

EXCERPTS FROM THE SUMMER 2025

QUOI DE NEUF

SPÉCIAL VACANCES

VOYAGER LONGTEMPS
POUR DÉCROCHER
LENTEMENT

COMPOSTELLE :
À LA RENCONTRE DE SOI

TRUCS ET TENDANCES
VOYAGE



SUMMARY

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Your English excerpts of *Quoi de neuf* available by regular mail or email?

As a member of AREQ, you receive an issue of *Quoi de neuf* magazine quarterly by regular mail. Afterwards, you also receive by regular mail an English translation of selected articles of each issue (English excerpts from QdN).

In order to better suit your needs, it is now possible to get the English excerpts from *Quoi de Neuf* **by email**. Should this option be more convenient for you, simply advise AREQ by writing to quoideneuf@areq.lacsq.org providing your email address and your name. If you wish to continue to get it by regular mail, **there is no action to take**.

Please note that you will continue to get the French version of the issues by regular mail.



HAVE A GREAT VACATION AREQ VOLUNTEERS!

As you may know, there's hardly a dull moment at AREQ, whether in the sectors, the regions or at the national level. Of course, all that would not be possible without the participation of our many volunteers, both elected and non-elected, who contribute throughout the year to revitalising the Association. I want to take my hat off to our volunteers during this summer season.

Last fall, we undertook together a period of development at AREQ with ambitious goals for the coming years. One such goal was to make AREQ better known in order to attract new members to our ranks, and to position ourselves to more successfully influence decision makers on issues of concern to pensioners and senior citizens.

Before our very eyes, the society we have built together seems to be slipping away and our social safety net is crumbling. Our healthcare system no longer meets our needs, becoming less and less universal and free-of-cost. We are disheartened also when it comes to home care and support services, as the government continues to see that as an expense when studies show, on the contrary, that it should be seen as an investment. Our incomes are not keeping pace with the rising cost of living: groceries, medications, housing, etc. These are just some of the concerns that underlie all of AREQ's initiatives.

Our regional volunteers and those working in our different sectors are of great assistance in creating opportunities to make connections. They are in the field, directly in contact with our members, enabling them to stay active, break out of isolation and continue to learn and prosper. What a noble commitment on the part of volunteers, who freely give of their time!

To our dear volunteers, we say, because of you, we can intervene on many fronts. Allow me to wish all those who are involved with AREQ (CSQ) a wonderful vacation. Let's make the most of summer to recharge our batteries and come back in the fall ready to continue, together, to give life to AREQ and make it grow.

Have a great summer!

Micheline Germain
President

YEAR TWO OF AREQ'S THREE-YEAR PLAN IN FIGURES

DOMINIC PROVOST
AREQ's General Manager



The second year of AREQ's 2023-2026 three-year plan is now behind us. A number of initiatives were undertaken, enabling us to achieve our mission and pursue our orientations. Here is a brief summary in fourteen figures.

15

AREQ organized 9 retirement preparation sessions in classrooms across Québec. To these were added 5 virtual learning experiences on psychosocial adaptation, finances, legal aspects, insurance and pension plans, as well as a "Preparing for retirement at any age" webinar, for a total of 15 training sessions.

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20

To date, some 20 presentations on AREQ have been made to elected officials and CSQ members in the framework of AREQ's development plan launched in the fall of 2024. AREQ is becoming increasingly well known and recognized among its future members.

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2.0

AREQ gave the green light to an IT project to replace its secure database, Member Management, which dated back to the 1990s. The Member Management 2.0 project was completed on time and, above all, on budget!

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65

That's the number of CANVA licences (a graphic design software) granted to AREQ sectors, following training on a new newsletter model developed by AREQ. The aim of this initiative is to breathe new life into sector newsletters, which remain an invaluable communication tool for our members.

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83

This refers to Bill 83 tabled by the Minister of Health on the practice of medicine. AREQ, along with other groups, wrote an open letter to call for concerted actions for this bill to go further in protecting our public health system.

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13/102

In June 2024, the government launched the "Pride in Aging" Action Plan, that includes 102 measures. AREQ considers 13 of them to be substantial and realistic. AREQ also produced a brief entitled "Pour un virage audacieux en soutien à domicile : le Québec n'a plus le luxe d'attendre", with 5 proposals.

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\$1000

This is the amount awarded to three artists who received grants from AREQ to encourage Québec cultural production, in partnership with Impératif français, on the occasion of the 2024 Francofête.

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1000

This is the number of people who will be invited to take part in a survey on the different forms and representations of grandparenthood in Québec. The results of the survey, conducted by INRS in partnership with AREQ, will be made public in the summer of 2025.

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6895

That is the total number of promotional items ordered to date from AREQ's online store. Prices range from \$1.75 for pens to \$76.95 for a magnificent jacket in AREQ's colors. So many ways to express our attachment to our association!

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10

AREQ staff have designed and made available to our members around 10 conferences and training sessions on a variety of subjects, including artificial intelligence for seniors, insurance, home care, sexual diversity, etc. Hundreds of members have attended.

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600

On October 1, 2024, the International Day of Older Persons, more than 600 people took to the streets of Québec City for a march organized by AREQ in partnership with the Habitat movement, under the theme "Let's walk for well-being".

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\$1.1 billion

In the fall of 2024, IRIS published a study paid for by AREQ that paints a portrait of the situation of public home care and support services. and made recommendations for consideration by the Québec government. According to the study, potential annual savings from a shift to home care and support services in Québec could reach \$1.1 billion.

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123.1 %

This is the RREGOP capitalization rate, which led to an additional indexation payment for pensioners in 2024. In response to representations from groups such as AREQ, the government agreed to pay its share of the indexation, which came to 2.2%.

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TRAVEL WITH PEACE OF MIND WITH AREQ GROUP INSURANCE: ASSUREQ

JOHANNE FREIRE | Social Security Advisor

When you travel, you want to enjoy every moment, without worrying about anything unexpected. That's why it's important to be well insured. As it happens, AREQ offers an exclusive group insurance plan that includes comprehensive travel insurance... and much more.

This insurance plan available only to AREQ members - that is anyone who has ever been a member of a CSQ-affiliated union - includes coverage designed to meet the specific needs of pensioners.

Travel insurance benefits not only include trip cancellation insurance, but also travel insurance with assistance of up to \$5,000,000, so you can leave home with peace of mind.

More than just travel insurance

In addition to travel insurance, ASSUREQ also offers health care coverage, including therapeutic devices, accommodation in a CHSLD, health professionals, hearing aids, intraocular lenses, CPAP, life insurance, and much more.

Choosing ASSUREQ means opting for security, simplicity and peace of mind, at a very affordable price. Whether they stay in Québec or travel the world, AREQ members deserve coverage that meets their needs.

5 reasons to join the ASSUREQ insurance plan

- 1 No proof of good health required to join;
- 2 The premium does not vary according to age, and is the same for everyone;
- 3 Insurance coverage for a lifetime;
- 4 Comprehensive travel insurance for up to six consecutive months, so you can leave home with peace of mind;
- 5 A surviving spouse can continue to benefit from the insurance after the death of an insured member.

For more information or to join, contact AREQ today at 1 800 663-2408 or by e-mail at info@areq.lacsq.org.

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