



Outaouais Branch – May 2022 Newsletter

Dear members:

The purpose of this newsletter is to send you the latest news from your section, in particular:

1. Congratulations to the newly elected members of the NAFR Board of Directors – Outaouais as of April 20, 2022
2. Appointment of Andrée-Lise Provost as Quebec District Director
3. Quebec District Meeting in Gatineau
4. Special Committee on Branch Funding
5. Videoconference with Johnson's MEDOC travel agency – May 17, 2022
6. Videoconference by Dr. Guy Morissette on medical assistance in dying – May 26, 2022
7. Help protect the elderly against heat

1. Congratulations to the newly elected members of the NAFR Board of Directors – Outaouais as of April 20, 2022

The 30th general assembly of the NAFR – Outaouais was held on April 20 at the Saveurs des continents restaurant. On this occasion, four outgoing directors sought a new two-year term on the Board of Directors and two new members joined the Board, all being elected by acclamation.

The composition of the new NAFR-Outaouais Board of Directors for 2022-2023 is: Donald Dery, President, Michael MacNeil, Vice-president, René Caron, Treasurer, Jacques Lecompte, Secretary and Member Retention-Recruitment Program, Michelle Page, Communications, Alan Conway, Communications, and, Michel Gaudreau, Volunteer Retention-Recruitment Program.

We would like to thank Groupe Forget, National Bank Financial, le District and le Village Riviera who sponsored the meal offered at the Annual General Meeting.



2. Appointment of Andrée-Lise Provost as Quebec District Director



We would like to congratulate Mme Andrée-Lise Provost on her recent appointment as Director of the District of Quebec.

Note that Ms. Provost will remain an advisor to the NAFR-Outaouais Board of Directors.

3. Meeting of the Québec District in Gatineau

The Outaouais Branch hosted the Quebec District meeting held in Gatineau on May 4 and 5. This meeting was attended by representatives of the six Quebec branches, the National Board of Directors, the Directors of the Quebec District, as well as the directors of the national office of the Association.

Participants discussed governance, branch funding, member recruitment and retention, the action plan for the upcoming Quebec elections, and French communications in Quebec.

4. Special Committee on Branch Financing

In the Fall of 2021, the Annual Meeting of Members resolved to form a special committee to make recommendations on funding requirements of branches across the country. Mr. Donald Déry represents the District of Quebec on this committee, in collaboration with Mr. Michael MacNeil, vice-president of the Outaouais Branch.

The challenge is to clearly define the basic responsibilities of the sections and the resources required to carry out these responsibilities. The committee is to issue its recommendations to the 2023 Annual Meeting of Members. File to follow.



5. Videoconference – Johnson's MEDOC Travel Agency – May 17, 2022

The Montreal Branch has organized an information session on Johnson's MEDOC Travel Insurance, which members of our branch are welcome to attend free of charge. This virtual session, in French only, will take place on Zoom on May 17, 2022, at 1:30 p.m.

To join the Zoom session, you will need to download the app. A [Quick Guide to Participants](#) is provided, to help you through the process.

To participate you must register before May 12, 2022. To register please [click here](#). Once registered, you will receive a confirmation email with instructions for joining the meeting.

6. Videoconference with Dr. Guy Morissette on Medical Assistance in Dying – May 26, 2022



Hear from Dr. Guy Morissette on the subject of medical assistance in dying in the Outaouais. The purpose of the presentation is to familiarize participants with the concept of medical assistance in dying as understood in 2022, to explain the eligibility rules and the evaluation procedure, and to describe the administration of care and what is involved.

A physician by training, Dr. Morissette has been practicing family medicine for over 42 years. In the last ten years, his medical practice has been exclusively devoted to elderly people with loss of autonomy while being involved in all aspects of end-of-life care and medical assistance in dying at the regional, provincial and national levels.

The presentation will be offered in English on May 26 at 10 a.m. If you are interested, you must register by clicking on this link: <https://fedretirees-retraitesfed.zoom.us/meeting/register/tZYodeqtqTojH9LHHzOJiYgR-QO4fUO45zGB#/registration>

7. Help protect the elderly against heat

The deadliest heat event in Canadian history occurred last summer. Older people are more vulnerable to heat-related illnesses or deaths. Led by Glen Kenny, the **University of Ottawa's Human and Environmental Physiology Research Unit** is conducting an online survey to understand how Canadians aged 50 and over assess and perceive the risks of extreme heat for health.

The results of the survey will help develop new guidelines and communicate about heat protection for vulnerable older adults. [Click here to take part in the survey in French.](#)

We look forward to seeing you again at one of our various activities.



Donald Déry, President
National Association of Federal Retirees

Outaouais Branch (Q60)
115-331 Boul. De La Cité-Des-Jeunes
Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128

<https://www.federalretirees.ca/fr/sections/quebec/section-outaouais>
<https://www.facebook.com/anrfoutaouais/>