



Outaouais Branch – Infoletter June 2022

Dear members:

The Infoletter is to inform you of the latest news from your branch, in particular:

1. Board of Directors strategic planning retreat– June 13
2. Survey on the discount programme for members
3. National Service Week : June 12 to 18
4. Watch or review: Two videoconferences of interest to members.
5. Videoconference: Your finances in complete security
6. Highlights of MEDOC Travel Insurance COVID coverage enhancements
7. Upsurge in cases of “grandparent fraud” (SPVG)
8. Lyme disease: Do you know the favorite hiding places of ticks on your body? (Public Health Agency of Canada)

1. Board of Directors Strategic Planning Retreat– June 13

The members of your newly elected Board of Directors will meet all day on Monday, June 13 at the complex for autonomous retirees, Le District. AT this time, participants will update the branch’s strategic plan by refocusing it on the seven functions for which it is responsible:

1. Advocacy;
2. Information Sharing;
3. Membership Recruitment and Engagement;
4. Member Support;
5. Support and Development Of Volunteers;
6. Financial Management;
7. Governance

The plan will determine what activities or actions will be related to each of the 7 functions that we intend to implement over the next 2 years.

Our thanks to the Katasa Group for making its facilities at their Le District complex available to us at no charge for our strategic meeting.



2. Member Discount Program Survey

NARF-Outaouais is currently reviewing and improving its member discount program. We would like your opinion on it and your suggestions on the products and services you would like to see offered in the future.

We invite you to click on this link to participate in the survey:

<https://poll.app.do/member-discount-program-survey>

3. National Service Week: June 12 to 18

NARF-Outaouais is proud to mark National Public Service Week. Indeed, Public servants do important work that truly makes a difference. They made a commitment to serve Canadians. Public servants deserve thanks for their diligence and dedication across generations. Public servants take great pride in putting service before self.

We would also like to thank federal retirees for dedicating their careers to the well-being of Canadians.

4. Watch or Review: Two Videoconferences of Interest to Members

Medical Assistance in Dying (English Version)

Objectives of the videoconference

1. Familiarize participants with the concept of medical assistance in dying as understood in 2022
2. Communicate the eligibility rules and the analysis procedure
3. Describe the administration of care and its surroundings
4. Question period

Recording :

https://fedretirees-retraitesfed.zoom.us/rec/share/YaWEEW_GKVdcpSXmxC34e9Jmzpcg4Wh58dzi_3V00EUXRjoTTSVeGTUN4u1Ok9bj.8Dc5847WJn6LEmDO

Does The Wonderful World of Wild Mushrooms Intrigue You? (In French Only)

If you want to know more, this videoconference is for you.

The Outaouais branch invites you to listen to this session offered by Michelle Page, member of the board of directors of *the Club des mycologues amateurs de l'Outaouais*. Over the past 50 years, Michelle has developed expertise in identifying wild mushrooms. Originally from France, Michelle has been involved in this activity since her childhood, and later after her arrival in Quebec. Michelle is also the Director responsible for communications and videoconferencing on the Board of Directors of Federal Retirees Outaouais.

Recording:

https://fedretirees-retraitesfed.zoom.us/rec/share/uigAlxYSbUUUGggI1ZpykJDtC0wNfnPVHf-TLrU7ep4cOYOOUnaf6DLViUj4Ye7-.oU4hww6gAo1Dm_Bm

5. **Videoconference: Your Finances in Complete Security (In French Only)**

If you are interested in the subject, we invite you to watch the recording of this videoconference, courtesy of the Montreal Branch, offered by Me Sébastien Boulerice, lawyer, budget and legal advisor at Option Consommateurs. The text of his presentation, as well as the recording of the videoconference, can be found at the link below.

[Formation – vos finances en toute sécurité](#)

[Enregistrement – visioconférence](#)

6. **Highlights of MEDOC Travel Insurance COVID Coverage Enhancements (Videoconference in French Only; MEDOC Information Available in English)**



During the videoconference organized by the Montreal Branch with Johnson, the administrators of MEDOC travel insurance, important changes were announced with respect to COVID coverage which will come into effect on September 1st.

Knowing how important travel benefits are to you, your Association has negotiated an additional COVID-19 benefit. Exclusive to our members, it will be part of MEDOC travel insurance policies for 2022-2023, starting September 1, 2022.

Trip cancellation, interruption and delay benefits of up to \$15,000 per traveler will now include all events related to COVID-19. The benefit covers you or your travel companion if a positive COVID-19 test prevents you from traveling on your departure or return date or interrupts your trip. It includes allowances for delaying travel in the event of quarantine and additional meal and accommodation costs. It also applies to illness or death due to COVID-19.

Plus, you'll get the benefits Federal Retirees members expect from their MEDOC policies, including \$10 million in emergency medical coverage and free access to Perkopolis, the online platform that offers more than 5,000 benefits, savings and exclusive discounts

Here is the link to listen to the full videoconference:

<https://www.youtube.com/watch?v=b6r7y463BuE>

For more information: <https://johnson.federalretirees.ca/en/travel-insurance/travel-insurance> or 1-866-606-3362 (toll free).

7. **Upsurge In Cases of "Grandparent Fraud" (SPVG) – In French Only**



The Service de police de Gatineau (SPVG) issued a press release about fraud mainly targeting people over the age of 60. Fraudsters are very active and several victims have lost thousands of dollars in the last few days. The press release on the SPVG website, below, explains the modus operandi of fraudsters, as well as how to protect yourself

advice: https://www.gatineau.ca/portail/default.aspx?p=guichet_municipal/police/communiques/communiqu&id=-876753164

Victims can contact the Police Department to file a complaint by calling 819-246-0222.

8. Lyme disease : Do you know the favorite hiding places of ticks on your body? (Public Health Agency of Canada)



You can enjoy the return of warm weather and outdoor activities by preventing tick bites that can cause Lyme disease and other infections like anaplasmosis.

Before your outdoor activity, you can take the following precautions to prevent tick bites:

- Wear light-coloured long-sleeved shirts and pants to spot ticks more easily;
- Tuck your shirt into your pants, and pull your socks over your pant legs;
- Use bug spray containing DEET or Icaridin on your skin and clothing (always follow the directions on the label);
- Walk on cleared paths or walkways.

When you return, take time to specifically inspect these 10 areas of your body (favorite tick hiding spots):

1. head and hair
2. in and around the ears
3. under the arms
4. around the chest
5. back (use a mirror or ask for help)
6. waist
7. belly button
8. around the groin
9. legs and behind the knees
10. between the toes

What to look for: You may not notice a tick bite because ticks are tiny and their bites are usually painless. Feel your skin for bumps and see if there are any tiny black dots. Most people get Lyme disease after being bitten by:

- a nymph, which is about the size of a poppy seed (1.15 mm)
- an adult female tick, which is about the size of a sesame seed (3 mm)

Found a tick? Remove it immediately to reduce the risk of infection. To do this properly, watch the [Lyme disease video: How to properly remove a tick.](#)

Don't forget to also check your pets!

To learn more, visit Canada.ca/LymeDisease. You will also find [awareness resources](#) available in multiple languages and for Indigenous communities.

To share the post directly from the Healthy Canadians Facebook page, [click here.](#)

Infoletter June 2022

I wish you a great summer. Looking forward to seeing you again at one of our various activities.



Donald Déry, Président

Association nationale des retraités fédéraux

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