



### ANNUAL GENERAL MEETING

#### Annual General Meeting

ARTA held its Annual General Meeting (AGM) on October 4 and 5. After a couple of years of online-only AGMs, we had a great turnout for this hybrid AGM which allowed for a mix of both virtual and in-person attendance.

The votes for new committee members were called and confirmed. We also elected members of the Executive Committee.

The Executive Committee for 2022-23 are:

- Deb Gerow — President
- Lorna McIlroy — Past President
- Léo Richer — Vice President
- Lawrence Hrycan — Treasurer

We thank Marilyn Bossert for her many years of dedication in the executive and we look forward to continuing to work alongside her in areas of advocacy and communication.

With another successful year behind us, we continue to drive our business forward and are well on the way to fulfilling our Strategic Goals. Click on the link below to read a digital copy of the ARTA Annual Report.

[READ ANNUAL REPORT](#)



#### Flu Immunizations

As we get older, our immune system defenses become weaker, which puts us all in a more vulnerable position as cold and flu season approaches. Taking steps to protect ourselves against seasonal illnesses helps keep us healthy as individuals, but also helps protect our communities, by reducing the risk of transmission, especially when it comes to those who are most vulnerable. Flu vaccines and regular handwashing are simple, safe, and effective strategies to help you stay healthy and protect the health of you and your loved ones.

We recommend that ARTA members take advantage of the free flu immunization clinics available at various locations throughout Alberta. For more information on influenza immunization and to learn where you can access a free vaccination, visit [Alberta Health Services Immunization Clinic Schedules](#).



**“I'D HATE TO GET  
THROUGH THE  
PANDEMIC JUST TO  
END UP IN THE  
HOSPITAL WITH THE FLU.”**

**Help protect yourself from the flu.**

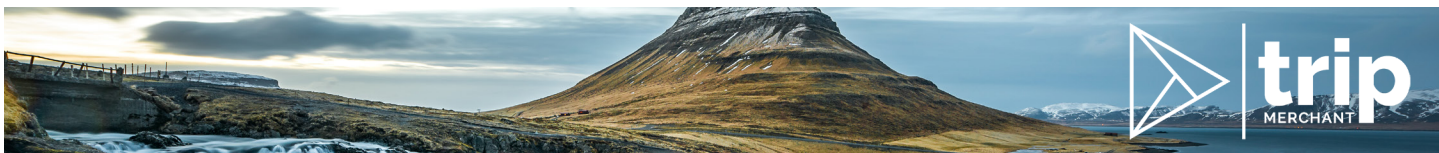
You're doing everything you can to protect yourself from COVID-19. But what about the flu? If you're 65+, you're at high risk for serious complications from the flu – including hospitalization and death. This year, help prevent infection - be sure to get your shot.

[Get your flu vaccine from your doctor or pharmacist.](#)

Influenza vaccines do not treat influenza and will not prevent hospitalization or complications after the onset of illness. As with all vaccines, immunization does not provide 100% protection.

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Trip Merchant provides ARTA members with various travel options with exclusive travel savings and additional member benefits, including their Loyalty Program. Trip Merchant gives you more!

With so much demand for the destination of *Iceland*, Trip Merchant is offering a new Iceland group departure from May 9-17, 2023, with an optional 4-night post-tour extension! Join Trip Merchant Co-Founder, Ryan Mikucki, on this incredible small group adventure through the land of fire and ice! This country will be one of the most unique destinations you will travel to. Iceland is a fascinating country full of lava fields, volcanoes, geothermal pools, glaciers, mountains, waterfalls, small remote fishing villages, welcoming people, and delicious cuisine, and it is home to not only the “Vikings,” but also a variety of bird and marine life.

If you’ve always wanted to visit Iceland, then the time is now! After travelling to Iceland on two separate occasions, and exploring different parts of the country, Ryan knew it was time to bring a group here to show all that Iceland has to offer. From the itinerary routing, the many inclusions and highlights, to the sites and regions we visit throughout, this trip to Iceland will be bound to impress you!

***Limited Space Available!*** Book by October 31<sup>st</sup> to save \$400 CAD per person and to receive a complimentary optional excursion! Click [HERE](#) for more information on this *Icelandic Adventure* (Password: ARTATM18). The price is \$4,999 CAD per person, based on double occupancy and reflects the early booking savings (land-only pricing). ***Attend an online presentation about Iceland and this departure, on October 27<sup>th</sup> at 10 a.m. MST. To register, click [HERE](#)!***

## Other 2023/2024 International Group Departures

*Belize Long Stay: Jan. 25-Feb. 11, 2023*

*Pacific Northwest — Spokane to Portland: Mar. 26-Apr. 3, 2023*

*Tanzania — The Great Migration: Aug. 19-Sept. 2, 2023*

*Explore Southern Africa: Sept-Oct. 14, 2023*

*Society Islands & Tuamotus Cruise: Nov. 8-18, 2023*

*Antarctica & Falklands Expedition: Feb. 23-Mar. 10, 2024*

*\*Other trips to consider include, Portugal, Vietnam & Cambodia, Egypt and more...*

For more travel opportunities, visit your ARTA/Trip Merchant travel site today at [arta.tripmerchant.ca](http://arta.tripmerchant.ca) (Password for Access: **ARTATM18**) and sign up for the ARTA/Trip Merchant travel newsletter. To contact Trip Merchant directly you can email them at [info@tripmerchant.com](mailto:info@tripmerchant.com) or call 1-800-481-9739 ext. 0.



**Building on our  
commitment to  
support ARTA  
members from  
day one.**

*“It’s very rewarding to work closely with ARTA members and find the insurance products and services that suit their needs.”*

*Laurie Bauer,  
TW Business Development Manager*



**Learn  
more ►**



## Let's Go Oilers!

ARTA is thrilled to share an Oilers special group offer for three games during the 2022-23 season! Gather your friends and family and join in on the excitement, while taking advantage of the special group rate. Purchase your tickets early, and don't forget to share your unique link to those you would like to invite!

**To add to the excitement, one purchaser will be selected to sit in the penalty box during on-ice warmups with three guests at their game of attendance.**

For more information, click the button below.

**OILERS**



## Frustration with Diagnosis, Treatments, and Medications

The Wellness Committee at ARTA is committed to providing our members with information on staying well in retirement. This month's article is about navigating the medical system, and how it's important to self-advocate.

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 MORE**



## #Socktober

Operation Friendship Seniors Society, one of the Alberta Retired Teachers Charitable Foundation's charitable partners, is running a sock-drive throughout October, with the goal of collecting 10,000 pairs of warm (new) winter socks. The cold winter months are hard on everyone, but with a little bit of help from ARTA, Edmonton's inner-city seniors can keep warm.

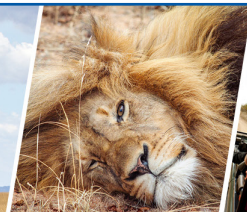
For more information, including details on where you can drop off donations, click the button below.

**#SOCKTOBER**



*I was only joking when I said this was a comb.*

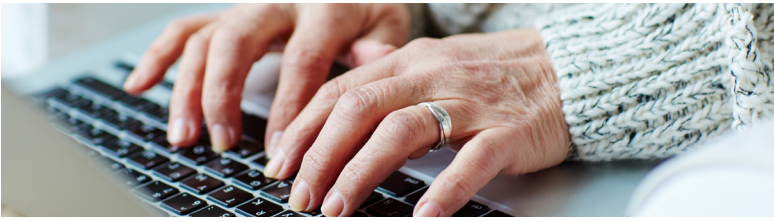
Join us on a Merit hosted  
**11 DAY TOUR OF CAPE TOWN  
& KRUGER NATIONAL PARK**



**merittravel**

NATIONAL  
GEOGRAPHIC  
JOURNEYS  
G Adventures





## Deadline Approaches

Exercise your creative streak for a chance to be published in *news&views*.

The deadline for 2022 Writing Contest entries is quickly approaching: **Friday, November 18, 2022.**

Visit the Writing Contest webpage for information on the rules, entry categories, and entry criteria by clicking the button below.

**WRITING CONTEST**



## Wellness Challenge Results

Once again, ARTA members have risen to the challenge and made wellness a priority in their lives. Wellness is one of ARTA's strategic goals, and each member who works to maintain an active and engaged lifestyle in retirement helps us meet that goal.

**Margaret Inkster** from the Calgary Retired Teachers' Association was our individual winner this year.

The **Okanagan Alberta Retired Teachers' Association** has won the Branch Participation Award with forty per cent participation.

**Calgary Retired Teachers' Association** won the award for tracking the most active time.

Getting our bodies moving and hearts pumping is the best thing we can do for our health. Thank you to everyone who participated in the challenge this year.

**Buy One, Get One 50% Off!**

ARTA members and their family can take advantage of this Buy One, Get One 50% offer on their next hearing aid purchase!

**Book your FREE hearing consultation**

HearingLife National Affiliated Partners ARTA

## •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**

