



ARTA

Similaris like]
facts / fækts/
true. 2 a thi

DECEMBER 2022



ALBERTA RETIRED TEACHERS' ASSOCIATION NEWSLETTER



Benefit Spotlight: ARTACares

Navigating the health-care system can be a challenge, even for the experienced. Thankfully, there is help available.

All members of an ARTA Extended Health Care Plan have automatic access to ARTACares, a complimentary service that connects you with nurses who can help provide guidance and tangible solutions to you and your family during times of need, such as during a serious illness, injury, surgery, or even long-term chronic illness.

ARTACares can also help you learn to manage your stress levels and mental health while dealing with an illness or the illness of a loved one. To find out more about the emotional management that can become a necessity during chronic illness, read the latest ARTACares blog post.

[READ MORE](#)

If you participate in an ARTA Extended Health Care Plan, you can access ARTACares at any time, by calling 1-888-327-1500.



Pension & Financial Wellness Webinar: ATRF Annual Report 2022

The next Pension & Financial Wellness webinar will be on January 11, 2023 at 1 p.m. This webinar will be of interest to retired teachers, as it pertains to the health and longevity of pensions for teachers in Alberta, and will be presented by the Alberta Teachers' Retirement Fund (ATRF). Topics will include the 2022 ATRF financial report, and a rundown on how, one year later, the transition to using AIMCo as ATRF's investment manager impacted teacher pensions. To register for this webinar, use the following link:

[ATRF ANNUAL REPORT](#)

After registering, you will receive a confirmation email containing information about how to join the webinar.



Escape starts here

Enter for your chance to **WIN \$5,000 in CASH**
or 1 of 2 secondary prizes of \$1,500!



**Enter
Now**



Donate to Seniors in Need

Tis the season of giving, and if you're looking for a worthwhile charity to support, look no further than the Alberta Retired Teachers Charitable Foundation (ARTCF). ARTCF works to support seniors in Alberta in the areas of access to housing, health care, and English-as-a-second-language education.

Due to low operating costs, when you give to ARTCF, 95% of your donation reaches seniors in need, and helps secure all the futures of seniors in Alberta for generations to come.

Donate to ARTCF today

Volunteer Opportunity

Catholic Social Services, in partnership with Edmonton Public Library, is looking for volunteers to assist English language learners in enhancing their conversation skills. This collaborative program, called Learning and Community Enrichment (LACE), takes place both online and at six library locations around Edmonton. Sessions are relaxed and casual and are aimed at helping newcomers develop their language skills, learn about Canadian norms and customs, and make social connections in the city.

Volunteers are expected to commit one to two hours a week to these conversation circles, typically during weekday mornings or afternoons.

If you are in the Edmonton area, and are interested in volunteering, or have additional questions about the program, contact Frank Bailey McDonald at frank.baileymcdonald@cssalberta.ca or 780-940-3493.

Start the new year with better hearing!

Book your appointment to start a free hearing aid trial today

Love your ears



HearingLife | National Affiliated Partners | **ARTA**
ALBERTA RETIRED TEACHERS' ASSOCIATION

merit travel

Explore the Hidden Gems of NORTHWEST IRELAND

Merit Travel is a registered trademark of H.I.S. - Merit Travel Group Inc. All rights reserved.

merit travel
ON-4499356 | BC-34799 | QC-703 563 | 5343 Dundas Street West, 4th Floor, Toronto, Ontario, Canada M9B 6K5
330-1257 Guy Street, Montreal, PQ, Canada H3H 2K5

merit travel
MeritTravel.com/ARTA
1-844-408-1770

Ireland





It takes more than one MVP to score the goal,
 It takes a team and fans; we're all part of the whole.
 So, wherever you are, on the ice, in the crowd,
 Thank you from ARTA, you've made us all proud.

Happy Holidays
 Thank you for being on our team.



Health Problems “In the Bleak Midwinter”

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is focusing on seasonal depression.

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

[READ MORE](#)



Even if Santa isn't leaving presents, he might enjoy a late-night snack.

Holiday Closure

During the holiday season, the ARTA office will be closing at 2 p.m. on Friday, December 23, and will reopen on Tuesday, January 3. If you need assistance with your membership or benefits during this time, a reduced staff will still be available to answer emails and phone calls from members on December 28, 29, and 30.





SAVE up to \$600 ON WORLDWIDE TRAVEL

[LEARN MORE](#)

•IMPORTANT QUICK LINKS•

[Claims & Benefit
Forms](#)

[Emergency Travel
Contract](#)

[ARTARx](#)

[MyARTA Benefits
& Claims](#)

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

