1st. So, refer members early and often!

From September 1st to December 31st, all members who successfully recruit a new member will receive a Tim Hortons gift card valued at \$5 for each new recruit and a ballot to enter the draw for the prizes described above. There are no limits to the amount of coffee cards and entries a member can receive, so the more referred people who become members, the more chances you'll have to win.

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



SAGUENAY-LAC-SAINT-JEAN REPORT

By Ghislain Lavoie, Saguenay-Lac-Saint-Jean Administrator

On September 28, I invite you to participate in the International Day of Seniors in the [community of Mashteuiatsh](#) under the theme "Avec Eux, pour Eux". The national honorary presidency of this event is not held by anyone other than Mr. Pierre Lavoie.

Location: [1516 Ouiatchouan Street, Mastehiatsh](#)

The cost to participate in this beautiful event is \$ 20 including a meal. To get tickets contact me: Ghislain Lavoie, email: voegis28@gmail.com phone: (418) 973-3975

To learn more about this Table event [read the communique here!](#) (In French)

Come and meet me at the table of the Quebec Branch of the Association of Federal Retirees where I will have the pleasure of exchanging with you and introducing you to our association.

Our Breakfasts:

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

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

GASPÉSIE BAS-SAINT-LAURENT REPORT

By Sylvie Harrisson, Director of Bas-St-Laurent-Gaspésie



In May 2023, I was elected representative of the beautiful Bas-St-Laurent-Gaspésie region. I attended two workshops on how the NAFR works.

As a representative of the NAFR, I am a member of the Table de concertation des aînés de la Matanie. It includes all regional organizations related to seniors. I am



also part of the Salon des aînés active in action team. It is an event in Matane that takes place every year to allow us to spend a day under the sign of cheerfulness and good humour. There are various conferences and there are several booths about seniors. Usually there are several hundred people who visit the Salon.

In June, I had the chance to attend a meeting with the Age-Friendly Municipalities by videoconference. We were presented with various projects carried out by municipalities to help seniors. Such as investing in home care, infrastructure works, public transport, etc.

I also had the chance to visit the seniors' residence of St-Ulric de Matane. It is a very interesting NPO as a model of operation.

I would also like to highlight the existence of the Facebook group created by Ms. Suzanne Gauthier to bring together retirees from the federal public service in Matane. There are currently 91 members. Thanks to Suzanne for her beautiful website!



News from the Tables de concertation des aînés (TCA)

Nicole Laveau, Secretary of the Board of Directors, Table de concertation des aînés de la Capitale nationale

Congratulations to Nicole Laveau who has been appointed Secretary of the Board of Directors of the Table de concertation des seniors de la Capitale nationale where Nicole represents the Quebec Branch of the NAFR. Thank you very much, Nicole, for keeping us informed of the Table's events and activities during the year.



Renewal of the Agreement With Les Violons du Roy

The Quebec Branch has just renewed the agreement with Les Violons du Roy, which will grant a 15% discount to members of the NAFR Quebec Branch on the purchase of regular single tickets in sections 1, 2 and 3 to attend the concerts of the 2022-2023 season of the Violons du Roy in Quebec City, by presenting their membership card at the Palais Montcalm box office. The 15% discount does not apply on special rates (17 and under, 18 to 34 and 35 to 45).

You will also find at this link (<https://www.violonsduroy.com/media/j1pbwr5/brochureque22-23-interactive.pdf>) their interactive brochure of the season in Quebec City All the information on the concerts of the season in Quebec City can be found there. In this brochure (on page 15), there is a plan of the Raoul-Jobin room with details of each of the sections (1, 2 and 3).



➤ Visioconference by Me Wina Sioui and Mr. Médérik Sioui

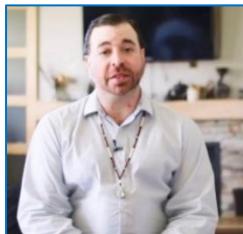
September 21, 2022, at 10:00 a.m.

Topic: The rights and realities of First Nations in Quebec (in French)



The presentation will be made jointly by Wina Sioui (photo on the left), Senior Counsel in First Nations Law, and Médérik Sioui, historian and communicator. After giving us an overview of their respective personal and professional backgrounds, Me Wina Sioui and Mr. Médérik Sioui will present a portrait of First Nations in Quebec, while providing an overview of their historical and legal perspectives, in addition to noting various cultural expressions that testify to their presence, diversity and richness. For more details, [see the Communiqué here](#) (In French)

Registration Required



To participate in the presentation, it is mandatory to register. Please do so [here now](#):

Zoom link

<https://fedretirees-retraitesfed.zoom.us/meeting/register/tZlpduGoqj8uHtbGvLMeuKMw34z9RfoHO0g>
 (photo on the left: M. Médérik Sioui)

After registering, you will receive a confirmation email with instructions on how to join the presentation on the morning of September 21, 2022.



Visioconference by Anessa L. Kimball, on NATO (North Atlantic Treaty Organization) (In French)



**Wednesday, October 5, 2022, at 10:00 am by videoconference zoom
 Professor Kimball will talk about the North Atlantic Treaty and the issues facing Canada in 2022.**

Anessa Kimball is a full professor in the Department of Political Science at Université Laval. Professor Kimball has headed the Center on International Security (CSI) at the Graduate School of International Studies (ETI) since 2019.

Ms. Kimball is co-chairing two themes of the Canadian Defence and Security Network, Climate Security and Security and NATO. She received her Ph.D. in Political Science from the State University of New York–Binghamton, USA. Her research focuses on the interdependence between domestic and foreign policy, defence and security cooperation, Canada-U.S. defence policies, and U.S. elections, international cooperation, and the economics of defence and military procurement.

Professor Kimball is leading two separate research projects on burden-sharing in NATO and the institutional conceptualization of informal defence and security agreements in relation to NATO's new Centre of Excellence on Climate Change and Security.

Registration required

To participate in the presentation. Please do so here now:

Zoom link Registration required.

<https://fedretirees-retraitesfed.zoom.us/meeting/register/tZ0kcOGorTMjH9PpGW260TO60UsqRLHhGNHm>

The Branch's monthly breakfasts in Quebec

Breakfasts are held on the last Wednesday of each month at the Normandin restaurant at 8:30 a.m. at [986 Bouvier Street, Quebec](#), G2J 1A3, 418-627-1265.



Visit of the Jardins Floressens

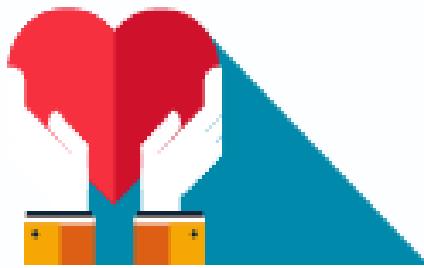
You will remember our virtual conference last February on Seedlings and Seeds offered by Mrs. Johane Boucher, horticulturist and co-owner of the Floressens nursery. ([See March 2022 Newsletter, page 7.](#))

Well, a few weeks ago I took a tour of her beautiful gardens rich in variety of flowers and trees on a site of more than 30,000 m² in the middle of nature. A walk in an undergrowth makes us discover a beautiful collection of unusual bronze ornaments in thematic gardens. Visit the [Floressens Facebook](#) site to see beautiful photos. The gardens are open until September 30th.

Photos : Jardins
 Floressens July 2022
 – Micheline Lefrançois



BECOME A VOLUNTEER FOR OUR BRANCH



We are looking for volunteers to keep the small team in place in various fields of activity:

- Secretary of the Board (4 annual meetings)
- Financial planning
- Any other file that interests you

LET US know your interests and availability.

The Reader Corner

By Micheline Lefrançois, 1st Vice-President



Comments from our members (in French)

Encore très intéressant – félicitations en particulier à Jean Marc et Micheline pour leur implication très généreuse auprès de notre Association – et merci.

Mariette Routhier Grant

Beau travail, merci pour cette belle nouvelle Infolettre, et merci pour vos bons vœux !

Une proposition qui, selon moi, en améliorerait la lecture serait que l'Index soit composé de liens qui nous amèneraient au sujet choisi. **Changement effectué !**

Une très Belle Année 2022 à toute l'Équipe !

Diane Brousseau

Merci à vous tous pour votre bénévolat à l'association des retraités.

La nouvelle Infolettre est très agréable à lire. J'aime beaucoup la version électronique. Les sujets sont diversifiés et intéressants. Félicitations et continuez votre bon travail. C'est apprécié.

Question: Quand pensez-vous que nous pourrons stationner à la GCC à Québec? Lorsque disponible, serait-il possible d'en être avisé. Merci à l'avance.

Édith Latouche, Lectrice assidue

Juste un petit mot pour vous remercier pour le beau et bon travail que vous faites.
Je suis toujours content de recevoir des nouvelles de l'association.

Salutations et merci encore...! André Lévesque

Félicitations pour l'infolettre. Elle est très intéressante, tout en nous informant de diverses choses.
Beau travail. Claude Havard





Reading Suggestion "... mais la vie continue"

By Micheline Lefrançois

I wanted to share with you a favourite of my summer readings. It is an autobiographically inspired novel by the famous Bernard Pivot, French journalist, writer and host of cultural programs, now retired.

His book "... mais la vie continue" is filled with humorous stories about his life as a retiree in the company of his faithful cheerful octogenarian friends. Their thoughts, experiences and self-mockery about aging make us smile more than once. We do not get bored reading this novel and there are also several ideas on how to live happily.

... mais la vie continue de Bernard Pivot de l'Académie Goncourt, édition Albin Michel, 2021 (ISBN :9782226451323)

Note: If you have the desire to share one of your favourite books, do not hesitate to let us know. We will talk about it in our next newsletter! Let us know by email anrf@bellnet.ca



Seniors and Aging

Health information selected by Quebec libraries.

A group of many libraries throughout Quebec has created thematic notebooks on health, containing many references whether through books, websites, films or organizations that have been chosen by experienced booksellers. Libraries provide paper books and a collection of Biblio-Santé e-books.

We present a first information booklet entitled Seniors and Aging.

Find resources to inform and support older adults, from transition to retirement, protection of rights and home help, as well as resources to care for them. Read the notebook on this theme:

[booklet_seniors_and_aging_2022.pdf \(bibliosante.ca\)](http://booklet.seniors_and_aging_2022.pdf) English version.



15 themes are available, we will let you know in the next newsletters: on Cancer, Intellectual Disability, Bereavement, Diabetes, Physical Disabilities, Alzheimer's Disease, Parkinson's Disease, Heart Disease, Lung Diseases, Caregivers, Mental Health. These notebooks are available in French and English.

To learn more about this initiative, the [Association des bibliothèques publiques du Québec \(ABPQ\).](http://Association_des_bibliotheques_publiques_du_Quebec_(ABPQ).)

Thank you very much to our faithful volunteer, Viateur Beaulieu, who shared this find with us.





Edna Richer,
Coordinator

Office hours of the Branch

Our office has resumed its usual schedule

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](#)

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



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.

NEXT ISSUE NOVEMBER 15,2022

Members of the Communications Committee and Collaborators



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