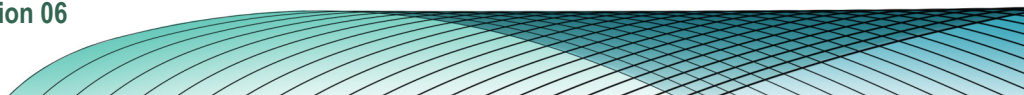


BULLETIN D'INFORMATION DU-HAUT-DE-L'ISLE

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Secteur H
ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC
Région 06





Word from the President

Richard Raymond

Finally, the summer we have all been waiting for. For most of us, July and August are synonymous with vacation. At AREQ we completely agree and so we will be taking a break from all of our activities. But before we separate for the summer, I would like to thank all those who have volunteered in this sector: the Council members, the heads of the various committees, and all those who, at one time or another, have offered their timely help.

Without these people, the life in our sector would not be the same. I often receive congratulations and thanks for one or another activity: but when I accept the praise, you should know that I always tell the person that if I were the only one to organize the activity and the only one to participate in it, it would be boring and there would be no fun.

We have the habit of saying "the more the merrier", that's 100% true and I would add that there's also strength in numbers. That's part of the reason why activities in our sector are so valuable. Additionally, these activities are often the occasion to renew acquaintance with previous co-workers who we haven't seen since we retired. Don't miss them!

The first activities of 2018-2019 will take place September 17, 2018. It will be our traditional not-back-to-school dinner (but back-to-school for AREQ!) By looking at our Action Plan, approved at the last General Assembly, (see page 6 you will agree that this year will be an active one on all levels. There will certainly be something that will interest you and for which it will be worth your while to devote some of your time. Don't hesitate to contact any of the other Council members whose coordinates can be found on page 11 or by leaving a message on our internet site: <http://du-haut-de-lisle.areq.lacsq.org/>

Have a great vacation!

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Eleanor Brown, Claudette Lauriault, Carolyn Littlejohns, Robert Perreault



IN MEMORIAM

Jacqueline Bérard, Nancy M. Brown, Maurice Fontaine, Réjean Jetté,
Olga Khoury, Alphonse Leclerc, André-Paul Mailhot, Paul Payant,
Louise Perreault,



Insurances

Carole Lefort

Important changes to Assureq collective insurance that concern the coverage of diabetic monitoring equipment as of April 1ST 2018. In the past several months a new system of glucose monitoring equipment has appeared on the market. The *FreeStyle Libre* flash system uses a 14-day sensor rather than pricks or test strips. This has required a revision of the guarantees in our insurance regime for insurance holders who have diabetes, because these products were not previously covered.

As of April 1, 2018 Assureq health insurance (Health and Health Plus) now reimburses the cost of this new diabetic monitoring system under the following conditions:

Reimbursement of one glucose monitor per assured person as stipulated in the contract.

Reimbursement of 26 14-day sensors per person per 12-month period. (*One sensor every 14 days, as recommended by the maker under the guarantee, Admissible Medication Not Covered by RGAM (Régime Générale d'Assurance Médicaments).*)

IMPORTANT: You must go through the preliminary authorization process in order to obtain a reimbursement for the *FreeStyle Libre* glucose monitor and sensors as follows:

Your doctor must fill out the authorization form (see below)

The insured must have diabetes and

Must be being treated with insulin and

Must need to measure their glucose level **more than** 4 times a day.

After the initial 12-month claim period, the insured person must make a new request with the preliminary authorization form. The SSQ will then analyze the insured's usage profile, as well as their medical situation. If the criteria have been respected, then the renewal of the authorization for an unlimited period of time will be issued without necessitating any other action on the part of the insurance holder.

The Authorization Request Form for payment of the flash glucose monitoring system is available on the SSQ site (ssq.ca), at the **Group Insurance - ACCESS | Plan Members** link, or by telephoning client services at 1-888-833-6962.

Important

Do not forget to signal any change in your contact information (mailing address, phone ,email). You can do it :

by phone (514-685-6621) or
email (liseetrichard@videotron.ca)

as soon as you know the changes . This will avoid mail returns and allow you to stay in touch with the sector .



Laure-Gaudreault Foundation



Thérèse Poirier Labossière

On June 4th, at the dinner for the volunteers of our sector, representatives are invited from the organisations which submitted a request for financial aid from the Laure-Gaudreault Foundation. Most of these amounts come from donations from the Montreal AREQ sector members. Regarding scleroderma, the cheque is awarded by the National level of AREQ, in other words, members from other regions.

This year, the president of the Laure-Gaudreault Foundation, Montreal area, Mister Jean Falardeau mandated Marthe Laforest to give donations to the following organisations and to one person who was stricken by the 2017 flood:

The *Atout-Cœur* Theatre troop for the intellectually handicapped
The In'Afu youth center
The West Island Women's Shelter
WIAIH - The West Island Association for the Intellectually Handicapped
The Pierrefonds Community Project
The *Maison Des Jeunes "L'escalier" De Lachine*
La Parados (Women's and children's shelter)
Scleroderma Quebec
La Maisonette des parents
Productions Multisens (Théâtre intergénérationnel)
Annette Fragman

One of our paint artists, Pierre Lelièvre, wanted to make his contribution by giving a painting to the the Laure-Gaudreault Foundation. This work of art raised the sum of \$674 from volunteer donations. Thank you Pierre! It is Claude Clavette who gets to enjoy this oil painting. We appeal to anyone who wishes to make a gift of a piece of art to our foundation.

Once again this year, thanks to the generosity of our sector and members, all these donations will help the recipients to better survive their financial difficulties. In the name of the Laure-Gaudreault Foundation, I thank you from the bottom of my heart.

2018-2019 Action Plan

Theme 1: Financial Situation in Retirement

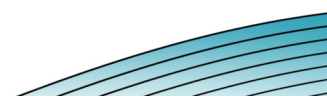
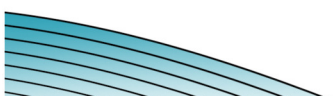
1. Inform members regularly about all developments in this area via sectoral bulletin or email
2. Invite our members to participate in the actions proposed by AREQ at the national level in view of preserving our members' buying power.
3. Inform our members of the services, advantages and discounts offered to them by certain suppliers.
4. Inform our members of the tax credits available to seniors.

Theme 2: Seniors' Health and Welfare

5. Collaborate with other seniors groups to continue to pressure the government to maintain a universal public health system that is accessible to all.
6. Make an inventory of our members' health needs and, if necessary, organize information sessions on various subjects like medication, aid organisations, government services, and so on.

Theme 3: Social Life

7. Explore an "AREQ in Action" project in our sector
8. Continue to send birthday cards to our members who are 75 and over
9. Organize festive activities: monthly breakfasts, Back-to-school dinner; remembrance mass, Christmas dinner, *Fête de l'amitié* and so on
10. Encourage our members to inform themselves by reading the info letter, about AREQ's various dossiers and get involved in the regional activities organized by the different committees.
11. Invite our members to give generously during the Annual Fund Drive of the Laure-Gaudreault Foundation and to attend its benefit dinner.



12. Organize recognition dinner for members of the Sectoral Council and the heads of the various committees as well as the volunteers.
13. Publicize the personal involvements and accomplishments of our members in their community.
14. Encourage and support the activities put forward by the Arts Committee and in so doing, let people know about the talents in the sector.

Theme 4: Communications

15. Transmit all pertinent information about life in the sector and/or region by publishing sectoral bulletins, updating the information on the website and by sending out emails.
16. Improve the visual quality of the *Entrefilet*.

Theme 5: The Environment and Sustainable Development

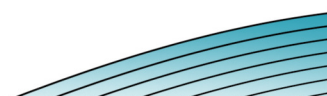
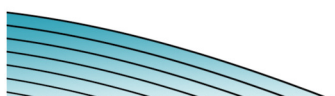
17. Make our members aware of Earth Day and encourage them to participate in this and all other activities concerning sustaining the environment and our quality of life.

Theme 6: The Condition of Women and Men

18. Encourage our members to actively participate in in all activities organised by the Committee for Women and the Committee for Men

Theme 7: Sociopolitical Action

19. Inform our members of all activities organized by AREQ or other human rights associations which have as their goal improving the life of the most defenceless in our society.
20. Invite our members to identify individuals or groups who could submit a request for financial aid to the Laure-Gaudreault Foundation (LGF)
21. Support the LGF in accomplishing its action plan and promote its activities.





Environment Facts

André Labossière

RECYCLING CRISIS IN QUEBEC!

You have surely heard about the recent developments concerning the future of recycling in Quebec. China, the principal buyer of recycled material, no longer wants to buy our paper, cardboard and different types of plastic. As a result, the Quebec triage centers are stuck with an enormous quantity of these materials. Despite the fact that China accepted a class of less quality materials, the fact remains: it could have been different.

How did it get this way? Misterr Karel Ménard (director of the Front québécois for the ecological management of garbage) had this to say on the subject, "[We] send most of our exports to China because we don't care to create quality recyclable materials."

The consequences for our recycling industry are potential dramatic! Could the recycling industry disappear? At the present moment, it seems unimaginable to give up recycling! As Quebecers, we have become so used to doing it!

Is the fact that the quality of our recycling materials was sited as the problem be because we use the large, unified container? Would triage at the household level be a better solution? You may recall that during the first years of recycling in Quebec, the containers were compartmentalized, keeping paper separate from glass, metal and plastics. Why is that over time we have let this practice lapse?

Is it because citizens don't take responsibility? But then, neither do the triage centers. A study by Recyc-Québec reveals that certain centers, notably in Montreal, have facilities that no longer meet the required industry standards.

In the face of these facts, a unique opportunity is available to make vital, urgent changes in order to improve our recycling habits, and just as importantly, to

improve the recycling triage centers. Again, according to Recyc-Québec "Barely one-third of our recycled paper and cardboard stays here in Quebec to be recycled"

The new minister for the environment in Quebec, Mrs. Isabelle Melançon, confirms that we need to increase recycling efforts rather than let other countries do it for us. According to her, the objective is to "conserve the largest amount of materials possible in Quebec, and this, in the perspective of the circular economy."

If the two large paper companies in Quebec, *Kruger* and *Cascades*, were to confirm their intention of buying more recycled materials and treating them here, (with the understanding that these are quality materials), these two companies could process all of Quebec's paper and cardboard rather than sending it to other countries to be processed.

note: for definitions of recycling and the circular economy, see references on the web.

"A BOWL-O-Thon" for the Laure-Gaudreault Foundation

will be held September 30th from 1:30pm to 4:30 pm . Come and have fun while participating in the fundraising (of the Montreal region) for the benefit of the FLG . Places are limited , the first participants will have priority. You can register by sending your check of \$25, payable to Richard Raymond , (till the 15th of August)

Address:
214-11490 boul.Gouin ouest
Pierrefonds , H8Y 1Y2

Recycle Your Recycling!

Lise Longpré, the head of our Women's Committee, has strongly encouraged us to do our part in several projects in which she, herself, participates. You can see that as a group we can do some extraordinary things! It's just a matter of thinking about it.

Lise therefore invites us to bring her at our various activities (breakfasts, dinners etc) items that you would usually throw out, without realizing that they can benefit others. Here are the details:

- ↳ Recycle your bras: for each brassière given to the Cancer Society, *La Vie en Rose* donates \$1.
- ↳ Collect your bread bag closures and pop can pull-tabs and they will be used to buy wheel chairs for those who cannot afford them.
- ↳ Collect all plastic screw tops like from water bottles, mayonnaise jars etc.; which go to benefit the Multiple Sclerosis Society
- ↳ Collect your wine bottle corks (made of real cork) - these are given to companies which recycle cork.

A simple little thing like collecting recyclables can be of great benefit to someone else. Don't hesitate to contact Lise Longpré whose coordinates are on page 11 for more information.



Crédits

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Layout:	Céline Allard
Coordinator:	Richard Raymond



Bottin de références

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Carmen Dumont	2 ^e vice-prés.	514-426-4426	carmen_dumont@hotmail.com
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	Gaétan Dubois	514-637-7332	duboisq@videotron.ca
Cartes anniversaires	Ginette Pomerleau	514-626-0800	ginetpom@hotmail.com
	Janine Beaudry-Hamelin	514-685-4688	janinehamelin@gmail.com
AUTRES SERVICES		SITES WEB	
AREQ	1-800-663-2408	National	areq.qc.net
CARRA	1-800-463-5533	Régional	regioniledemontreal.areq.ca
	1-800-368-9883	Sectoriel	(http://du-haut-de-lisle.areq.lacsq.org/
RAMQ	514-864-3411		
SSQ - Soins médicaux	1-800-380-2588		
SSQ - Voyage	1-800-465-2928		
Sécurité de la vieillesse	1-800-277-9915		

UPCOMING ACTIVITIES 2018

September			
Friday 7	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Réservation Thérèse Poirier Labossière 514-637-1725
Monday 17	<u>Activité sectorielle</u> Dîner de la rentrée	<u>11 h 30</u> <u>Table 09</u>	<u>Registration:</u> Jacques Ready 514-620-8870 <u>Cost members : 20 \$</u>
Sunday 30	<u>Activité régionale</u> « BOWL-O-THON »	<u>13 h 30</u> <u>Salon Fleury</u> 1763, Fleury E. Mtl	<u>Registration till the</u> <u>15th of August</u> Richard Raymond 514-685-6621 Cost: 25 \$ <u>Inscription : 25\$</u>
October			
Friday 5	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Réservation Thérèse Poirier Labossière 514-637-1725
November			
Friday 2	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Réservation Thérèse Poirier Labossière 514-637-1725
Wednesday 14	<u>Activité sectorielle</u> Messe du Souvenir	<u>Église St-Joachim</u> <u>Pointe-Claire</u>	
December			
Friday 7	<u>Activité sectorielle</u> Déjeuner mensuel	<u>9 h 00</u> <u>Restaurant Eggsquis</u>	Réservation Thérèse Poirier Labossière 514-637-1725
Monday 10	<u>Activité sectorielle</u> Dîner de Noël	<u>11 h 30</u> <u>Table 09</u>	<u>Registration:</u> Jacques Ready 514-620-8870 <u>Coût membres : 20 \$</u>