



Annual General Meeting – Notice

We are pleased to invite you to the Annual General Meeting (AGM) of the Outaouais Branch which will take place in person on April 12, 2023 from 9:30 a.m. to 12:30 p.m. at the Aylmer District, Room Le Bistro, located at 55 Impasse Lady-Colborne Gatineau Street or virtually via Zoom. A service of refreshments (tea, coffee, juice) and pastries will be offered from 9:00 am. Door prizes will be drawn at the end of the meeting followed by a light meal after the meeting.

PRESENTATION

Ms. Lise Gervais, Citizen Services Specialist and speaker for Service Canada, will make a presentation on a variety of interesting topics:

- Old Age Security information (Old Age Security, Guaranteed Income Supplement, Spousal Allowance and Allowance for the Survivor)
- Passport information (how to get the passport)
- Fraud protection (how to protect your personal information)
- Employment Insurance (miscellaneous benefits such as caregivers, compassionate care and sickness)
- Social Insurance Number information (how to get the number and how to protect your information)

DOCUMENTATION

All documents for this meeting are available on our [webpage](#). A hard copy of the 2022 Annual Report will be distributed to you upon arrival.

REGISTRATION

To participate in the 2023 AGM, simply **confirm your attendance no later than April 7, 2023** by registering [here](#). If you have any questions about the AGM, please do not hesitate to contact us by email at aga@anrf-outaouais.ca or by phone at (819) 776-4128.

ELECTION TO THE BOARD OF DIRECTORS

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. For an overview of the qualifications sought to become a director, please consult the document "*Qualifications and functions of directors*" accessible on our [webpage](#).

Looking forward to meeting you.

Donald Déry, President, Federal Retirees, Outaouais Chapter



Thanks to Michel Gaudreau



We would like to thank Michel Gaudreau, a director on the NAFR-Outaouais Board of Directors, who joined him last April. Michel was responsible for the recruitment and retention of members and volunteers and contributed assiduously to the reflection committee on these topics.

He recently left the Board and his vacancy will be filled at the next Annual General Meeting of Members on April 12.

New Member Discount Program Partner



The Outaouais and the Ottawa Branches have worked together with the Ottawa Senators, and we are pleased to announce a special offer for our members.

You can now take advantage of a 15% discount on tickets to all the Senators' final games in Ottawa of the 2022-2023 season!

Our members in both chapters will also be able to rent boxes on game nights at prices generally reserved for members of the Ottawa Senators Hockey Club, and their requests will be processed on a priority basis.

Click here to [buy tickets](#), and [click here to view box prices and contact information to book](#). If you are interested in purchasing tickets for more than one game at a time in March, the Ottawa Senators also have [an offer for the general public that you can explore by clicking here](#).



Videoconferencing

NAFR-Outaouais' videoconferencing program is very popular with members. In anticipation of upcoming offers this spring and fall, we would like to consult you to know your preference on the best possible times (day - evening - time) to present the next videoconferences. If you are interested, please click [here](#).



Member Advocacy



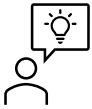
In 2022, Federal Retirees continued to focus on our four priorities: retirement income security, a national seniors strategy, Veteran well-being, and pharmacare. Advocacy work continued at the federal and provincial levels, and volunteers and members from across the country got involved to amplify our impact.

[Here](#) are some highlights for 2022 (including the steps surrounding the last Quebec election).



PSHCP Renewal Frequently Asked Questions

As you know, your association was part of the committee that worked on the renewal of the Public Service Health Care Plan (PSHCP). The new and improved plan will come into effect^{on} July 1 when Canada Life takes over from Sun Life. To learn all about upcoming changes and impacts on you, please see our [frequently asked questions](#).



City-to-City Conference (Winter)

Living in the City invites you to participate in the conference (in French) ***Winter Cities for Seniors: How to overcome the barriers to social participation in winter?***

Spread out living environments, designed for cars and hostile to pedestrians compromise the active mobility of seniors. The difficulties experienced by many of them are exacerbated in winter. For example, condemned, unplowed sidewalks, poorly cleared of snow or late plowed make it difficult to travel on foot. This can have **a direct impact on the social participation of aging individuals** (e.g., decreased attendance at community centres during the winter).

Objectives of the conference:

- know seniors' perceptions of winter;
- understand seniors' habits during this season;
- Recognize the importance of creating living environments favourable to aging people and the need to adequately maintain pedestrian infrastructure and equipment in winter.

When: Thursday, March 23, 2023, 10 a.m. to 11 a.m.

Where: Online, via the Zoom platform

Target audience: Community organizations and seniors

👉 [Hyperlink to register for free](#)



Upcoming Events

The Académie des retraités de l'Outaouais (ARO) invites you to an Acadian dinner and dance party with orchestra on Saturday, April 29 at 6:45 pm at the Domaine des Trembles in Gatineau. On the menu, lobster bisque and cod fritters, scallops and donuts with chocolate sauce and bumblebee. Under the bring your own wine formula, you are welcome to book. You can form your table of 8 people or join others. Hurry, places are limited.

NARF-Outaouais members are entitled to the ARO rate of \$25 + taxes. Non-members must pay \$35 + taxes. The registration deadline is April 15. You can register by contacting 819-776-5052. Please note that no refunds will be made after April 15, 2023.



Survey and feedback

Do you like our new format for the Newsletter? Do you have ideas for topics you would like to cover through the Newsletter? Let us know!



CONTACT US!

Do you have any questions? Do you have a comment or a suggestion for improvement? Want to get involved? You can reach us by email at the following address: directeur@anrf-outaouais.ca

We look forward to seeing you soon at our annual AGM on April 12.



Donald Déry, President National Association of Federal Retirees
Section Outaouais (Q60)
115-331 Blvd. of the Cité-des-Jeunes
Gatineau, QC, Canada, J8Y 6T3
(819) 776-4128
<https://www.federalretirees.ca/en/branches/quebec/outaouais-branch>