New Frontiers Retirees’ Conference
Registration
Monday, May 13, 2019

Name ____________________________
Address __________________________
Email ____________________________
Phone ____________________________

Registration Fee to Thursday, May 9th $45
Membership (if not current) $10
** NWARTA friends and community members are welcome to purchase an associate membership

Your Total ____________________________

** Please make cheques payable to NWARTA
OR make an e-transfer to nwarta.treasurer@gmail.com

** Unfortunately, we are unable to issue refunds but you may give your registration to another person.

Mail OR drop off your registration:
Eva Scott, NWARTA Treasurer
9234 – 96 Avenue
Grande Prairie, AB T8V 5N9

OR Email your registration information to
nwarta.treasurer@gmail.com

** Your conference confirmation will be emailed to you.

If you would like further information you may email an executive member:
nwarta.treasurer@gmail.com Eva Scott
northwesternretiredteachers@gmail.com Maxine Maxwell
nwarta.vicepres@gmail.com Russ Snoble
nwarta.president@gmail.com Joan Godbout

The Alberta Retired Teachers’ Association (ARTA) provides one of the best health benefits plans for retirees in the country. In addition to the ARTA Benefit plan, ARTA offers services to its members such as: insurance, wellness information and activities, advocacy, retirement planning, technology information, scholarship awards as well as travel plans, social activities and other benefits. Currently, ARTA has over 22,000 members within the education, public and private sectors. ARTA has seventeen branches throughout Alberta and one satellite branch in British Columbia.

Email: info@arta.net
Website: www.arta.net
Toll Free: 1-855-212-2400
Phone: 780-822-2400

11835 149 St NW,
Edmonton, AB T5L 2J1

arta.net
On April 3rd, 1974, NWARTA received official recognition and its charter as the sixth branch of the Alberta Retired Teachers’ Association. With 32 members and an annual fee of $2, it began holding meetings throughout the North and South Peace including Rycroft, Spirit River, Grimshaw, Beaverlodge, Hythe, Fairview, LaGlace and Clairmont. The first elected executive members were: Margaret (Peggy) Smith, Marjorie Knapp, Martha Gitzel and Gladys Quick.

In addition to this founding executive team, NWARTA has had a great many dedicated members to thank for its continued growth and changing face. Today the branch boasts over 125 members that include teachers, educational support staff, post secondary institution retirees as well as retired community/regional members who support NWARTA’s goal of an engaged lifestyle in retirement . . . a lifestyle focusing on social, physical, emotional, intellectual, economic and spiritual wellness.

8:30 – 9:10 Registration and Morning Muffins with Coffee/Tea
9:10 – 9:30 Opening Welcome

9:30 – 10:30 Morning Keynote
Patricia Morgan is a Spunky Senior with a love of laughter and a joy for life. With a Masters Degree in Clinical Psychology, she is the author of several books and works with people who want to build their personal resilience. She will provide meaningful fun, bring surprising insight and be delightfully uplifting. You may wish to check her YouTube greeting or website www.youtube.com/watch?v=whk_dFJ7Bo www.solutionsforresilience.com

GETTING OVER GETTING OLDER
Resilient aging means continuing to take on challenges and continuing to live vibrantly while accepting that older is inevitable. Patricia will bring insight into caring for our vintage bodies, minding our minds, having an attitude of gratitude and “lightening up” to improve our health.

10:30 – 10:50 Nutrition Break
10:50 – 11:50 Breakout Sessions - Choose A or B

Session A: Jody Walker is a Mental Health Facilitator with Alberta Mental Health. After over 20 years of experience in the field of mental health, Jody is passionate about supporting individuals, families and the community to cultivate, maintain and promote positive mental health and wellness.

MINDFUL AGING: TIPS FOR BEING A SUPER SENIOR
Join Jody as she explores strategies that can help seniors and their families nurture good mental health that promotes a meaningful, growth-oriented lifestyle.

Session B: Chris Kadyk is a Financial Advisor with Sun Life Financial. Chris works to help clients manage information and help them make informed financial choices.

Session D: Patricia Morgan, Author and Presenter.

WHAT ABOUT FINANCIAL WELLNESS?
Retirement presents challenging financial questions about lifestyle expectations, managing expenses, handlings savings, dealing with taxation issues and estate planning.

11:50 – 12:50 Buffet Lunch
Don’t forget to enter the door-prize draw AND you may want to spend toonies on the 50-50 draw.
Take time to appreciate the talents of regional artists; some items will be available for sale.

12:50 – 1:50 Afternoon Keynote
Grande Prairie Boys’ Choir under the direction of Jeannie Vanwynsberghe-Pernal.

MUSIC: A PRESCRIPTION FOR WELLNESS
Music is good for the body and the soul. Listening to music reduces stress and lowers blood pressure. It can relieve physical pain and discomfort, lift one’s mood, recharge and energize. Studies have shown that singing, even if you’re off key, improves brain functionality. It is one medicine for which no prescription is needed.

1:50 – 2:10 Nutrition Break
2:10 – 3:10 Breakout Sessions – Choose C or D

Session C: Collin Dillon is the Athletic Director at St John Paul II School and serves on the Health and Physical Education Council of the Alberta Teachers’ Association. Collin’s passion is ensuring the love for movement with a healthy and active lifestyle for all.

PLANNING FOR PHYSICAL WELLNESS IN ALL LIFE’S PASSAGES
Collin will help you come up with a program to ensure your continued physical wellness. Come prepared to listen to a variety of program possibilities that will help seniors enjoy a healthy and active lifestyle.

Session D: Patricia Morgan, Author and Presenter.

BE A PEOPLE BOOSTER
Get ready to amplify your self-awareness and to improve your presence with family and friends. You will celebrate your own style of helping to more effectively empower others. Be ready to feel invigorated, joyful and uplifted.

1:50 – 2:10 Draws, Door Prizes and Closing

45 years old.

New Frontiers Retirees’ Conference
Monday May 13, 2019
is presented by the Northwestern Branch of the Alberta Retired Teachers’ Association

NWARTA (Northwestern Alberta Retired Teachers’ Association)