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JUNE 2022



ALBERTA RETIRED TEACHERS' ASSOCIATION NEWSLETTER



Office Visitation

Reminder: The ARTA offices are now open to members by appointment only. These appointments can be booked online at arta.net/contact, myarta.net (under Contact Us), or by calling the office directly.

Due to the personal nature of the financial and benefits information we work with, we will not be offering tours of the building; appointments with members will be conducted in the dedicated meeting rooms near the front of our building. View the blog post to get a peek behind the scenes of our office space.

ARTA staff will be wearing masks while meeting with visitors, and it is strongly recommended that visitors wear masks to these meetings as well. We ask that you reschedule your appointment if you feel sick, to protect both staff and fellow members.

[VIRTUAL OFFICE TOUR](#)



Award Winning Website

ARTA is pleased to announce that our benefit plans website, artabenefits.net, has won two awards from the Edmonton chapter of the International Association of Business Communicators.

The awards are for excellence in Marketing, Advertising, and Brand Communication, as well as excellence in Customer Relations in helping new and current members navigate their benefit options in retirement.

Visit the site to learn more about the ARTA Benefit Plans and discover if your current plan matches your retirement needs by using the Build Your Benefit Plan tool.

[VISIT ARTAbenefits.net](http://ARTAbenefits.net)



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Wellness

CHALLENGE

Wellness Challenge Reminder

As a reminder, ARTA's annual Wellness Challenge is wrapping up on June 30, 2022. If you have been participating by tracking your active minutes or steps, make sure your log sheet is up to date and submitted no later than July 31, 2022. And if you are behind on your goal, there's still time to get out and get active! In addition to the awards for top performers, prizes will be drawn randomly among all participants, so any amount of activity, large or small, could potentially win! Visit the contest page for activity ideas that will get you up and moving, and to find the full contest details.

WELLNESS CHALLENGE



Isolation

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

This month's article focuses on isolation.

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 under the WELLNESS tab.

READ LATEST POST



Social Wellness Corner

After spending so much time limiting our interactions, it can be difficult to jump back into social situations. Here are some conversation tips to remember when meeting new people:

- Practice active listening: Focus on what other people are saying, not on what you plan to say next.
- Be the listener you would want to have when you are speaking; be attentive and avoid interruption.
- Unless you are asked for advice, you do not need to fix everyone else's problems; most people just want someone to listen.
- Don't be afraid to ask for clarification when you don't understand or didn't hear. It shows you care about what they are saying.
- Withhold judgement about what you are hearing and consider the speaker's feelings, rather than blurting out something that might be hurtful.

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Gratitude Issue

What are you grateful for? The summer issue of *news&views* is available now, and it's all about gratitude — you can find it on our website as well as on Joomag.

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

ARTA's Call Volume

ARTA typically experiences heavy call volumes at 10 a.m., 12 p.m., and 3 p.m. as prospective new members typically call during their work breaks or lunch hour (Remember those?). If you have flexibility in your day, try calling outside of those peak times to experience shorter hold times.

ARTAficial Flavours



*To get out of this sand trap,
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Healthy hearing comes with more perks!

ARTA members and family, complete a FREE hearing test at any HearingLife location and receive **100 Air Miles**. Book a free test (no referral required) with your nearest HearingLife clinic and get those extra miles.

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•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](#)