



## OTTAWA Branch Report

Winter 2017

*Terry Sing*

### December 25 - MERRY CHRISTMAS AND A HAPPY NEW YEAR

### Ottawa Branch Needs You – Volunteer Opportunities

One way to enrich your life is to volunteer those wonderful skills that you have been hiding. The Ottawa Branch is looking for talented people to help in the following Branch activities:

- COMMUNICATIONS - editors, writers, translators, website/digital media support
- MARKETING - advisors and individuals with social media expertise
- AMBASSADORS - to represent Ottawa Branch at events
- FACILITATORS/TRAINERS - for the Neighbors Helping Neighbors program (see below)
- BOARD MEMBERS – see below.

If we have piqued your interest, please contact Mary-Anne Zwicker, our wonderful Office Manager at [info@nafrottawa.com](mailto:info@nafrottawa.com) and leave your contact information.

### Employment Opportunities

The Government of Canada is looking for Human Resource Specialists to work on the PHOENIX SYSTEM. Contact the NAFR National Office if you are interested in going back to work.

### Meet Your 2017-2018 Ottawa Branch Executive and Board

A busy Branch like Ottawa requires a lot of hard work, which is supplied by dedicated volunteers such as the ones we are so fortunate to have. If you have questions, these are the people who have answers:

**President and Treasurer:** Robert Giroux

**Vice President/Chair, Advocacy Committee:** Keith Fernandez

**Vice-President/Chair, Membership**

**and Services:** Christine Desloges

**Corporate Secretary:** Gisele Samson-Verreault

**Chair, Policy and Governance:** Dave Bennett

**Chair, Human Resources Ad Hoc Committee:** *Vacant*

**Chair, Branch Community Liaison:** *Vacant*

**Chair, Communications:** *Vacant*

**Non-voting Advisor to the Board:** Stephen Troy

**Director:** Brian Brimble

**Director:** Gray Gillespie

**Director:** Helene Nadeau

**Director:** Terry Sing

**Director:** Richard Wagner

**Ottawa Branch Members serving on the NAFR National Board** are Daniel Brunet and Dyane Dufresne; and our **Branch Services Coordinator** is Greville Price.

Supporting our Branch Executive, we have our dedicated and hard-working **Office Manager**, Mary Anne Zwicker and we have our new **Branch Manager**, Linda Barber, who came on board September 18.

On behalf of our Ottawa Branch members - **THANK YOU ALL**

## **Membership and Services (M&S) Activities (Chair: Christine Desloges)**

The M&S Committee has been hard at work. These are the folks who plan and deliver things such as the Fall General Meeting and the Spring Annual General Meeting (AGM). Marketing and Outreach activities also fall under this umbrella. Additionally, there are some major projects currently underway.

*On Sept. 29-30/17*, M&S attended the Customs and Immigration Union (CIU) AGM with a view to recruiting future NAFR members. This is a pilot project in collaboration with the National Office and the Gatineau Chapter. Our thanks go to H el ene Nadeau for her leadership with this project. Attending AGMs offers NAFR a good avenue to contact potential members. If you would like to be one of our NAFR Ambassadors, at shows and other places, contact Mary-Anne Zwicker at [info@nafrottawa.com](mailto:info@nafrottawa.com). A pilot "Ambassadorial" training course was offered in advance by the National Office to the volunteer "Ambassadors" who attended the CIU AGM and the pilot town hall.

*AGM Oct 24, 2017*: Our AGM this fall featured expert speakers addressing the theme "Investing and Financial Planning in Retirement". Our thanks go to Daniel Brunet, Terry Sing, Ginette Morin, Linda Barber, Mary-Anne Zwicker and the team for their support for the event and the INFOMART.

*Town Halls*: On Nov 2, 2017, the National Office conducted the first of many town hall meetings with National Defence and RCMP uniformed staff. The intent is to find out what additional help is needed to assist service members who are transitioning back to civilian life. Ottawa, with the high number of uniformed personnel here, seemed like a good spot to conduct the pilot for this program, before rolling the program out across the country.

*Updating the Ottawa "Member Discount" program*. It is time for us to review the list of companies who provide our members with discounts on their products and services. These discounts are in addition to the ones available to all members from the National Office Preferred Partners listing. We will be reviewing our local policy and then confirming the companies on our current lists.

## **Branch Community Liaison (BCLC) Activities (Chair: Open)**

AN UPDATE – Richard Wagner, who has been the guiding light and the BCLC Board liaison, has had to step down as the Chair but will continue as a Board member.

Meanwhile, the Board is seeking a replacement chair for this very active portfolio. The portfolio of activities includes:

*Neighbors Helping Neighbors [NHN]:* This program teaches friends and neighbors how they can provide respite care to non-professional caregivers. This workshop has become so popular that the Algonquin Valley Branch as well as community organizations in Ottawa have requested sessions. Workshop facilitators will be training interested individuals to deliver the program in their communities. French sessions are being given this fall to NAFR members. Other interested Branches are encouraged to contact [fourpaws@rogers.com](mailto:fourpaws@rogers.com) to learn about this important and necessary program. The current BCLC facilitation team members are: CHAIR: Shelagh Tuddenham; Lucie Delorme; Diane Law; Mary March; Patricia Marsden-Dole; Vinni Sahni; Terry Sing; and, Helene Valin.

*Seminars:* Last year, the committee held a seminar for over 400 members on the topic of “Dementia”. This popular session was given by Dr. Frank from the Élisabeth Bruyère Hospital. Throughout the year, other seminars were presented to members.

*INFOMART Support:* The team undertook to manage the 8 INFOMART booths dealing with diabetes care at the May 2, 2017 AGM meeting at the Hellenic Hall.

*Bill C-27:* In conjunction with the NAFR National Office, BCLC continues to defend your pensions and continues working to defeat this bill, which would put your pension at risk. The Ottawa Committee for Pension Security (OCPS) held a Bill C-27 protest sit-in at the office of Minister of Finance Bill Morneau on September 18 when Parliament re-opened.

*Seniors Roundtable:* The City of Ottawa has a forum, which addresses the needs of Ottawa Senior Citizens, advocates on behalf of the city’s older members, and provides advice on needs and city services. The forum includes many of Ottawa’s major seniors’ organizations and this year, NAFR’s 35,000 Ottawa voices have been added to that group of organizations. Mayor Jim Watson mentioned that many of the city’s programs rely on the support provided by the seniors who volunteer and help in these programs.

*National Seniors Day – October 1:* On December 16, 1991, the United Nations General Assembly adopted UN Resolution 46/91, which laid out the 18 UN principles for older persons and which promote independence; participation; care; self-fulfillment; and, dignity. In 2010, Canada recognized October 1 as National Seniors Day.

*On September 29,* thanks to Ottawa Councillor Diane Deans, the Seniors Roundtable, and NAFR, the City of Ottawa once again recognized National Seniors Day by raising the UN National Seniors Day Flag over city hall. Vice President and Advocacy Chairperson Keith Fernandez spoke on behalf of NAFR.

## **Around Town**

### **Council on Aging (COA) – 2017-2018**

COA is a very active not-for-profit organization which offers a variety of activities and opportunities to Ottawa Seniors. One of their popular activities is their Lunch and Learn sessions which are held every 6-8 weeks covering a wide variety of topics of interest to seniors. Bring your own lunch and COA provides cookies, coffee/tea and a speaker. As well as Lunch and Learns, COA will be updating the “Fact Book on Aging in Ottawa” and addressing: senior social isolation; hospital parking; and, member orientation events, to name a few of their activities. For more information email [coa@coaottawa.ca](mailto:coa@coaottawa.ca).

## **Save The Date**

1. JANUARY - City of Ottawa winter fitness program begins.
2. JUNE 19-21 National Annual General Meeting at Lac Leamy.

## **Bulletin Board**

United Way Ottawa Report, June 2017, “A Profile of Vulnerable Seniors in the Ottawa Region”. To get a copy of this report, go to:

<https://www.unitedwayottawa.ca/wp-content/uploads/2017/06/A-Profile-of-Vulnerable-Seniors-in-the-Ottawa-Region-EN.pdf>.

## **Let’s Keep in Touch**

Please help us keep in touch with you. Please email [Info@nafrottawa.com](mailto:Info@nafrottawa.com) and provide your most recent email address, along with your name and NAFR member identification number.

## **Ottawa Branch Website**

Do not forget to visit our website at <https://nafrottawa.com> for information on upcoming events as well as information of general interest.