



THE QUÉBEC BRANCH RECIPIENT OF THE NATIONAL AWARD OF RECRUITMENT AND ENGAGEMENT OF MEMBERS -2018-

THANK YOU TO ALL THE VOLUNTEERS OF OUR BRANCH!

«The 2018 Membership and Engagement Award goes to ... the Quebec Branch», said the master of ceremonies! »

This best describes the ultimate moment when we were declared winners of the 2018 Sections Award during the Annual Members Meeting of the National Association of Federal Retirees in Gatineau on June 21st. This award recognizes excellence in the work of our volunteers, administrators, and all members of our branch in the presence of the 175,000 members in Canada represented by the 250 delegates from the 79 sections.

The National Member Recruitment and Engagement Award is adjudicated «to a Branch for excellence in the delivery of programs and activities — such as recruiting campaigns, community outreach, and social functions – which attract, retain, and engage members and contribute to membership growth.»

To those who congratulated us, our representatives underlined that this Prize «is a reward for the team effort of all our volunteers, who have worked tirelessly to provide quality services to promote the primary mission of our Association: advocacy for our members' pension revenues and the protection of their health care plan».

«Thank you very much to the board members and to all of you who so generously volunteer, to always move forward to improve member services and recruitment», says our President.

Mr. Jean-Guy Soulière, National President gives the award to our President, Jean-Marc Demers accompanied by Yves Bouchard, 1^{er} VP, Serge Boisseau 2^e VP et Micheline Lefrançois, administrator.

Photo : Lise Lavoie



A word from the president



Dear Members and friends,

The long-awaited summer holidays are almost here, but just before taking a break from our emails, I would like to share with you some topics of interest to seniors, and other section activities.

Our colleague Yvan Vigneault, Director of the advocacy for Quebec, has brought to our attention a recent document entitled: for a Quebec worthy of its elders.

This document, which is a few pages long, is of great importance to seniors' issues through 16 titles developed by 5 associations with more than 700,000 seniors. These titles come together under the following points:

1. care and services at home and in CHSLDs
2. caregivers
3. prevention
4. retirement income and
5. housing

These 16 titles were submitted by the following signatory associations "to inspire a Quebec worthy of its seniors": the FADOQ Network, the Association of Retired and Retired Education and Other Public Services of Quebec (AREQ-CSQ), the Quebec Association of Retirees in the Public and Parapublic Sectors (AQRP), the Quebec Association for the Defence of Retired and Early Retired Persons (AQDR) and the Interprofessional Regroupment of Retired Health Care Providers (RIIRS) .

As we approach the provincial elections, this is a summary of seniors' expectations that can certainly inspire our politicians. I invite you to consult this very interesting [short brochure](#) (In French)..

In addition, our newsletter is just in time to mark the [World Elder Abuse Awareness Day](#). "Between 1995 and 2025, the number of people over 60 worldwide is expected to at least double, from 542 million to about 1.2 billion. It is estimated that between 4% and 6% of older people have experienced some form of abuse at home.... "

I strongly encourage you to read and share the [United Nations General Assembly resolution 66/127](#), which designated June 15th as World Elder Abuse Awareness Day. This day is the only day of the year when the whole world expresses its opposition to the abuse and suffering inflicted on older generations.

To learn more, [follow this link](#).(in French).

Source: Website of the Conference of Regional Tables of Consultation of seniors of Quebec

Our regional information meetings

It is always with a renewed pleasure that we travel to meet our many members (over 1000 members) residing outside the large area of Quebec-Lévis. We want to maintain a link with them as if they lived within walking distance of our office. We want exchange, consult, listen and share our association priorities. In addition, I would like to thank the sponsors Groupe Forget Audioprothésistes and Johnson Assurance, who helped us carry out this project this year.

Thus, our annual regional information meeting was held on May 10th in Rimouski, for the members of Bas-Saint-Laurent-Gaspésie. I thank all the members who participated, the first vice-president Yves Bouchard who presided, Michel Rancourt, secretary of the branch and member of the Board for the region that set it up, and the second vice-president Serge Boisseau for his stimulating interventions on recruitment and retention of members, and the recognition of volunteers. A more detailed report can be found further on.

The Saguenay-Lac-Saint-Jean members' meeting was held on May 17th in Chicoutimi. I also thank all these members for their active participation. I thank Serge Boisseau for his contagious enthusiasm as master of ceremonies and host of several points, Colette Bouchard member of the Board for this region who welcomed the members and reported on regional activities, and Micheline Lefrançois member of the Board responsible for communications who animated a discussion about our communication services.

A little further down in these pages, you can read a summary of these meetings and see beautiful photos of these assemblies.

Summer break

As every year, the newsletter will take a summer break for the months of July and August. We will give our volunteers a break. We will be back in September.

Have a nice summer vacation!



Jean-Marc Demers, president

In addition to the President's message,
here are the list of topics covered in this newsletter:

- Reports of the regional information meetings of Bas-Saint-Laurent-Gaspésie and Saguenay-Lac-Saint-Jean
- Recruitment and involvement
- Information capsule
- Social activities of the Branch
- Participate in a research project on aging and language
- Branch and sub-branch breakfasts
- Quebec Health Notebook
- Opening hours of the office for the summer period

Sub-Branch Bas-Saint-Laurent -Gaspésie

Michel Rancourt, administrator and Branch secretary

The Regional Information Assembly of May 10th, 2018

Michel Rancourt, director of the Bas-Saint-Laurent-Gaspésie sub-branch welcomed members and guests from the region on May 10th, 2018 as part of the annual regional information meeting. The members came from Rivière-du-Loup and as far as Gaspé. Michel Rancourt reported on the activities that have been held in the region and the different implications on its territory.



Yves Bouchard, 1st VP of the Quebec City Branch and Serge Boisseau 2nd VP presented the annual financial report, as well as the main activities in recruitment and retention, recognition and social activities and communication. Marie-Hélène Chouinard, lecturer and executive director of L'APPUI for senior caregivers in Bas-St-Laurent, presented the tools used to help a caregiver in his role towards a senior.

A booth from our partner Groupe Forget Audioprothésiste was on hand to answer questions and perform a hearing screening test.



Participants at the Assembly
* Photos: Yves Bouchard



Yves Bouchard, Marie-Hélène Chouinard
and Michel Rancourt



Yves Bouchard, the winner of the Groupe Forget (GF) draw, GF representative and
Serge Boisseau

*See the photo gallery of our assembly at [the following link!](#)

Saguenay-Lac-Saint-Jean Sub-Branch

by Colette Bouchard Administrator

Regional Information Assembly in Chicoutimi May 17th, 2018

The Saguenay-Lac-Saint-Jean sub-branch Regional Assembly was well appreciated by the participants.



Colette Bouchard, sub-branch director, delivered her 2017 activity report and highlighted the importance of involving local people in NAFR's activities. Jean-Marc Demers, President of the Quebec Branch, accompanied by Serge Boisseau 2nd VP and Micheline Lefrançois Director of Communications for the branch, presented the annual financial report as well as the main activities related to recruitment and retention, recognition, social activities and communication.

Representatives from Groupe Forget Audioprothésiste were on hand to answer questions and offer a hearing screening test to those interested.

Michel Saint-Hilaire, who was the sub-branch Director for many years, received a recognition award. Colette Bouchard, director since 2017, announced that she can no longer continue. Many thanks to Colette and Michel for their involvement in the association. We are all pleased that you remain very active members of NAFR.

The members present agreed to propose Mr. Ghislain Lavoie as a member of the Board of Directors of the sub-branch. This proposal was put on the agenda of the Board, and on May 22nd, Mr. Lavoie was appointed as a member of the Board to complete Ms. Bouchard's mandate. Welcome Mr. Lavoie!



Members at the meeting of May 17th, 2018



Michel Saint-Hilaire received a recognition award from Jean-Marc Demers for his many years of involvement as a representative of the region. Colette Bouchard was the representative during 2017.



Jean-François Carignan, tax speaker at revenue Québec, Jean-Marc Demers and Serge Boisseau

Photos by : Micheline Lefrançois



Ghislain Lavoie, - Ghislain Lavoie, new director for the Saguenay-Lac-Saint-Jean sub-branch

See the photo gallery of our assembly at the [following link!](#)

New partner for the Saguenay-Lac-Saint-Jean sub-branch

The Quebec sub-branch is pleased to announce that members of the Saguenay-Lac-Saint-Jean as well as all members of the Quebec branch of NAFR will benefit from a 15% discount at Carré Visual Clinic in Chicoutimi. This discount applies at all times to lenses and frames. Simply identify yourself with your NAFR card.



Carré Clinique Visuelle: Glasses and Contact Lenses in Chicoutimi

491, rue Des Champs-Élysées, Chicoutimi, QC G7H 5V7 (Édifice Savard)

(418) 545-4318

www.carrecliniquevisuelle.com/

NAFR Members will benefit of a 15% reduction on glasses and frames.

RECRUITMENT AND INVOLVEMENT

by Serge Boisseau, 2nd Vice-President

Our branch continues its involvement to make our association known to future federal government retirees and thus encourage recruitment under the theme [I RECRUIT, I GET INVOLVED](#) (in French)



Je recrute, je m'implique

On May 25th, an information booth was set up for Fisheries and Oceans Canada and Coast Guard Canada staff at the Museum of Civilization for an annual meeting of approximately 150 people. Serge Boisseau and Nicole Laveau answered their many questions about our association mission and objectives. They took this opportunity to distribute documentation about our association and its partners.

On May 27th, as part of our recruitment program, Yves Bouchard, 1st VP of the Branch made a presentation to the Retirees Association of the Department of Fisheries and Oceans, the Coast Guard of Canada and Transport Canada (social club). 100 people were present.

In his presentation, Mr. Bouchard presented the NAFR mission and organization, highlights and its involvement, the partnership program, social activities and the importance of communication for all activities of the Quebec branch. *(Picture on the right: Serge Boisseau, 2nd VP and Nicole Laveau, Administrator - Quebec branch May 25th, 2018).*



Mr. Bouchard thanked Mr. Gilles Marcotte, President of the Association of Retirees of Fisheries and Oceans Canada and Canadian Coast Guard Quebec Region wishes that communication continues between our two associations.



Yves Bouchard, Gilles Marcotte, Pierre Landry, Nicole Laveau - Retirees' Association Fisheries and Oceans Canada, Canadian Coast Guard, Transport Canada - May 27th, 2018

NAFR Kiosks at National Public Service Week of Canada



Public Services and Procurement Canada
(600 employees) 1550, avenue d'Estimauville
Québec.

Photo : Pierre Marquis, volunteer,
Communications Committee, June 13, 2018



**Canada Revenue Agency, Translation Bureau,
Transportation Safety Board, Canadian
Armed Forces/Recruitment Center** (600
employees) 2575, Boul. Sainte-Anne, Québec.

Photo: Micheline Lefrançois, member of the
Board, Québec Branch, June 14, 2018

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Tél. : 418- 529-3371 | lepinecloutier.com

Think of your funeral rituals

When funerals and pre-arrangements are brought up in a conversation, people often stop at their choice between cremation and embalming. However, these two options are only about the disposition arrangements and not about your choice of rituals. In the past, religion guided everyone's rituals, but today, people feel free to personalize them. Nowadays, funeral rituals are mostly about the different ways to honour and say farewell to the deceased.

Do you want a ceremony in a chapel, a church or in another religious temple? Do you wish that your relatives could come to say their goodbyes over several days? Do you want your body to be exposed for the public or simply for your family?

The options are unlimited, because each person is different and has distinct needs. When the time to reflect on your pre-arrangements comes, talk to your relatives about their needs and communicate your will. Don't stop at the disposition mode, your choices of funeral rituals will personalize your departure.

If you have questions regarding the different options that are available to you, don't hesitate to contact us. Our professionals are here to accompany you in your choices of rituals, dispositions, burials and any other options that could be of interest to you.

Information capsules

by Nicole Laveau, Administrator

From April 16th to 18th, was held the 7th Symposium organized by the Quebec Network of Housing NPOs (RQOH) in Quebec City. There were over 550 participants from across the province, with over 25 workshops and 7 forums.



Reference: [The Quebec Network of Housing NPOs \(RQOH\)](#)

You can consult their website to view summaries of all the workshops and forums as well as the video content of the conferences.

Among all these workshops, one dealt with "Non-profit housing for seniors and home certification".

The representatives of the Department of Health and Social Services explained the new regulation on the certification of residences for seniors (CRS), in effect since April 5th, 2018. They explained in detail the issues involved in recognizing a seniors' residence.

The main points covered were on the following subjects:

- Distinction of the four categories of services that can be offered in RRSs
- Definition of modified and thinned services to avoid exclusion of RRSs
- General provisions on the certification of an RRS
- Minimum threshold of supervision, depending on RRS category and number of units
- Assistance program for the installation of sprinklers in the RRSs, which is variable according to the number of units
- And many other points...

You can consult the complete presentation [with this web link](#). (In French)

Subsequently, the participants' questions clarified important impacts if an RRS is not "certified", such as the lack of access to financing for sprinklers and the non-eligibility of the home support tax credit for residents over 70 years of age. This is not insignificant.

Social activities of the Branch

by the members of the social activities committee



**Activités sociales
de la Section**
Voir les détails ici!

Reminder about the social activities of the Section

The Social Activities Committee now has its page on the website. We invite you to check it frequently to find out more about our events. [Follow this link!](#) (in French)



MUSICAL BRUNCH AT THE [DOMAINE FORGET](#) AND [CASINO IN CHARLEVOIX](#)

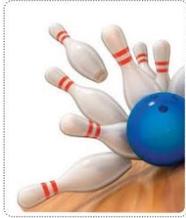
FULL - SORRY, THERE ARE NO MORE PLACES AVAILABLE

The deadline for payment for those already booked is July 15 2018. Please send your cheque for \$ 79.00 per participant to NARF. See address below. Payment may also be made in person during the Section Breakfast of Wednesday, June 27th at Tomas Tam.

INFORMATION FOR PERSONS REGISTERED IN THE DOMAINE FORGET ACTIVITY OF JULY 29th, 2018.

- Meeting place: at 9:30 am at Fleur de Lys shopping centre - La Baie parking - Return is scheduled at around 10:00 pm, in Quebec City
- Payment: Make a check dated July 15th, 2018, of \$ 79 per person, payable to NARF - Quebec

Branch and mail it to the NAFR office 660, 57th Street West, app. 162, Québec City, Quebec, G1H 7L8 - Telephone: (418) 661-4896 toll free: 1-866-661-4896 - Email: anrf@bellnet.ca



THE BRANCH BOWLING LEAGUE

The bowling season will start again on September 4th, 2018.

Every Tuesday at 1:00 pm at Centre Mgr Marcoux, 1885, chemin de la Canardière, Québec.

Come and have fun by joining the team, contact Robert Blondeau or Francine Godbout 418-626-2802 - Email: blonro@videotron.ca

[See our page on the web site!](#) (In French)

Participate in a research project on aging and language

by *Micheline Lefrançois*

We invite you to read this study by the Université Laval Rehabilitation Department, which is aimed at people, aged 80 and over who "aims to better understand the benefits of choral singing on communication and the brain while aging. Financial compensation is provided for candidates.



**LABORATOIRE DES NEUROSCIENCES
DE LA PAROLE ET DE L'AUDITION**

**SPEECH AND HEARING
NEUROSCIENCE LABORATORY**

[The Speech and Hearing Neuroscience Laboratory](#) is looking for healthy singers and non-singers (men and women) aged 80 and over to participate in a study to better understand the benefits of choral singing on communication and the brain while aging.

During this study, you will be asked to complete a few questionnaires and perform tests to assess your voice, articulation, hearing and cognitive functioning. This visit will take approximately 2.5 hours and will take place at the [CERVO Research Center, 2601 de la Canardière, Québec city.](#)

During a second visit, you will undergo a magnetic resonance imaging (MRI) scan of your brain. This visit will last approximately 1 hour.

Financial compensation is provided.

To participate in this study, you must be a non-smoker and have Quebec French language as your mother tongue.

Note that we are recruiting singers and non-singers!

For more information:

418-663-5000 ext. 4231

laboratoireparole@crulrg.ulaval.ca www.speechneurolab.ca

This study is under the responsibility of Pascale Tremblay, Associate Professor in the Department of Rehabilitation at Laval University and a researcher at the **CERVO** Research Center, and has been approved by CIUSSS's Committee on Ethics for Sectorial Research in Neurosciences and Mental Health. -CN (project # 2017-192).

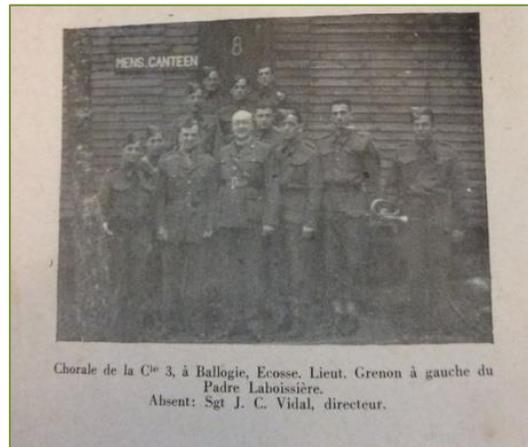
NOTICE - INFORMATION WANTED



Members of Lieutenant Roland Grenon's family are looking for information in order to learn more about their father's life.

(Photo) 1939-1945 (printed June 10th, 1948), author Major Father Alphonse-Claude Labossière, Franciscan, Chief Chaplain in Italy, Chaplain of the Royal 22nd Regiment in Africa and Italy, Chaplain of Canadian Foresters in Scotland.

Source: Journal of a Canadian Army Chaplain



Lieutenant Roland Grenon, Royal 22e Régiment, Veteran of the Second World War, born in 1905 and died in 1972. He was in charge of the Sawmill at Cie 3 des Forestiers Canadien at the sawmill near Balmoral. Lieutenant Grenon was released from Aberdeen towards the end of the Second World War to return to Canada.

If you have any information about Lieutenant Grenon, please contact his family; Mrs. Camille Grenon at 450-741-3641. Thank you for your collaboration.

Note: This request is published at the request of a member. The branch takes no responsibility for this. ML

Quebec Branch Breakfast

Our Quebec breakfasts are held on the last Wednesday of the month, even during the summer months.

The next breakfast will be held on Wednesday, June 27th from 8:30 AM, at the [Tomas Tam Restaurant at 325 Marais Street in Quebec City \(Vanier\), G1M 3A2](#) - Phone: 418-527-2211.

The members who attend the lunches always enjoy the location, atmosphere and draw.

A warm place to spend a summer morning.

Monthly sub-branch Breakfast for the Bas-Saint-Laurent-Gaspésie

Take note that the Breakfasts in Rivière-du-Loup will pause for June, July and August. Back in September.

Watch for the dates on the [branch's calendar](#) (in French).

Monthly sub-branch breakfasts:

Breakfast - The Bay - last Breakfast was held on June 5th. Will pause for July and August. Back in September.

Breakfast - Alma - Will pause for June, July and August. Back in September.

Breakfast - Chicoutimi - Will pause in June, July, August. Back in September.

Watch for dates on the [branch's calendar](#) (in French).

Québec Health Booklet

by Viateur Beaulieu, of the Communication Committee from the Bas-Saint-Laurent-Gaspésie Sub-Branch.

Did you know that since May 22nd, Quebec residents have been able to access their health record by using a reliable, secure and free online service offering some of their personal health information as well as services allowing them to better take control of their health.



To register: <https://carnetsante.gouv.qc.ca/portail>

Thanks to an authentication service, users will be able to:

1. consult their list of medication received in pharmacies;
2. view their sampling results;
3. view their medical imaging reports;
4. register with the Family Physician Access Desk and change their registration as needed;
5. make an appointment online with a family doctor using the Rendez-vous santé Québec service;

Other services will be added to those already available, particularly from September 2018.

[View a short video](#) about this booklet (in French).

Source: [Department of Health and Portail Québec Communiqué](#)

Office hours for the summer period
From June 23rd to September 1st, our office will be open
1:30 to 4:30 pm Wednesdays and Thursdays.
You may leave a message in our voice mail at any time;
We will be happy to call you back.

Please note that the next newsletter will be published in Mid-September. The Communications Committee is taking a summer break for the months of July and August.



Enjoy your summer!

* Collaboration of Ginette and Len McCoubrey for the revision of the English version and Lise Lavoie, photographer for the branch activities.

Your Communication Committee:



Yves Bouchard Serge Boisseau Micheline Lefrançois Nicole Laveau Edna Richer



Pierre Marquis Lise Lavoie Len McCoubrey Ginette McCoubrey Viateur Beaulieu