



FEDERAL RETIREES – OTTAWA BRANCH

APRIL 2018 – GREAT REASONS TO GET OUT OF THE HOUSE

If you are still trying to shake off the effects of winter hibernation, Ottawa Branch is happy to offer you the following great reasons to grab your spring coat and get out of the house.

TAKE CHARGE OF YOUR HEALTH - ANNUAL SPRING MEMBERS' MEETING MAY 1

On May 1, 2018, Ottawa Branch will hold its **Annual Spring Members' Meeting** at the Hellenic Centre, 1315 Prince of Wales Drive. Health and well-being exhibitors will be participating in the INFOMART and **Pamela Howell** from Bruyère Continuing Care will talk to us about how to take charge of your health. Please register and reserve your free seat now at [Spring 2018 Meeting](#).

Our official business will be conducted in two short AGMs, one for the Ottawa Chapter Branch and one for the corporation that is being repurposed to own and lease the condo building back to the Branch. Members will be asked to approve revised bylaws and revised letters patent for the repurposed corporation. You can read these documents in advance at [by-laws](#) and [letters](#). Please note these legal documents are currently only available in English.

Our tea and coffee service has been graciously sponsored by **BMO SmartFolio**. Their representatives will be on hand at the INFOMART to talk about the special offer we negotiated to save Ottawa Branch members **20%** on portfolio management fees when they invest online with **BMO SmartFolio**. For more on this special offer and BMO's free 'lunch and learns', please see BMO's welcome letter at: [welcome/bienvenue](#). Or visit the BMO SmartFolio site [here](#) and see the terms and conditions at: [T&Cs](#).

NOTE FOR INVESTORS: Financial markets can be volatile and there are risks associated with investments that are tied to financial markets. Investors should be aware of, understand and take into account the potential risks and returns on their investments. Please also see our branch disclaimer at the end of this newsletter.

FRAUD PREVENTION FOR SENIORS

We are also focusing on fraud prevention in May. In conjunction with Chartered Professional Accountants (CPA) Canada, Ottawa Branch will be offering our members 90-minute sessions on *Fraud Prevention for Seniors* on May 15 and May 29, 2018. You can register for these free sessions that will take place in our Branch boardroom by clicking on the links below:

- [May 15 at 9:15 a.m. English](#)
- [May 15 at 11:00 a.m. English](#)
- [May 15 at 1:30 p.m. French](#)
- [May 29 at 9:15 a.m. English](#)
- [May 29 at 11:00 a.m. English](#)
- [May 29 at 1:30 p.m. French](#)

For more on investor protection for seniors, you may be interested in looking at the Seniors' Strategy that was recently published by the Ontario Securities Commission at: [OSC Seniors' Strategy](#).

NEIGHBOURS HELPING NEIGHBOURS

Ottawa Branch is pleased to offer two more **Neighbours Helping Neighbours** workshops in May. These important workshops are based on the model developed by the Victorian Order of Nurses and focus on providing respite care for primary caregivers so that they do not become isolated within our community.

Seats are limited, so please contact Mary-Anne Zwicker at info@nafrottawa.com if you would like to attend. The workshops start at 9:00 a.m. and run until 3:00 p.m. at the locations below. Please do not contact Chartwell Residences to register.

- English - May 23, 2018 at Chartwell Bridlewood, 3998 Bridle Path Drive, South Keys
- French - May 30, 2018 at Chartwell Belcourt, 1344 Belcourt Boulevard, Orleans

BECOME AN OTTAWA BRANCH VOLUNTEER

Ottawa Branch has a tremendous team of volunteers. Other people think so too.

On March 26, 2017, Shelagh Tuddenham, one of our volunteers, received the *Celebrating Seniors Award* from the Ottawa Council on Aging in recognition of her exceptional contributions towards making Ottawa a more age-friendly city. Bravo Shelagh!

However, we have lots of work to do and we can definitely use more help and a wide variety of talents, so don't be shy. Please contact Mary-Anne at info@nafrottawa.com if you would like to explore the idea of volunteering with us.

In the meantime, don't forget to visit our website at: <https://nafrottawa.com/>. You can learn more about our Members' Discount Program and the organizations that participate. For example, Beechwood Cemetery offers a Speaker Series on seniors' issues. For more information on their May 6 English workshop visit: [speakers](#).

***Ottawa Branch Disclaimer:** Ottawa Branch provides information on issues, products and services of general interest to our membership. It does not endorse a particular position on a product or service, as being suitable for individual members, but brings them to the members' attention so that they can make up their own minds.*