



ST. ALBERT AND AREA RETIRED TEACHERS ' ASSOCIATION BULLETIN

May 15, 2023

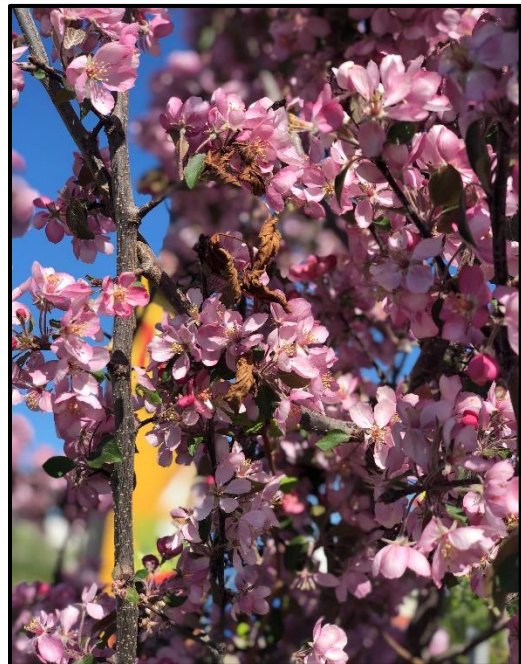
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May flowers...

"Life is beautiful, brief and delicate
as a cherry blossom. Seize the day!"
from catwisdom101

*"The significance of the cherry blossom
tree in Japanese culture goes back
hundreds of years. In their country, the
cherry blossom represents the fragility
and the beauty of life. It's a reminder
that life is almost overwhelmingly
beautiful but that it is also tragically
short."*

Homaro Cantu



**NEXT EVENT: B-B-Que and AGM on Friday, May 26th at
5:00 pm
at Sturgeon Golf and Country Club**



***REMEMBER to bring your ticket for the B-B-Que
AGM to follow dinner.***

Upcoming Event: Summer 'Make Your Own Sandwich' Potluck Picnic on Monday, July 10, 2023, at Lions' Park picnic shelter from 4:00 – 8:00.



You will be making your own sandwich(es) at our Potluck supper. You can sign up at the B-B-Que for a food item to bring. We are hoping for a variety of meat platters or sandwich 'fillings', cheese platters, veggie platters, as well as a variety of salads and desserts. Paper plates and

cutlery will be provided.

Please bring a food item to contribute as well as your own beverage.

We hope to see you there for a time of fellowship and fun!

Looking Back: At the April 28, 2023, Breakfast meeting with Guest **Yatin Patel**, Director of ARTA Rx and **Kendra Liber**, ARTA Marketing Co-ordinator spoke to the members about the ARTARx plan-owned pharmacy and the ARTARx Benefit Plan that is available to you if you fill your prescriptions there. This pharmacy was built to serve ARTA members but can be accessed by the general public as well. It has been projected that, by the end of 2024, this pharmacy will generate around a million dollars of revenue which will be returned to the ARTA Benefit Plan to help keep the rates affordable.

The Pharmacy, located at the back of the ARTA building on 137 Avenue (not far from St. Albert), opened earlier in 2023. The pharmacists can:

- Help you with one-on-one consultations to inform you about your care plan and the medications you are taking.
- Prescribe medications if you run out of a recurring medication or if you experience unexpected side effects from a medication you are currently taking.
- Synchronize prescription refills so that all prescriptions renew on the same day.
- Deliver them to you free of charge (if you live in Edmonton and area).

Because this is a newly built pharmacy, the newest technology can be used to bundle your daily prescriptions, over the counter drugs and vitamins into one convenient package for you. The pouches organize all medications in a convenient, easy to open package with the

date and time each medication is to be taken written on each packet. This feature captured the interest of the audience for sure! No more forgetting...did I take it or not?

By making a commitment to filling prescriptions at this pharmacy, you become eligible for the **ARTARx Benefit Plan**. This plan provides additional coverage for prescriptions, vision care, hearing aids, and accidental dental and travel. You do have to apply for this plan.

For more information, go to ARTARx Pharmacy (15505 137 Ave NW) Ph. 780-822-3784

Check out the ARTARx Benefit Plan at claims@arta.net OR call 780-989-8709.

Second Wind conference – September 7, 2023

Prepare for a wonderful, energizing day at the Second Wind health and wellness conference on September 7, 2023. Enjoy a beverage and a pastry while visiting with friends and colleagues in the spacious Grand Ballroom of the Chateau Louis Conference Centre.



Conference organizers are delighted to welcome Jeremy Albert, an Advisor with the First Nations, Métis and Inuit Education team for Elk Island Public Schools, as the keynote speaker. Jeremy is an entertaining, motivational speaker with a strong message highlighting the value that elders, with their knowledge, wisdom and cultural memory contribute to Indigenous communities and to all societies.

Knowledgeable speakers for eighteen breakout sessions are keen to share their expertise on a wide variety of topics chosen to appeal to every interest. Explore some enjoyable senior-friendly physical activities such as golf, how to use resistance bands, and mindful movement to improve your fitness level at home or in social settings. Discover the connection between nutrition and brain health. Learn effective strategies to explore your family history and answer questions you wish you had asked long ago. Recognize that your memories are a treasure and acquire both the motivation and a plan for writing your own story. Discover how to shift the narrative on seniors housing for the future. Learn about volunteer opportunities.

Your conference fee includes free parking, a gift bag, a morning pastry and beverage, the keynote presentation by Jeremy Albert, a choice of break-out sessions, a delicious buffet lunch, two coffee breaks and the wine down complete with snacks and door prizes.

Do you have jigsaw puzzles that you would like to exchange for different ones or simply donate? The **Puzzle Exchange** table at Second Wind is a perfect place to do that. Bring, take, or donate - puzzles not claimed at the end of the day will be donated to a charity.

To view speaker information, session topics, and the conference schedule and to download the registration form, visit secondwindconference.ca.

Spread the word, bring a friend, and have a great day!

SECOND WIND CONFERENCE REGISTRATION UPDATE:

Register before July 14 for the early bird fee of \$95.00 (regular fee is \$120.00).

During the first two weeks of registration, many people sent in their registration forms. The number of participants will be limited to 200 people, and registration numbers will likely be filled before the Early Bird deadline of **July 14th**, 2023.

I am the treasurer for the Second Wind Conference. If you bring your registration form and cheque to the STARTA Barbeque on May 26th, I would be happy to take them to the registrar. I will have a few registration forms available at the B-B-Que.

Maurine Maslen

Contact People Are Special

Thank you to 16 individuals who were key to the success of the STARTA breakfasts: John Buma, Donna Chanasyk, Donna Cooper, Val Crutchfield, Dawn Curran, Lou Duigou, Jean Elder, Donna Fedoration, Adoline Glenn, Jeanette Halyk, Helen Kieran, Betty Layton, Joan Mestinsek, Joy Tomek, Alison Weingardt, and Reggie Welsh.

For every breakfast, these conscientious individuals sent out information to people on their lists. After gathering the responses received from emails or phone calls, they would contact me with the number and names of people who planned on attending each breakfast. That number of people who committed to attending had to be given to Ralph, the food and beverage manager of the Sturgeon Golf and Country, by the Monday before our breakfast. Their efforts resulted in our being very close in our estimates of breakfasts required.

Several of our contact people have assisted with this volunteer work even though they were unable to attend themselves or could only attend once or twice. Next year, we will need some replacements and more contact people for this essential service. If you are willing to help, please contact me by email maslen1@telus.net or phone (780) 418-8032

Maurine Maslen

Membership and Breakfast Coordinator

In Memory of Susan Tronsgard

Susan Caroline Tronsgard passed away peacefully with her family at her side on April 5, 2023. Born in September of 1942, she grew up in Bentley, Alberta. After studying at the U of A, Susan taught high school at Ross Sheppard in Edmonton. In 1971 she moved to St Albert, where she raised her family and taught kindergarten locally for over 20 years. Susan was a great colleague and friend, an avid curler, and loved to camp and travel, Susan will be dearly missed by all who knew her.

Thank you to those who contributed to this month's News Bulletin!