



QPARSE News

The newsletter of the Québec Provincial Association of Retired School Educators
Les nouvelles de l'Association du personnel d'enseignement retraité du Québec

www.qparse-apperq.org

WINTER : 2015

Managing Cardiometabolic Risk



Cardiometabolic risk refers to the chances we have of getting diabetes, heart disease or stroke. Knowing how to decrease our cardiometabolic risk can help us to live a longer and healthier life. The good news is that there are lifestyle changes that can help to reduce this risk. They include: quitting

smoking, losing weight, eating a healthy diet and, of course, exercise.

A combination of lifestyle changes and medical interventions can help even more. This is especially true if we have high blood pressure, high blood sugar or high cholesterol.

February is **Heart Health Month** and on Thursday, February 12th, 2015 we'll be privileged to have two guest speakers: **Dr. Colin Rose**, cardiologist and Associate Professor at McGill University and **Sandra Cohen-Rose**, economist and nutritionist. The PowerPoint presentation on **Cardiometabolic Disease and Lifestyle** will be most informative. Did you know that cardiometabolic diseases such as heart attacks, strokes and diabetes cost our health system \$40 billion annually and are 95% preventable? Plan on being present for this important workshop.

Upcoming Events:

Cardiometabolic Disease and Lifestyle presentation

Speakers: Dr. Colin Rose and Sandra Cohen-Rose

Thursday, February 12th 11:00 am

Cabane à sucre excursion

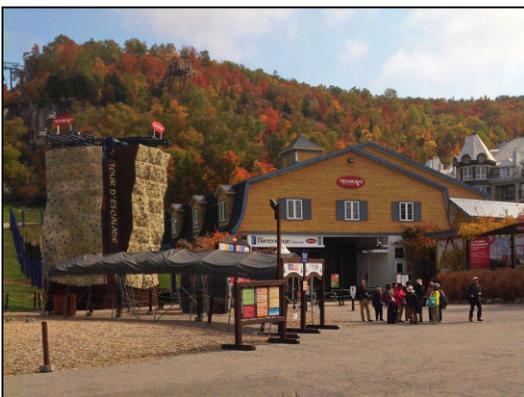
Bus trip to St-Eustache

Wednesday, March 11th



Mark your agenda NOW!

Same time...next year?



September 30 marked an unseasonably warm day which set the stage for a picture-perfect Mont Tremblant excursion. The bus load of participants took gondola rides, basked in the sun on the highest mountain in Québec, dined *al fresco* at one of the many restaurants and marvelled at the fall colours. As everybody was boarding the bus for the return trip home, it was unanimous - we would return at the same time next year!

This Issue Winter 2015

<u>Editorial</u>	2
<u>President's Message</u>	3
<u>ACER-CART National Initiatives</u>	4
<u>New Members</u>	4
<u>Note from President - ACER</u>	5
<u>Membership statistics</u>	6
<u>Cabane à sucre & Riverdale HS</u>	7
<u>Nominations request</u>	8
<u>Program Calendar</u>	9
<u>CMA Hospital Report</u>	10
<u>Condolences - Le bon usage</u>	11
<u>Insurance Plan Changes</u>	12
<u>Board of Directors</u>	13
<u>Application Form</u>	Back cover

Editorial

The greatest wealth is health Virgil

Happy New Year and here's hoping your holiday season was family-filled and magical.

For me, Christmas trees have a way of sparkling and reminding us of all the wonderful times of Christmases past, as well as the best of moments to come. I hope that your holidays, whether a quiet endeavour or a boisterous gathering of the extended family, brought you closer to your loved ones. We are very fortunate to live in a country with so much to offer and the holidays are a beautiful time to count our blessings!

Are you a little heavier too, on these the first few days of 2015? As for me, there is a new kangaroo-like two-pound pouch that has materialized in the last few weeks. My Italian heritage is probably at the root of this development, but I enjoyed each pound in the making. The homemade lasagna, the baked delicacies and especially the tiramisu... that hit the spot!



Here we are at the start of the New Year and this sometimes brings a moment of contemplation at the temple of self-improvement and the resulting New Year's Resolutions. So the editorial staff decided it would be timely to have Health and Wellness as the theme for this issue.

We invite your thoughts, comments and musings on this important topic and we would like to include these in the Spring edition of the newsletter! Hopefully super seniors as well as newly-minted seniors will provide us with reflections.

SVP: Nous souhaitons recevoir des soumissions en français aussi!

Meanwhile, there are many decisions nudging us for consideration! Maybe you have started your own New Year's Resolutions List: places to visit, personal changes, weight loss, something to be done more often or something you want to do less often. This is a yearly transition period that some of us navigate, whether we are recently retired or squarely amidst it. In addition, there may be a willingness for more exercise, and thoughts of how to channel our energies in the coming year. Whatever your reflections and considerations, we hope to see you at upcoming QPARSE events so that we can engage in a discussion on how to continue to age gracefully and in the best of health.

Nous espérons que le fêtes ont été pleine de joie, et que 2015 vous apporte beaucoup de bonheur, prospérité et, sur tout, beaucoup de santé. Nous espérons vous voir en grand nombre aux activités QPARSE.

On behalf of the Editorial Staff we wish you much health and happiness for 2015!

Best wishes for the New Year. Keep well and we'll see you soon,

Marzia Michielli
Editor

I TRIED
TO BE
NORMAL
ONCE.
WORST
TWO
MINUTES
OF MY
LIFE.



**Editorial Staff and
Newsletter Working
Group Members:**

**Jan Langelier
Sandra Aird
Renate Sutherland
Dave Chandler
Don Berry
Jean Le Guillou
Marzia Michielli**

President's Message - Message de la présidente

THERE ARE ONLY TWO WAYS TO LIVE YOUR LIFE. ONE IS AS THOUGH NOTHING IS A MIRACLE. THE OTHER IS AS IF EVERYTHING IS.

IL N'Y A QUE DEUX FAÇONS DE VIVRE : L'UNE C'EST DE FAIRE COMME SI RIEN N'EST MIRACULEUX, L'AUTRE C'EST DE FAIRE COMME SI TOUT EST UN MIRACLE. Albert Einstein

By the time you read this, the holiday season will have come and gone and I hope you have had an enjoyable time with family and friends. My best wishes to all of you for good health, well-being and much joy and happiness in 2015.



A special welcome to our new retirees! We were so pleased that many of you were able to join us at the Fall Luncheon for Retirees. I hope that 2015 will encourage you to explore new horizons and develop new relationships as you become active members of QPARSE and help your Board of Directors make our association relevant for you.

En tant que retraités, nous faisons toujours face aux défis de la vie et au sens du mot vieillir. Voilà quelques-unes des questions posées par Cathy Carmody, visionnaire dans le domaine de la 'vieillesse consciente', à Halifax lors de la Conférence régionale des enseignants retraités de l'est du Canada (ECRTO). Cathy est passionnément convaincue que les choix et les comportements qui guident notre vie sont tous basés sur nos convictions. Changer nos convictions: changer nos vies! Ceux qui cherchent une nouvelle approche au problème du vieillissement pourront la consulter. www.cathycarmody.com .

Health and Wellness issues continue to engage us. As you will read in Ed Zegray's ACER-CART Report, I sent a letter to several officials in Ottawa requesting that **more funding be provided to strengthen the Canada Health Accord**. The only government official to respond to date, the Federal Health Minister, The Hon. Rona Ambrose, wrote: *Through our actions and investments, our government is working to improve healthcare in a way that respects jurisdiction, acknowledges the invaluable contribution of healthcare providers, and supports individual Canadians in improving their own health. By fostering innovation and improvement, with investments of more than \$1 billion per year through the Canadian Institutes of Health Research, Canada Health Infoway and other programs and initiatives that support progress in priority areas, such as health human resources and continuing care, we can achieve an effective and sustainable healthcare system that meets the needs of Canadians today and into the future.*

Février est **le mois de la santé cardiaque** et le Dr. Colin Rose, cardiologue et Professeur associé à McGill donnera une présentation des plus intéressante et instructive intitulée Maladies cardio-métaboliques et style de vie. Son épouse, Sandra Cohen-Rose, économiste et nutritionniste, abordera la question du style de vie sain. Info: [page 9](#)

We will continue to improve our efforts to *keep in touch* with all of you through electronic mailings, letters and regular updates of our website. Nous continuerons de garder le contact avec vous électroniquement par courrier, lettres et mises à jour régulières de notre site web: www.qparse-apperq.org .

I look forward to seeing you at our upcoming program events and luncheons in 2015. J'espère le plaisir de vous voir lors de nos programmes et lunches en 2015.

Renate Sutherland
514-695-1970
renate.sutherland@bell.net



**Association canadienne des enseignantes et des enseignants retraités
Canadian Association of Retired Teachers**

Dear ACER-CART Members,

October 30, 2014

Much recent discussion has centred on ways in which health care can be improved for Canadians, especially, for older Canadians. Central to that discussion has been the notion that care should be centred not on the system, but squarely on the patient. Patients should be accorded compassion, respect, and dignity throughout medical treatment; and to that end, they should be meaningfully and significantly involved in deciding what care is desired, what care is appropriate, safe, and really needed.

Currently, numerous Canadian medical societies are each developing lists of five things physicians and patients should consider before patients are prescribed unnecessary or unwanted tests and procedures that sometimes are more harmful to the patient than the diagnosed condition itself. As each patient is unique, the lists are not meant to establish guidelines for treatment. Rather, the information being assembled and the approach being established are intended to enable and to empower patients so that meaningful conversations about treatment can occur before health care deliverers feel compelled to prescribe whatever test or procedure is available.

A few short years ago my brother-in-law, a bit older than 75, was diagnosed with prostate cancer. It was not an aggressive type of cancer; indeed, it was slow growing. But he was subjected to all the conventional treatment available to him in modern medicine – prostatectomy, radiation. With the side effects that ensued, he told us that he rued the day he was subjected to those procedures. “They wrecked me,” he said to us. “I should never have submitted to those treatments.” Would he have made different choices if he had been fully informed of the substantial side effects that he might suffer? If he had been given the opportunity to participate fully in the decision-making?

Choosing Wisely Canada is laying the foundation for patients to make informed decisions about their care. Paralleling the Choosing Wisely movements in Australia, Denmark, Germany, Italy, Japan, Netherlands, New Zealand, and the UK, the campaign in Canada aims to encourage thoughtful and candid conversations between physicians and patients about care appropriate for them – care that is research-based, non-duplicative, free from harm and truly necessary.

Dr. Chris Simpson, President of the Canadian Medical Association, says, “This is a giant step for patients, physicians, and the entire health care system . . . national specialized medical societies are working to create current evidence-based lists of tests and treatments that we should think twice about in terms of necessity . . . The lists will facilitate informed conversations, and patients will leave their physicians confident about the rationale for their treatments.”

The campaign is creating lay person-friendly literature to assist patients and is planning to disseminate the information through various groups. The Canadian Association of Retired Teachers (ACER-CART), at the Annual General Meeting in June 2014, endorsed the Choosing Wisely Canada initiative. Member Associations are encouraged to seek information about the movement; the Choosing Wisely Canada website features a wealth of information about the objectives and actions of the campaign. If these resonate with members, then ACER-CART encourages them likewise to approve formally the Choosing Wisely Canada initiative.

Best wishes to you.

Yours truly,

A handwritten signature in black ink that reads 'JoAnn Lauber'.

Présidente JoAnn Lauber, President, ACER-CART
1703 - 8 Laguna Court New Westminster, BC V3M 6M6
jlauber@shaw.ca (604) 523 1653

“Should auld acquaintance be forgot, and never brought to mind?”

Over the years more than 1,200 former English school professionals have answered the call by joining the Quebec Provincial Association of Retired School Educators – QPARSE/APPERQ for short. Tracing its origins to 1961, the Association performs two important functions; helping members stay in touch with former colleagues and keeping them informed about such eminently practical matters as health, insurance, finances and taxation.

Almost 200 of the membership comprise what amounts to an informal “25-year Club” and it is hardly surprising to find that over 5,000 km separate our members in St. John’s, NI from the eight members who live on Vancouver Island off the west coast of British Columbia: two in Comox, two others in Fanny Bay, another in Qualidux Beach and three more in Victoria as well as a member on Salt Spring Island.

Members are to be found in every province, with the exception of Manitoba. More than 85% live in Québec, the majority in the Greater Montreal area. Important clusters are also found in the Eastern Townships, the Gaspé, the Laurentians, and the Ottawa valley. Individual members live as far afield as Sept-Îles, Baie-Comeau, Jonquière and Franklin Centre.

As one might expect, neighbouring Ontario, with 113 members, is home to the next largest number. These are heavily concentrated in and around Ottawa, Toronto and Kingston although, quite naturally, members are found scattered across the province from Hanover and London to Peterborough and Cornwall.

After Quebec and Ontario only Nova Scotia (17) and British Columbia (13) can boast double digit totals. Five provinces share the remaining 14 members: New Brunswick (7), Alberta (3), Prince Edward Island (2), with Newfoundland & Labrador and Saskatchewan having one apiece.

Fewer than a dozen of our members have taken up residence in foreign climes. Six live in the United States: Vermont, New Hampshire, Florida, Tennessee, Washington and California. Europe is home to another five. Four members live in the United Kingdom: two each in England and Scotland. A fifth lives in France, our sole representative on the Continent.

Our mailing list is not static. Every year 30 or more members have to be declared inactive because mail no longer reaches them at the given address. Please keep your address up-to-date and send your new address to the QPARSE Membership Director, Jan Langelier.

Charles E Elliot, a Montréal member

Do you know these members?

We are trying to locate the following members with whom we have lost touch. If you have any information please contact me: langelier.jan@videotron.ca or by phone: 514-453-7103.

David Conrod, Shawville, Qc - Ralph Davidson, Knowlton, Qc - Joan Morrison, Kingsbury, Qc - Agnes Guitouni, Montreal, Qc - Charles Haynes, Sept Iles, Qc



As we start 2015 I wish you all a happy and healthy new year in this wonderful world known as retirement!!

Jan Langelier, Membership Director

FOR FILM BUFFS:

A special Christmas treat — JUST CLICK:



Cabane à sucre

Wednesday, March 11th, 2015

Join us for our indoor winter event in St-Eustache.
 And treat yourself to a classic **Cabane à sucre** meal.
 Lots of entertainment and dancing.



Cost (including bus, lunch, tax & tip): Members \$35.00 Non-members \$40.00

Departure:	EMSB, 6000 Fielding Avenue, NDG	09:45 A.M.
	Fairview Shopping Centre (East of La Baie)	10:15 A.M.
Arrival:	St-Eustache	11:00 A.M.
Return:	St-Eustache	02:30 P.M.
Arrival:	Fairview	03:30 P.M.
	EMSB	04:15 P.M.

Please bring a friend and confirm your attendance with:



Erene Anthony at (514-626-8002) or
program@qparse-apperq.org or
 Ken Cooke at (514-484-9118)

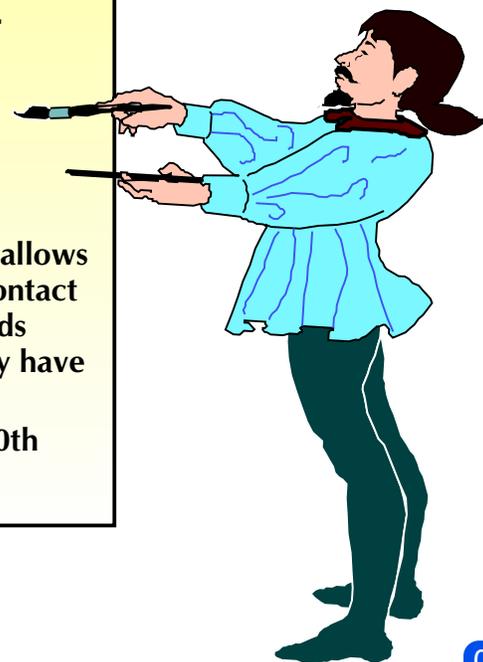
Riverdale High School Reunion

Riverdale High School first opened its doors to students on September 9th, 1964, and it will be celebrating its 50th Anniversary throughout the 2014-2015 school year. This anniversary year will culminate with a Reunion for former students and staff on May 15th, 16th and 17th, 2015.

The Reunion Committee has been meeting regularly since September 2013 and they have been planning a series of memorable events for the May weekend.

The website, www.riverdale50reunion.com provides an opportunity to register for the big weekend. The site also allows you to find accommodations in the West Island area, to contact your Grad Year Coordinator, to check out photos that grads have been submitting and to honour those grads who sadly have passed away since their graduation.

See many of your old friends at Riverdale High School's 50th Anniversary!



An offer you can't refuse!

QPARSE is always looking for fresh ideas so if you would like to become involved please consider joining the **Board of Directors**, the **Newsletter Editorial group** or the **Program Committee**.

The Board runs the affairs of the association and consists of 12 members who assume specific responsibilities. It meets once a month from September to June at the EMSB or QPAT.

There will be potential vacancies on the Board of Directors for the coming year.

If you have an interest or know of someone who would be interested in joining the Board or its committees, please contact: Sandra Aird 514-738-6169

Nominations for the Board must be signed by at least 10 QPARSE members and must be accompanied by the Nominee's written consent. The slate of nominations will be approved at the Annual General Meeting on May 5th, 2015 where votes will be held, if necessary.

Please forward nominations to the Chair of the Nominations Committee by March 31, 2015 so that names can be included in the notice of the AGM.

Sandra Aird
 Chair, Nominations Committee
 1100 Laird Ave. Apt. 208
 Mount Royal, QC H3R 1Z2



The October reception



2015

- Thursday, February 12th** 11:00 am **Cardiometabolic Disease and Lifestyle presentation**
 Guest speakers: Dr. Colin Rose and Sandra Cohen-Rose
Maladies cardio-métaboliques et styles de vie
 Animateurs: Dr Colin Rose et Sandra Cohen-Rose
 EMSB, Patterson Room
 Coffee: 10:30 am in Atrium
Lunch: Monkland Grill Restaurant
- Wednesday, March 11th** 10:00 am **Cabane à sucre excursion**
 1050 Boul Arthur-Sauvé, St-Eustache
 Price: \$35.00 – Non members: \$40.00 (includes bus & lunch)
 Departure: 10:00 am EMSB and 10:30 am Fairview (La Baie)
Excursion: Cabane à sucre
 1050 boul Arthur-Sauvé, St-Eustache
 Coût : 35, 00\$ (autobus et lunch inclus) Non-membres : 40,00\$
 Départ : CSEM 10h and Fairview (LaBaie) : 10h30
- Thursday, April 16th** 11:00 am **Benefits/Insurance Session**
 Speaker: Paul Barnes
Avantages marginaux et assurances
 Animateur: Paul Barnes
 QPAT-APEQ offices
Lunch: the West Island (TBD)
- Tuesday, May 5th** 11:00 am **Annual General Meeting**
Assemblée générale annuelle
 EMSB/Patterson Room
 Coffee: 10:30 am in the Atrium

English Montreal School Board, 6000 Fielding Avenue, NDG (off Côte Saint-Luc Road)

QPAT-APEQ, 17035 Brunswick Blvd, Kirkland

Monkland Grill Restaurant, 6151 Monkland Ave, NDG H3X 2C6. [514 484-2611] (coin Beaconsfield)

*If you plan to attend a luncheon please inform the Events Coordinator:
 Veuillez aviser le Coordonnateur des événements de votre présence aux lunches:
 Ken Cooke (514 485-9118) or erica2ken@yahoo.com*

*For more program information:
 Pour plus d'information sur les événements:
 Erene Anthony (514 626-8002) or ereneanthony1@sympatico.ca*

DID YOU KNOW...**Our membership includes:**

1171 active members 35 inactive members 1206 total members

171 25-year Club members 21 Super Seniors

Jan Langelier
 November 1st, 2014

Press release
Press release
Press release

ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION

Hospitals grinding to a halt because of stranded seniors, CMA head says

Ottawa (Nov. 18) – Gridlocked hospitals around Canada are struggling to make room for incoming arrivals because so many older patients have no other place to go, the president of the Canadian Medical Association said today.

Dr. Christopher Simpson, a cardiologist at Kingston General Hospital, said hospitals are increasingly invoking what is known in the medical world as “Code Gridlock” when a hospital reaches or exceeds capacity.

“Code Gridlock means that the hospital is so full that patients can't move,” he said in a speech to the Canadian Club of Ottawa.

“Patients in emergency can't go upstairs to a bed because the beds are full. Sometimes ambulances can't offload patients into ER because it is packed - even in the hallways. Elective surgeries are cancelled. Transfers from the region are put on hold.”

Dr. Simpson said Canada needs a national seniors strategy involving all levels of government to develop investment in long-term care infrastructure and home care and community support programs.

“As a society, we need to step up investment in long-term care and invest much more in services for home and community care.”

Code Gridlock is fast becoming the new normal in Canadian hospitals as medical staffs are resorting to putting patients in “windowless nooks, crannies and broom closets – anywhere we can squeeze in a stretcher or a bed,” he added. Dr. Simpson said his own hospital is currently on its 25th consecutive day of gridlock.

“To those outside the medical world, the two words

probably won't be heard over the white noise of a busy hospital. But to everybody else in the building they work like a dog whistle – start freeing up beds immediately.

“All physicians, nurses and other health care professionals are urged to do whatever they can to expedite discharges.”

The chronic overcapacity problem is being caused by a crisis in seniors care, he said. Thousands of older Canadians are taking up acute care beds at \$1000 a day even though they are well enough to be discharged because they have no place to go.

There either isn't a long-term care bed available in their area or there aren't the support services they need to live at home. About 15% of acute care beds in Canada are taken up this way.

“We are warehousing them. We do the best we can. But it's not anywhere near good enough.”

Although publicly available figures are not available on the invoking of Code Gridlock nationally, hospitals have been reporting increased use of the code on their own. Thunder Bay Regional Health Sciences Centre, for example, reported a 105-percent increase in the number of gridlock days at the hospital in 2013. It has been cited with a fire violation because patients had to be put in hallway alcoves.

The Canadian Medical Association (CMA) is the national voice of Canadian physicians. Founded in 1867, the CMA is a voluntary professional organization representing more than 80,000 of Canada's physicians and comprising 12 provincial and territorial medical associations and 60 national medical organizations. CMA's mission is helping physicians care for patients.

For further information, contact Lucie Boileau,
Senior Advisor Communications and Public Outreach
Canadian Medical Association
Email: lucie.boileau@cma.ca
Tel: 613-731-8610 ext. 1266

Video quotes from Dr. Christopher Simpson
can be downloaded from this link:
<http://www.skyflyproductions.com/CMA-AMC>

We send our condolences to the family and friends of:



We recently learned of our loss of the following members:

Clara Boyd
Mary Harris
Peter Little

Margaret Mackay
Don Ross
Catherine Estelle Saunders
Gerald Shalinsky

We also learned that Charles Bragg, Ed Humphries, Giordano Rosa and Shirley Vogel have passed away. Although they were not members we send our condolences to their families and friends as well.



Le bon usage

Junk Food versus Fast Food

Junk food is generally considered poor in nourishment. In French the term **malbouffe** (composed of **mal** meaning “bad” and **bouffe** signifying “food”) generates the term “bad food” or “junk food”, as it is more commonly known.

Fast food, however, which can be readily served as a quick meal is known as **le prêt-à-manger**. The term “fast food” often conjures up images of food which can be quickly prepared but may lack nourishment.

La restauration rapide translates as the “fast food industry”. A fast food restaurant in French is **un fast-food**, **une brasserie** or **une sandwicherie** according to *Le Dictionnaire Babylon anglais-français*.
<http://traduction.babylon.com/anglais/a-francais/Dictionnaire-Babylon-anglais-francais/>

Saviez-vous que.....?

La restauration rapide, est-elle à la baisse? La restauration rapide s’accélérait en popularité jusqu’à récemment. En fait, d’après un article publié le 28 février 2013 dans *Huffington Post*, la France avait connu un bond de 74 % des ventes du secteur depuis 2004 grâce à ses bas prix.

Néanmoins, aujourd’hui, ce phénomène n’est plus pareil. En fait, Susan Krashinsky constate dans *The Globe and Mail* du 21 octobre 2014, que deux entreprises de première place de cette industrie ont annoncé que leurs profits sont à la baisse, dû en partie parce que les consommateurs optent, de plus en plus, pour les aliments plus nutritifs.

Référence : *Le fast-food est le nouveau leader de la restauration en France*; *Le Huffpost*; le 28 février 2013.
http://www.huffingtonpost.fr/2013/02/28/en-france-le-fast-food-a-detrone-la-restauration-traditionnelle_n_2782834.html

Référence : *Healthy food trend sees McDonald’s, Coca-Cola’s profits slim down*; Susan Krashinsky; *The Globe and Mail*; Oct. 21 2014. <http://www.theglobeandmail.com/report-on-business/healthy-food-trend-sees-mcdonalds-coco-colas-profits-slim-down/article21209076/> <http://globometer.com/restauration.php>

So is junk food superseding nourishing meals full tilt? According Susan Karshinsky her article published in the *Globe & Mail* on October 21, 2014 two leading giants of the food industry have seen their profits slide partly as a result of consumers choosing healthier foods instead of fast foods and soft drinks.

Référence : *Le fast-food est le nouveau leader de la restauration en France*; *Le Huffpost*; le 28 février 2013.
http://www.huffingtonpost.fr/2013/02/28/en-france-le-fast-food-a-detrone-la-restauration-traditionnelle_n_2782834.html

Référence : *Healthy food trend sees McDonald’s, Coca-Cola’s profits slim down*; Susan Krashinsky; *The Globe and Mail*; Oct. 21 2014. <http://www.theglobeandmail.com/report-on-business/healthy-food-trend-sees-mcdonalds-coco-colas-profits-slim-down/article21209076/> and <http://globometer.com/restauration.php>

Your Health Insurance Plan and Generic Drugs

Retirees over 65 who are covered under the RAMQ (Régie de l'assurance maladie du Québec) drug plan have been subject to mandated generic drug substitution for years. In an effort to reduce drug costs in the future, we are introducing a similar policy beginning January 1, 2015 for retirees under 65 years of age and for retirees over 65 who maintain drug coverage with Industrial Alliance.

What is a generic drug? A generic drug is a copy of a brand name product. Generic drugs contain the same medicinal ingredients as the brand name drug, and are considered bio-equivalent. There may be many generic versions of the same drug.

Is there a difference in quality? The quality standards for brand name drugs and generic drugs are the same. The ingredients, manufacturing processes and facilities for all drugs must meet the federal guidelines for 'Good Manufacturing Standards'. As well, all drug manufacturers must perform a series of tests, both during and after production, to show that every drug batch made meets the requirements for that product.

Are generic drugs safe? Yes! Health Canada is responsible for evaluating generic drugs for their safety, effectiveness and quality. The process for evaluating drug products is constantly being improved and updated to keep up with international standards of regulatory approval.

If you choose to purchase a "brand name" drug your choice of drug will not be affected. However, the reimbursement will be based on the RAMQ regulations. You will only receive 68% of the cost of the "name brand" drug.

In rare instances where a "name brand" drug is medically required, your doctor is required to fill out a form justifying its use and the health insurance plan will reimburse 80% of the cost of such a drug.

Source: Health Canada <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/med-gen-eng.php>

EXAMPLE:

Medication Type	Price	Reimbursement as of January 2015	Medically Required Name Brand Drug Reimbursement
NAME BRAND	\$100.	68% - \$68.	80% - \$80.
GENERIC	\$50.	80% - \$40.	not applicable

Paul Barnes
Executive Assistant, QPAT

Services d'une notaire

QPARSE est heureux de vous annoncer que les services d'une notaire sont disponibles pour répondre à vos questions générales concernant l'immobilier, les testaments, les mandats en prévision de l'incapacité, le règlement de successions, l'homologation de testaments et de mandats d'incapacité ainsi que les régimes de protection (curatelle). Toutefois, si Me Dubé agit pour vous, des frais seront applicables.

Mélanie Dubé, Notary/Notaire
5765, Av. de Monkland
Montreal, (Qc) H4E 1E8

Services of a Notary

QPARSE is pleased to announce the services of a notary who is willing to answer general questions dealing with real estate, wills, mandates, estate planning and settlement, homologation of wills and mandates, as well as curatorship. Should Ms Dubé act for you, there will be a charge.

Tel: 514-481-7500
Fax: 514-487-0667
email: melanie.dube@notarius.net

Board of Directors / Conseil d'administration 2014 – 2015

President/Présidente	Renate Sutherland	renate.sutherland@bell.net
Past President/ Présidente sortante	Sandra Aird	
Vice-President, Events Vice-président, événements	Ken Cooke	erica2ken@yahoo.com
Treasurer/Trésorière	Kathleen Malcius	kmalcius@hotmail.com
Recording Secretary/ Secrétaire de séance Web Site Liaison/Liaison Site Web	Dana Star	dwhitestar@gmail.com
Director/Administratrice, Membership/Adhésions	Jan Langelier	langelier.jan@videotron.ca
Director/Administrateur CART Director/ Administratrice,ACER	Ed Zegray	edzegray@yahoo.ca
Program/Programme	Erene Anthony	ereneanthony1@sympatico.ca
Director/Administratrice Newsletter Committee/Bulletin comité	Marzia Michielli	mmichielli@icloud.com
Director/Administratrice	Joan Ebbett	jebet@sympatico.ca
Director/Administratrice	Carol Klein	polarexpress_50@hotmail.com
Director/Administratrice	Mary Ellen Montague	montague@total.net

***A special treat for those of you on the web,
a musical conclusion to our winter issue.***

***Just click on
one of the notes!***



The Quebec
Provincial Association of
Retired School Educators



Association provinciale
du personnel
d'enseignement retraité
du Québec

Application Form / Formulaire d'adhésion

Please return with your cheque for \$85 made out to QPARSE to:
Veuillez retourner avec votre chèque de 85\$ au nom de APPERQ à:

Jan Langelier
c/o QPAT - APEQ
17035 Brunswick Blvd
Kirkland QC H9H 5G6

Given name: _____ Family name: _____
Prénom: _____ Nom de famille: _____

Street: _____ Apartment: _____ City: _____
Rue: _____ Appartement: _____ Ville: _____

Province: _____ Postal Code: _____
Code postal: _____

Telephone _____ Email: _____
Téléphone: _____ Courriel: _____

School board at retirement:
Commission scolaire à la retraite: _____

Birth date _____ Year of retirement: _____
Date de naissance: _____ Année de la retraite: _____

We are a volunteer organization and do not have an office.
For further information contact Jan Langelier at langelier.jan@videotron.ca

On est un organisation de bénévoles et on n'a pas de bureau. Pour des informations
supplémentaires contacter Jan Langelier à langelier.jan@videotron.ca.

TRAVEL WITH SENIOR TOURS CANADA

AND MAKE \$\$\$\$ FOR QPARSE



FOR EVERY QPARSE MEMBER WHO TRAVELS WITH US, WE REBATE 4 % BACK TO YOUR ORGANIZATION. THIS MONEY CAN BE USED FOR FUND RAISING, CHARITIES....YOU DECIDE. SPREAD THE WORD AND SIGN UP FOR ANY OF OUR WONDERFUL TOURS.

THE LEADER IN TOURS
FOR THE 50 + TRAVELLER

CALL FOR A FREE BROCHURE
514-344-4500 OR 1-800-268-3492
www.seniortours.ca
1828 Sherbrooke St. West
Montreal H3H 1E4