



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events **The Spring Edition**

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A Branch of ARTA



Scheduled Events to

June 30th 2018:

Drayton Valley Tuesday, April 17th, 11:30 AM,
Luncheon at Lakeside Inn & Suites in Dray-
ton Valley.

Leduc Tuesday, May 8th, Mini-Conference &
Body Composition Clinic, 9:30 AM to 3:00 at St.
David's United Church in Leduc. A keynote Speak-
er and four workshops are planned for that day.
More details will follow in this newsletter.

Leduc Friday, September 7th, 2018, 10:30 AM
AGM and Brunch at St. David's United Church in
Leduc

Tentative Dates for the rest of 2018

Wetaskiwin Wednesday, September 19th,

Luncheon at O'Brian's Restaurant in Wetaskiwin
luncheon at 11:30. Details re: the speaker will be
announced when all details have been arranged.

Drayton Valley Tuesday, October 16th at 11:30
AM at Lakeview Inn and Suites. Program to be ar-
ranged.

Leduc Wednesday, November 20th at 11:30 AM at
St. David's United Church. Program to be ar-
ranged.

Wetaskiwin Luncheon

Highlights

On Wednesday, March 14, Wetaskiwin held
its March Luncheon. Our presenter was Dean
Cowan. Dean did a workshop on Caregiving. What
follows is a brief summary of Dean's talk. When
dealing with how to refer to the person being cared for,
Dean recommends not to refer to him/her as "Loved
One" as this sounds like the person is deceased. The
relationship may not have been a healthy one. Use
preferably their name if in their presence. He never
mentioned Alzheimer's around his wife.

More information in the form of handouts is now
on internet. Questions or clarifying at any point is the
best way as you may not be the only one with the same
question. Dean wanted to interact with those in the
workshop as well. A Caregiver is a Paid person. While
a Care Partner is an Unpaid person such as a family
member. 30% of Canadians are Care partners in some
role. 60% of the 30% are working. 48% are caring for a
parent. 10% care for thirty plus hours per week. 69%
are female. 20% need financial help. 44% are 45 to 64.
These were from a study in 2014 so apparently this
means Freedom 55 is a dream only, it's gone! 5% of the
population cost 66% of our health care costs. 1 in 3
caregivers the age of 80 plus themselves have a chron-
ic condition.

What we learned is that you don't have to be a statistic. Dean shared some tools that will help us be better prepared for wherever your journey may take you in life. Some of them follow below.

- Family care partners are the backbone and they are the shadow workforce of our health care system.
- If you know 1 person with the illness you know 1 person.
- When do we start Caregiving? Today.

The first step is to have an honest discussion with your Partner (if practical) as to their hopes and dreams - level of care, (Do Not Resuscitate), where to live before and after, who to associate with, burial or cremation, type of service, funeral home or celebrant who will work with your minister or minister, Memorial service, where is service, who will get particular possessions. Care should be taken when making decisions. As a Care Partner your needs come first. If you go down your partner's main support is gone. Booklet from a funeral home or celebrant to be filled out by both of you. Some possible resources are listed below.

- Personal Directive. Prepared using information you got in your discussion.
- Power of Attorney not active until activated.
- Wills and updating is important. Grandkids, marriages, deaths, executor, distribution as a percentage. Value of cottage versus house for example if treating equally. Who will care for your Partner? Use a lawyer for all legal documents.
- Bank account succession. No cash to survivor if not. Missed most often. Clarify with bank.
- TFSA and SDRRSP succession. Percentage.
- Stock holdings will go in your will.
- Update your personal life insurance policies. Land titles?
- Long Term Care insurance. Premium based on payout tax free per month.
- Significant numbers of Care Partners have health issues and even pass away before their Partner or family member. Plan for it.

Advanced planning is crucial.

HARTA's Drayton Valley Luncheon in April

April's Luncheon will be in Drayton Valley at Lake View Inn and Suites. Our featured speaker is Marty Prentice. Marty will share some of his amazing pictures in his photography presentation. Lunch will be soup and sandwiches. The cost is \$14.95 per person for the lunch. For any-

one wanting to attend from Leduc or Wetaskiwin Counties, perhaps members could arrange to car pool. Hope to see you there.

Coming HARTA Events

In May HARTA is holding a Mini-Conference in Leduc. Our theme is "Keeping Connected." After my years working with the Wellness Committee, keeping connected was clearly important in maintaining an individual's social, emotional, physical and mental health. May 8 is HARTA's Mini-Conference. Our Keynote speaker will be Daniel Mulloy, Chief Executive Administrative Officer of ARTA. We will be offering the Body Composition Clinics in conjunction with the Mini-Conference.

Along with our keynote speaker there will be four workshops, the topics are mentioned as follows. Steve Carter and Bonnie Haave will be doing a session on maintaining emotional and mental wealth through retirement.

Carolynne Melynk has over 25 years experience as an educator, mentor, healer, and speaker. Carolynne is a Certified Spring Forest Qigong Practice Group Leader and healer. She is passionate about helping others to reclaim their natural state of health and well-being through the balancing of body, mind and spirit. Carolynne blends The Five Elements Theory of Spring Forest Qigong along with intuitive awareness in her healing practice and leads Spring Forest Qigong Practice groups in Edmonton. Her vision is to help individuals awaken to their natural health and well-being from the inside-out.

Iona Robertson's teaching career, primarily Junior High School Language Arts, Social Studies and Music, spanned 45 years, 8 School Districts and 2 provinces. Iona fully retired after 28 years with Parkland School Division and now serves as the President of Parkland Area Retired Teachers' Association.

The dispersal of their successful mixed farm in Southern Alberta 34 years ago initiated an unexpected, transient life for the family. They presently reside in their 15th home! Among the most precious possessions in all the moves were the pictures. While doing a celebration power point, it became clear that digitalizing family photos is a great way to downsize household contents and keep treasures stored securely from flood, fire and mold.

Having the pictures filed by topic also saves hours when a special historical event can be shared across the miles. Iona will walk you through a brief version of the process of digitalizing your family photos.

Margaret Clark from The Source in Leduc will present our final session. Our final workshop is a session on the various new forms of technology developed to make our lives easier. Such things as Fitbits, Internet connected speakers and other internet connected device have the potential to greatly improve our lives find out more in this session .

The cost for all sessions and the lunch will be \$25.00 for the lunch and conference. Also included is the Body Composition Clinic to be run at the same time. The Clinic is limited to the first 18 people who book. Both events will be held in Leduc at St. David's United Church.

Chronic Disease Prevention Body Composition Clinic

(The following article is taken from the September 2014 edition of the Heartland Harald)

The InBody composition Analyzer: How does it measure your composition?

Since water fluids are usually inside muscle tissue, by using the water volume, the fat –free mass can be calculated.

How accurate is this?

The InBody uses 8-point tactile electrodes- that easily contact the body at 2 points in each hand and foot. The InBody 230 uses BIA (bioelectrical impedance Analysis) to analyze your body composition. BIA is a non-invasive method that measures body impedance by sending an electrical current through the body. Most people do not feel the electrical current, however, some might feel slight tingling on the bottoms of their feet. The current only passes through the water fluids inside the body, and based on the impedance values collected, the water volume is calculated. This 8 – point method divides the body into 5 regions (left and right arm, trunk, left and right leg, giving a measurement of each segment. There is

high reliability when the ideal factors are in place (up to 2-6 % error rate).

Who can use this machine and who can't?

It is safe and accurate for kids, elderly and anyone up to 500 lbs. Although the electrical current that is sent through the body is extremely low, it is NOT recommended for pregnant women or for anyone with artificial electrical implants, such as defibrillators or pacemakers.

What happens during my InBody exam?

You will remove your shoes and socks, remove outerwear, empty your pockets and stand on the footpads. While you are standing still, the machine will take a weight reading and then you will enter your age, height and gender. Once your information has been entered, place your hands appropriately in the handgrips. The scan takes approximately 30 seconds and a result sheet will be printed.

How can the InBody Machine help me?

Your health is dependent on more than just your weight. Knowing if you need to increase your muscle mass, to lose fat, can help you tailor your diet and exercise to identify specific lifestyle goals.

Provincial Events

Steppin' Out

The Calgary Branch of ARTA, (CRTA) is holding its annual “Steppin’ Out 2018” April 26 & 27 at the Ramada Plaza Calgary Airport Hotel and Conference Centre, 3515—26 St. NE, Calgary. Details are available online at:

<http://www.calgaryretiredteachersteachers.org>. You can also register online.

2018 ARTA Annual Golf Tournament

The Foothills Branch of ARTA invites ARTA and other branch members to participate in ARTA annual Golf Tournament June 21st. Registration is

\$125.00 which includes 18 holes, cart, lunch, dinner and prizes. Non-golfers may join us for lunch for \$35.00 for lunch and dinner. For those who like to do something in High River rather than golfing, Mug making and Creative Painting are available. More information is available by contacting Graham Sewell at 299 Chapalina Terrace, Calgary, Alberta, T2X 3X5, Email: sewellgc@shaw.ca, or Phone: (403) 454-1354 .

Second Wind Conference

The Second Wind Conference, in building on the successes of past years, will be offering its seventh conference to end the summer of 2018. The conference will offer a variety of entertaining and uplifting seminars, in a supportive and accessible setting, all of which will focus on the mind, body and spirit.

This year's conference has as its keynote speakers **Mark Connolly** and **Alyson Connolly**. Mark spent 22 years as a sportscaster with CBC Radio and Television before taking the job as news anchor at CBC News Edmonton from 2010-2013. Currently, whilst host of Edmonton AM, Mark was covering the Pyeongchang Winter Olympics in South Korea. **Alyson Connolly** started out as a child actor, in the first musical that CTV ever produced: *The Magic Trumpet*. As the founder of Dramatic Learning in 2004; Alyson has worked as the Drama Facilitator at the Glenrose Rehabilitation Hospital, working with stroke and brain injured patients.

Following the keynote address, attendees are encouraged to explore new ideas, expand their knowledge base, and connect with friends and colleagues by attending a variety of interactive sessions offered by speakers from Edmonton and the surrounding area. These breakout sessions will include such topics as *Cannabis – Medicinal Properties*; *iPad, iPhone and Android technologies*; *Computer and Internet – Safety and Scams*; *The Lonely Senior*; *Dentistry and the Heart*; *Pain Control for those with Arthritis*; *Personal Directives*; *Family Archives Using a Computer*; *Senior Nutrition—Cooking for One*. In addition, back by popular demand, revamped sessions on *Decluttering*; *Gardening Tips*; *AR-TA Benefit Plan Updates* and *Golf (putting the ball where it belongs)* will be offered.

The **Craft Show and Sale** featuring local artisans will run concurrently with the conference and there will be a **'Wine Down'** with a draw at the end of the day.

The cost of the conference is \$100 however; you can save **\$15** by **registering before July 1, 2018 for a cost of \$85**. Included in the price of admission are a breakfast, a buffet lunch, coffee breaks and the 'Wine Down'. No refunds will be issued after July 30, 2018. Save the date: **Thursday, September 6th at the Chateau Louis Conference Centre in Edmonton**.

Registration forms with payment must be returned via Canada Post to: Registrar, #204 - 2588 Anderson Way SW, Edmonton, Alberta T6W 0R2.

Complete program and registration information will be available online at www.secondwindconference.ca

or by phoning

Lynn Arnold at **(780) 919-5848**

Member Welfare

Jan Plested is in the Leduc hospital as of the writing of this newsletter. She might enjoy a visit. Please keep Walley Porter in your thoughts and prayers. Terry Merriman continues to improve as he recovers from knee surgery. Please keep him in your thoughts and prayers as well. Alvin Rurka is recovering for laser surgery to remove cataracts from both eyes. He now has great distance vision but he's waiting till the end of April for new glasses. Please keep your thoughts and prayers for his continued improvement. If you know someone who is in poor health please let us and other members know so they can give what support is required.

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. If you renew your membership at the April luncheon, you can receive an extra year's membership, for just \$2.00 more or a total of \$12.00 to renew

for 2018 and to August 31st, 2019. Our next HARTA event is April 17th, in Drayton Valley, with Marty Prentice. See the info on page 1 for more details.

ARTA Wellness Challenge

The annual Walking will be held again this year but the focus and the name will change. Instead of focussing only on walking, the challenge will include any kind of activity that promotes keeping active. The focus will be on the amount of time spent on the activity. Watches are now available as of April 1st. This multi-function watch is FREE for HARTA members. Use it as a basic watch, or take a precise measure of your time using the chronograph mode. Each ARTA branch has received 30 of these watches. The sheets for the challenge are now available at the end of this newsletter. Results must be returned to the President of each branch by July 6th so that the presidents can send the results to the ARTA office on time. Stay tuned for more details.

Executive and Contact Info for the 2017-18 Program Year

Alvin Rurka: Past President & ARTA Rep

Ron Thompson: President & ARTA Rep (alternate

Elaine Merriman: Vice President Leduc

Sandy Hamilton: Vice President Drayton Valley

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison & ARTA Rep.

Darleen Broadbent: Treasurer (

The Goals of HARTA

- **To carry on social activities, enabling our members to maintain contact with their colleagues.**
- **To provide information to our members about the resources available through the Alberta Retired Teachers' Association (ARTA) and other sources.**

ARTA supports an engaged lifestyle after retirement through member-centered services, advocacy, communication, wellness and leadership.

PERSONAL BEST 30 DAYS REPORT

Name: _____

Please send or email this page to your branch president by **Friday, July 6, 2018**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 6, 2018**.

Best 30 Days from April 1 to June 30					
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
TOTAL					

Congratulations and well done!

*According to the ARTA "All About You" survey distributed in August 2017, we're an active group! **92.96%** of respondents regularly participate in physical activity!*

The most popular wellness activities for ARTA members are walking for pleasure, taking part in an exercise class, gardening, or participating in individual sports such as tennis, ping pong, weightlifting or golf.



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HARTA Mini Conference Registration Form

Tuesday, May 8, 2018
St. David's United Church
4614 48th Street, Leduc

Surname _____ First Name _____

Street Address _____

City _____ Postal Code _____

**Email Address _____ Phone No. _____

** We do not share or sell registration information. For confirmations and correspondence: We will be emailing or phoning ALL confirmations. No regular mail confirmations will be sent.

After April 25th please register by phone or email and pay at the conference the day of the conference.

Do you have any special dietary needs? Please specify:

Membership: Check one or more. If you are a branch member, indicate the branch.

____ ARTA ____ Branch: _____ ____ Non-member

Workshop Fee: - \$25/person (Includes Lunch)

No refunds after May 3, 2018. Space is limited so register early.

Payment Details: Enclosed is Cheque/Money Order for \$ _____

Your registration is not complete until payment has been received by the Workshop Registrar. Make your Cheque/Money Order payable to HARTA. Mail your registration to: **Ron Thompson, 4020 – 37th Ave., Leduc, Ab. T9E 6C9 Email: rnthompson@shaw.ca (r n thompson) Phone: 780-986-834**

Workshop Program

9:00 – 9:30 AM	Registration and Coffee
9:30-10:10 AM	Keynote Session: Keeping Connected Presenter: Daniel Mulloy (Executive Director)
10:10 - 10:25 AM	Break
10:25 - 11:20 AM	Keeping Mentally & Emotionally Healthy Presenters: Steve Carter & Bonnie Haave
11:20 - 11:35 AM	Break
11:35 - 12:30 PM	Spring Forest Qigong Presenter: Carolynne Melnyk
12:30 - 1:10 PM	Lunch
1:10 - 2:05 PM	Digitally Archive Your Family Photo Collection Presenter: Iona Robertson
2:05 - 2:20 AM	Break
2:20 - 3:15 PM	New Technology Presenter: Margaret Clark
3:15 – 3:30 PM	Feedback: Evaluation of sessions/future programs

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Topics

- **Keynote - Daniel Mulloy, ARTA's CEO**
- **Keeping Mentally & Emotionally Healthy**
- **Spring Forest Qigong**
- **Digitally Archiving Your Photo Collection**
- **New Technology**

Tuesday, May 8, 2018

9:00 AM to 3:30 PM

St. David's United Church,

4614 48th Street

Leduc

HARTA Regional

Mini Conference

In Leduc

**Cost \$25.00 for the workshops
and lunch!**

For more info phone (780) 986-8349

or email: rnthompson@shaw.ca