

ARAS Weekly Newsletter

Association of Retired Academic Staff



February 03rd, 2025

CURRENT AFFAIRS SALON

The next meeting of CAS takes place on **Thursday February 6** at 2:00 pm via Zoom. The topic, not surprisingly, will be how Canada should be responding to Trump's actions after his inauguration.

Some reference to the likely new leader of the Liberal Party and how that new leader might deal with the new President might be interesting. Information on the Zoom address follows in the next Newsletter. The Zoom coordinates for this meeting are

<https://www.google.com/url?q=https://us02web.zoom.us/j/83008835534?pwd%3DaKONPxPDaAeyyCLw9KTUnzqIRf365Z.1&sa=D&s>

[source=calendar&ust=1725128127281059&usg=AOvVaw0SA43Vv_oZmdPDf17N6IQL9](https://calendar.ualberta.ca/ical.php?source=calendar&ust=1725128127281059&usg=AOvVaw0SA43Vv_oZmdPDf17N6IQL9)

Meeting ID: 830 0883 5534

Passcode: qn35hU4h

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.

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emirhse@ualberta.ca

CURAC

Webinars of Interest

Here is a message from our affinity partner Collette Travel provided to us CURAC.

Hello and Happy Monday 😊,

Collette will be featured on **Wheel of Fortune** next week (Feb. 3 – Feb. 7) on the Spin, Solve & See the World week. This is a great opportunity to check in with your Wheel Watching clients and get them inspired to book. And for those new to **Collette**, it's a great way to get familiar with who we are!

<https://www.wheeloffortune.com/win/show-you-the-world>

[#GoCollette](#) [#GoGuided](#) [#SeeTheWorld](#)

"Pack your bags and prepare for a once-in-a-lifetime getaway from our friends at Collette. Watch Wheel from February 3-7 for your

chance to win a tour of one of five iconic destinations, including Scotland, Ireland, Iceland, Peru, and Spain. "

Here's the link to the Giveaway:

<https://www.wheeloffortune.com/win/show-you-the-world>

Thank you,

Ron Lonsdale

Vice President Canada

Remote Home Office – Toronto, ON

(416) 560-2009

www.collette.com

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.

Preview Session Options (click to register):

- [Wednesday, February 5, 2025, at 2:00 PM EST](#) (1:00 PM CST | 12:00 PM MST | 11:00 AM PST)

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.
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✔ Answer your questions and help you connect with the AROHE community.

About the Reimagining Retirement Series:

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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
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- 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
- 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
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- 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

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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.

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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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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.

CURAC

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](#)

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[Cognitive Health series!](#) This is your opportunity to learn how to

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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

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DINING OUT



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

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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Association of Retired Academic Staff



February 24th, 2025

LUNCH WITH...

LAST CALL!



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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

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

DINING OUT



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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=aKONPxDaAeyyCLw9KTUnzqIRf365Z.1#success>

BOOK CLUB

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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!

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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.](#)

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