



Greetings from the Executive of the Mission Retired Teachers Association

Welcome to a wintery beginning to 2022! Children (and some adults) got their wish for a snowy Christmas and New Year's Eve. Here's hoping that you enjoyed a festive and rejuvenating holiday, with, as one member put it, "some sloth and gluttony mixed in." As we look to a new year, one with a new variation on COVID, Omicron, it's sometimes difficult to envision that we are going forward, or simply trading one restriction for another, or recycling old restrictions in a new year. While we are advised that Omicron is 60-70% more transmissible, we can be heartened that this variant is less life-threatening, with lesser symptoms, and much fewer serious health effects than its predecessor, Delta. Many of our group have already received their booster or have an appointment to do so soon. Plan an event that brings you pleasure; whether gathering for tea with a friend, creating a painting or craft, or doing some other hobby that you can plan, fulfil, and celebrate! These things release dopamine, a feel-good neurotransmitter that improves our emotional well-being.



On-line Coffee Gatherings

Tuesday, Feb. 1 , Mar. 1 – 11:00 a.m.

An email invitation will be sent out to join.

New Neuroscience Research reveals that exercise stimulates the production of new neurons in the hippocampus, the brain region critical for learning, creating and storing short term memory, and collating connections for long term memory. The hippocampus is first to reveal memory dysfunction in Alzheimer's disease. Exercise can also restore cognitive decline. https://neurosciencenews.com/exercise-aging-cognition-19798/?fbclid=IwAR123gnNhlvbuGisUuR_0dY8dOVi_IFPzDWOBuUTeAIHOuCBtN-l4ihOzqA

In Memoriam

Please let the executive know if you are aware of any member passing, so that we can acknowledge his/her life and contributions to education.

May your coming year be filled with magic and dreams and some good madness.

May you read some fine books and kiss someone who thinks you are wonderful.

May you be inspired by music that moves your soul and by art that breathes wonder into your mind.

And may you appreciate the trials and triumphs of your life, and do something for others that makes you proud to be the person you have become.

CURRENT EXECUTIVE

President: Kate Patten kate.e.patten@gmail.com
Vice-President: Bill Elliot william_elliott@telus.net
Sec.-Treasurer: Bruce Gladwin bglad@shaw.ca
Members-at-Large: Sonia Elliot, Roberta Gladwin