

### Tax Season is Here!

It's everyone's favourite time of year! As you get ready to file your taxes, here is a rundown of what you need to know as an ARTA member:

All Premiums & Claims Statements will be posted on [myarta.net](https://myarta.net) on Monday, February 28, to be viewed and downloaded. If you do not have a [myarta.net](https://myarta.net) account, or if you have requested a printed copy, you will receive a mailed version by March 10, 2022.

If you've donated to the Alberta Retired Teachers Charitable Foundation this year, thank you! Your contribution is appreciated by many. Charitable donation receipts were mailed out on January 27, 2022. If you donated online, your receipt was emailed to you immediately following your donation.

If you are a retired teacher waiting for your T4A, note that this information is not managed by ARTA. For information regarding your pension, visit [mypension.atrf.com](https://mypension.atrf.com) or contact the Alberta Teachers' Retirement Fund (ATRF) directly.

**HOW TO ACCESS YOUR T4A**



### ARTCF Charity Golf Classic Registration OPEN!

After a two-year hiatus, we are excited to connect with our fellow ARTA members on the golf course for a day of sport and socializing. Join us for the Charity Golf Classic hosted by the Alberta Retired Teachers Charitable Foundation.

**June 16, 2022**  
**Ponoka Community Golf Club**  
**3519 46 Street**  
**Ponoka, Alberta**

Registration includes post-golf meal for all golfers. There will be limited reserved patio seating. In an effort to avoid large gatherings, there will be no formal banquet. Prizes will be announced and mailed to winners following the tournament.

Register today! It's a wonderful way to get outside, connect with your friends, and give to a great cause.

**REGISTER NOW!**

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\*Restrictions apply.



## Grief and Pet Loss Research Study

Did your pet dog or cat die in 2021?  
Did you experience grief over the loss of a pet?  
Researchers at the University of Alberta invite you to participate in this study if:

- You are 60 years of age or older,
- Your pet died between January -December 2021, and
- You were living alone at the time.

Please click the below button to get more information and go to the survey or email Professor **Cary Brown** at the University of Alberta for more information.

(Study reference number Pro00114171)

### PET LOSS STUDY



**ARTA members and their families can participate in HearingLife's winter hearing aid trial.**

Try the latest hearing aids at home for 30 days—free!

**LEARN MORE**

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

2.5cm



## STEPPIN' OUT 2022

The Calgary Retired Teachers' Association is delighted to extend an invitation to retired colleagues and friends to attend their annual banquet and conference. Join us as we "Come Together Again."

We're saving a spot just for you.

### THURSDAY April 21<sup>st</sup>

The annual banquet, followed by an evening with Brian Keating, former Head of Conservation Outreach at the Calgary Zoo. Well known as a speaker and for his contributions on CBC Radio and the Discovery Channel, a spirit-lifting photo presentation will have you exploring the Planet's best Wilderness locations.

### FRIDAY April 22<sup>nd</sup>

Boxed breakfast, lunch, wind-up social hour. Choose from twenty exciting topics and activities.

**Riviera Hotel and Conference Centre**  
**3515-26 Street NE**  
**Calgary, Alberta**

Complete program, registration information, and 2022 special accommodations are available online.

### STEPPIN' OUT



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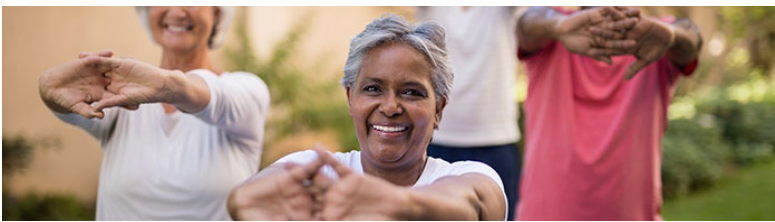


## Government of Canada Eases Travel Restrictions

The Government of Canada has announced that, as of February 28, 2022, the Global Travel Advisory will be adjusted from Level 3 to Level 2, meaning that instead of advising against non-essential travel, the Government merely recommends caution while travelling.

As coverage for COVID-19 related medical emergencies is included in all ARTA travel plans, ARTA members do not need to take any action in light of this announcement. As always, members should research the travel restrictions and requirements of their destination country, remember that the COVID-19 pandemic is an ever-evolving situation, and plan accordingly.

[READ FULL ANNOUNCEMENT](#)



## A Time for Regeneration

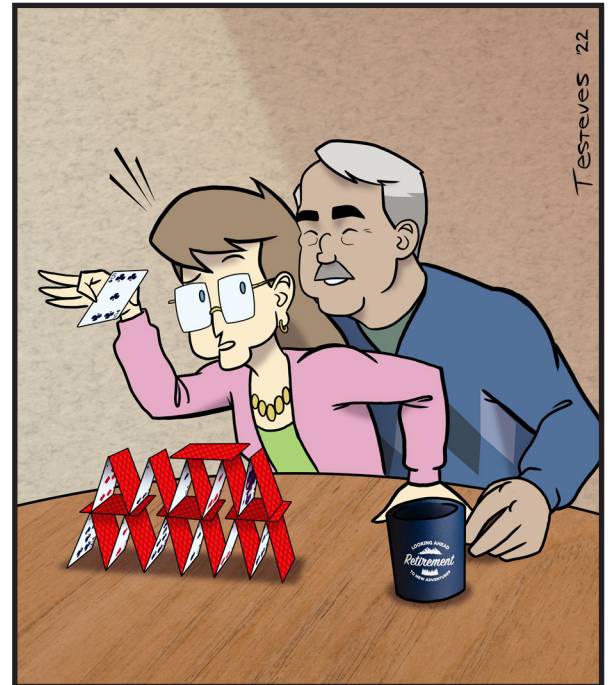
The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement.

This month's article focuses on regeneration: enriching our lives, body, mind, and soul.

Each month a committee member will provide our members with useful information on emotional, spiritual, intellectual, physical, financial, or social wellness. You can find the blog posts on [arta.net](https://arta.net) under the WELLNESS tab.

[READ LATEST POST](#)

## ARTAficial Flavours



*Need any help? I need to work off these coffee jitters.*

### •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](mailto:marketing@arta.net). Give us a call at 1-855-212-2400 or check us out online!

[ARTA.net](https://arta.net)

