



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald HARTA's Newsletter of Branch Events The HARTA Mini-Conference Edition

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A Branch of ARTA



Scheduled Events to

June 30th 2019 and AGM:

Drayton Valley On Tuesday, May 14th from 9:30 AM to 3:30 PM HARTA will be holding its annual Mini-Conference. Please read further in this newsletter for more details.

Leduc Friday, September 6th, 2019, 10:30 AM AGM, Election of Officers and Pancake Brunch at St. David's United Church in Leduc.

HARTA's Leduc Luncheon, April 10th, 2019

On Wednesday, April 10th, at our Leduc Luncheon at St. David's United Church, Kristy Russ, a pharmacist with the Medicine Shoppe, was our guest speaker. Her topic was Diabetes its causes, treatment and possible outcomes if not treated. There are three kinds of Diabetes; Type 1 or insulin deficit Diabetes, Type 2 or insulin resistant Diabetes and Gestational Diabetes or Diabetes which develops during pregnancy. She explained how Diabetes can develop. Type 1 Diabetes requires insulin injections. Both Type 1 and 2

Diabetes require a nutritious diet as well as a consistent exercise program. Type 2 Diabetes may require medication and sometimes insulin as well.

Some of the results of not treating Diabetes are: kidney disease, loss of eyesight and loss of limbs due to amputation as a result of gangrene in the legs. These complications need not happen if Diabetes is diagnosed and treated early.

Member Welfare

Please let the editor know of anyone who would appreciate a get well note or a phone call from other HARTA members.

HARTA's AGM, September 6th, 2019

HARTA's AGM will take place on Friday, September 6 in Leduc at St. David's United Church, 4614—48 St. The time will be 10:30 AM. Elections will be held as well as a review of last years activities and the presentation of the coming year's budget. The meeting will be followed by a Pancake Brunch. Our guest speaker will be Gary Sawatzky. Gary will give an overview of ARTA's Benefits after the meal. It might be a good idea to attend the AGM to get the most up-to-date information on ARTA's benefits. Hope to see you on Friday, September 6.

Steppin' Out 2019

Linda and I attended the Steppin' Out Conference in Calgary toward the end of April. The event started with a banquet on the Thursday before the conference. After we were treated to an evening of music and song by the vocal group, Magnolia Buckskin.

The following morning, the Conference started with the Keynote Speaker, Jennifer Buchanan. Jennifer is a Music Therapist who uses music as part of her therapy. Three other sessions followed the Keynote presentation.

The first break-out session was about the Rotary Mattamy Greenway. This Greenway consists of a series of multiuse pathways which encircle the city of Calgary. The second session was entitled "Food Rescue." Food Rescue is a nonprofit organization dedicated to finding day-old food which is still edible and distributing it to those in need. The final session was entitled "Rocks, Rivers and Ridges: Geological of Banff, Jasper and Yoho National Parks." Dr. Dale Leckie, a geologist, talked about the geological formations in Alberta's mountain parks. Perhaps next year might be the year to attend Steppin' Out.

2019 ARTA Get Moving Wellness Challenge

April 1st was the start of the 2019 ARTA Wellness Challenge. The challenge will end on June 30th. As part of the challenge, each branch is being provided with 30 resistance bands. If you would like a band, they will be handed out at HARTA's events. At the back of this newsletter you will find a participant log sheet to record your activity times or steps as well as a summary sheet for your 30 best days. Add these days together and enter the total at the bottom of the sheet. Please return your sheets to your Vice President, Sandy for Drayton Valley, Ron Holmlund for Wetaskiwin, Elaine Merriman for Leduc or Ron Thompson for all of HARTA. Please send your tally sheets in by Friday, July 5th. Summaries need to be in to the ARTA office by Friday, July 12th.

Participants can choose to record the amount of time you spend on each activity or you may choose to record the steps when you go for a walk, mow the lawn etc. For those who choose to record only their steps, I (the presi-

dent) will convert their steps to minutes. If you choose to record a combination of steps and times I will convert all scores to minutes and add them together. The number of activities now included in the challenge has been greatly increased. Here is a list of possible activities: Walking, Swimming, Yoga, Biking, Step Classes, Pickle Ball, Weight Training, Cross Fit, Kayaking, Elliptical Motion Training, Canoeing, Kettle Bells, Dancing, Pilates, Badminton, Racquetball, Lacrosse, Spin Classes, Volleyball, Frisbee Throwing, Hiking, Track and Field, Handbell, Golfing, Resistance Training, Rowing, Jogging, Tennis, Curling, Boxing, Skipping, Bowling, Aqua Aerobics, Stair Climbing, Basketball, Baseball, Zumba, Squash, Triathlon Training, Barre Sculpting, Tai Chi, Soccer, Martial Arts, Dragon Boating and Surfing. The forgoing is only a partial list of activities. Keep active, keep moving. Good luck!

Membership Fees

Members who need to pay their fees can do so at HARTA Luncheons. Members may also send a cheque or money order to: HARTA, C/O Ron Thompson, 4020 – 37 Ave. in Leduc, Alberta. The Postal Code is T9E 6C9. Please send \$10.00 for each year you would like to renew. Our next HARTA event is at St. David's United Church in Leduc. See the details given earlier in this newsletter as well as the Poster at the end of this newsletter.

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks. For the various luncheons, we can always use extra help in preparing the room for our programs. In Drayton Valley check with Sandy, In Leduc, Ron T. or Elaine and in Wetaskiwin either Ron H or Ron T.

Ron Thompson, HARTA President

Drayton Valley Mini-Conference

HARTA's Mini-Conference will take place this month on May 14th. Since spring of 2014, HARTA has hosted a Mini-Conference first in Wetaskiwin then Leduc and Drayton Valley. Last year the Mini-Conference was in Leduc. HARTA traditionally holds its mini-conferences in Leduc one year and Drayton Valley the next year.

On Tuesday, May 14, 2019, Drayton Valley will be hosting it's second, full day mini-conference at the Best Western Hotel. Please save the date. The

conference is open to all members of HARTA, other branches, other members of ARTA and guests. More information is available on the Mini-Conference poster and registration sheet which are included at the end of this newsletter.

There are five sessions. They include: Body Laughing Yoga; internet safety; Good Eating Habits for Seniors; Caring For Indoor Plants; and Qigong. The presenters are: Noel Cairney—Body Laughing Yoga; Merv Leibel—Good Eating Habits for Seniors; Carolynne Melnyk—Qigong; Kelly Bateman—Caring for Indoor Plants and Kyle Finn—Internet Safety. Please refer to our website www.artabranched.net/HARTA for more information. Please contact Sandy Hamilton (email: hams1@telus.net) or Ron Thompson (email: rnthompson@shaw.ca or phone: (780) 986-8349 if you have questions.

Submitted by Sandy Hamilton HARTA VP Drayton Valley & Ron Thompson HARTA President

Coming Provincial Events

ARTA Golf Tournament 2019

An opportunity like this only comes along once a year!



That's when it is time for the

ARTA Annual Golf Tournament
On **Thursday, June 6, 2019** at
The Ranch Golf and Country Club

9574 Pinchbeck Road,
just west of Edmonton in Acheson

Imagine having a fun-filled day playing 18 holes of golf (Texas Scramble) with fellow retirees, good friends, new acquaintances and family members. The registration fee includes a golf cart, a bagged lunch, a golf shirt, prizes, refreshment stations, and a gift bag plus a delicious steak dinner in the evening followed by door prize draws. Those, not wishing to play golf, can join their friends for the evening barbeque by purchasing dinner tickets for \$36.00 per person.

Whether you are a great golfer or just adventuresome enough to try out a new sport, this is the event for you.

Organize a foursome or join another group for a great day of golf and camaraderie. Visit the ARTA website at arta.net/wellness/tournament for more details and to download the registration form.

Alternatively, contact John Renfree by phoning (780) 708-6359 or email him at ren-free1@telus.net, to ask questions or have a registration form sent to you.

THINK SPRING!

Sign up well before the **registration deadline of May 17, 2019.**

Tournament Schedule of Events

Registration & Lunch: 12:30 p.m.

Shotgun Start: 2:30 p.m.

BBQ Dinner: 7:30 p.m.

Team Prizes and Draws to follow

We are looking forward to seeing you there,

We're Back in 2019!

The Second Wind Conference steering committee is pleased to announce that the 8th Annual Wellness Conference for Retirees will be held at the Chateau Louis Conference Centre in Edmonton on **Thursday, September 5, 2019.**

A list of topics to be offered at the conference may be viewed on our website. Please look at these topics and consider which of them would be of interest to you. The confirmed sessions and speakers will be posted on our website by the middle of March 2019, along with the registration form.

www.secondwindconference.ca

The **cost** of attending the conference is: **\$85.00 per person** if you register prior to Friday, July 19, 2019. From July 20 through to September 05, 2019 the **regular Conference Fee** is **\$100.00** per person. Please make a point of en-

tering the date on your calendar, and join us for an enjoyable series of uplifting sessions. (Editor's Note: Last year this Conference was sold out before September 5th so you might want to register as early as you can if you plan to attend.)

Trustees Election

At the May ARTA board meeting elections will be held for two members on the ARTA Benefit Plan Trust Fund Committee. If you have the interest and financial background to serve on this committee let me know so that I can forward the nomination package to you once it is available. You can learn more about this committee on the ARTA website.

Loneliness Equals Half a Pack a Day

By Dr. Brian Goldman – From CBC's White Coat Black Art

Loneliness continues to be a concern for Seniors. (The following, article by Brian Goldman was published in the Spring 2017 *news&views*.)

For years, doctors have warned Canadians to stop smoking, lose weight and eat the right foods. Now, there's another factor to put your to-do list to better health: Find some company to stave off loneliness.

This is not about people who enjoy solitude by choice -- it's about people who spend long periods without social contact. The effects of that are tangible and they are growing. It's no surprise that loneliness leads to increased rates of depression and alcohol use. More surprising is the impact that social isolation has on your physical well-being. According to a [study out of Brigham Young University](#), loneliness is as damaging to your health as smoking 15 cigarettes a day. It is even more damaging to your body than obesity and diabetes. Lonely people are at greater risk of heart attacks. Loneliness can increase the risk of Alzheimer's disease by 64 per cent. And if the subject has cancer, then loneliness can increase the risk that the cancer spreads.

Some of the reasons why loneliness

endangers health are obvious. People who are socially isolated don't take medicines as prescribed. They are less likely to eat right and to get moving following surgery - which delays recovery time. Less obvious is the impact of social isolation on the cells of the body. Last year, [researchers from the UCLA School of Medicine](#) found that loneliness cranks up genes that cause inflammation and dials down genes that make antibodies that fight off infection. That in turn causes a particular part of our immune system to malfunction. When we are exposed to a germ, our bodies are supposed to send out a type of cell called a monocyte to fight it off. When we're lonely, our bodies send out immature monocytes which do more harm than good.

Chronic loneliness is becoming a public health issue now because it is one of the biggest risk factors for disease. Yet far more attention is put on smoke cessation than helping to alleviate social isolation. As our population ages, the impact of loneliness on our health care system is growing. Older people who live alone are more likely to be hospitalized, even when their medical needs don't require it. That's because they lack the resources at home to provide extra help - and companionship.

And here's the thing. Being lonely doesn't just increase visits to the doctor for medical reasons. For many, a visit to the doctor may be the only social contact they have. A UK study found that a third of patients admitted to the emergency department had seen one other person during the preceding month.

And it's a big health issue in Canada. [According to Statistics Canada, as many as 1.4 million elderly Canadians](#) report feeling lonely. Canadian census data showed that about one-quarter of the population aged 65 and up live alone. In Vancouver, residents recently listed social isolation as their most pressing concern. Nearly half of women age 75 and older live alone. It's telling that [72 per cent of Canadians living with Alzheimer's disease are women](#). It's plausible that loneliness and lack of social contact increase both the risk and severity of dementia. And let's not forget that loneliness is also a problem among landed immigrants and refugees.

There have been calls for front-line health care workers to treat loneliness as a vital sign - that it should be measured along with your blood pressure every time you see a health care provider. Some countries have made it a major health and social priority. Since 2011, the [UK's Campaign to End Loneliness](#) has made loneliness a public health priority by sharing research and best practices on dealing with the problem. The UK has pio-

neered something called [befriending services](#), where a volunteer visits an older person once a week in their own home or by phone to provide friendly conversation and companionship on a regular basis over a long period of time.

In Canada, we have nothing like that on a national scale. We provide lots of resources to people who want to quit tobacco. Even a smidgen of support for lonely people would make a huge difference. But don't wait for a doctor like me to tell you to call someone you know. Just do it.

-Brian Goldman—White Coat Black Art on CBC Radio

What could we in our branch do to help our members stay connected. Please let me know your thoughts. —Ron Thompson, HARTA President

Executive and Contact Info for the 2018-19 Program Year

Alvin Rurka: Past President

Ron Thompson: President & ARTA Rep

Elaine Merriman: Vice President Leduc

Sandy Hamilton: Vice President Drayton Valley

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison

Darleen Broadbent: Treasurer

Erika Lefevre: Secretary

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.



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HARTA Regional Workshop Registration Form

Tuesday, May 14/2019
9:00 a.m.- 3:30 p.m.
Best Western Hotel
2252 50th St., Drayton Valley

Surname: _____ First Name: _____

Street Address: _____

City: _____ Postal Code: _____

Email address: _____ Phone No.: _____

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

ARTA HARTA Non-member

Workshop fee: HARTA members: \$25
Non-members: \$30

No refunds after May 8/19. Space is limited so register early.

Forward registrations to Sandy Hamilton: hamgs1@telus.net
or by mail to: Site 445 Box 1 C6 RR2, Drayton Valley, AB. T7A 2A2

Registration is not complete until payment has been received.

9:00 a.m. - 9:30 a.m.
9:30 a.m. - 10:15 a.m.

10:15 a.m. - 10:30 a.m.
10:30 a.m. - 11:30 a.m.

11:30 a.m. - 12:30 p.m.
12:30 p.m. - 1:15 p.m.

1:15 p.m. - 1:30 p.m.
1:30 p.m. - 2:15 p.m.

2:15 p.m. - 3:15 p.m.

3:15 p.m. - 3:30 p.m.

Registration and Coffee
Keynote Session:

Body Laughing Yoga

Presenter: Noel Cairney

Break

Good Eating Habits for Seniors

Presenter: Merv Leibel

Lunch

Qigong

Presenter: Carolynne Melnyk

Break

Caring For Indoor Plants

Presenter: Kelly Bateman

Internet Safety

Presenter: Kyle Finn

Feedback: Evaluation / Wrap up

ARTA 2019 GOLF TOURNAMENT REGISTRATION FORM

Wednesday, June 6, 2019 at 2:30 p.m. at **The Ranch Golf and Country Club**
9574 Pinchbeck Road, Acheson, Alberta (West of Edmonton off Highway 16A)

Golf as a team*

Require a team to golf with

Name: _____ Email: _____

Address: _____ City: _____ Prov: _____

Postal Code: _____ Phone/Cellphone: _____

Beginner Experienced ARTA Branch: _____

Golf Shirt Size: Women's Size: XS S M L XL XXL

Men's Size: XS S M L XL XXL XXXL

* If you want to golf as a team, please submit additional forms for each team member

Registration of \$125.00 Includes:

- 18 holes of golf with Power Cart (*Best Ball Format*)
- Golf shirt and gift bag
- Bagged Lunch
- BBQ Steak Dinner
- Prizes and Refreshments

Schedule of Events

Registration & Lunch: 12:30 p.m.
Shotgun Start: 2:30 p.m.
BBQ Dinner: 7:30 p.m.
Team Prizes and Draws to follow

Additional Dinner Tickets \$36.00/person. Number of additional dinner guests: _____
Dinner Seating is limited and subject to availability.

Registration Deadline — May 17th, 2019

- ▶ **Registration Forms:** may be emailed or mailed to address below
- ▶ Make cheques or money orders payable to **2019 ARTA Golf Tournament:**
Mail to **John Renfree**
9845 185 Street
Edmonton, AB T5T 3L7
- ▶ e-Transfers available for online payment
- ▶ **email contact: renfree1@telus.net**

▶ Please email questions to John Renfree at **renfree1@telus.net** or phone **780-708-6359**

▶ Payment Information

Golfers: _____ x \$125.00

Dinner (Only) _____ x \$ 36.00

Total: \$ _____

Indicate method of payment:

E-Transfer CHEQUE/MONEY ORDER

**Make cheques payable to: 2019 ARTA Golf
Tournament**





PERSONAL DAILY LOG

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019.**

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 5, 2019.**

Date	Type of Activity	Time Start	Time Stop	Total Minutes
e.g. April 3	Swimming	4:15 pm	4:47 pm	32

Total Minutes: _____





PERSONAL BEST 30 DAYS REPORT

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019**.

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 5, 2019**.

Best 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!

Did You Know?

Listening to music while exercising can improve workout performance by 15%

