



Heartland
Alberta
Retired
Teachers'
Association

The Heartland Herald

HARTA's Newsletter

of Branch Events

HARTA's 10th Year

November Edition

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A Branch of ARTA



**The Event Schedule to be Followed
Pending Favourable AHS Guidelines.**

HARTA's November Executive Meeting & Leduc Luncheon—Nov. 17th, 2021

The HARTA Executive Meeting will be at St. David's United Church, 4614—48 St. in Leduc and also on Zoom. Start time 9:30 AM.

The Leduc HARTA Luncheon will also be at the Church, start time 11:30 AM as long as AHS permits us to meet in-person. The lunch will be \$10.00 per person. The presentation will be at 1:00 PM. Gert Reynar or her representative from the Leduc & District Food Bank, will present virtually or in-person and on Zoom after the Luncheon. Please see the details on the poster at the end of the Newsletter.

HARTA's February Executive Meeting & Devices Workshop—Feb. 9th, 2022

The HARTA Executive Meeting will be at St. David's United Church, 4614—48 St. in Leduc and also on Zoom. Start time 9:30 AM.

The Luncheon will also be at the Church, on Wednesday, February 9th, start time 11:30 AM. The Devices Workshop will start at 1:00 PM and is expected to last until approximately 3:00 PM and will also be available on Zoom. The presenter will be Stan Gerber with a workshop on Windows 10. Cost for the luncheon is \$10.00. There is no cost for the workshop.



Celebrating HARTA's 10th Year as a Branch of ARTA

HARTA's Wetaskiwin Luncheon—March 9th, 2022

HARTA's March Luncheon will be at O'Brian's Restaurant in the Wayside Hotel, 4103—56 Ave. in Wetaskiwin. The luncheon will start at 11:30 AM, Wednesday, March 9th. The meal will be from the menu since the Buffet is not available at this time.

At 1:00 PM Lawrence Hrycan will be our guest. He will be giving a presentation on Public Interest Alberta (PIA). He will outline some of the concerns this group is highlighting. This presentation will also be available on Zoom.

HARTA's Drayton Valley Luncheon—April. 14th, 2022

HARTA's Drayton Valley Luncheon will be held on Thursday, April 14th, at the CETC, 5400—22 Ave in Drayton Valley. The presentation information will be forwarded when available. The lunch will be \$10.00 per person.

HARTA's Mini-Conference in Leduc—May. 4th, 2022

The HARTA Mini-Conference will be at St. David's United Church, 4614—48 St. in Leduc and also on Zoom. Start time 9:30 AM. Further details re: reg-

istration, cost and presenters will be available as details are worked out.

HARTA's 2022 AGM in Leduc & Drayton Valley—September 16th, 2022

The HARTA 2022 AGM will be at St. David's United Church, in Leduc and also in Drayton Valley as well as on Zoom. Start time 10:30 AM.

ARTA AGM Results

On Tuesday, October 5th and Wednesday, October 6th ARTA held the 2nd Virtual AGM. Elaine Merriman and Ron Thompson represented HARTA. Other HARTA members who attended were Mel Deydey, President of the Medicine Hat Branch, Frank Tschabold, President of the Wolf Creek Branch and Iona Robertson, President of the PARTA Branch. Laurie Semler also from PARTA and HARTA was also present.

The Executive for 2021-22 is:

President	Lorna McIlroy
Vice President	Deb Gerow
Treasurer	Dolaine Kosh
Past President	Marilyn Bossert continues as Past President since Lorna is still President

Elected to the Committees were:

Communications	Mary McDougall
Governance	Ron Thompson
Health Benefits	Gordon Cumming
Pension & Financial Wellness	Blair Lowry
Strategic Planning	Carl McColl
Wellness	Erika Foley

All committee terms are for 4 years, except Health Benefits, which is 5 years.

ARTA's Financial Statements ending June 30th, 2021 were audited by Caskey & Company. ARTA's Financial Statements were given a clean audit.

Dolaine Kosh, ARTA's Treasurer gave the 2021-22 Budget. The budget was approved by the AGM. Financial Reports were given by Ernest Clintberg, chair of the ARTA Benefit Plan Trust Fund and by Gordon Cumming chair of the Charitable Foundation.

Other Committee Reports were presented

by Lorna McIlroy of the Executive Committee, Deb Gerow with her Vice President's Report, and Past President Marilyn Bossert with her Nominations Report. Marilyn also conducted the elections.

Additional Committee Reports were from Julie Ginther from the Communications Committee; Denis Espetveidt from the Health Benefits Committee; Maria Lentz from the governance Committee; Léo Richer from the Pension and Financial Wellness Committee; Carl McColl from the Strategic Planning Committee; and Bill Fraser from the Wellness Committees. Lawrence Hrycan gave the Public Interest Alberta and ACER/CART reports as well.

Other Presentations were given by Gerry Tiede, President of ACER/CART—a federation of the retired teachers' associations and federations in Canada; Rod Matheson CEO of ATRF and Jason Schilling of the ATA.

Lorna reviewed all the Branch Presidents' reports and commented on how Branches were able to provide opportunities to connect even though in-person events were not possible. Many Branches used Zoom as an opportunity for more connections.

How To Access Alberta's New QR Code

As of November 15th, the Alberta Government will require all persons who are vaccinated with COVID vaccines to carry identification with their personal QR code to prove they have been vaccinated with a COVID Vaccine. The steps outlined below will help you to get your personal QR Code from the Government of Alberta Website.

Before starting, gather the following information for you and whomever else you will get a code for:

- Personal Health Number
 - Date of Birth
 - The date of one of your vaccinations (Month and Year).
1. Using the search engine of your choice type in, "Alberta QR Code." Look for the response, "COVID Records Helpdesk."
 2. Click this link and scroll down the page until you see the phrase, "Get your new Vac-

cine record.” Followed by an arrow.

3. Click this link. You will come to a page entitled, “Alberta Covid Records.” Below the title, you will see a picture of a mobile device and below this picture if you keep scrolling down, you’ll come to a blue bar labelled, “GET STARTED.” Press or click this bar.
4. At this point you will come to a page with the heading, “Complete the Form.”
5. Fill in the form with the required information: Personal Health Number, Date of Birth, The date of one of your vaccinations (Month and Year). Then check the box, “I am not a robot.” Press or click the Blue Bar.
6. Next the QR Code appears. Below the code two blue bars appear. Using the blue bar, “Save Your Code,” you press or click the bar, and a printer menu appears allowing a copy of the QR code may be printed. (Depending on the quality of the printer, the best print quality may be had with a black & white printout.)
7. You can also save a PDF version for your cell phone by changing “Destination” on the print page from the name of your printer to “Save as PDF”. Then choose the file where you wish to save the QR code. If you are saving it to ONE DRIVE, you may also wish to save it to a file that is physically on your phone. That way if you are somewhere that Wi-Fi is not available you can still access the file.

After November 15th, this will be the only acceptable form of proof of vaccination. You may want to print out your copy of this proof of vaccination and start using it in place of the earlier proof of vaccination. I have laminated my QR Code Proof of Vaccination as well to help make it more durable. I hope this information will be helpful.

Submitted by the Editor with suggestions from Iona Roberson and Laurie Semler.

HARTA's Drayton Valley Luncheon & Presentation

On Thursday, October 21st, Heather Pollard from Total Works Fitness, and Charlie Miner from Senior 55 Plus, gave an outline on the benefits of the programs they offer in Drayton Valley. Heather



Heather Pollard

outlined the various programs she offered as well answering questions regarding her program. She meets with her group twice a week. In Pre-COVID times she had as 30 participants at one time participating in her programs.



Charlie Miner

Charlie Miner told us about the programs offered by the Senior Citizen Club in Drayton Valley. His presentation gave a brief outline of the Club's services. More information

about the Senior Citizen Club is available at <http://www.draytonvalleyseniorcitizens.com>.

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. 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. **AIMCO (Alberta Investment Management Corporation)** is the Alberta Government's umbrella Investment Organization which also manages various Government Pensions)

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>

AIMCO: Alberta Investment Management Corporation at: <https://www.aimco.ca>

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

Member Welfare

If you know of anyone needing our support, please let the editor know so we can show our support in helping their return to good health. With COVID-19 having been with us for a while, this would be a good time to reach out to someone you haven't heard from or seen in a while. Please keep well and keep safe.

Humour Corner

"If you haven't laughed 100 times in a day, you haven't lived that day!"

- Tompson Highway

1. Q: Why do skeletons have low self-esteem?
A: They have no body to love.
2. Q: Know why skeletons are so calm?

A: Because nothing gets under their skin.

3. Q: How do vampires get around on Halloween?

A: On blood vessels.

4. Q: Why did the ghost go into the bar?
A: For the Boos.

5. Q: Why did the headless horseman go into business?

A: He wanted to get ahead in life.

6. Q: Why do girl ghosts go on diets?
A: So they can keep their ghoulish figures.

7. Q: Where does a ghost go on vacation?
A: Mali-boo.

8. Q: What do you call a witch's garage?
A: A broom closet. .

9. Q: Why don't mummies take time off?
A: They're afraid to unwind.

10. Q: Why don't mummies have friends?
A: They're too wrapped up in themselves.

(The jokes above are from the Readers' Digest Website on Hallowe'en Jokes)

HARTA Volunteers Needed

At various times during the program year, HARTA needs members to help with various tasks (when the Pandemic is over.) 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. During this time of COVID-19 Social Distancing, another way to contribute is to provide stories and other news for our newsletter. You can submit to: The Editor: rnthompson.harta@gmail.com. It would be great to get more submissions for our readers.

Ron Thompson, HARTA President

Other Branch Activities

ARTA has a 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.

Ron Thompson, HARTA President

A Short Note

In the Monday, October 18th School Board Trustees elections, Gary Hansen was elected to the Black Gold School Division. I would also like to thank Bob Silverthorne for allowing his name to stand in the Wetaskiwin School District Trustee election. I look forward to working with both Gary and Bob on various projects of mutual benefit to supporting student learning along with other members of HARTA.

Ron Thompson, HARTA President

Alberta Retired Teachers Charitable Foundation

Charitable Foundation Details

Our Mission:

“From classrooms and beyond, the Alberta Retired Teachers Charitable Foundation and its members are linked by one common purpose: to support Alberta Seniors in pursuit of Appropriate Housing, Health Services and English as a Second Language, to improve their lives!”

ARTCF supports the following Charities:

Parkinson Association of Alberta - three ARTCF Tele-Support Groups

Alzheimer Society of Calgary - Funding for their Learning and Support Services

Alzheimer Society of Alberta / NWT - “Minds in Motion”, which is a fitness and social program.

CNIB - Community Education & Outreach Program

Operation Friendship Seniors' Society – Grant to support equipment for the facility

ARTCF, with your support, will make a difference. We have provincial status as an Alberta Society, as well Charitable Status (ability to give Tax Receipts) from Canada Revenue Agency. Join us in expanding our impact. Honor or Memorial gifts will be recognized, and all gifts will be Income Tax receipted. On-line donations, may be made at www.arta.net/cf-give

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

Cheques may be made out to **ARTCF** and mailed to:

ARTCF Office

15505 - 137 Avenue NW

Edmonton AB

T5V 1R9

Executive and Contact Info for the 2020-21 Program Year

Alvin Rurka: Past President

(587) 274-4562 abrurka@hotmail.ca

Ron Thompson: President & ARTA Rep

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(r n thompson)

Elaine Merriman: Vice President Leduc

(780) 467-0010 terry6@telusplanet.net

Ron Holmlund: Vice President Wetaskiwin

(780) 352-4842 rdholm@hotmail.com

Susan Schwindt: Drayton Valley Rep..(780) 542-4136

salschwindt@gmail.com

Janice Storeshaw: Secretary (780) 986-0056

jes90@telus.net

Connie Dublenko: Treasurer (587) 783-8588

ccdublenko@gmail.com

Lawrence Dublenko: Membership Co-ordinator

(587) 783-8588 mayopropector@gmail.com

Walley Porter: ATA Liaison—Wetaskiwin and Timberline Locals (780) 388-3849

walleyp@telusplanet.net

Gary Hansen: ATA Liaison—Black Gold and St.

Thomas Aquinas Locals (780) 986-1745

gbhanson@telus.net

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.

Changes to the ARTA Health Benefits which will come into effect November 1, 2021

1. Remove the exclusion of white fillings from the dental care plan, defaulting to the cost of amalgam fillings for posterior teeth effective November 1, 2021.
2. Add coverage for the purchase or rental of cryo-cooling units to the plan effective November 1, 2021, covered at 80% to a 5-year maximum of \$250.
3. Add coverage for CPAP battery packs to the plan effective November 1, 2021, under the current CPAP benefit.
4. Amend the current benefit for continuous glucose monitors to reallocate their coverage under the current annual diabetes supplies maximum effective November 1, 2021.
5. Remove coverage for CPAP machine sanitizers effective November 1, 2021.
6. Add coverage for Psychotherapists under the current Psychologist/MSW/RSW/Registered Clinical Counsellor coverage effective November 1, 2021.
7. Update the Usual and Customary expenses permitted as follows, effective November 1, 2021:
 - Chiropractic Assessment \$85
 - Dietician/Nutritionist \$130
 - Naturopathic Treatment \$110
 - Osteopath \$115
 - Physiotherapist Treatment \$85
 - Physiotherapist Assessment \$110
 - Psychology Family Treatment \$115
8. Increase the combined annual maximum for paramedical practitioners to \$1200 for Health Wise and Total Health plans, and to \$1400 for Health Wise Plus and Ultimate Health plans effective November 1, 2021.
9. Increase the triennial Hearing Aids maximum to \$1300 for the Health Wise and Total Health plans, and \$1500 for the Health Wise Plus and Ultimate Health plans effective November 1, 2021.
10. Combine the two Major Dental services \$800 maximums under Dental Care Plan Option A into one \$1600 maximum effective November 1, 2021.
11. Enable the CEO to enter into a 3-year contract with Inkblot Member Assistance Plan at a rate of no more than \$2 per member per month effective November 1, 2021.
12. Implement the ARTARx plan as indicated effective November 1, 2021.
13. Implement the under 65 plans as indicated effective November 1, 2021.
14. Implement an overall decrease to the Education Sector Extended Health Care (EHC) rate of 7.4%, an increase to the Education Sector Dental Care rate of 6.9%, a decrease to the Public/Private Sector of 7.0%, and no change to the Public/Private Sector Dental Care rate, with all rate changes to be effective November 1, 2021

[More information is available MyARTA on the ARTA website.](#)



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Association

A Branch of ARTA



**You're Invited
to HARTA's Leduc
Luncheon & Zoom
Presentation @
St. David's United
Church, 4614 - 48 St.
in Leduc,
Gert Reynar,
Executive Director
of the Food Bank
will be our guest
speaker**



**email:
rnthompson@shaw.ca
phone:
(780) 986-8349
Ron Thompson**

**Wednesday, November 17th, 2021 11:30 AM
Lunch & Beverage \$10.00
Membership \$10.00 Per Year
New retirees \$10.00 for the Two Years
Please RSVP by Monday, Nov. 15th
Zoom Presentation at 1:00 PM**