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FEBRUARY 2023

## **ALBERTA RETIRED TEACHERS' ASSOCIATION NEWSLETTER**



## **ARTARx Pharmacy Now Open!**

The ARTARx pharmacy is open and ready to serve ARTA members — and the general public! Stop by on weekdays, between 9 a.m. and 5 p.m., to get your prescriptions filled, consult with our talented pharmacy team, and access a wide variety of pharmacy services. You don't have to belong to a specific benefit plan to use the pharmacy, or even be an ARTA member! Anyone can use and support ARTARx. And, when you use the ARTARx pharmacy, any fees you pay go directly towards improving and maintaining the ARTA Benefit Plans, leading to better coverage for all ARTA members in the future.

While anyone can use the pharmacy, services like free home delivery and remote consultations are only available to those who live in the Pharmacy Service Zone, which currently includes addresses in the Greater Edmonton Area. To see if your postal code is included, visit the pharmacy website.

### **SERVICE AREA**

If you have any questions about ARTA**Rx** services, visit our FAQ page, or call the pharmacy at 780-822-3784.

#### ARTARX FAQS



# **Premiums & Claims Statements 2022**

ARTA members can now access their Premiums & Claims statement from 2022 by logging into their **MyARTA** account. From there, the statements can be downloaded or printed, according to your preference.

Members who would like a copy mailed to them can request a print copy by filling out a request form. Members who do not have a MyARTA account will automatically have a print copy mailed to them, which will be mailed out no later than February 21, 2023.

#### **REQUEST FORM**

As a reminder, if you are a retired teacher waiting for your T4A, this information is **not** managed by ARTA. For information regarding your pension, visit **mypension.atrf.com** or contact the Alberta Teachers' Retirement Fund (ATRF) directly.





## STEPPIN' OUT



## STEPPIN' OUT 2023

The Calgary Retired Teachers' Association is delighted to announce our annual Banquet and Conference. Join CRTA on Thursday, April 27 and April 28, 2023. They're saving a spot just for you.

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

Complete program of activities and registration information is available at the button below.

**REGISTER NOW!** 





## ARTA Turns 60: Reflecting on 1963

ARTA was founded in 1963, a whole 60 years ago! Things were pretty different back then. How many of us can remember what life was like back then, or what we were doing the year ARTA was founded? Retired teacher and ARTA member Margaret Ward can remember. She was in school, building friendships that would turn out to last a lifetime — she still sees them to this day, 60 years later.

Margaret remembers the 1960s in Alberta as a time of change, when women were gaining more opportunities to access education, to enter the workforce as respected professionals, and even to be the ones to work to support their families.

Follow the link below to read Margaret's story, and see how things have changed during ARTA's lifetime.

READ MORE









## Ageism — What is it and how do we deal with it?

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is on Ageism, defining it and looking at how it can be reduced.

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

#### READ MORE

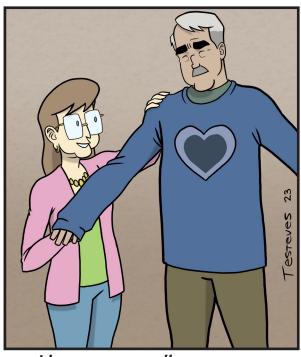


## **HARTA's May Mini-Conference**

## Tuesday, May 9, 2023

The HARTA Mini-Conference is scheduled for Tuesday, May 9, in Leduc. The Conference will consist of a Keynote address and four sessions on various topics. More details are available on the HARTA website.

**REGISTER NOW!** 



I know you usually wear your heart on your sleeve but I want everyone to see how big it is.



## **Photo Contest 2023**

A small 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 <a href="marketing@arta.net">marketing@arta.net</a>.

Give us a call at 1-855-212-2400 or check us out online!











