



Renewal Statement Distribution

Renewal statements will soon be on their way to all ARTA members, arriving in mailboxes beginning October 1. Take some time to read this letter, as it contains important information about updates to the ARTA Benefit Plans as well as new ARTA Benefit ID cards. The information contained in this letter will also be accessible via your [MyARTA.net](#) account, but even if you read it online, be sure to open the letter and collect your new, updated card.

Want more information on this year's benefit plan renewal and rate changes? Join us for a presentation with our Chief Operating Officer, Gary Sawatzky, who will provide background on the current health care landscape and answer any questions you may have.

WED, SEPT. 27 @ 1PM

THURS, SEPT. 28 @ 11AM

FRI, SEPT. 29 @ 9AM

Stay In Touch

Have you moved in the last year? Updated your email or phone number? If you've changed any of your contact information, we would love to hear about it! You can update us by emailing info@arta.net or by calling 1-855-212-2400.



Digital news&views

While you're updating your contact information, would you like to update your subscription preferences? If you currently receive *news&views* magazine in the mail and would like to switch to a digital subscription, please send an email to marketing@arta.net and we can update your preference.



Flu Shots — Get Your Flu Shots Here!

ARTARx is the ideal location to get your seasonal flu shot! Beginning October 16th, the ARTARx pharmacy will be offering regular and high-dose flu vaccinations to all ARTA members as well as members of the public. If you haven't been to the pharmacy yet, it's also the perfect opportunity to stop by, chat with the pharmacy team, and see what all the buzz has been about. Mark your calendar, and we'll see you in the pharmacy!



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*Restrictions Apply



Collette Travel Contest

Thank you to everyone who entered in Collette Travel's "The World is your Classroom" contest to celebrate ARTA's 60th anniversary! Collette is now asking ARTA members to vote on the finalists to determine the winner of the big prize: A trip for two to the destination of your choice. Read/watch the six finalists and vote for your favourite entry. Voting will end on September 30th, so don't delay!

VOTE TODAY!

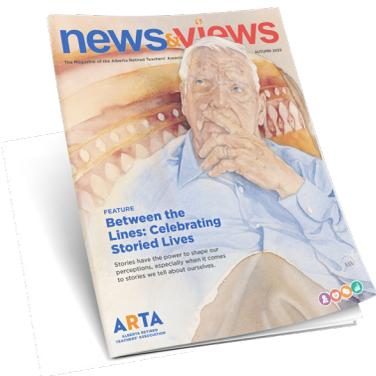


Inkblot Mental Health Support

Inkblot is an online counselling service available to all ARTA Benefit Plan members. It offers professional and confidential mental health services for when you need help managing life's difficulties. And did you know, there is an official Inkblot app? The app allows you to access the whole suite of Inkblot services from the comfort of your phone and tablet. You can download it for free on the [Apple App store](#) or [Google Play store](#).

APPLE APP STORE

GOOGLE PLAY STORE



Autumn news&views

What does it mean to age well? There are as many definitions as there are people, but one thing we all hold in common is the desire to remain vibrant and active as we age. Read more about the ways ARTA members are celebrating their age in the Autumn issue of *news&views*.

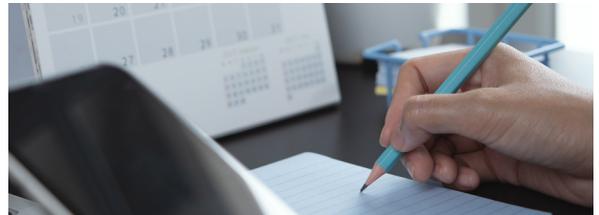
READ IT ONLINE



Investing for Retirement

When is the best time to start investing to supplement your retirement income? Yesterday, of course! But if you haven't begun to invest yet, it's never too late to start. ARTA's Pension & Financial Wellness Committee reviews and recommends books that can help you understand your finances as you near retirement. This month, they've reviewed *Balance: How to Invest, and Spend for Happiness, Health and Wealth*, by Andrew Hallam. Visit the link below to read ARTA's review; you might just decide that it's time to get into investing, or find some financial advice to pass along to your kids!

READ MORE



2024 Wellness Planner

The ARTA Wellness Planners are limited in supply and are available on a first-come, first-served basis. There is a limit of one book per member. Request your own free Wellness Planner through the link below!

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Northern Traditions

Northern Traditions is a thoughtfully curated sub-brand under Northern Reflections that prioritizes comfort with thoughtful details like no-zip closures, pull-on styles, and generous waist room for a perfect fit. We've taken our time to ensure these pieces add co-ordinating high-quality outfits to your wardrobe and bring an on-trend lifestyle full of possibilities, memories, and proud moments.

[VIEW OFFER](#)

Vancouver Canucks

A sports and entertainment company in Vancouver, British Columbia that owns and operates the Vancouver Canucks of the NHL and the Vancouver Warriors of the NLL.

[VIEW OFFER](#)

Flames and Oilers fans — keep an eye on ARTA Perks for upcoming discounts to watch your favourite team play!

OCT 31		VS	
	VANCOUVER		NASHVILLE

NOV 28		VS	
	VANCOUVER		ANAHEIM

DEC 5		VS	
	VANCOUVER		NEW JERSEY

Northern Reflections

Northern Reflections is a trusted brand known for fashionable, unique women's clothing designed to flatter and offer a comfortable fit. Their everyday fashion essentials are elevated with comfort-first details and vibrant hues, combining modern style with classic quality.

[VIEW OFFER](#)

Bailey Nelson

Bailey Nelson designs and hand-crafts their frames, so you can turn a prescription into a celebration and express who you are. From start to finish, they're in full control of their product which means they can bring you beautiful, high-quality prescription glasses (frames + lenses).

[VIEW OFFER](#)

Leduc Cinemas

Whether you're visiting to see a movie, or pick up some popcorn for family-night — Leduc Cinemas are eager to make sure you have a great time. Unbeatable popcorn, movies, service, and more.

[VIEW OFFER](#)

Niagara Parks

Niagara Parks boasts gardens, a horticulture school, recreation, golf courses, restaurants, heritage and historic sites, gift shops and, of course, Niagara Falls.

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Reflections on the Summer Fires

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is about the impact of wildfires and smoke on Canada's air quality.

Each month a committee member will provide our members with helpful information on emotional, spiritual, intellectual, physical, financial, or social wellness.

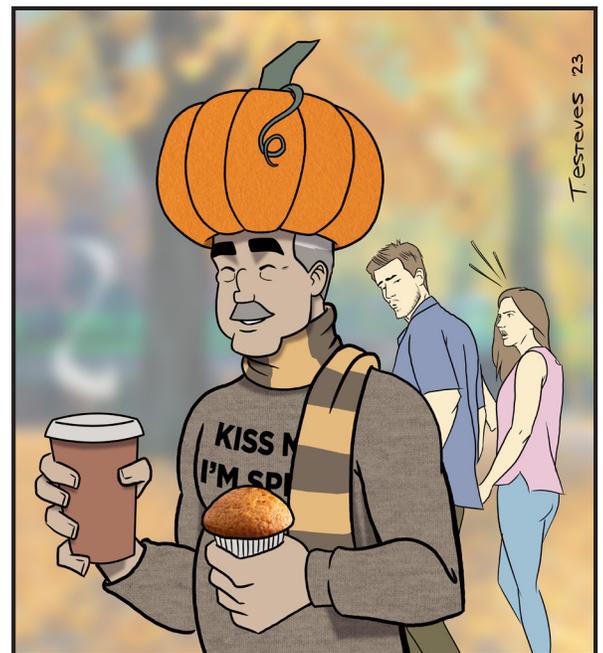
[READ MORE](#)



ARTA Writing Contest Reminder

What's your story? The ARTA Writing Contest is accepting submissions of short fiction, poetry, and travel vignettes until November 17, 2023. Winning entries will be published in an upcoming issue of news&views. For full contest details and instructions on how to submit, visit the link below.

[WRITING CONTEST](#)



If anything, I'm not taking pumpkin spice fanaticism far enough.

STAY CONNECTED and ENGAGED!

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

ARTA.net

[ARTA LINKS](#)

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