

ARAS Weekly Newsletter

Association of Retired Academic Staff



SEPTEMBER 04, 2024

CELEBRATION OF LIFE

For those of you who knew Tim Hartnagel, please know that there will be a celebration of life held for him in the Winspear room at the **University Club** on **Thursday, October 17th at 4.00pm**. It will be a casual gathering to share memories.

ARAS PICNIC

The Association of Retired Academic Staff (ARAS) invites you to join us for a picnic on **September 17th at 4-8pm at Emily Murphy Park Site #1**. The site is covered and we will be providing complimentary food and drink. The picnic provides an opportunity

to meet new and familiar faces from the university community. We intend for this to be a time for fun and reflection on ARAS's various activities.

If you plan to attend please contact us at emirhse@ualberta.ca

BOOK CLUB

The first meeting of the season of the Book Club takes place on Wednesday, September 18th at 2:20pm in Room 1-46 of University Terrace (8303 112 Street). The discussion of *Deacon King Kong* by James McBride will be led by David Cooper.

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 first Lunch With...will take place on Wednesday, **September 25, at 11:30 am** in Rm 1-138 at University Terrace. The speaker will be Jeremy Spurgeon, Organist for the Edmonton Symphony

Orchestra and Director of Music at All Saints' Cathedral in Edmonton. His talk is titled: "Journey of a Lifetime: How Jeremy Spurgeon Came to Canada - and Stayed!" - The story of an organist's career in the wider world of music. Lunch will be catered by Upper Crust and will cost \$20-no increase from last year!. If you plan to attend, please indicate by sending an email to emirhse@ualberta.ca

Invitation to the Age-Friendly University

The Age-Friendly University is an international organization based at Arizona State University designed to bring retirees around the world together to interact with one another. As part of our commitment to bringing people together, we will host the first Age-Friendly University North American Region Gathering on

Thursday, September 5th from 1:30 PM to 3:00 PM Eastern

(10:30 AM Pacific to 12:00 PM Pacific)

[Please register for the event here.](#)

We see this as the first gathering – something we hope to make regularly – where we can share updates, discuss potential ideas, and identify opportunities for advancing age-friendly higher education institutions. We will start with a very brief welcome and introduction from the Global Secretariat and then spend the time through a breakout and group discussion-sharing practices, identifying new activities, and getting to know one another.

We hope to see many of you there. If you cannot attend this event, and there is enough interest, we will also aim to hold one in October!

EPILOGUE

You will find the latest edition of Epilogue attached for your reading enjoyment.

WEBINARS OF INTEREST



Fall Virtual Events

Please share this message widely with colleagues and friends.

AROHE membership is not required for attendance.

AROHE is offering three informative virtual events this fall.

- Virtual Summit, September 18, focusing on the importance of social relationships for a happy and successful retirement
 - Trip Preview Webinar, September 11, highlighting our new Travel Institute trips for retired faculty and staff in partnership with Road Scholar
 - Cyber Fraud and Personal Security Insights, October 24, focusing on cyber threats and how you can protect yourself, presented by Fidelity Investments.
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Virtual Summit

Social Relationships:

Key to a Happy and Successful Retirement



Keynote Speaker

Julianne Holt-Lunstad

Professor of Psychology and Neuroscience

Brigham Young University

Wednesday,
September 18 2024
10 a.m. - 11:30 a.m. PDT
www.arohe.org

Social Relationships: Key to a Happy & Successful Retirement

Sponsored by Road Scholar

Wednesday, September 18

10-11:30 a.m. PDT, 11 a.m.-12:30 p.m. MDT,

12-1:30 p.m. CDT, 1-2:30 p.m. EDT

AROHE's 2024 Virtual Summit will explore the importance of social relationships in retirement with an engaging presentation followed by a panel discussion. In May 2023, the U.S. Surgeon

General issued an advisory titled "Our Epidemic of Loneliness and Isolation," shedding light on "the public health crisis of loneliness, isolation, and lack of connection in our country." Even predating the COVID-19 pandemic, around half of U.S. adults reported experiencing measurable levels of loneliness. Disconnection profoundly impacts mental, physical, and societal well-being. This presentation will help retirees and the organizations that serve them to better understand and facilitate better social connections.

Our keynote speaker is Dr. Julianne Holt-Lunstad, professor of psychology and neuroscience and director of the Social Connection & Health Lab at Brigham Young University. Her presentation will be followed by a panel discussion with Dr. Kaye Jeter, Central State University; Valerie Ventre-Hutton, UC

Berkeley; and Dr. Louise Nasmith, University of British Columbia, who will share their personal experiences related to this topic.

Learn more and register for Summit:

<https://www.arohe.org/Summit-2024>

AROHE Travel Institute
Trip Preview Webinar

Wednesday, September 11

10-11 a.m. PDT, 11 a.m.-12 p.m. MDT, 12-1 p.m. CDT, 1-2 p.m.

EDT

Learn more about the AROHE Travel Institute's worldwide learning adventures for retired or current college/university faculty/staff and their friends and family during this trip preview webinar. We will be offering five learning adventures in 2025 in the US and abroad in Canada, Spain, and Portugal. During the

webinar, we will review itineraries for these trips and provide enrollment information.

This new collaboration between AROHE and Road Scholar will connect you with former colleagues in academia and introduce you to new acquaintances as you learn and travel together on inspiring trips led by Road Scholar, the leader in educational travel for adults.

Presenters: Cherie Hamilton, AROHE Travel Institute Committee Chair, and Frania Monarski, Director of Group Sales at Road Scholar

Details: <https://www.roadscholar.org/arohe/exclusive-programs/>

Register for the trip preview webinar:
<https://www.arohe.org/event-5817892>

Can you recognize
a scam when you
see one?

Virtual Workshop October 24



Cyber Fraud and Personal Security Insights

Thursday, October 24

10-11 a.m. PDT, 11 a.m.-12 p.m. MDT, 12-1 p.m. CDT, 1-2 p.m.

EDT

Cyber threats are everywhere, which is why it's important to understand what it takes to keep yourself cybersafe. We are proud to team up with Fidelity Investments to offer this exclusive virtual workshop to share important information about common financial

scams and ways you can monitor, protect, and safeguard your data.



Presenter: Gary Rossi leads Fidelity Investments Personal Security Insights Program, educating clients about cyber and personal security threats.

Mr. Rossi previously worked as a special agent for the Federal Bureau of Investigation (FBI), specializing in white-collar crime

investigations, including financial frauds, cybercrimes, and public corruption matters.

Before the FBI, he worked as a CPA for Arthur Andersen & Co. and as a consultant for the cybersecurity consulting firm @Stake. Mr. Rossi holds a degree in Accountancy and Management from Bentley University.

**Register for Cyber Fraud and Personal Security Insights
Webinar: <https://www.arohe.org/event-5825195>**

OFFICE ASSISTANT

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

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