



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

The November Edition

Publisher: Ron Thompson

Volume No. 8

Issue No. 4 Date: October 2019

A Branch of ARTA



Events for November 2019 to June 2020

Leduc Wednesday, November 20th St. David's United Church see the details on page 2. Address: 4614—48 Street in Leduc.

Leduc Wednesday, February 12th at St. David's United Church. Musical Presentation and Devices Workshop. Luncheon at 11:30 AM

Wetaskiwin Wednesday, March 11th at O'Brian's Restaurant. 11:30 AM. Program: Canada's New Food Guide.

Drayton Valley Luncheon Thursday, April 16th at Best Western Plus. 11:30 AM. More details to be announced.

Leduc Tuesday, May 5th, HARTA's Mini-Conference at St. David's United Church. 9:30 AM to 4:00 PM. Save the Date.

Leduc Friday, September 11th, 2020, 10:30 AM AGM, Election of Officers and Pancake Brunch at St. David's United Church in Leduc. ARTA Benefit Plans Updates. Confirmed

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 Drayton Valley Luncheon

On Thursday, October 17, 20 HARTA Members gathered in Drayton Valley to hear Jen Winter, a local pharmacist, discuss the numerous services she could provide as a pharmacist. Some of the services she can provide are various shots such as the flu and pneumonia shots. The Shingrix vaccine, a newer shingle vaccine is a more potent vaccine for shingles. It requires two doses to provide full protection. The vaccine provides protection for at least five years, possibly longer, the vaccine has not been in use long enough to know its full protection cycle.

Jen also offers a yearly medical review to ensure the medications a member is using are up to date and are still needed. This service is mainly aimed at ensuring those using more than one medication aren't using medications which interact negatively with each other and that the medication prescriptions are kept up to date. Many pharmacists can dispense some medications when clients have run out of their prescriptions. In certain cases, a pharmacist can diagnose some medical conditions. If you have any old or unused

medications, please take them to your pharmacist for disposal don't throw them away.

Drug shortages have occurred as a result of drugs imported from other countries have been found deficient. With regard to vitamins, Jen indicated that Vitamin D is required in our climate because most of us in Alberta don't get enough sun to make Vitamin D. Along with Vitamin D, Calcium is called for if we don't drink enough milk or eat enough foods containing Calcium. Calcium Carbonate is preferred rather than Calcium Citrate. Jen also reminded the members that people who have trouble sleeping can use a sleep aid for a short time but if use becomes chronic, one can be at risk of falling. When you are retired you may not need as much sleep.

Cholesterol in your body is only 10% the result of what you eat. By eating fibre in your food, you can help reduce cholesterol. Some people, even with mindful eating, still find their cholesterol is too high. With the aid of your doctor and cholesterol controlling drugs, this condition can be controlled.

At the luncheon, a donation jar was available for attendees to contribute toward ARTCF (Alberta Retired Teachers' Charitable Foundation), to help support their efforts in assisting; Parkinson Assoc. of Alberta, Alzheimer Society of Calgary, and the CNIB. We plan on making the opportunity to donate a regular part of our gatherings. HARTA plans to collect donations from all the luncheons up to the May Mini Conference and give a donation by cheque to Gordon Cumming before he gives the keynote address.

Members enjoyed a lunch catered by the Drayton Valley Bakery at the Best Western Plus Hotel. The winners of the door prizes were; Lorraine Balen - TW bag, pen, and squishy apple

and Caroline Nelson - bouquet from registration table. The venue, food and session received positive feedback, with the venue and session receiving top ratings. The food was also rated well. The Luncheon provided a great opportunity to socializing and gain helpful information.

Submitted by Joan Henry & Ron Thompson

HARTA November Luncheon

The HARTA November Luncheon will take place on Wednesday, November 17 at St. David's United Church in Leduc at 11:30 AM. The Executive Meeting will precede this event at 10:00 AM. In Room One. Vivian Armstrong, a HARTA member, will present a workshop on making Christmas Cards after the lunch. Vivian will supply participants with the needed supplies. Participants are asked to bring \$3.00 for each card they would like to make. Lunch will consist of sandwiches, soup, vegetable and fruit plates and other desserts. Potluck, a local singing group, will lead a Christmas Carol Sing-Along. Please plan on joining us.

The Devices Workshop

On Wednesday, February 12, HARTA will hold its Executive Meeting in the morning. There will be a luncheon to follow at approximately 11:30 AM. After lunch members of "Potluck" will perform a few love songs in honour of Valentine's Day.

Following the performances, there will be two presentations. The first will be a presentation on some issue re: computers using the Windows 10 operating system. The second session was a presentation on online security relative to many different platforms from computers to cellphones and tablets.

The cost for the Sessions, Performances and the luncheon will be \$15.00 and \$10.00 for the luncheon and Performance. The luncheon will consist of sandwiches, soups, vegetable and fruit trays and squares. Please, save the date.



Lillian D. helped this pelican get care.

Confusing Abbreviations

After you retired from teaching you probably noticed a number of abbreviations re: retirement. **ASEBP** (Alberta School Employee Benefits Plan) refers to the health benefits provided by various school districts and which are also available to retired teachers until age 65. The **ARTA** (Alberta Retired Teachers' Association) Plans, are plans available to all ARTA members and Associate Members. The **ATRF** (Alberta Teachers' Retirement Fund) is the fund that pays teachers' pensions to retired Alberta teachers. Retired teachers with concerns re: their pensions, should contact the ATRF re: these issues. **CPP** (Canada Pension Plan) refers to the Pension Plan provided by the Canadian Government. The **OAS** (Old Age Security) is a supplementary payment to every person over 65 years also created by the Canadian Government. As a review of these abbreviations, I have listed all these abbreviations with their websites where you can get more information on a given topic. The **ARTCF** (Alberta Retired Teachers' Charitable Foundation) is ARTA's foundation to support various partners with their various projects to achieve their goals..

Abbreviations

ASEBP: Provider of Health Care Benefits before 65 years of age: www.asebp.ca

ARTA: Alberta Retired Teachers' Association Provider of many services and Benefits

to Alberta Retired Teachers and other Professional Retirees: www.arta.net

Branches: www.artabranches.net

ATRF: Provider and Funder of Alberta Teachers' Pensions: www.atrf.com **CPP and OAS:** Pensions provided by the Canadian Government Contact Service Canada at: www.Canada.ca

ARTCF: Alberta Retired Teachers' Charitable Foundation at: <https://www.arta.net/advocacy/artcf>

I hope the above information makes the retirement information world easier to navigate.

HARTA's May Mini Conference

HARTA's Mini Conference will be on Tuesday, May 5th from 9:00 AM. to 3:30 PM. The following sessions have been confirmed: Keynote: Gordon Cumming, Chair of the Alberta Retired Teachers' Charitable Foundation, his keynote will review the goals of the Charitable Foundation. Tom Dirsa, a local historian, will do a session on Leduc and District's History. Lourdes Juan, Founder of the Leftover Foundation, an organization dedicated to distributing unused food that would otherwise be thrown out will do a session on how her organization helps provide food at a more reasonable price. Susan Soprovich, A representative from the Alberta Securities Commission, will do a session on Investment Fraud. Finally, Noel Cairney will do a session on Laughter Yoga. As well, Wellness check-ups featuring the Body Composition Clinic.

A1C screening and Blood Pressuring Monitoring will also be offered. These services are designed to screen for issues that could cause problems at a later date. Such screening could alert you to health issues before they become serious. Please reserve, Tuesday, May 5th, to attend this information-packed day.

We would like to present Gordon with a cheque for the Charitable Foundation from proceeds we could collect from draws from our

luncheons. I will have more to say re: this thought at our next two luncheons.

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. Membership for the first two years is \$10.00 (first year is free.) 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 Joan, In Leduc, Elaine or Ron T. and in Wetaskiwin either Ron H or Ron T.

Ron Thompson, HARTA President

Other Branch Events

ARTA now has a new website which provides information on events in other Branches throughout Alberta and the Okanagan Branch in BC. If you would like to find other Branch events this website can help you. The website is: www.artabranches.net.

STARTA, (St. Albert Area Retired Teachers' Association) is holding a Wellness Conference in St. Albert. You can get more information by going to STARTA's website at:

www.artabranches.net/STARTA

Executive and Contact Info for the 2019-20 Program Year

Alvin Rurka: Past President

Ron Thompson: President & ARTA Rep

Joan Henry: Vice President D. V.

Elaine Merriman: Vice President Leduc

Ron Holmlund: Vice President Wetaskiwin

Walley Porter: ATA Liaison

Alain Lefevre: Treasurer

Erika Lefevre: Secretary

Susan Schwindt: Finance Committee Member—D.V

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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**You're Invited to
HARTA's Leduc
Luncheon
@St. David's United
Church
4614 - 48 St.
in Leduc**

**Program: Vivian
Armstrong: Christmas
Card Making & Carol
Singing with Potluck
Cards \$3.00 each**



**email:
rnthompson@shaw.ca
(r n thompson)
phone:
(780) 986-8349**

**Wednesday, November 20, 2019 11:30 AM
Luncheon, Soup & Sandwiches, \$10.00 / person**

**Membership \$10.00 Per Year.
New retirees \$10.00 for the first two Years**



**Funded in part by
ARTA**



Heartland
Alberta
Retired
Teachers'
Association

Topics

- Entertainment
- Computers
- Cellphones
- Tablets
- Other Devices

HARTA

**Devices Workshop
In Leduc**

Wednesday, February 12, 2020

11:30 AM to 3:30 PM

St. David's United Church,

4614 - 48 Street

Leduc

**Cost \$15.00 for the workshop
and lunch!**

For more info phone 780-986-8349 or email:

rnthompson@shaw.ca

(r n thompson)



A Branch
of ARTA



HARTA Devices Workshop Registration Form

Wednesday, February 12, 2020

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 February 1st Please register by phone or email and pay at the Workshop the Workshop fee.

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: - \$15/person (Includes Lunch)

No refunds after February 7, 2019. 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:** 780-986-8349