

January 2023



Association nationale des retraités fédéraux National Association of Federal Retirees

OUTAOUAIS

Infoletter for the Month of January 2023

Dear Members,

The purpose of this newsletter is to send you the latest news from your branch, specifically:

- 1- Save the date – Outaouais Branch 2023 AGM
- 2- FADOQ Job Fair – February 3 and 4
- 3- Video conference: Demystifying Cannabis – February 9
- 4- Video conference – Aging on the Right Foot – March 8
- 5- Participation of the president of NARF-Outaouais Branch in the intergenerational segment of the program "Les malins" on Radio-Canada
- 6- End of EPOST service
- 7- Fraudulent schemes to steal bank cards (Santé et services sociaux Québec)
- 8- Before you travel, check your health needs (Health Agency of Canada)

1. Save the date – Outaouais Branch 2023 AGM

We are pleased to invite you to our 31st Annual General Meeting, which we hope will be offered in a hybrid manner (both in-person and virtually) on April 12. On this occasion, five director positions will be available if you wish to join our team.



The work of a director is central to defending the interests of federal retirees in the Outaouais region. You will be involved in current issues, whether they are pension, health, housing, taxes or other related skills. As a director, you will participate in the activities that the Outaouais Branch organizes for its members. This work will require a few hours of your time per month.

See our next communications to get all the details on this important meeting for the sustainability of your association. Join us as a participant in the meeting and/or offer your candidacy to become a member of our Board of Directors.

2. FADOQ Job Fair – February 3 and 4



As part of the activities marking their respective 50th anniversaries, Galeries Aylmer and FADOQ – Région Outaouais will hold a joint event at Galeries Aylmer on **February 3 and 4 from 10 a.m. to 5 p.m.** In addition to promotions by participating merchants for the occasion, visitors will be welcomed by more than twenty booths from companies in the region offering services dedicated to those 50 years and over.

Some dozen free lectures at Galeries Aylmer will address various topics of interest to seniors.

FADOQ – Région Outaouais will itself have a booth to raise visitors' awareness of returning to the job market to offset the current labour shortage. Several printed tools will be available to help job seekers as well as postings of companies offering positions. Bring your CV!

3. Video conferencing – Demystifying Cannabis. – February 9



Now that cannabis is legalized, is it a treatment option for certain medical conditions? If so, how to use it safely and choose the appropriate product?

Interested in the subject? Participate in this free videoconference offered by Martin Payer, pharmacist, on Thursday, February 9 at 11:30 am. Register [here](#).

4. Videoconference – Aging on the Right Foot – Mars 8



During this videoconference, learn 10 myths and realities about feet, the elements of normal aging of feet and how to go about protecting them!

The session is offered by Annie Jean, podiatrist, on Thursday, March 8, at 7pm. Register [here](#).

5. Participation of the President of NARF-Outaouais Branch in the intergenerational segment of the program "Les malins" on Radio-Canada

"I had the privilege of participating in the recording of the intergenerational segment of the Radio-Canada radio show "Les malins", which was broadcast on December 19. The purpose of the segment was to discuss philosophical issues seen from the perspective of 2 generations.

I had the honor of participating in this show with a very inspiring young woman. The show ended on an emotional note."

Here is the link to listen to the discussion (in French): <https://ici.radio-canada.ca/util/postier/suggerer-go.asp?nID=4892973>

6. End of EPOST service

This Canada Post service ended in December 2022. Our documents will be temporarily sent by the postal service. However, to ensure that you are informed of upcoming developments, you must be registered with the compensation notification system. If you have not already done so, do so now by clicking on: Registration – Notification. <https://www.tbs-sct.canada.ca/PBENS-SNCPAS/en/Communication/Subscription>

Fraudulent schemes to steal bank cards (Santé et services sociaux Québec)

Le Secrétariat aux aînés du ministère de la Santé et des Services sociaux would like to inform you that an alert/Info has just been issued by the Sureté du Québec, which is currently seeing an increase in the number of fraud reports across the province, particularly among seniors.

The fraudster(s) use the following scheme: they pose as financial institutions or government agencies and ask the person concerned to hand over a bank or credit card with the associated information. For more details, consult the following link from the Sureté du Québec (in French): https://youtu.be/MB64w4MS_TU

7. Before Travelling, Check your Health Needs (Health Agency of Canada)



Planning a trip for Spring Break? Remember to make an appointment to check your health needs.

It is advisable to consult a health care provider or visit a travel health clinic [at least six weeks before your departure](#) to:

- check your vaccination history;
- Make sure your vaccinations are up to date, in accordance with your provincial or territorial immunization schedule;
- discuss any health concerns related to your travel;
- Assess your needs based on your destination and planned activities.

When you travel abroad, you may be exposed to certain diseases that can be prevented by vaccination. You may also need additional vaccinations depending on your age, planned activities during your trip and local conditions.

Have you also thought about putting together a [travel health kit](#)? First aid supplies and medications are not always available in other countries or may differ from those available in Canada.

To help you stay healthy and safe while abroad, consult the [Travel.gc.ca Travel Health Notice](#). You will also find advice on [COVID-19 and international travel](#).

January 2023



On my own behalf, and on behalf of the members of the Board of Directors and our staff of the Outaouais Branch, I wish you all the best for health and happiness. May 2023 bring you the fulfillment of your fondest wishes.

Donald Déry, President
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