

# ARAS Weekly Newsletter

Association of Retired Academic Staff



February 19th, 2025

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## LUNCH WITH...



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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.

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Lunch will be catered by Upper Crust at a cost of \$20, payment in advance by INTERAC transfer would be appreciated, but payment at the meeting will be accepted. Paid parking will be available under University Terrace and is accessible from 112 Street by turning onto 83 Avenue and driving east until turning left into the parkade. The pay machine is located close to the elevator which will take you to the first floor. Room 1-38 is at the far east of that floor. You should be targeting an arrival time of 11:30 am with lunch to begin at around 11:45 am and the speaker starting his presentation at around 12:15 pm. If you would like to attend please notify us at [emirhse@ualberta.ca](mailto:emirhse@ualberta.ca)

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## 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](mailto:ken.roy@ualberta.ca) with a topic.

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## DINING OUT

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This month Peggy has made a reservation for us at The Upper Crust which is located at 10909 86 Ave. NW. We will meet at the usual time of 6:30 pm. and the parking is primarily on the street. Most of you will be familiar with the restaurant and Peggy looks forward to seeing you there. Please let Peggy know if you plan to come by Tuesday Feb the 25th at [peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com)

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## CURAC

Walter Archer, President of CURAC/ARUCC, has published a column in *University Affairs* with the title "The Curious Incident of the Nobbled College and University Retiree Associations." Please share the link below with members of your retiree associations, and possibly some key administrators at your institutions.

<https://universityaffairs.ca/career-advice/the-curious-incident-of-the-nobbled-college-and-university-retiree-associations/>

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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

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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:

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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

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- Speakers: Dr. E. Ayn Welleford and Dr. Katie Gilstrap,  
Virginia Commonwealth University
  - Date/Time: March 11, 2024, 10 AM PST | 1 PM EST
  - 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!

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## 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](mailto:emirhse@ualberta.ca) with "UNSUBSCRIBE" in the subject line. Thank you!*