

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.

If you are interested in attending please contact us at

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

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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

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:

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
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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

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!