



## Outaouais Branch — Newsletter for the Month of April 2022

Dear Members:

The purpose of this newsletter is to send you the latest news from your Branch.

In particular:

1. Reminder - Notice of meeting for the 30<sup>th</sup> Annual General Meeting of the NAFR – Outaouais
2. Minutes of the NAFR-Outaouais meeting with the Honorable Steven Mackinnon
3. Videoconference on wild mushrooms
4. Wines and cheese from the Mathieu-Froment Foundation
5. SAAQ – Changes to the Driver Health Program

### 1. Reminder - Notice of Meeting for the 30<sup>th</sup> Annual General Meeting of NAFR - Outaouais

We are pleased to invite you to the Annual General Meeting (AGM) of the Outaouais Branch, which will take place in person at the Saveurs des continents restaurant (formerly Buffet des continents) on **Wednesday, April 20, 2022, from 9:30 a.m. to 12:00 p.m.** Refreshments will be offered starting at **9:00 a.m.** A meal will also be offered following the AGM. Attendance prizes will be drawn at the end of the meeting.

### PRESENTATION

Come and hear from Dr. Guy Morissette on the subject of medical assistance in dying in the Outaouais. If you have specific questions for Dr. Morissette, please submit them to us by email at [aga@anrf-outaouais.ca](mailto:aga@anrf-outaouais.ca) no later than April 12, 2022.

### DOCUMENTATION

A copy of the 2021 AGM minutes, financial statements, proposed resolutions, nomination documents and all other documents relevant to this meeting are available on our [2022 | Federal retirees \(federalretirees.ca\)](https://2022.federalretirees.ca). A hard copy of the 2021 Annual Report will be distributed to you upon your arrival.

## REGISTRATION

Registration is required to attend the 2022 AGM and you must **confirm your attendance no later than April 15, 2022**. [To register, click here](#). If you have any questions about the AGM, do not hesitate to contact us by email at [aga@anrf-outaouais.ca](mailto:aga@anrf-outaouais.ca) or by phone at (819) 776-4128.

We would like to thank Groupe Forget, Financière Banque Nationale, le District, and Village Riviera for sponsoring the meal provided at the Annual General Meeting.



## 2. Minutes of the NAFR-Outaouais meeting with the Honorable Steve McKinnon

In the February newsletter, I informed you that I had sent a letter of congratulations to the six federal MPs elected and re-elected following last fall's election and requested a meeting with each of them to discuss priorities that concern federal retirees and all seniors in the Outaouais.

On March 7, I met with the Honorable Steve McKinnon, along with our vice-president, Andrée Lise Provost. During this meeting, the focus was on retirement income security for seniors in the Outaouais region. We then reported on problems experienced by some retirees in the payment of severance pay. Mr. MacKinnon told us that although many problems remain, many have been resolved. System administrators are proceeding by transaction types and several of these have been settled. However, if a case contains more than one type of unresolved transaction, it may take longer for that case to be completed.

We also asked him how the present government will ensure that the future austerity measures envisaged by many, will not affect public service retirees and what this government intends to do to ensure the security of retirement income for seniors. in general.

To this question, Mr. MacKinnon replied that on the one hand, he did not believe that the retirement incomes of federal public servants were currently under any scrutiny, and that on the other hand, the government would continue to concern itself with the income of the elderly, citing as an example, the increase in Old Age Security for over 75s. In addition, he assured us that the government would continue to target the poorest in this exercise.

This meeting allows us to continue to advocate for your interests, which is our number one priority.

### 3. Videoconference on Wild Mushrooms



Does the wonderful world of wild mushrooms intrigue you? If you want to know more, this videoconference is for you. The Outaouais Branch invites you to this session offered by Michelle Page, member of the Board of Directors of the Outaouais Mycologists Club for 3 years.

Over the years she has developed a particular expertise in the identification of wild mushrooms, learned from her childhood, and later after her arrival in Quebec by taking part in field trips. She is also responsible for communications on the NAFR Outaouais Board and organizer of videoconferences.

The objective of this presentation is to introduce you to the identification and picking of wild mushrooms, an activity for young and old that can be compared to a treasure hunt!

The presentation will be offered in French on May 10 at 10 a.m. If you are interested, you must register by clicking on this link: <https://fedretirees-retraitesfed.zoom.us/meeting/register/tZlqcuCtqD8sH9yHwRfZpnJnPRHJsoTOeOsV>

### 4. Wines and Cheese from the Mathieu-Froment Foundation



For the second consecutive year, the Mathieu-Froment Foundation, La Maison des Collines, and La Résidence le Monarque are joining forces to host a Wine and Cheese Evening, which will take place virtually on Saturday, April 30 at 6:30 p.m. on Facebook Live.

It is with great pleasure that we invite you to join us to support this event. As you know, these residences need your support to ensure their sustainability.

As part of this event hosted by Guy Leblanc, you will have the opportunity to enjoy the delicacies contained in your tasting box in the comfort of your home, as well as attending the performance of Mme Marie Leblanc and hearing some testimonials.

Today, more than ever, our palliative care homes need us. With the pandemic, the majority of these organizations' fundraisers had to be cancelled. Although they receive 49% of their income in government grants, the loss of fundraising activities has meant that the shortfall was not made up.

Our contribution is therefore essential to enable them to fulfill their mission, which is to welcome and support people at the end of life and their families, free of charge, and to allow them to live as comfortably as possible in their last moments, with respect, dignity, and compassion.

***The annual wine and cheese of the Mathieu Froment-Savoie Foundation will be held on April 30. A wonderful event not to be missed. To order your tasting box:***

<https://www.canadahelps.org/.../wine-and-cheese-2022/>

## 5. SAAQ – Modifications to the Driver State of Health Program

The Société d'assurance automobile du Québec (SAAQ) has made changes to its Driver State of Health Program, a medical assessment of driving ability, by adapting its screening methods for at-risk drivers. A new medical self-declaration form has been introduced for drivers aged 75. Before reaching age 75, these drivers will receive the form by mail so that they can self-declare their state of health. This form replaces the medical examination report and visual examination report that were previously required.

From now on, only drivers who have declared a medical condition that may not be compatible with the safe driving of a vehicle will be subject to examinations by health professionals. For their part, people who are aged 80 or over will continue to undergo medical and visual examinations to verify their fitness to drive.

It is also important to note that drivers will be required to declare any change in their state of health within 30 days of such a change.

If you have any questions, you are invited to visit the “Health and Safety of Seniors on the Road” section of the SAAQ website, at <https://saaq.gouv.qc.ca/en/road-safety/client-groups/seniors>

Looking forward to seeing you again at one of our various activities. Especially, we hope to finally see each other again during our first in person activity in more than two years, our AGM on April 20.



Donald Déry, President  
National Association of Federal Retirees

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