

# ELK ISLAND RETIRED TEACHERS' ASSOCIATION NEWSLETTER

## President's Report

### *Greetings from your Elk Island Retired Teachers Association Executive!*

I hope you're enjoying our fall weather and like me, getting your outside work done in preparation for the white stuff and colder temperatures, just around the corner!

Inge and I, as well as other members of the executive, have been attending various ARTA meetings lately. Congratulations to Julie, just elected to ARTAs Health Benefits Committee! She is very committed and will be an asset there. Inge's term as head of ARTAs Communication Committee has come to an end. Hopefully, she has more time with her family as she continues to focus on doing excellent work with our local Elk Island Retired Teachers, keeping all the details in order. We welcome Kaye Schindeler who fills the vacancy as our new vice president. I think, we all make a great team!

We rang in our "To Hell with the Bells Breakfast" at the Broadmoor Golf Course at the end of August. It was a huge success thanks to Ruby and her leadership. More recently, several of our members enjoyed our October Walk in the Park that was also well attended. We had a beautiful day for some exercise and socialization with friends.

We've already started planning for the Christmas Luncheon, which will be at the golf course on December the 6<sup>th</sup>. Dig out your Santa hat and your Christmas outfit to meet with friends, enjoy excellent food and have some fun. Bring a friend or a fellow retired Elk Island teacher. We welcome all retired teachers to join our group! Share our website with them, <https://artabranched.net/elkislandrta/> to show them what we are all about.

While you're getting the snow tires mounted, snow shovels found and dreaming of a winter holiday, keep checking our website and email blasts for upcoming events.

As we're heading towards the winter season remember this handy tip, I've learned... "Never try to catch snowflakes on your tongue until all the birds have flown south!"

Respectfully submitted by,  
Denis Schell



Fall Edition

October 2023

Presidents Message	1
EIRTA News	2
ARTA News	3
Second Wind Reviews	4
THWTB Breakfast	7
EIRTA Fall Walk	8
Political Engagement	8
Winter Hate	9
Puzzle Page	10
Notes of Compassion	11
Answer to Puzzle	12

Elk Island RTA website:

<http://artabranched.net/elkislandrta>

Elk Island RTA email:

[EIRTA@Shaw.ca](mailto:EIRTA@Shaw.ca)

**ARTA**  
ALBERTA RETIRED  
TEACHERS' ASSOCIATION

*Like ARTA, Elk Island RTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness and leadership.*

## Elk Island RTA Executive

### Co-Presidents:

Denis Schell  
Inge Coates

### Vice President:

Kaye Schindeler

### Treasurer:

Dolaine Koch

### Secretary:

Elaine Whitford

### Compassion & Congratulations:

Carol Gilbertson

### Communication (email, newsletter & website):

Julie Ginther

### Membership:

Thelma Baumgartner

### Phoning Committee:

Dianna Millard, Chair  
Members Lorna Johnson  
Judy Craig

### Social Committee Chair:

Ruby Okamura, Chair

Members: Sheila Busch  
Sylvia Roes

### Members-at-Large:

Cathy Allen  
Linda Groth  
Cheryl Moller



## EIRTA News: Please Keep Us Updated

Please register changes in your membership information if...

- You have turned 80 years of age. (Membership is free after this age if you have been a member for the previous 10 years.)
- You have moved. (We need your new contact information.)
- You are not certain if your membership has expired.

To register changes, contact Thelma Baumgartner at 780 464 4129 or email her at [thelbaumgartner@gmail.com](mailto:thelbaumgartner@gmail.com)

## Upcoming Events:

### CHRISTMAS LUNCHEON

When: December 6, 2023  
Location: Broadmoor Golf Course Clubhouse  
Time: 12:00 p.m.-turkey luncheon with all the trimmings  
Registration: begins at 11:00 a.m.-new memberships and renewal available  
Cost: \$25 for members and  
\$30 for non-members  
(meal is subsidized by ARTA)  
Program: Christmas stories and carols, door prizes

There will be a collection of gifts and money for the Strathcona Christmas Bureau.

Dig out your **Santa hat** or **Ugly Christmas sweater**.  
We are so looking forward to seeing you all again.

**Don't miss it.**

Please contact Ruby Okamura:

[masandruby19@gmail.com](mailto:masandruby19@gmail.com)

to indicate your interest and have your name placed on the registration list.

**NOTE:** Unfortunately, if you are not able to attend, we will not be able to issue a refund.

## 2023 WRITING CONTEST

Deadline for entries: November 17, 2023

### Entry Categories

#### Short Story

Prompt: Dreams of the Future 800-word maximum  
A fictional work, not a memoir, that offers character and plot development. A short story must have a beginning, middle, and end.

#### Poetry

40-line maximum Any form, any subject.

#### Travel Vignette

500-word maximum "A vignette is a short yet descriptive piece of writing that captures a brief period in time. Vignettes are more focused on vivid imagery and meaning rather than plot" (Wikipedia). Submit a brief, vivid word picture of a memorable, meaningful travel moment that has left a lasting impression. The submission must be the writer's own experience, written in the first person. This is not intended to be a travelogue. Please do not submit photos with your vignette.

For more information, rules, guidelines, and submission information go to: [www.ARTA.net](http://www.ARTA.net)



## New Benefit ID Cards — Change Required

Due to a printing error, the most recent benefit ID card we mailed out is missing an "ART" prefix that comes before your benefit ID number.

None of your current healthcare providers will be impacted by this mistake, provided they have your benefit ID number on file, however, this error may affect future claims made with new providers when setting up direct billing.

There are two solutions to this error:

1. Write "ART" on your benefit card, in front of your ID number, as shown in the example below. Future providers will need to include this prefix when inputting your ID number.



2. Print a new ID card from your MyARTA.net account; these cards have the correct information.

As a non-profit organization, we are always trying to save costs so that we can provide the best benefit plan possible to our members, and we would appreciate if you can use one of the two above options.

However, if neither of the options work for you, we would be happy to mail you a new Benefit ID card.



*A few of our membership attended this year's Second Wind Conference. Reviews were very favorable and a couple of our members found the conference so informative, that they have submitted some reviews of sessions that they found most informative. Please enjoy these reviews and perhaps consider attending next year.*

At this fall's tenth annual Second Wind Wellness Conference I attended **Connecting Nutrition and Brain Health**. The word "brain" caught my attention as my brain seems to have some unexpected holes developing in it, particularly when midsentence a particularly scintillating word escapes me.

The first thing we learned was that the term "nutritionist" has no meaning; anyone can call themselves that, with or without training or knowledge. Dieticians, on the other hand, have a university degree, pass an exam set by their professional organization and are required to pursue ongoing professional development to maintain their credentials.

We first reviewed the DASH diet. It has:

- 7 servings of whole grains a day
- 8 fruits and vegetables a day
- 2 servings of dairy a day
- 4 nuts or seeds a week
- 6 servings of lean meats a week

We were cautioned to limit sweets to 4-5 times a week. Visualizing eating 8 fruits and vegetables each day, one would hardly have room to eat sweets. The habit of including protein at every meal also needed some modification!

In the Mediterranean diet, one is to eat 6 servings of fish a week (there are all the lean meat possibilities, gone into fish). Add to that 4 tablespoons of olive oil and some full fat dairy.

Our dietician speaker recommended the MIND diet, which stands for "Mediterranean-DASH Intervention for Neurogenerative Delay". At this point her packed audience was spellbound.

On the MIND diet, one is to eat:

- Green, leafy vegetables: Eat six or more servings a week.
- Other vegetables: Eat at least one more vegetable each day. Non-starchy vegetables provide higher nutrients with lower calories.
- Berries: Eat at least twice a week. Strawberries, blueberries, raspberries and blackberries all have antioxidant benefits.
- Nuts: Eat five or more servings of nuts each week. Vary the type of nuts.
- Olive oil: Use olive oil as a main cooking oil, as well as in salad dressings.
- Whole grains: Eat at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta and 100% whole wheat breads.
- Fish: Eat fish at least once a week. Fatty fish are best; salmon, sardines, trout, tuna and mackerel have high amounts of omega-3 fatty acids.
- Beans: Eat beans in at least four meals a week. This could be lentils, soybeans or various other beans.
- Poultry: Try to eat chicken or turkey at least twice a week. Fried chicken is not encouraged!

The MIND diet seemed attainable, as well as tasty. It was reassuring to know one could still enjoy pizza and pasta, albeit made with whole grain flour. Nuts and berries sounded like foraging in the woods...a bit of back to nature. A salad every day, fish once a week, chicken a couple of times; this diet is workable. Best of all, it might help this old brain.

*EIRTA member, Elaine Whitford, attended the Second Wind conference and has submitted this article from one of the sessions she attended*

---

# Aging in Place in Your Home and Community

Seniors most often say that they plan to stay in their homes until they pass away. However, only 5% are able to do so, or actually do so. Below are the three elements that are necessary to age in place and the questions you need to answer yes to determine if you can continue aging in place.

## 1. Health/Safety:

### a) Activity

- can you freely move around?
- can you get in and out of your home easily?
- can you exercise and keep moving?
- can you do functional activity with the use of arms, legs, and back?

### b) Sleep

- do you sleep in a safe place?
- do you have access to emergency help?
- can you get in and out of bed easily?

### c) Nutrition

- can you safely prepare 3 meals a day?
- are you getting the proper nutrients in your meals?
- are you able to go grocery shopping?

### d) Medical status

- do you have self awareness?
- do you know your support system?
- are you being pro-active?

### e) Medication

- do you know the proper use of your medication?
- do you know how to store your medications properly?
- do you know the side effects and possible complications of the medications?
- can you get medication delivery?

### f) Safety

- do you have accessibility to get into your home?
- do you have the accessibility to move throughout your home?
- do you have 36 inch wide doorways to accommodate wheelchairs?
- are you living on one level?
- do you have a walk-in shower?
- do you have emergency technology?
- do you have home technology?



## 2. Social Support

### a) Hobbies

- find your passion
- keep your mind active
- always be learning
- find joy in your life

Continued...



---

b) Friends

- talk to friends every day
- go out with friends once a week
- have friends in once a week

c) Transportation

- be true to yourself if you should be driving or not
- practice using bus and LRT routes
- learn transportation options

d) Communication

- do you have the technology to FaceTime?
- can you use Alexa or Google?
- embrace new technology

**3. Services**

a) Who can support your goals?

- |   |                   |
|---|-------------------|
| -housekeeping                             | -homecare         |
| -meal support                             | -medical services |
| -lawn and snow care                       | -contractors      |
| -delivery services                        | -transportation   |
| -in home services such as x-ray or physio |                   |

b) Learn about service providers and their costs.

c) The key is being independent in the community you choose.

Eight (8) What Ifs to Plan For...

1. Broken leg or hip
2. Broken arm
3. Having to use a walker
4. Having to use a wheelchair
5. Slow debilitating disease
6. Loss of driver's license
7. Decreased vision
8. Death of spouse or caregiver



Final Thoughts...

Can your home support your current needs?      How long can things work in your home?  
Know the monthly & yearly costs you might have to pay.  
Know the services you can access in your community.  
Know your support system.      Friends are often better than children.  
Understand the limitations of your home and care.

Make a Plan

[www.Edmonton55.com/](http://www.Edmonton55.com/)  
[jolyn@Edmonton55.com](mailto:jolyn@Edmonton55.com)

*EIRTA member, Ruby Okamura, attended the Second Wind conference and has submitted this article from one of the sessions she attended.*

---

## To Hell with the Bells Breakfast



At the end of August, we had another wonderful breakfast at the Broadmoor Golf Course Clubhouse. What a great turnout we had...100 members and guests! Hugs and conversation abounded.

August 31st was the first day for teachers and students to return for the new 2023-2024 school year at their local schools. Not so for original EIRTA members, new members, and guests...we were happy to have a celebration and rejoice in the fact that we were now retired and didn't have to worry about teaching responsibilities. "Yeah," said our new members. "Bring on retirement!"



Our EIRTA executive was instrumental in making this breakfast event a wonderful occasion. Tables were decorated with a fall theme. Guests were cordially welcomed by members as they came in the door. Our co-presidents did a marvelous job emceeing the event and introducing new members. Teaching colleagues who had worked together at different schools stood to acknowledge their ties to one another. Older, longtime members were also asked to stand, and received a round of applause.



The meal itself was excellent. The cooks did an outstanding job, and food was plentiful. Not only that, but the cost of the breakfast was also subsidized by the Alberta Retired Teachers' Association (ARTA).

Many of the attendees went home with door prizes donated by EIRTA executive members, and our insurance agent, Orbit. What fun that was to come up and choose a gift bag from those piled on the front table! People left with full tummies, happy smiles, future promises of visits with one another, and many kind words of thanks.

Great venue, great food, great people...great success.



---

## Fall Walk



On July 12th, and October 18th, many of our members came out to Broadmoor Lake to meet with others for great chats and exercise. Buoyed up with energy from a delicious cup of coffee and a snack, off we went for long or short hikes on the walking trails around the lake. Lots of laughter, funny remembrances of days in the classroom, and sincere concern for members and their circumstances, reconnected us once again.

Sunshine and warm temperatures made our get togethers most pleasant. Along with the fact that we have a smaller group of between 25-30 attendees, our walks do ignite more conversation and interest with each other. Many of the same people return for each walk, and there is mutual bonding with all. Don't miss our next walk in the spring of 2024.



---

## Political Engagement

On October 26, Denis and I attended a meeting of the Political Engagement Committee of Elk Island Public School's Local #28. It wasn't really a surprise to hear that Alberta teachers are in trouble. Between classroom sizes, insufficient funding especially for special needs, and questionable new curriculums, our teachers are struggling. Added to that is a limited understanding in schools and in the public regarding what teachers and the ATA really do.

There are other issues that also involve politics. We sometimes receive emails that ask us to contact our MLAs or to support marginalized groups, but EIRTA is a non-political organization, so we have not passed these on.

A few years ago, EIRTA sent out an email to all members asking them if they would like to receive emails that allow them to respond to issues that might be seen as political. We would like to do this again.

In a few days, you will receive an email from [eirtaPE@shaw.ca](mailto:eirtaPE@shaw.ca) asking if you would like to receive political emails. It will be totally up to you whether you join or not.

In the same email, you will also be asked if you would be interested in working with EIPS #28 to help facilitate public awareness of some of these issues and attending their political engagement committee meetings. Again, it will be totally up to you whether you participate or not.

Sincerely,

Inge Coates

---



---

## HATE WINTER

Well, here it is! Winter...not officially...only the snow part. My garden is mostly put to bed with the annuals pulled out and the items that need cutting down mostly done. What I didn't get to, can wait until spring. I left my rose bushes with their beautiful frozen flowers so that they develop the nice red rose hips and the grasses their feathery tops above the snow.

I am not fond of fall. Frankly, as a gardener, I find it quite sad – all that work through spring and summer are over, and all the lovely flowers are gone. I think if I lived out east with all the beautiful reds, oranges, and yellows that I would like it more.

Winter, however, is a different story. I hate it! (Not everyone will agree with me.) The short days, cold, snow and ice are not my friends. I do like how pretty the snow is, but I am not a shoveler, and I am not a walker, explorer, or skier. I do not like bundling up in winter apparel, however I do admire all those who do, and they are welcome to it.

I do love snuggling up with my hot water bottle and a good book. When the roads are clear, I go antiquing and thrifting with great friends. I do puzzles, talk on the phone, write e-mails and messages to my family and friends overseas. Lunching with friends is a must. I am involved in some organizations that give me something constructive to do. Going to concerts and events is high on my priority list. Maybe I will even get involved in some new activities. Lastly...SHOPPING! The thrill of the hunt!

There you have it! I guess HATE is a strong word. Understand that I am just mad that I cannot garden like I did in the nice warm summer.

*This article was written by EIRTA's, Carol Gilbertson. Carol has an amazing green thumb, and she enjoys spending time in her gorgeous garden. The arrival of fall and winter definitely because her garden time has been suspended.*



# Puzzle Page

The answer is included at the end of the newsletter. *Hope you enjoy!*

## PUZZLE 65

## NUMBER-FIND

1015  
1951  
2789  
6106  
6156  
7118  
7344  
8480  
9071

24594  
32886  
39709  
58151  
61853  
64061  
70814  
73765  
82465

85535  
86610  
88774  
98316  
175914  
258632  
282567  
425831

5	5	9	4	4	4	3	9	7	0	9	0	7	7
2	9	6	1	0	6	1	2	6	7	9	9	0	2
7	1	8	3	6	6	4	0	6	1	9	5	1	3
8	0	5	3	2	6	1	5	6	1	8	7	8	8
9	1	8	9	1	9	8	1	5	1	6	7	2	0
5	5	8	2	3	6	0	8	3	6	6	8	6	2
9	8	8	7	7	4	7	0	2	2	1	7	0	4
7	6	5	6	1	8	5	3	5	3	0	0	1	8
4	1	2	5	3	5	5	8	0	9	3	7	3	0
7	3	1	1	7	9	6	8	8	6	0	8	6	2
1	8	3	8	7	3	4	4	3	9	5	7	6	5
5	5	7	8	2	8	2	5	6	7	3	7	9	8
1	2	4	5	9	4	8	1	4	1	9	5	7	1
4	4	6	0	6	9	7	5	6	9	6	6	1	3

591418  
603761  
611170  
612375  
692773  
697385  
709079  
712207  
827858  
0165546  
0842083  
0861623  
1516720  
4666964  
5675934  
9005907  
9166882

Answer on page 95

---

## Notes of Compassion

*It is with heavy hearts that we send our condolences:*

*To our colleague,  
Jeanne Sargent  
at the passing of her husband,  
**John Sargent***

*To our colleagues,  
Gord and Dianna Millard  
at the passing of Gord's sister,*

*To our colleagues,  
Liz and Jim Miller  
at the passing of their son,  
**Rob ("Robbie") Miller**  
On October 16, 2023*

<https://edmontonjournal.remembering.ca/obituary/robert-miller-1088982918>



***Are you aware of a member who is struggling?  
Please let us know, and we will reach out with a  
call or a card.  
Sometimes, just a little touch of kindness makes  
all the difference in the world.***

Answer key for Puzzle

PUZZLE 65														
5	5	9	4	4	4	3	9	7	0	9	0	7	7	
2	9	6	1	0	6	1	2	6	7	9	9	0	2	
7	1	8	3	6	6	4	0	6	1	9	5	1	3	
8	0	5	3	2	6	1	5	6	1	8	7	8	8	
9	1	8	9	1	9	8	1	5	1	6	7	2	0	
5	5	8	2	3	6	0	8	3	6	6	8	6	2	
9	8	8	7	7	4	7	0	2	2	1	7	0	4	
7	6	5	6	1	8	5	3	5	3	0	0	1	8	
4	1	2	5	3	5	5	8	0	9	3	7	3	0	
7	3	1	1	7	9	6	8	8	6	0	8	6	2	
1	8	3	8	7	3	4	4	3	9	5	7	6	5	
5	5	7	8	2	8	2	5	6	7	3	7	9	8	
1	2	4	5	9	4	8	1	4	1	9	5	7	1	
4	4	6	0	6	9	7	5	6	9	6	6	1	3	