



“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.” – James Dent


**NEARTA—
Northeastern Alberta Retired
Teachers’ Association**

**June 2026
Newsletter
Volume 3, Issue 2**



Highlights from the June 9th Meeting


- ◆ Meeting Theme – Advocacy for Seniors’ Issues.
- ◆ President’s Report: Roy Ripkens.
- ◆ ARTA Board of Directors Meeting and Retreat: Vice-President, Zan Reilly.
- ◆ Presentation of the Final Draft of the updated NEARTA Constitution.
- ◆ Report on Wellness Walk held June 5, St. Paul - Thanks!
- ◆ Bill 25 - *An Act to Remove Politics and Ideology from Classrooms*, impacts on education in Alberta.
- ◆ NEARTA congratulates & connects with retiring teachers.
- ◆ Guest Speaker: Naheed Nenshi, MLA, Leader of the Alberta New Democrats, & Leader of the Opposition.



NEARTA

NEARTA, provides an opportunity for friends and colleagues to meet, enjoy activities together, and pursue a healthy lifestyle.

NEARTA activities offer social connectedness, an avenue for retired teachers to remain in contact with their colleagues, enjoy meals, benefit from speaker presentations, encourage and participate in community volunteerism, and have fun!



The NEARTA Newsletter is produced four times per year. If you have suggestions, please send them to the NEARTA email:



Contact NEARTA

Email: northeasternarta@gmail.com

Website: <https://artabranches.net/nearta/>

Follow Us on Facebook:

<https://www.facebook.com/northeasternarta>

Come to the next NEARTA Meeting:

Tuesday, September 15, 2026, 11:00 a.m.

At the Glendon Seniors’ Centre.

See you then!

“My favorite weather is bird-chirping weather.” – Terri Guillemets



**NEARTA-
ARTA
Heart and
Sole
Wellness
Walk
2026**



The Wellness Walk was held in St. Paul on Friday, June 5th during Alberta Seniors’ Week. Thanks to everyone for your help, positive spirit and participation.

**HEART AND SOLE
WELLNESS WALK**





Some abbreviations commonly encountered in Alberta by seniors and their families. This list is primarily related to healthcare, housing, and government services.

Common Healthcare and Continuing Care Abbreviations:

- **AHS:** Alberta Health Services
- **LTC:** Long-Term Care (now referred to as Continuing Care Home Type A)
- **DSL:** Designated Supportive Living (now referred to as Continuing Care Home Type B or specific levels like SL3, SL4)
- **SL:** Supportive Living (includes various types: SL1, SL2, SL3, SL4, some are also known as Seniors' Lodges)
- **Hospice:** Now referred to as Continuing Care Home Type C
- **IADLs:** Instrumental Activities of Daily Living (tasks like shopping, cooking, managing medication)
- **ADLs:** Activities of Daily Living (self-care tasks like eating or bathing)
- **GOC:** Goals of Care (designations that inform medical professionals about an individual's healthcare wishes)
- **HCA:** Healthcare Aide
- **RN/LPN:** Registered Nurse / Licensed Practical Nurse (common nursing roles in continuing care)
- **EDIS/ESAS-r:** Edmonton Symptom Assessment System - Revised (a tool for assessing symptoms, particularly in palliative care)
- **PCN:** Primary Care Network (groups of healthcare professionals working together to provide comprehensive primary care)
- **AHS Link/Connect Care:** The unified system used by AHS for patient records and healthcare management

Government and Financial Abbreviations:

- **AHCIP:** Alberta Health Care Insurance Plan
- **PHN:** Personal Health Number
- **CPP:** Canada Pension Plan
- **GIS:** Guaranteed Income Supplement
- **OAS:** Old Age Security (a common federal benefit for seniors)
- **AISH:** Assured Income for the Severely Handicapped
- **AADL:** Alberta Aids to Daily Living – (program that provides benefits for medical equipment and supplies)



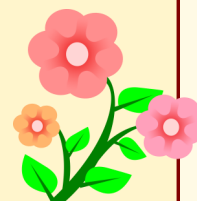
The ARTA Scholarship Program

New in 2026 is the Larry Lambert Scholarship – named in honour of NEARTA Past President. Congratulations, Larry!

ARTA is proud to introduce the Larry Lambert Scholarship. Awarded as one of the ARTA Scholarships, this honour will be granted to one applicant who reflects the qualities that Larry Lambert is known for. This scholarship recognizes Larry Lambert's long-standing commitment to service, leadership, and strengthening communities. It celebrates his dedication to education, mentorship, and creating opportunities for others, and supports applicants who demonstrate similar values through academic achievement, community involvement, and volunteer service.

ARTA scholarships recognize academic achievement plus community involvement and volunteer work.

See more at: <https://www.arta.net/scholarships>





NEARTA wishes our members and friends a safe and restful summer!

May your summer days be filled with sunshine, laughter, and relaxation.

The ARTA Retreat and Board of Directors Meeting was held in Canmore May 25 to 28, 2026. The theme was Living Well, Living Fully. Zan and Richard from the NEARTA Executive attended as delegates and were happy to represent NEARTA and connect with Branch representatives from across the province.

Retreat Keynote Speakers

Colin Milner, expert in healthy aging. “Living Better, Longer: How Wellness Is Redining the Future of Aging”.

Lisa Elle, wealth strategist and certified financial planner. “Smart Retirement with Intention: Protecting Your Income, Reducing Taxes, Preserving What Matters Most”.

Esme Fuller-Thomson, Director of the Institute for Life Course & Aging, University of Toronto. “Flourishing in Retirement: Evidence-Based Pathways to Wellness for Older Canadians”.

Naheed Nenshi, Leader of the Alberta New Democrats.

Andrea Holwegner, Registered Dietitian. “Energized for Life! Nutrition to Power Busy People & Active Retirees”.



The Heart and Sole Wellness Walk

NEARTA Wellness Walk 2026 took place in St. Paul on June 5th during Alberta Seniors’ Week. Participants collected food donations for the local food bank and enjoyed coffee and refreshments after the walk.

ARTA Wellness Walks are held across Alberta. The walks are an opportunity to get out, get active, and meet people in our communities. It is also a chance to celebrate the importance of being physically active, engaged in the community, and to donate to a local Food Bank.



Thank you to everyone who helped and participated. We look forward to seeing you next time! *Pictured are the walkers from the NEARTA Wellness Walk.*

The ARTA Perks Discount Program works at participating businesses or services by presenting your ARTA membership card. The same applies if you have a spouse or partner with a membership card and covered under ARTA benefits. This is the link to the ARTA website page with a description of the program and a list of the participating discount partners: <https://www.arta.net/arta-perks-discounts-for-members>

The ARTA website says: “ARTA Perks is the custom-built discount program for ARTA members. With a focus on travel, health and wellness, and shopping and entertainment, ARTA has been working hard at securing discounts on the services that mean the most to you. There is a selection of offers, both local and national. The ARTA discounts are at no additional cost to you as an ARTA member and are designed to offer you more value for your annual ARTA membership. The deals available through the ARTA Perks program can be found in your myarta.net account, under the “ARTA Perks” menu bar.



Time Marches On . . .

I don't want to waste your time, but time is the topic for this newsletter's ramblings. It was such a long winter, and it really seemed to drag on forever! At least that was my perception. Seniors often comment on how time seems to go by faster as you age. I remember movies from the 1950's would have a gust of wind blowing the calendar pages off to illustrate the rapid passage of time. As I aged, I became more conscious of the passage of time and cognizant that there is an endpoint to this life. There are days and times that seem to drag on, bad weather days, time in a hospital waiting room, or watching a romantic movie. On the other hand, quadding with friends, beer and wing nights, and dog walks along the lake seem to make time pass by quickly. I suppose it really is a matter of perception. But wait, I learned it's more complicated than that. According to my Google Gemini friend, "your brain is designed to record new and exciting changes. Children are constantly learning and experiencing "firsts", first bike ride, first day of school, all of which create rich, detailed memory logs that "stretch" time. Seniors often follow fixed routines, and the brain "compresses" repetitive data, making months or years blur into a single, fast-moving memory." As you age, your brain's internal "pacemaker" may slow down, or you may process fewer mental images per second. When your brain processes fewer frames of reality in the same amount of clock time, the external world appears to be moving faster, like a video played at double speed. Counter these perceptions by traveling to unfamiliar places, learn a new hobby, or even take a different route to the store. This forces your brain to "write down" new memories, effectively lengthening your perception of that time. In addition, paying close attention to the present moment, the sensory details of your surroundings, increases the amount of information your brain processes, which can help "stretch" out your day. My conclusion? Time is static, people are not.

Submitted by Roy Ripkens, NEARTA President



Membership

Join NEARTA or renew your membership. Annual membership is valid from Sept. 1st to August 31st.

NEARTA Membership is \$10.00 per year.

For the NEARTA Membership Form, go to:

<https://artabranches.net/nearta/join-nearta/>

For more information about becoming a member of ARTA, go to:

<https://www.arta.net/join>



NEARTA

Health Tip—Embracing early sunlight is a powerful, science-backed ritual that aligns your body's internal clock with the natural world, promoting better health, mental clarity, and emotional resilience. By consciously stepping into the morning sun, you transform a daily necessity into a mindful, restorative practice.

With the long summer days, here's an easy health tip: "Embrace early sunlight as a ritual of awakening." Whether that's sitting on the porch, an early walk or doing outdoor chores, getting out into the sun is good for you. Science suggests this is a very powerful, natural way to boost mental clarity, elevate mood, and sharpen memory.

To reset your rhythm and refocus your brain: *Within the first 30–60 minutes after waking, go outside. *Aim for 10–15 minutes of natural light exposure, combined with light movement such as a walk, light stretches, or yoga.



To NEARTA members, retired educators, and all educators still working: "Wishing you a sunny, restful, and well-deserved summer break!"