

ARAS Weekly Newsletter

Association of Retired Academic Staff



February 10th, 2025

NEW INTEREST GROUPS

Some of our members have indicated that they are interested in forming new interest groups. Two groups that have been suggested are pickleball and walking. If you are interested in joining one of these groups, please contact us at emirhse@ualberta.ca

If there is enough interest we will try to get one or both of these groups going.

BOOK CLUB

The next meeting of the Book Club takes place on **Wednesday, February 19th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *North Woods* by *Daniel Mason* will be led by Jan Murie. Members may participate either in-person or online. Beverly O'Brien (bo1@ualberta.ca) will send a Zoom link beforehand for those wishing to join virtually. If you wish to join the group, please contact Vivien Bosley at vbosley@ualberta.ca

LUNCH WITH...



The next Lunch With... event will be held on Wednesday **February 26th** at 11.30 am in room 1-38 of University Terrace. The speaker will be Shannon MacDonald, Professor and Canada Research Chair in the Faculty of Nursing at the University of Alberta.

The title of her presentation is ***Sub-optimal uptake of childhood vaccines***: It's not all about vaccine hesitancy.

Uptake of childhood vaccines in Alberta is below recommended levels, putting individual children and the broader community at risk of disease. "Vaccine hesitancy" has become a common scapegoat for this low uptake, but the reasons are often much more complex. This presentation will report on the current status of childhood vaccine uptake in Alberta, and then delve into reasons for low uptake, including the impact of the COVID-19 pandemic, as well as motivational and practical barriers to vaccination.

If you are interested in attending please contact us at

emirhse@ualberta.ca

TRAVEL GROUP

The Travel Group will resume this month. A presentation about the City of Oaxaca in Southern Mexico and the historical Zapotec Civilization will be given by Kenneth Roy on **Thursday, 27 February** at 2:00 PM in Room 1-38 in University Terrace (8303 112 Street). We are also looking for volunteers who may be able to give travel presentations in subsequent months. If you are able to do so, please contact K. Roy at ken.roy@ualberta.ca with a topic.

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Webinars of Interest

**Zoom meeting on Wednesday, February 12, 2025, 10am
Eastern Time/ 16:00-18:00 CET(CentralEuropeanTime)**

*Introducing the Age Inclusivity Domains of Higher Education
(AIDHE) Model: The Potential for Increased Engagement of Emeriti
and Retired Faculty and Staff*

Session Host:

[Dr. Nina M. Silverstein, Professor Emerita and Fellow](#)

Gerontology Department and Institute, University of Massachusetts
Boston, United States Email: Nina.Silverstein@UMB.edu

To register for this free session, send email to the Professor

Emeritus organizer at: joze.gricar@um.si

And then he will send you the link



We are excited to announce that the March issue of AROHE Matters will focus on the critical topic of **estate planning**. Estate planning is a crucial process that ensures the administration of personal assets upon incapacity or death. It often includes tax and liquidity planning. *We believe that your stories can inspire and guide others in our community.*

This is your chance to share how your organization has supported your colleagues to engage in estate planning, including programs and workshops for designing strategies for estate planning,

executing wills and trust agreements, and planning for later-life health care.

We invite you to submit articles (up to 250 words) that reflect these activities, news, and events from your retirement organization and campus that support retirees and highlight the value they bring to their colleges and universities. A relevant picture (jpeg or png) and web links are valued as additions to any article.

Please share your story for the March issue of AROHE Matters by Monday, Feb. 21, 2025, to Patrick Cullinane, editor, at [\[pcullinane@berkeley.edu\]](mailto:pcullinane@berkeley.edu)(pcullinane@berkeley.edu).

We look forward to hearing from you and learning about the impactful work you are doing in the field of estate planning!

Warm regards,

Valerie Sutton

Executive Director, AROHE

P.S. We would love to learn topics of interest from our members!

Please fill out our [future topics survey](#)

Information from **Association of Retirement Organizations in Higher Education (AROHE)**;

We're thrilled to invite you to an exclusive [preview session for the highly anticipated AROHE Reimagining Retirement: Holistic Cognitive Health series!](#) This is your opportunity to learn how to publicize these events effectively and ask questions about making the most of them for your members.

During the session, we'll:

- ✔ Provide tools to help you promote the Reimagining Retirement series and the virtual conference to your members.
- ✔ Give a Look inside the Reimagining Retirement lineup, including expert speakers and enriching sessions.
- ✔ Offer tips on how to engage with these events for maximum impact.
- ✔ Answer your questions and help you connect with the AROHE community.

About the Reimagining Retirement Series:

The Reimagining Retirement: Holistic Cognitive Health series is a three-part virtual learning experience hosted by AROHE and Fidelity Investments. Designed for faculty and staff in higher

education contemplating or enjoying retirement, this series will help clarify your goals and empower you to embrace life's next chapter.

Session 1: Healthy Cognition – The Science of Memory and Forgetting

- Speaker: Charan Ranganath, Professor of Psychology and Neuroscience, UC Davis
- Date/Time: February 25, 2024, 10 AM PST | 1 PM EST
- Explore why we forget, how attention and intention improve memory and debunk myths about aging and memory.

Session 2: Navigating Change – Strategies for Transitional Times

- Speakers: Dr. E. Ayn Welleford and Dr. Katie Gilstrap, Virginia Commonwealth University
 - Date/Time: March 11, 2024, 10 AM PST | 1 PM EST
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- Learn evidence-based strategies for thriving during life transitions, leveraging skills, and fostering resilience.

Session 3: Personal Stories – Tips from Retirees on Managing Cognitive Health

- Moderator: Gigi Amateau, Ph.D., VCU Department of Gerontology
- Date/Time: March 25, 2024, 10 AM PST | 1 PM EST
- Gain inspiration and actionable tips through retired professionals' personal stories and lived experiences.

We can't wait to see you there and work together to make these events a resounding success!

OFFICE ASSISTANT

Damdini will be in the office Monday from 2-5 pm.

If you wish to unsubscribe from our mailing list, please reply to emirhse@ualberta.ca with "UNSUBSCRIBE" in the subject line. Thank you!