

## EVENTS OF INTEREST

The Next Brainy Boomer Lecture Series event will be held on:

**Friday, July 7 & 21, 2023 from 9:00 – 10:00 am**

Tanaz Pardiwala will be giving a class in English on “*Gentle Flow Yoga with Tanaz*”. To register and see our list of events please click on the link <http://CMEV.eventbrite.com>.

**Thursday, July 13 & 27, 2023 from 1:00 – 2:00 pm**

Giuliana Guerriero will be giving an *exercise class* in English. To register and see our list of events please click on the link <http://CMEV.eventbrite.com>.

## WEBINAR OF INTEREST

Free webinar on **July 6**, offered through the University of Waterloo Retirees Association.

<https://uwaterloo.ca/retirees-association/events/whisky-water-life>

## OFFICE ASSISTANT

The ARAS hopes you had a fantastic weekend celebrating Canada Day and wishes you a happy start to July!

David will be in the office from 3-6pm next Tuesday.

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*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!*

## DINING OUT

The next event will be held on **Thursday, July 27<sup>th</sup> at 6:30pm** at The Upper Crust. The restaurant is located on 10909 86 Ave NW and it has extended its hours to 9:00pm so it is more convenient for us!

If you plan to attend, please let Peggy know by July 25<sup>th</sup> at [peggyallegretto@gmail.com](mailto:peggyallegretto@gmail.com).

## ARTICLE OF INTEREST

**National Institute on Aging Reports from Dr. Samir Sinha's team:**  
[Enabling a More Promising Future for Long-Term Care in Canada](#)

Faced with a rapidly ageing population, staffing challenges and decades of funding shortfalls, long-term care systems in Canada require nothing less than a paradigm shift to remain viable into the future. This third and final report in the National Institute on Ageing (NIA) series outlines a road map for more sustainable, affordable and equitable long-term care systems.

[A National and International Jurisdictional Review and Comparative Analysis of Long-Term Care Home Legislation, Policies, Directives and Standards with HSO's 2023 National Long-Term Care Services Standard](#)

Earlier this year, Health Standards Organization (HSO) published a new National Long-Term Care Services Standard to provide guidance on the delivery of resident-centred, high-quality long-term care (LTC) services. The National Institute on Ageing (NIA), in collaboration with HSO, completed a national review taking stock of

the policy and regulatory landscape at the provincial, territorial and federal levels.

## **VOLUNTEER OPPORTUNITY**

Crossroads International is one of the first and leading international cooperation organizations in Canada. For over 50 years, Crossroads has fought inequalities by rallying people around a common goal, to create sustainable solutions to eradicate poverty and to ensure that women's rights are fulfilled. We work together with local partners to create meaningful work and to enable women to become leaders and to live free of violence. Each year, we mobilize close to a hundred volunteers and experienced professionals, in Canada and the South, to leverage their expertise and respond to urgent global development issues.

We would love to engage retired professionals for our capacity building mandates in 9 countries in Africa.

Personalized support before, during and after the mandate is provided by an experienced and welcoming team. The Crossroads' experience includes the following:

- Daily living allowance (depending of the country of assignment)
- Plane ticket and local transport
- Pre-assignment online training.

For more information about Crossroads International and our partners, please visit our website at [www.cintl.org](http://www.cintl.org).



You can also see our available mandates [here](#).  
For more information, you may contact Sophie at [skanza@cintl.org](mailto:skanza@cintl.org).

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## ARTICLE OF INTEREST

### **CURAC's Column—ACADEMIC FOR LIFE--- in University Affairs Magazine**

The Editorial team of UNIVERSITY AFFAIRS (UA) agreed in May 2022 to publish a **CURAC Column**, which they named **ACADEMIC FOR LIFE** in their bimonthly online magazine beginning the Fall of 2022. The latest article (#7) which was published this week is available at the following link:



<https://www.universityaffairs.ca/career-advice/academic-for-life/privileged-and-full-of-hope/>

**18 July 2023: *Privileged and full of hope***. By Brad Kilb, Senior Instructor Emeritus-Kinesiology, University of Calgary Retirees Association (UCRA). A retired kinesiology instructor continues to fulfill his passions as a mentor to students, teachers, coaches, and outdoor guides.

If you're interested in writing an article for this column, please email the Column Editor: [cllenave@ucalgary.ca](mailto:cllenave@ucalgary.ca)

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