



# Newsletter

February 2024

1.0



The newsletter of the National Association  
of the Federal Retirees - Outaouais Branch

## **SAVE THE DATE ! – NAFR Outaouais Branch AGM to be held Wednesday, April 10**

The 32nd Annual General Meeting will be held on **Wednesday, April 10** at the Cabane en bois rond, and will be offered in a hybrid format (members will be able to take part remotely, as if they were there, thanks to technology!

The agenda for the meeting, which starts at 9:30 a.m., includes:

- Welcome and breakfast
- Conference
- Nominations of directors\*.
- Closing remarks by the Outaouais Branch President

\* The work of a director is central to defending the interests of federal retirees in the Outaouais region. You'll be involved in issues of the day, whether they concern pensions, health, housing, taxes or other related matters. As a director, you'll participate in activities that the Outaouais Branch organizes for its members. This work will require a few hours of your time each month.

The Annual General Meeting is a crucial event for the future of your association. Join us as a meeting participant and/or apply to become a member of our Board of Directors.

Info: 819-776-4128 or e-mail [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)



# Join the National Association of Federal Retirees - Outaouais Branch as a volunteer!

## Your commitment makes a difference!

We're currently recruiting volunteers to help us grow! We will be holding an **information meeting on Thursday, April 4, 2024** with all those who have expressed an interest via our [online form](#). Come and learn more about our association and its needs.

Whether you want to offer a few hours a month or get more involved, your contribution counts. Your time and talents can have a significant impact on the lives of our members and the success of our association.

Together, we can continue to make NAFR a pillar of support for federal retirees.



## Fill out the [Online Interest Form](#) !

819-776-4128 or [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca)

## FEBRUARY VIDEOCONFERENCES !!

A poster for a videoconference for NAFR members. The title is "VIDEOCONFERENCE for NAFR Members" in large, bold letters. Below the title, it says "Managing the emotions of the caregiver" in a smaller font. The date and time are "TUESDAY FEBRUARY 13, 2024 11:00 A.M. TO 12:00 P.M.". At the bottom, there is a photo of two women, one older and one younger, smiling. To the left of the photo is a small portrait of Manon Lafrenière, with the text "Manon Lafrenière, TRA, Therapist for Relationship Assistance®". The NAFR logo is in the top left corner.

## Managing the emotions of the caregiver

In her videoconference entitled "**Managing the emotions of the caregiver**", presented on **Tuesday, February 13** from 11:00 a.m. to 12 :00 p.m. in English, Ms. Manon Lafrenière will offer useful tools and resources to answer the following questions: How to manage emotions? What is proximology, the needs and limits of the caregiver?

To register, please click [here](#).

## Behind the Wheel of My Health – Road Safety Knows No Age

You're invited to join the Outaouais Branch for a videoconference by Marouan Bel Fakir, Community Relations Advisor -SAAQ, entitled: "**Behind the Wheel of My Health - Road Safety Knows No Age**" on Thursday, February 29, 2024, in French from 9:30 to 10:30 a.m., and in English from 11:00 a.m. to 12:00 p.m. Don't miss this important conference, because good driving has no age limit.

**Registrations:** Click [here](#).

**VIDEOCONFERENCE**  
for NAFR Members

Behind the Wheel of My Health  
Road Safety Knows No Age

THURSDAY FEBRUARY 29, 2024  
11:00 A.M. TO 12:00 P.M.

Marouan Bel Fakir  
Community Relations Advisor -SAAQ

Société de l'assurance automobile  
Québec

Avec vous, au coeur de votre sécurité

## NEXT VIDEOCONFERENCES

<b>Tuesday March 19</b> 10:30 a.m. French 1:30 p.m. English	<b>Hearing well changes everything!</b> Presented by Groupe Forget	<a href="#">Registrations in French</a> <a href="#">Registrations in English</a>
<b>Tuesday, March 26</b> 9:30 a.m. French 11:00 a.m. English	<b>Sleep apnea - Causes, health risks and solutions</b> Presented by Côté Santé	<a href="#">Registrations in French</a> <a href="#">Registrations in English</a>

## Welcome to Three New NAFR Partners

### ABC Clinique Santé - The strenght of a team at the service of your health!

**Offre partenaire exclusive**

- **30%** sur votre **consultation initiale**.
- **10%** sur vos consultations de suivis **subséquentes**.

Chiropratique, Massothérapie, Nutrition, Kinésiole, Thérapie en relation d'aide

**CONDITIONS D'ADMISSIBILITÉ**

Etre membre en règle de l'ANRF Outaouais (Nous présenter sa preuve de membre)

Valide jusqu'au 23 janvier 2025

819-773-4230

NAFR Outaouais is pleased to introduce this new partner to our region. At ABC Clinique Santé, Chelsea, Gatineau, you'll benefit from comprehensive services in chiropractic, massage therapy, kinesiology, nutrition and mental health counselling.

**DISCOUNT:** Benefit from 30% off any initial consultation at the clinic, including the first massage therapy appointment, and 10% off subsequent follow-ups.

To book your first appointment, call 819-773-4230 or e-mail [gatineau@abcliniquesante.com](mailto:gatineau@abcliniquesante.com).

## Solutions de Mamie

**Who is Mamie?** After 36 years with the federal government in finance and payroll, Monique Côté (Mamie) founded her company to help individuals and self-employed workers with their accounting and taxes. Ms. Côté has associates doing work for her company in Ottawa, Gatineau and Tourville. Others will be added as needed. She provides services throughout Quebec and Ontario, as most of her work is done virtually.



Solutions de Mamie

Visit the [Solutions de Mamie](#) website to see the services she offers: budgeting/tax, business consulting, coaching, executor and attorney general.

**DISCOUNT:** 15% discount on tax returns and personal budget consultation. Offer valid upon presentation of NAFR membership card.

## With Lifeline, you're never really alone !

Lifeline is an easy-to-use medical alert service that lets you call for help anytime, day or night, even if you can't speak. Simply press your help button, worn on a bracelet or pendant, and a trained operator will make sure you get help quickly. That's why Lifeline's medical alert service is number one. What's more, it offers you something that's paramount: peace of mind. Reliability is essential to peace of mind. That's why doctors, hospitals and professional caregivers rely on this medical alert service.



**DISCOUNT:** Call today and as an NAFR member you'll get 2 MONTHS FREE SERVICE with a 6-month term (max. \$130 value). For more information, contact Lifeline at 1 800 LIFELINE (1 800 543-3546) or visit our website [www.lifeline.ca](http://www.lifeline.ca). **Enter code 1492 for this special offer.**

*Offer valid only with participating local programs and for new activations only. Cannot be combined with any other offer. Certain restrictions apply. Subject to a six-month agreement.*

## Exclusive Offers to our Members

### Groupe Forget MAESTRO Hearing Health Program



NAFR members have access to the exclusive **Maestro** Program, which includes a free hearing screening, discounts on a hearing aid maintenance kit, batteries, accessories and repairs.

For more details: <https://www.legroupeforget.com/en/campagne/maestro-hearing-health-program>



## TUESDAYS SKI DAYS!

FOR DOWNHILL SKIERS, DON'T FORGET THAT YOU CAN SKI AT A DISCOUNT ON TUESDAYS AT MONT-CASCADES FOR THE 2023-24 SEASON.

	6 to 17 years	18 à 79 ans
Day Ticket (9am to 5 pm)	\$21.00	\$30.00

Skiers under 6, OR 80+, will pay the regular price (\$10.00) for their ticket.

NAFR members and their immediate families benefit from the association group rate (with proof of any e-mail from the NAFR).

## PARTNER ACTIVITIES...



### Intergenerational play (in French)

"La nostalgie du Paradis" will be presented on February 23 and 24, 2024 at 7:30 p.m. and on February 25, 2024 at 2:00 p.m. at the Cégep de l'Outaouais. This is a co-production with Théâtre AROBAS and the young members of the Cégep de l'Outaouais troupe, Les Fous de la rampe.

**Price:** 1 ticket for \$15 or 2 tickets for \$25 (call us to take advantage of the discount)

819-776-5052

[www.academiedesretraites.ca](http://www.academiedesretraites.ca)

In French Only

## La prévention du suicide, l'affaire de tout le monde !

SEMAINE DE PRÉVENTION DU SUICIDE

ÉVÉNEMENT  
GRAND PUBLIC GRATUIT



**Dave Blackburn**  
Doyen | formation continue, UQO

Conférence  
"Et vous, comment ça va ?"

Présentation de l'artiste



**Samian**

📅 Jeudi le 8 février 2024 à 17h00

📍 UQO, Pavillon Taché  
283 Boul. Alexandre-Taché

🅑 Stationnement GRATUIT  
par la rue Belleau

🍴 Des bouchées seront servies

DE L'AIDE EST DISPONIBLE 24/7 : 1-866-APPELLE  
(1-866-2773553)

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais  
Québec

CENTRE  
D'AJC 24/7

Cégep de  
l'Outaouais

UQO  
UNIVERSITÉ  
DU QUÉBEC  
EN OUTAOUAIS

## Advanced Care Planning Workshop with Compassion Ottawa (in French)

- **Wednesday, February 14 from 10 a.m. to 11 a.m.**



National Association  
of Federal Retirees

Association nationale  
des retraités fédéraux

OTTAWA



Did you know that 80% of Canadians have thought about their end-of-life care, but less than 20% have an advanced care plan? In this free online workshop, we invite you to engage in conversation and guided group discussions about personal health care values, wishes and beliefs. These conversations are an important part of advance care planning, which allows you not only to think about your wishes for future care, but also to talk about and record them. It may be one of the most important discussions of your life.

To register, please click [here](#). Content will be presented in French, but participation in both official languages is encouraged.

**In French Only**

**Conférence virtuelle présentée par  
Revenu Québec : personnes retraitées  
et retour sur marché du travail**



**Le 4 mars 2024, de 15 h à 17 h**

**For more details on this virtual  
conference, click [here](#).**

fadoq  
Région Outaouais



## Canada 55+ Games 2024

Réseau FADOQ, in collaboration with FADOQ - Régions de Québec et Chaudière-Appalaches and Quebec City, will organize the Canada 55+ Games in Quebec City from August 27 to 30, 2024. For details click [here](#)!

The qualification process to take part in the 55+ Canada Games next August in Quebec City is finally available.



Registrations from February 1, 2024: 🏆 👉 <https://canada55plusqc.ca/en/>

320-02H REA

*La St-Valentin*  
FÊTE DE L'AMOUR  
ET DE L'AMITIÉ

MERCREDI 14 FÉVRIER - 13 H À 15 H

À Retraite en Action, la Saint-Valentin c'est la fête de l'amour et de l'amitié. Venez entendre des poèmes et des textes dans une ambiance chaleureuse et amicale suivie d'une prestation musicale présentée par Denis Boudreau. Cette rencontre sera agrémentée d'une dégustation de vin sans alcool et de charcuteries.

Invitez votre conjoint ou conjointe, votre ami ou amie, à venir partager ce moment de bonheur, d'amour, d'amitié et à créer des souvenirs !

**INSCRIPTION EN LIGNE**  
www.retraiteenaction.ca

**30 \$**



## CONTACT-US !



If you have any questions, comments or suggestions, please don't hesitate to contact us. If you'd like to get involved as a volunteer, write to us at [admin@anrf-outaouais.ca](mailto:admin@anrf-outaouais.ca).

### Missed our January 24 Breakfast Conference hosted by Dignité?

Good news! The breakfast conference was recorded live. You can view it on our Facebook page or our YouTube channel. You can also access it under the 2024 link on our main videoconference page: <https://www.federalretirees.ca/en/branches/quebec/outaouais-branch/videoconferences>

I hope you're all enjoying winter! A Happy Valentine's Day to you all!



Donald Déry, President  
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