

December 2022



Infoletter for the Month of December 2022

Dear members:

The purpose of this newsletter is to provide you with the latest news from your section, particularly:

- 1- President's Holiday Wishes
- 2- 30th Anniversary Banquet – Highlights and Thanks
- 3- Closure of the NAFR-Outaouais office for the holiday period
- 4- Survey on member awareness of caregivers
- 5- Reminder - Offer a membership to the NAFR and get a chance to win
- 6- Élise Amyot, recipient of the Marie Fauvelle prize awarded by Centraide Outaouais
- 7- Programming of the winter/spring session of l'Université du troisième âge Outaouais (UTAO)
- 8- Three organizations join forces to promote two gestures for good quality treatment of seniors
- 9- ANRF-Outaouais videoconferences now available on YouTube

1. President's Holiday Wishes



Dear members, **the holiday season** is always a special time of the year full of excitement. It's a time to **celebrate with family and friends and show our affection for our loved ones**, especially in this post-pandemic time when we can finally come together again, while still being careful.

I take this opportunity to sincerely thank all those who have supported us over the past year, which marks our **30th anniversary of founding** and whose commitment contributes to the vitality of our branch.

On my own behalf and on behalf of the members of the Board of Directors as well as our staff of the Outaouais Branch, I would like to send you **our best wishes for health and happiness**. May 2023 bring you fulfillment of your fondest wishes.

Donald Déry, President, Outaouais Branch

2. NAFR Outaouais 30th Anniversary Banquet– Highlights and thanks.



On December 3, your **Outaouais branch** celebrated its **30th anniversary** at the **Palais des congrès de Gatineau** with a **gala banquet**. **A delightful cocktail, a wonderful gourmet meal accompanied by carefully chosen wines, an exciting atmosphere, not to mention the many door prizes** drawn during the evening, were among the highlights of the evening. A pleasure for the 173 members and their guests all gathered to celebrate the end of an exceptional year and the beginning of another.

Some Highlights in Photos:



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We would like to thank the sponsors of banquet who contributed to the huge success of the evening:

[Bertrand Dubreuil Wealth Management Team](#) offered the welcome cocktail and wine for the evening, a **Domaine Baud Brut Sauvage, Crémant du Jura**;

Le [Groupe Dignité](#) offered the following wines during dinner, a **2009 Château Laffite-Tramier**, a predominantly Merlot **Médoc** from the **Bordeaux** region and a **2019 Pouilly-Fumé Les Loges**, a Sauvignon Blanc from the **Loire** region.

Finally, [Amerispa](#) offered no less than **16 door prizes** during the evening for their **Cantley and Hull** branches.



Chaque détail compte™

Dignité^{MD}



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3. Closure of NAFR Outaouais Offices During the Holiday Period

The branch offices will be closed during the holiday period from Wednesday, December 21 to Wednesday, January 4 inclusively. We will resume operations as of Thursday, January 5, 2023.

4. Member Caregiver Awareness Survey

According to the MSSS, 85% of elder care is provided by informal caregivers. For example, for a person requiring 22 hours of care, the caregiver provides 16 hours and 30 minutes and the CLSC 45 minutes. (Kempeneers, Battaglini, & Van Pevenage, 2015). Take part in our survey by clicking [here](#). Your answers are anonymous.

5. REMINDER - Give A Membership as a Gift and Get a Chance To Win



Don't know what to get a retired federal public servant who has everything? Give a membership as a gift!

Your gift allows us to continue our advocacy work by protecting your hard-earned pension and benefits, while also [providing many benefits](#). Members have access to savings and offers through our [Preferred Partner Program](#), including exclusive rates for [MEDOC Travel Insurance](#), as well as a subscription to [Sage, our excellent quarterly](#)

[magazine](#). Each membership also [supports sound policies](#) that improve the lives of all retired Canadians.

In addition, by offering a gift membership by December 31, 2022, you participate in our superb [Mega recruitment campaign contest](#). After all, you are recruiting a new member. To gift a Federal Retirees membership, call today at **1.855.304.4700**

When you call, be sure to have your membership number ready as well as the contact information for the lucky person who will receive your gift of membership. Also keep in mind that to purchase a gift membership for someone else, that person must also be eligible for membership!

6. Élise Amyot, recipient of the Marie Fauvelle prize awarded by Centraide Outaouais



The Marie-Fauvelle Award was created in memory of a woman of deep conviction and action, a first-class collaborator of **Centraide Outaouais**. It is awarded to a volunteer or a group that has supported its mission and its various spheres of activity in an important way: board of directors, allocations committee, campaign office, special projects, or others.

This year, we are pleased to announce that the Assistant Director of NARF-Outaouais, Élise Amyot, is among the group of recipients of this award for the year 2022. **Congratulations!**

7. Winter/Spring Session Programming of l'Université du troisième âge Outaouais (UTAO)



M. Richard Grosleau, President of the Board of Directors of l'Université du troisième âge Outaouais (UTAO) advises that you can now consult its programming for the Winter/Spring 2023 session online by visiting its website <https://www.usherbrooke.ca/uta/prog/outaouais> and on Facebook <https://www.facebook.com/UTAOutaouais/>.

8. Three Organizations Join Forces to Promote Two Gestures for Good Treatment for Seniors



La Commission des droits de la personne et des droits de la jeunesse launched a major awareness-raising operation for the well-being of seniors in collaboration with Le Regroupement québécois des résidences pour aînés (RQRA) and le Réseau québécois des organismes sans but lucratif d'habitation (RQOH) through a campaign that promotes two messages: Please knock before

entering and Please explain the fees charged to me.

"Many seniors in seniors' residences (RPA) express dissatisfaction with the services that are billed to them without necessarily being very clear if they really need this service, if they really required it", explains Jacques Beaudoin, Director of Public and Legal Affairs at the RQOH. "Seniors receive services that evolve over time," says RQRA President and CEO, Marc Fortin: **"It is important to clearly explain each new medication, each new treatment and each new cost"**.

The other much appreciated gesture: "Knock-knock-knock, can I come in?" says CEO Marc Fortin. **"Parents, friends, but also members of staff**, in the heat of the moment, without any bad intentions, **can sometimes enter without announcing themselves"**, explains director Jacques Beaudoin.

"These are two very simple gestures which are nevertheless among **the main reasons for the dissatisfaction of people who live in RPAs**, according to what the Commission has been able to observe in several regions of Quebec", indicates Philippe-André Tessier, President of the Commission. "With our two partners, we wanted to spread a positive campaign on good treatment, to help make us reflect, individually and collectively, on the way we interact with the elderly".

The RQRA and the RQOH combine 116,000 housing units in RPAs. You can see a short video on the two gestures of good treatment on YouTube: <https://youtu.be/A1lVwiiPYSs>. All campaign material is available on the page Bientraitons.ca.

9. NAFR Outaouais Videoconferences Now Available on Youtube

You can now, in the comfort of your home, see and review the videoconferences offered by your association over the past few months. Here are some available topics:

- **The wonderful world of wild mushrooms** presented by **Michelle Page**
<https://youtu.be/LnaZRwrUcEs>

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- **Medical Assistance in Dying** presented by **Dr. Morissette** <https://youtu.be/E367pYcHGOQ>
 - **Disbursement Planning on Retirement** presented by **Florentina Vasile** of the **National Bank of Canada** <https://youtu.be/UI69S43caKM>
 - For any question, please contact: **Florentina Vasile, Financial Planner**, Transit: 10201, Tel.: 819-770-1437 extension 04162 florentina.vasile@bnc.ca
- **NAFR Outaouais Retrospective 2017-2022** <https://youtu.be/u6r29C5ailU>
 - Slideshow presented on December 3, 2022, on the occasion of the **Banquet for the 30th anniversary** of the founding of the **National Association of Federal Retirees Outaouais Branch**. Created by **Donald Déry** and **Michelle Page**

Once again, I wish you a wonderful holiday season and look forward to seeing you again in 2023.



Donald Déry, Président
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