



Association nationale des retraités fédéraux / National Association of Federal Retirees

OUTAOUAIS

Newsletter - September 2021

UPDATE ON OUTAOUAIS BRANCH'S OPERATIONS

The Outaouais Branch's office resumed operations in September 2021, following its closure for the summer period. However, the Branch's staff will continue to operate in telework mode as long as this is recommended by the health authorities. You can reach us by e-mail at admin@anrf-outaouais.ca or by phone at (819) 776-4128. We will do our best to respond within 24 to 48 hours. Thank you for your understanding, and we look forward to serving you.

THE MEGA RECRUITMENT CAMPAIGN (MRC) FOR FEDERAL RETIREES



The Mega Recruitment Campaign (MRC) is underway! The MRC remains our most ambitious and largest annual recruitment campaign. It is also a great opportunity for members like you to win many great prizes, simply by recruiting new members. For more information click on the [Mega Membership Drive](#) website, or call the Membership and Recruitment team to refer someone by phone (1-855-304-4700)

EXCEPTIONAL SENIORS

The Table de concertation des aînés et retraités de l'Outaouais (TCARO), in collaboration with Retraités fédéraux, Outaouais Branch, is launching the "**Outstanding Seniors**" project to highlight the social, civic and professional commitment of Outaouais seniors. Accordingly, we invite you to submit the candidacy of a senior (you, perhaps?) who has had a positive impact in his, or her community and who, in the eyes of younger people, has done exceptional things, whether it be volunteering for a non-profit organization in the Outaouais; growing a garden in his or her backyard and sharing the harvest with his or her community every year; donating blood on a regular basis for several years; tutoring young people in their schooling, or other exceptional actions. To

be eligible, the candidate must reside in the Outaouais region and be a senior of 50 years of age or older. To submit a nomination for an exceptional senior, simply complete the form by clicking [here](#). Please note that the closing date of October 1st for nominations has been extended.

REGIONAL PREFERENTIAL PRICING PROGRAM (RPPP)

We are in the process of updating our regional discount program which is designed to offer you great discounts from area businesses that are not normally available to the public. We would like to invite you to identify merchants in your area who may be interested in joining this program. If you have any recommendations, please send them to us via email, including their contact information and a brief description of the services offered or proposed as discounts and we will follow up with the suggested merchant(s) and/or supplier(s). If you have any questions about our preferred partner program, please contact us at (819) 776-4128 or by email at admin@anrf-outaouais.ca.



Jacques Lecompte, Secretary, and Responsible for the Regional Preferential Pricing Program

VIDEOCONFERENCES

In July, Maitre M. Turpin gave a conference on wills in Quebec in both official languages. If you missed the event you can view it by following the link below, depending on your language preference: [French](#) or [English](#). These links will be available until October 19, 2021.

In September, a videoconference was offered by Dr. Richard Bergeron on "La mémoire et le vieillissement" (French only). If you missed the event, you can view it by [clicking here](#). The link will be available until October 19, 2021.

Happy viewing.

Upcoming videoconferences: In

In October, the two videoconferences offered in French earlier in September by Dr. Richard Bergeron will be offered in English by Dr. Melissa Snyder, a neuroscientist specializing in Alzheimer's disease. She practices at the Ottawa Memory Clinic.



Title: The aging brain

Speaker: Dr. Melissa Snyder

- 1 The Aging Brain: It's inevitable but not always adverse.
- 2 Aging has an impact on brain function.
- 3 Positive and negative influences on brain aging?
- 4 It's never too early or late to influence the aging brain.

Date : October 5th, 2021 from 7 to 8 PM

Registration : [The aging brain.](#)

Title: Alzheimer disease

Speaker: Dr. Melissa Snyder

1. Prevalence and early symptoms
2. Pathophysiology and brain function
3. Risk factors and disease progression
4. Clinical research and hope for the future

Date : October 12th, 2021 from 7 to 8 PM

Registration : [The Alzheimer disease.](#)

We wish you a pleasant and healthy fall.
Sincerely,



Donald Déry
President,
Federal retirees, Outaouais Chapter

CONTACT INFORMATION FOR THE OUTAOUAIS CHAPTER

Hours of operation: Monday to Thursday, 9:00 a.m. to 3:00 p.m., (currently telecommuting)

Address: 115-331 de la Cité-des-Jeunes Blvd, Gatineau QC J8Y 6T3

Telephone: 819-776-4128 / 1-888-776-4128 (toll free)

Email: admin@anrf-outaouais.ca

Facebook: <https://www.facebook.com/anrfoutaouais/?ref=bookmarks>

Web: <https://www.retraitesfederaux.ca/fr/sections/quebec/section-outaouais>