

ARAS Weekly Newsletter

Association of Retired Academic Staff



February 24th, 2025

LUNCH WITH...

LAST CALL!



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.

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 is available under College Plaza and is accessible from 112 Street by turning onto 83

Avenue and driving east until turning right into the College Plaza parkade. You should be targeting an arrival time of 11:30 am with lunch to begin at around 11:45 am and the speaker starting her presentation at around 12:15 pm. If you would like to attend please notify us at emirhse@ualberta.ca

NEW RULES FOR ENTRY INTO UNIVERSITY TERRACE

The University has changed the rules for entry into University Terrace. In the past, you could just walk through the front door anytime between 7am-7pm on Weekdays. (on Weekends the building is always locked). On account of drug users being found in the lobby on occasions, the University has decided to lock the building at all times. One has to have an authorized OneCard in order to gain entry. This will cause difficulties for attendees at our

functions such as Lunch With..., Book Club, and Travel Club. As a result, we will ensure that there is someone to meet you at the front door when you come to any of our functions. To make this as painless as possible, we ask you to notify us if you are going to be late to any function or have found you cannot attend.

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. Please inform us at emirhse@ualberta.ca if you plan to attend the event on

this coming Thursday so we can ensure that you will be met at the front door for University Terrace.

DINING OUT



This month Peggy has made a reservation for us at The Upper Crust which is located at 10909 86 Ave. NW on **Thursday, February 27th**. 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 February the 25th at peggyvallegretto@gmail.com

CURRENT AFFAIRS SALON

The next meeting of CAS takes place on **Thursday March 6th** at 2:00 pm via Zoom. This month we will be dealing with the issue of tariffs. Through our discussion, we should be able to find out who will be hurt more; the country that applies the tariffs or the country which is subject to them. Information on the Zoom address follows in the next Newsletter. The Zoom coordinates for this meeting are <https://us02web.zoom.us/j/83008835534?pwd=aKONPxPDaAeyyCLw9KTUnzqIRf365Z.1#success>

BOOK CLUB

The next meeting of the Book Club takes place on **Wednesday, March 19th at 2:30 pm** in Room 1-46 of University Terrace (8303 112 Street). The discussion of *The Master and Margarita* by *Mikhail Bulgakov* will be led by Rob Normey. 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

CURAC

Are you thinking of travelling in the near future? Then you should attend this presentation by one of the co-founders of travel planner Trip Merchant, which is one of the affinity partners of CURAC - see <https://curac.ca/en/member-benefits/travel-planning>

As a member of ARAS, you are eligible for special discounts from Trip Merchant, since ARAS is a member of CURAC.

This presentation will be 5pm to 7pm MT on Wednesday, February 26. To see a description of the event, and to register for it, go to:

<https://uwaterloo.ca/retirees-association/events/trip-merchant-presentation>

Please note that it is necessary to pre register so, this item is time sensitive!

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!

Dialogue on Aging Public Presentation Series

**Reminder: Next free public virtual presentation on February
26th, 2025**

The Edwin S.H. Leong Centre for Healthy Aging and Providence Health Care, are pleased to announce the next speaker in our Dialogue on Aging Public Presentation Series. This series features speakers who give public presentations on diverse aging-related topics. The theme of our talks for Winter 2025 is "**Biology and Aging**".

Our second speaker for this theme will be [Dr. Elissa Epel](#),
[Professor in the Department of Psychiatry and Behavioral Sciences](#)
[at the University of California San Francisco!](#)

Date: February 26, 2025

Time: 2:00-3:30 PM PST

Location: Zoom (virtual)

Registration: [Click here to register.](#)

**Archived Recordings of Dialogue on Aging Public
Presentation Series**

[Click here to view recordings of past Dialogue on Aging Public
Presentations.](#)

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." You will find it at the following link.

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

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!