

## 6<sup>th</sup> New Frontiers Retirees' Conference

Organized by the Northwestern Branch and  
Sponsored by the Alberta Retired Teachers' Association



February 16, 17 and 18, 2021 via Zoom

### *Moving Ahead Together*

#### Opening Welcome

Greetings from ARTA's Executive Director and CEO – Daniel Mulloy

Tuesday, February 16  
9:45 -am – 11:15

#### Jennifer Buchanan

Jennifer, who will be joining us from Calgary, provides practical strategies grounded in global research that help foster personal and community well-being.

Jennifer's company *JB Music Therapy* has been instrumental in the implementation of hundreds of music therapy programs throughout Canada for almost 30 years and has been thrice nominated for the Community Impact Award by the Chamber of Commerce.

As an author of two award-winning books, *Tune In* and *Wellness Incorporated*, she has appeared as a guest on numerous news and current affairs programs.



#### **TUNE IN – Why Music Improves Mood, Memory and Motivation**

As the world becomes more complex, society continues to seek new ways to feel more connected. In so many ways music provides the opportunity to build that bridge. At the simplest level music adds meaning to moments. And, at a more complex level, music impacts brain function and human behavior by reducing stress, pain and symptoms of depression. In addition, music improves mood, memory and motivation. Based on her book of the same title, *Tune In*, Jennifer will demonstrate that when we experience the right music, in the right way, transformation can and does happen ... one simple, yet powerful, note at a time.

You may want to purchase Jennifer's book as a supplemental resource <https://www.jenniferbuchanan.ca/tune-in-book/>

**There is no cost to attend** the 6<sup>th</sup> New Frontiers Retirees' Conference. NWARTA members, friends and community members are welcome to register and attend.

If you would like to receive your *Thanks for Registration Package* in time to share during the Conference, registration is required by **Monday, February 8<sup>th</sup>**.

Final date for registration will be **Sunday, February 14<sup>th</sup>**.

Email [nwarta.treasurer@gmail.com](mailto:nwarta.treasurer@gmail.com) including your: name, mailing address, phone number and indicate whether you are a NWARTA member or a guest.

Wednesday, February 17  
9:45 -am – 11:15

Note that this one-hour session has two presenters.

### Janet Barker

Janet is an AFLCA (Alberta Fitness Leadership Certification Association) group exercise leader. She is certified in Resistance Training and holds the specialty of Older Adult Exercise. Janet led a *Motion and Mobility* class at the Grande Prairie Public Library until its closure due to COVID restrictions in March 2020. The class now continues on Zoom. The online format has provided the opportunity to stay connected and keep moving.



Janet currently resides in Edmonton, where she enjoys spending time walking in the river valley and discovering the city.

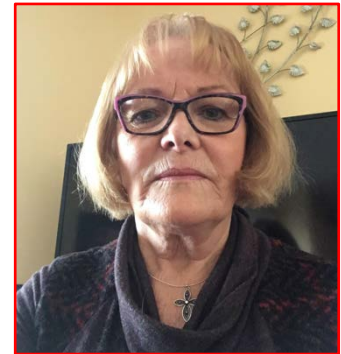
### Treat your Feet Well

An informative and interactive presentation looking at foot mobility and alignment. Our feet are the base of our foundation, so let's treat them well.

If you wish to join the movements, come in bare feet, have a chair handy and a regular-size piece of plain paper.

### Ellen Gleich

Ellen's area of expertise is footcare. She started providing this service in 1987 with Home Care in rural Manitoba and has continued in Grande Prairie since she and her husband moved to the area. In 2012, she received AHS certification in footcare through the VON in Edmonton.



### What is a Medical Pedicure?

Older adults often require special footcare in the form of a medical pedicure which addresses issues of ingrown nails, fungal nails or callus reduction. Ellen ensures all her clients have personal and sterilized supplies while incorporating spa elements with her treatment -- exfoliating, moisturizing and massage.

Ellen provides in-home footcare to Grande Prairie and nearby residents. For out-of-town clients, she schedules some appointments in her home.

Ellen's presentation will end with a draw for an in-home medical pedicure. Ellen is donating the in-home service and NWARA is donating the personal/sterilized supplies required for the treatment.

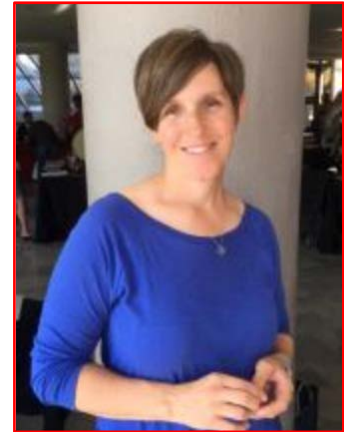
**Ellen's Affordable Footcare**  
Brings SPA to YOUR home  
Retired RN with 30+ years of experience  
(587) 298 3949 [ellengleich@hotmail.com](mailto:ellengleich@hotmail.com)

Thursday February 18  
9:45 -am – 12:30

Note that this session is 2 hours with a 10 minute break.

### **Jody Walker**

Jody is a Health Promotion Facilitator with the provincial AHS Mental Health Promotion & Illness Prevention Team. Her work focuses in the Fort McMurray area even though she lives in Grande Prairie. She has over 20 years of experience working in the field of addiction and mental health and is passionate about creating space where mental health and wellness can be honored and nurtured.



### **Chidinma Okoli**

Chidinma (Chidi) is a Health Promotion Facilitator with AHS Addiction and Mental Health in Grande Prairie. Chidi completed her master's degree with a focus on health promotion/public health and she has over four years of experience working in the public and mental health field. She is focused on collaborating and supporting various committees and initiatives within the community, as well as providing information and education on mental health promotion.



### **Transform Your Stress: The Resiliency Advantage**

Stress affects people physically, mentally and emotionally. This course introduces the HeartMath® System of breathing techniques that can help you manage life's challenges and improve overall health, emotional wellness and resilience.

Relieve stress anytime, anywhere and feel better in the moment.

**Prize Draws** – two emergency car kits and outdoor wine mugs (thank you to TW Insurance); a journal and pen set (thank you to ARTA); two boxes of mint Girl Guide Cookies

**Closing** Lorna McIlroy, ARTA President