



### ARTA Pension and Financial Wellness Webinar – Life Insurance and Critical Illness

**April 5, 2023: 1:00 PM MDT**

Do you have life insurance? A lot of families assume it's something they won't need — until they wish they had it.

Often, we think of life insurance as something that's important when we're young, when we have things like mortgages or young kids to take care of. But there are still uses for life insurance as you age! This session will be a beginner's guide to talk about the times when insurance might make sense (and when it might not); what the different kinds of insurance look like; and how to use them to help protect your family, make things easy for your loved ones, reduce taxes, and leave a legacy.

Register in advance for this webinar! After registering, you will receive a confirmation email containing information about joining the webinar.

**REGISTER TODAY!**



### 2023 Golf Tournament

We are happy to announce the ARTA Golf Tournament hosted by SWARTA

**June 21st @ 1:00 pm**

**Picture Butte Golf Club**

**104082 Range Rd 215,**

**Picture Butte, AB TOK 1V0**

Fun! Dinner! Prizes!

**MORE INFORMATION**



### Tips To Create Healthy Sleeping Habits

If you're struggling with sleep challenges, focus on improving your sleep habits. Our partner HumanaCare has provided some helpful tips to improve your sleep.

**READ MORE**



## Insurance served your way

TW brokers find you the best coverage for your individual needs, and your budget.

**Plus**  
get exclusive discounts  
and a **\$20 gift card**  
when you get a quote!\*



**GET A QUOTE**

\*Restrictions apply.



## The Joy of Being Retired: Sixty reasons why ARTA members love being retired

In honour of ARTA's 60<sup>th</sup> anniversary, we want to hear from you! Let us know what your favourite thing about retirement has been, and we'll share your responses on ARTA's social media pages and in *news&views* magazine.

If you are interested in participating, please email [contests@arta.net](mailto:contests@arta.net) with the following information:

- SUBJECT LINE:** The Joy of Being Retired
- NAME:**
- NUMBER OF YEARS RETIRED FOR:**
- POSITION RETIRED FROM:**
- FAVOURITE THING ABOUT RETIREMENT:**  
In 2 - 3 sentences

By sending in your quote, you will also be entered to win 1 of 10 ARTA prize packs as thanks for your participation. We look forward to hearing from you!

**TLC Health and Wellness Fair**  
Age Well, Live Fully

**Join us for our first annual** **June 7, 2023**  
8 AM - 4 PM

**TLC Health and Wellness Fair**

Registration  
Opens  
April 1, 2023

**Keynote Speaker**  
**Gord Steinke**

- ★18 Sessions to Choose From
- ★Tradeshow Featuring 40 Vendors
- ★Coffee Breaks and Lunch provided

**Central  
Lions**  
Seniors Association

11113 113 St, Edmonton

[www.centrallions.org](http://www.centrallions.org)



## Harmony

What does harmony mean to you? The Spring 2023 *news&views* Harmony issue is now available on our website and on Joomag.

- [READ PDF](#)
- [READ ON JOOMAG](#)



## Enhancing Retirement Sources

ARTA's Pension & Financial Wellness Committee recently sponsored the webinar, "Enhancing Retirement Sources." Rick Harcourt from Capital Estate Planning Corporation explained how to responsibly take money out of our savings, specifically Registered Retirement Income Fund (RRIF) and guaranteed products such as annuities.

Follow the link below to read a summary of the webinar.

[READ MORE](#)

**SAVE 10%\*** ON U.S. & CANADA TOURS

ARTA Members use offer code **ARTASAVE** to save up to an additional \$100 pp\*

Use Code: **AMERICANA23**

[Travel Now](#)

\*Restrictions Apply



## Antarctica & Falklands Expedition

**Departure Date: February 23-March 10, 2024**

Join Trip Merchant’s Founders to the “the last continent” of Antarctica! Explore Antarctica during its summer, touring icebergs and visiting penguin colonies ashore. You’ll also go to the Falkland Islands, visit its capital and see penguins and seals. In February and March, penguin chicks start growing up, which are the peak months for whale-watching. Whenever you visit, you can join the Hurtigruten Expedition Team in fascinating lectures, landings, and ice-cruises onboard the impressive MS Roald Amundsen!

Nature reigns in the Antarctic summer:

- 16-day expedition cruise from Ushuaia to Antarctica and the Falkland Islands, with five days exploring Antarctica, included with optional activities.
- Get close to icebergs, go whale watching, and see penguins, with chances to go hiking and ice-cruising on the Antarctic ice.
- Explore the scenic, sandy beaches and wildlife of the Falkland Islands and visit the charming capital, Stanley.

*The frozen continent:* Sail iceberg-filled waters as we journey from Ushuaia to Antarctica and the Falkland Islands. Spot penguins, seals, and whales along the way. As always, nature is in charge. Conditions will be monitored to give you the best adventure possible, including ice-cruising, whale-watching, hiking, and more.

*Charming Falklands:* Explore the rolling green hills and white sands of the picturesque Falklands archipelago. A warm welcome awaits you in the capital Stanley. You’ll also visit the penguin and fur seal colonies that populate the shores.

For the full itinerary, pricing, and other details related to this group departure, please visit the travel site by clicking below!

Password for Access: **ARTATM18**

[TRIPMERCHANT](#)



## The River and My Canoe

ARTA member Sherry Heschuk has spent much of the last year teaching children in Ukraine who have lost access to their regular education opportunities due to the war. To recognize the one-year anniversary of the start of the war, February 24, Sherry wrote this poem, an ode to the watersheds of Ukraine.

Follow the link below to read the poem and to find out about teaching children in Ukraine.

[READ MORE](#)



## ARTA Link in Bio

There is a lot to keep track of online. News sites, blogs, and various social media pages.

It can be time consuming and frustrating trying to find the information you are looking for.

Use our Lnk.bio to find ARTAfacts, Wellness blogs, social media pages, and more all in one convenient space.

Spend less time searching. Bookmark our Lnk.bio page to find your ARTA news and social media pages all in one place.

[LINK IN BIO](#)



## Let's Get Physical

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is a reminder of participating in the Wellness Challenge and the benefits of staying active. Each month a committee member will provide our members with helpful information on emotional, spiritual, intellectual, physical, financial, or social wellness.

[READ MORE](#)



*How am I supposed to do a warm up in the cold?*

**Did you know?**

Nearly half of Canadians over 60 years old are living with untreated hearing loss, a condition that can be effectively managed with the use of hearing aids.

**Start your FREE hearing aid trial today!**

Use promo code: ENS-TBYB-ARTA



## Photo Contest 2023

A reminder that the closing deadline for entries in ARTA's photo contest is 4:00 p.m., May 31, 2023.

You can find the official contest rules, descriptions of the four categories, and entry form by clicking the button below.

[READ MORE](#)

### • IMPORTANT QUICK LINKS •

[Claims & Benefit Forms](#)

[Emergency Travel Insurance](#)

[ARTARx](#)

[MyARTA Benefits & Claims](#)

### STAY CONNECTED and ENGAGED!

Hungry for more great ARTA content? Share your stories or comments at [marketing@arta.net](mailto:marketing@arta.net). Give us a call at 1-855-212-2400 or check us out online!

