

The latest news from the Outaouais Branch

Annual General Meeting (AGM) on April 8, 2026

Preparations are underway for the **33rd Annual General Meeting (AGM)**, which will be held in a hybrid format on **April 8 from 9 a.m. to noon** at the Cabane en bois rond.



On this occasion, seven director positions will be available (three outgoing directors and four vacancies) if you would like to join our team.

As part of the AGM, our valued partner **Dignité** will give a presentation on “**Digital inheritance: protecting your accounts after death**” and provide breakfast. Watch for our upcoming communications for all the details!

Héma-Québec: An outstanding result!

As of December 31, 2025, our partnership with Héma-Québec, with a goal of 400 donations, has encouraged 107 people to donate plasma on behalf of the NAFR Outaouais branch, resulting in a total of **925 donations**, an extraordinary result according to the Héma-Québec coordinator. These 925 donations are equivalent to approximately **\$300,000** that was not paid to the American supplier that meets our collective plasma needs.



We encourage our members who have not yet donated plasma to make an appointment by visiting the Héma-Québec [website](#).

Survey: Optimizing the well-being of solo retirees in Canada

This bilingual national study, conducted by the University of Ottawa in collaboration with the National Association of Federal Retirees, focuses on the well-being of solo retirees in Canada. It aims to better understand their realities—personal well-being, social relationships, finances, and life satisfaction—in order to improve the resources and services available to them.

To complete the survey (Deadline: End of February 2026), or obtain more information about it, click on this link: <https://csrs-ecrs.ca/>

PLEASE NOTE: This is a long questionnaire that could take 45 minutes to complete. However, it has AUTOSAVE. We appreciate your patience in completing the questionnaire as all of this information is vital to understanding the experiences of solo retirees.

2026 NAFR Outaouais Branch Award of Merit

We are looking for an exceptional member who has made a significant contribution to the growth, development, and sustainability of the Outaouais branch, or who has worked within their community to make a significant impact on seniors.

To submit a nomination for the 2026 NAFR Outaouais Branch Award of Merit, please complete the form **by February 28, 2026: <https://forms.office.com/r/qLyFgG24Lu?origin=lprLink>**

Next free breakfast conference – Save the date: March 18, 2026

Your Outaouais branch will hold a free breakfast conference with its preferred partner **SSMT Medical Clinic** on the topic of “preventive health” on **Wednesday, March 18, 2026, from 9:00 a.m. to 11:30 a.m.**



SSMT Medical Clinic offers a wide range of healthcare services either at our clinic, or in the comfort of your home, ensuring that every patient has rapid access to quality medical care.

Come meet SSMT Medical Clinic to learn more about preventive health, their services, and the discounts offered exclusively to our NAFR members.

Date: March 18, 2026

Time: 9:00 a.m. to 11:30 a.m.

Registrations: <https://forms.office.com/r/KN9BwwKeRM?origin=lprLink>

Reminder! Videoconference on getting ready to downsize with



February 10, 2026 - An interesting videoconference on **getting ready to downsize** will be presented by Julie Fortin, a member of Professional Organizers Canada (POC) and the Institute for Challenging Disorganization. Come learn about situational decluttering for people facing temporary clutter or clutter related to a specific event, such as a move.

Date: February 10, 2026

Time: 11:00 a.m. to 12:00 p.m. in English and 9:30 a.m. to 10:30 a.m. in French

Registrations: [English session](#), [French session](#)

Did you know that ...

You get a 10% discount on your bill at our preferred partner **La Buena** (5-1160 Saint-Joseph Boulevard, Gatineau). The breakfasts there are delicious! Visit their Facebook page:

<https://www.facebook.com/labuenagatineau/>



Save 10% on a delicious meal at **Le Resto Chelsea** (528 Route 105, Chelsea). This preferred partner has a proud reputation for serving the best fish and chips in the region! Visit their Facebook page:

<https://www.facebook.com/p/Le-resto-chelsea-100087967363792/>



Contact Us

Do you have any questions, comments, or suggestions? Feel free to contact us at admin@anrf-outaouais.ca or by calling 819-776-4128. Visit our [Facebook page](#), our [website](#) and our [LinkedIn page](#).

Sincerely,

Réal Fortin

President, Outaouais Branch

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