

EXCERPTS FROM THE AUTUMN 2017



LE MAGAZINE DE L'ASSOCIATION DES RETRAITÉES ET RETRAITÉS DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC

QUOI *de neuf*

DOSSIER

LA RÉMUNÉRATION MÉDICALE AU QUÉBEC :
UN PROBLÈME À RÉGLER

AUTOMNE 2017

+ SOIRÉE RECONNAISSANCE
Hommage à nos ex-collègues

+ NUTRITION
Une alimentation sans
viande... et sans faille!

+ FONDATION ÉMERGENCE
Les personnes LGBT
et le vieillissement

+ CONDITION DES FEMMES
Agressions sexuelles :
nouvelles données, réalité inchangée

AREQ
CSQ

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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.



A new team in motion

LISE LAPOINTE
PRESIDENT

Last June, I accepted the important responsibility entrusted to me by the 650 delegates in attendance at the AREQ Congress: to preside over our association for the next three years. I had the opportunity to introduce my vision of our association and the contribution I wish to make. Now, I am happy to share a few thoughts with you through my first A Word From The President.

It is with great pride and humility that I begin my mandate as president. With the help of a new dynamic and committed team, I hope to continue the work started by our predecessors to increase the credibility and visibility of the AREQ.

FROM INTENTION TO ACTION

In recent months, the new executive council and the new board of directors have wasted no time getting to work. From the start, we have focused on new ways to allow our elected officials at every level to perform their duties under the best conditions. We can't forget that the hundreds of individuals involved with the AREQ are volunteers who donate their precious time in addition to all of their other activities. We need to listen to them.

To guide and prioritize our interventions, we are formulating a three-year plan to be submitted for discussion and adoption at the national council this fall. The plan will propose a series of concrete, ambitious, and realistic actions for implementing the orientations previously set in congress, moving from words to actions. We eagerly take on this exciting challenge thanks to a strong team consisting of elected members and AREQ personnel.

LET'S MAKE OURSELVES HEARD!

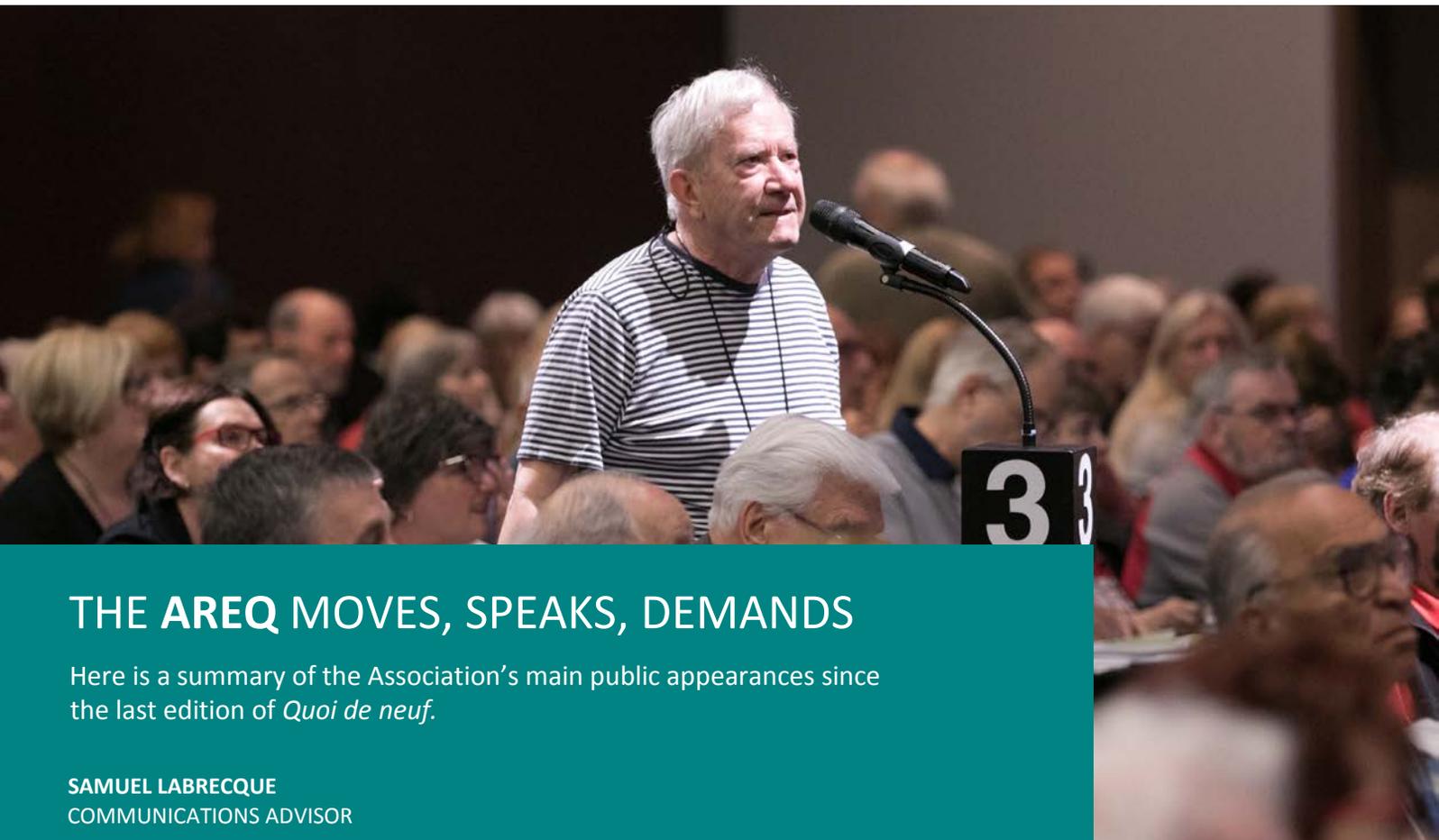
Without a doubt, there will be many opportunities for the AREQ and retirees to be heard in the coming months. We will take part in public debates, reflection, discussion, proposals, and action. We will do it with respect and openness. It is my main objective and I invite you all to join me.

Happy new triennial to the AREQ! ♦

MAKING A DIFFERENCE

The AREQ is a large democratic human rights association at the service of, and in tune with, its members. It is present and active across Québec. Together, we champion causes and carry out projects. We mobilize, we coalesce, and we participate in the public sphere. In short, through our words and actions, we seek to make a difference for both our members and for all seniors in the community. We need to remember that the AREQ is a major social player.

During the last congress, we defined our priorities as an association. We adopted orientations focusing on issues such as health, protecting purchasing power, fighting abuse, valuing seniors in our society, and more. These issues are of the utmost importance. They concern us and demand our attention.



THE AREQ MOVES, SPEAKS, DEMANDS

Here is a summary of the Association's main public appearances since the last edition of *Quoi de neuf*.

SAMUEL LABRECQUE
COMMUNICATIONS ADVISOR

AUGUST 24, 2017

ACTION PLAN FOR MEN'S HEALTH AND WELLBEING 2017-2022: A STEP IN THE RIGHT DIRECTION ACCORDING TO THE AREQ

The Québec government's action plan for men's health and wellbeing 2017-2022 was well received by the AREQ. The plan proposes orientations and actions that take aim at vulnerability factors specific to men in order to positively affect their health, and the health of those around them. For the AREQ, it will be important to take concrete action with male seniors who are experiencing realities particular to them.

"We acknowledge the government's efforts to recognize the specific needs of male seniors in their action plan. Yet, it is appalling that the suicide rate in older men is 5.1 times higher than in women of the same age. Though it remains a taboo subject, it is essential that we commit to improving the situation," says Lise Lapointe, AREQ president.

JULY 2, 2017

INTERNATIONAL PLASTIC BAG FREE DAY: THE AREQ RENEWS ITS COMMITMENT

On the eve of International Plastic Bag Free Day on July 3rd, the AREQ renewed its commitment to reducing the use of plastic bags. "International Plastic Bag Free Day is an excellent opportunity to address the overconsumption of plastic and its impact on the environment, in Québec and globally, today and in decades to come," says AREQ president Lise Lapointe.

JUNE 15, 2017

PLAN OF ACTION AGAINST ABUSE: ANOTHER STEP IN THE RIGHT DIRECTION

The steps outlined in the government's plan of action to prevent elder abuse 2017-2022 were well received by the AREQ. However, it doubts whether the sums allocated are sufficient to fill the needs identified and to take the proposed actions.

“The government’s intentions are admirable, but as with many other issues, the fight against abuse requires money. We fear that the 52 measures included in the action plan, as well as those not included, will not be implemented. In this regard, if the government invested in resources required to fight against organizational abuse, notably by adding resources in the health and social services sector to provide more quality care, the results would speak for themselves,” says AREQ’s 2nd vice-president, Nicole Gagnon.



JUNE 5, 2017

THE PARTI QUÉBÉCOIS AND FIVE SENIORS’ ORGANIZATIONS DEMAND A GENERAL ASSEMBLY

The official opposition critic for seniors, Harold LeBel, the Association québécoise de défense des droits des personnes retraitées et préretraitées (AQDR), the Association québécoise des retraité(e)s des secteurs public et parapublic (AQRP), the Association des retraitées et retraités de l’éducation et des autres services publics du Québec (AREQ), the Carrefour 50 + du Québec, and the FADOQ network, have joined forces to demand that the Québec government hold a general assembly on the living conditions of seniors.

“Every day, we see situations that affect the living conditions of thousands of seniors, such as the lack of resources dedicated to home support services and the reintroduction of ancillary fees in a roundabout way. We come to ask ourselves where seniors fit in our health care system and in society. It’s time to sit together to take stock of the situation and find solutions,” said the president of the AREQ, Lise Lapointe

JUNE 1, 2017

46TH AREQ CONGRESS: LISE LAPOINTE ELECTED PRESIDENT

Saguenay–Lac-Saint-Jean’s Lise Lapointe was elected president of the Association des retraitées et retraités de l’éducation et des autres services publics du Québec (AREQ-CSQ) during the association’s 46th Congress. The nearly 650 delegates in attendance in Lévis also elected a new executive council and adopted the association’s main orientations for the 2017-2020 triennial.

Lise Lapointe was Saguenay–Lac-Saint-Jean’s regional president of the AREQ from 2011 to 2014. Since 2016, she has held the position of 1st vice-president of the association.

“It is with great pride that I accept the mandate I have been given. The AREQ is a large association that consists of volunteers across Québec. Together, we run projects and help further causes. I look forward to getting to work with the AREQ’s elected members and personnel to continue the work begun by my predecessors,” said Lise Lapointe. ♦



New rates for the Public Prescription Drug Insurance Plan (RAMQ)

Effective July 1, 2017

Québec is the only province in Canada that requires every citizen to have prescription drug insurance. Québec's Public Prescription Drug Insurance Plan (RAMQ) guarantees prescription drug insurance to every citizen of Québec who is not covered by a private insurance plan. This represents several million people, including AREQ members.

Every year, on July 1, the RAMQ adjusts the rates of its Prescription Drug Insurance Plan. In 2017, premiums, monthly contributions, and co-insurance rates have all increased. Maximum contributions have also been adjusted upwards. Let's take a closer look.

JOHANNE FREIRE
SOCIAL SECURITY ADVISOR

NEW RATES

The **annual premium** increased \$7, from \$660 to **\$667**. The premium is mandatory for everyone insured under the public plan, whether they consume medications or not. The premium varies between \$0 and \$667 according to the family's net income when filing their income tax returns.

When purchasing medications in a pharmacy, insured persons must pay a portion of the costs, which is referred to as their contribution. This includes the deductible plus the co-insurance.

The **monthly deductible** is \$19.45, representing an increase of \$0.60 compared to 2016. The co-insurance is **34.8%** of the cost of medication minus the amount of the deductible, representing an increase of 0.3%.

The **maximum monthly contribution** insured persons may be required to pay when purchasing medications in a pharmacy is **\$88.83**, representing an increase of \$1.67.

However, the maximum monthly contribution for persons aged 65 years or more who receive a GIS at a rate of 1% to 93% is \$52.65.

ADULTS AGED 18 TO 64 NOT ELIGIBLE FOR A PRIVATE PLAN PERSONS AGE 65 OR OVER – NO GIS

At the pharmacy

When filing income tax return

Monthly deductible		Co-insurance		Maximum monthly contribution		Annual premium	
Before	New rate	Before	New rate	Before	New rate	Before	New rate
\$18.85	\$19.45	34.5%	34.8%	\$87.16	\$88.83	From \$0 to \$660	From \$0 to \$667

PRESCRIPTION DRUGS COVERED

The RAMQ publishes a list of medications covered by the Public Prescription Drug Insurance Plan on its website. Updated periodically, the list includes more than 8000 prescription drugs.

The Minister of Health and Social Services, in consultation with the Institut national d'excellence en santé et en service sociaux (INESSS), determines which drugs to include.

SERVICES OFFERED BY PHARMACISTS

Since June 20, 2015, pharmacists are authorized to offer new services related to medication. For example:

- › substituting one medication for another in the event of a disruption in supply,
- › showing patients how to administer a medication,
- › extending and adjusting a prescription,
- › prescribing a medication for the treatment of certain minor ailments when the diagnosis and treatment are known,
- › prescribing a medication when no diagnosis is required.



Pharmacists are allowed to bill you for some of these services. However, if you are insured by the **Public Prescription Drug Insurance Plan**, the pharmaceutical services are reimbursed by the RAMQ minus the deductible and co-insurance, if applicable.

For additional information on the RAMQ's Public Prescription Drug Insurance Plan, visit www.ramq.gouv.gc.ca. ♦

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