

SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association March-April 2018

President's Corner



Looking forward to seeing you on **TUESDAY, April 3rd** at our first General Meeting and Luncheon of the year.

Paul DiMascio, SCRTA President



Greetings and Welcome to the SCRTA New Year!

You will notice a change for the year in our scheduled luncheon days. We have moved the first Monday of the month to the **first Tuesday** of the month. Two reasons for this - it will make Ruby Winter's task of ordering the meals less hectic and allows Guy's Party Center to meet our requests more efficiently. It has been difficult to make last minute changes to add or delete orders on Monday morning due to the Party Center being closed on Sundays. We trust this change will work better for all concerned. Please mark your calendars for our first General Meeting/Luncheon scheduled for **TUESDAY, April 3, 2018** and send your reservation to Ruby by the deadline. Doors open at 11:30 a.m. and the luncheon begins at 12:00 noon. Please mark **April 3rd** on your calendars.

On a more somber note, this past November we lost a long time and dedicated member of our SCRTA organization. Our long serving Legislative Chairman, Kay Fluke passed away. Kay served for over twenty-five years as our Legislative Chair. He was always in attendance at the Management Board meetings and attended our luncheon meetings regularly. His service and dedication to our association will be greatly missed.

SCRTA PROGRAM ANNOUNCEMENT



The **Firestone Jazz Ensemble** will be our special guests at the April 3rd SCRTA luncheon meeting. These students are very talented and entertaining. They are under the direction of Chris Pittman. This will be a real treat!

Johnnette Curry - Program Chair

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Scientists have discovered that a simple daily habit can help you live up to nine years longer. It is BEING GRATEFUL! Research shows that we can become happier by feeling more gratitude. Practicing gratitude makes us feel more connected to other people. It reminds us that we have value in other people's eyes. When we practice gratitude, we also suffer fewer negative emotions like envy, resentment, and regret.

Scientists at the Alzheimer's Prevention Clinic at Weill Cornell Medicine in New York found that you could cut your risk of Alzheimer's in half by simply going twelve hours or more without eating a meal. This reduces the beta-amyloid plaques found in the brains of people with Alzheimer's. It also lowers insulin levels, body fat inflammation, and blood pressure. This might help you lose weight, also, which is important because being overweight triples your risk of Alzheimer's. You only have to do this a few times a week while you are sleeping! Eat an early dinner around 6 p.m. and then don't eat breakfast until 8 a.m.

NEVER call back a telephone number that you do not recognize. If unsure, Google the number to make sure that it is a legitimate United States number. Criminals use dozens of scams to target seniors. For example, your phone rings once, then stops. So, you check the last number received and call the number back. But crooks use computers to call thousands of numbers each hour. If the phone rings only once and then stops, your phone will notify you that you have missed a call; but, be aware that it might be an international number. If you call back, you will be charged for an international call for every minute you are on the phone. Always check your phone bill for costs you do not recognize and ask your phone com-

pany to reverse these charges.

The American Heart Association's "Life's Simple 7" guidelines were originally produced to improve cardiovascular health. BUT, these basic lifestyle guidelines have also been shown to improve memory and other brain functions according to the advisory panel of the American Heart Association and American Stroke Association. These seven factors are: managing blood pressure, controlling cholesterol, keeping blood sugar levels normal, being physically active, and quitting smoking or never starting.

In a study of nearly 4,000 people, researchers found that smoking marijuana caused a five-fold increased risk for a heart attack during the first hour after smoking! Those who use marijuana weekly or more often had four times the risk for heart attacks and nearly double the risk of dying from heart disease versus people who did not use marijuana at all. The reason is that your autonomic nervous system controls your heart's activity and marijuana delivers a one-two punch to both parts of the autonomic nervous system.

The Center for Science in the Public Interest (CSPI) has found that about 80% of antibiotics are used in livestock! Most antibiotics sold in the United States are NOT used to treat people; instead, they are being squandered by the livestock industry!

The number one reason most seniors have dangerous falls is not trips, slips, or bumps! The number one cause is the shifting of your weight wrong---you lose your center of gravity.

The "germiest" thing you use is your cell phone. How often do you clean or disinfect your cell phone?

Dancing can reduce your risk of dementia and memory loss by a whopping 76%. That is twice as much as doing crossword puzzles!

Contrary to popular belief, many retirees are UP-SIZING rather than DOWNSIZING. Thirty percent will move to bigger homes compared with 51% who are downsizing.

MEN: Narrow ties are IN again! Select ties that are about three inches wide and feature solid colors

(Please See Did You Know? Pg. 4)

Scholarship News

Greetings SCRTA Membership!

We are happy to bring you an update from our scholarship recipients. They are remarkable students and we should be very proud of their accomplishments knowing that SCRTA played a role in helping them realize their goals to this point in time.

Olivia Myers – 2014 & 2017 Recipient

I will finish my fourth year of college at The University of Akron in around ten weeks. I will finish my last semester of classes during the fall semester in 2018 and will be student teaching during the spring semester in 2019. I am currently preparing to complete field hours in a preschool setting as a class requirement and am looking forward to being in the classroom again this semester. I am again striving for a 4.0 GPA so I may graduate summa cum laude next year.

Brooke Tokes – 2015 Recipient

I received your email and just wanted to follow up. I was a recipient of the scholarship in 2015. I am continuing my education at Bowling Green State University. I am now a junior in the Inclusive Early Childhood Education program in which I will graduate in May 2019 with a license in age three to grade three general education and a license in age three to grade three special education as well. I am currently doing student teaching at a preschool in Toledo and I love it! Next year I will be student teaching at another school in the area in an elementary classroom. This program at Bowling Green has given me the opportunity to have classroom experience every semester (except for one) since I started school here. I am also very proud to say that I have made the Dean's List every semester! I am excited to see what the future holds!

Ben Berry – 2016 Recipient

I'm happy to hear that your membership loves to hear the progress of the students. I am doing well at The University of Dayton, maintaining status on the Dean's List and staying busy with clubs like UNICEF Campus Initiative and intramural sports. I have actually switched majors since last talking with you, as I am now majoring in mechanical engineering. However, my desire to teach remains alive and well, as I plan to spend the semester next spring with our ETHOS Club in a foreign country helping to teach locals how to implement the engineering skills I have learned into their own communities. I hope all is well with you. Thanks again for your investment in me!

JoAnna Hrepacak – 2017 Recipient

It's great to hear from you! I am doing very well at The University of Akron. I'm in my third year now as a Music Education major. I'm so excited to share that I've made it into Symphonic band this year, which is our top ensemble at Akron. In addition, I've been elected President-Elect of our chapter of The Ohio Collegiate Music Education Association and will be president next year. I'm also keeping busy serving as the secretary of The North East Ohio Clarinet Association, Secretary of the UA Keyboard association and as a section leader in the marching band. I'd like to thank the SCRTA again for helping me to make my dreams of becoming a music educator come true!

As you have read, investing in our future educators is indeed an awesome responsibility that SCRTA has readily accepted. Thank you again for your willingness to contribute to these deserving students. Now, it's that time again! The applications were sent out in early February and we are already receiving replies. Bring an extra dollar, or five, or ten to participate in our ***Annual 50-50 Raffle*** at the April meeting! Looking forward to seeing you soon!

Vicky Shaw & Judi Hill
Scholarship Co-Chairmen

(DID YOU KNOW? Cont.)

or classic patterns, like stripes; navy and silver are in these days.

There is a new finding in the study of melanoma patients. The deadly skin cancer is often more advanced when on the soles of feet because this area is not examined carefully. Also, repeated skin damage due to walking is a possible trigger for melanoma on the soles of feet.

Before you buy your next car, high-end cars cost a LOT more to maintain than economy cars. A vehicle's cost of repairs will be proportional to its original sticker price. (i.e., It costs four times as much to keep an \$80,000 luxury sedan on the road as a \$20,000 economy car.) Avoid European luxury brands such as Audi, BMW, Mercedes, and Porsche which are among the most expensive cars to repair. Subaru, while often dependable, can be very expensive to repair, also. Electric cars are about 20% less to repair and maintain than the average gas-powered car.

To find hidden spy devices in a hotel room while traveling, think like a spy! Listen carefully; many motion-sensitive cameras make soft clicks and buzzes when they are on. Turn off all lights and look for small green or red LEDs. Make a call on your cell phone and move around your room; if you notice interference or clicking in one area, a spy device might be operating there.

You can track your luggage with a smartphone app. Bluesmart One is a rolling suitcase (\$399, Amazon.com) that has a built-in tracker using the Bluesmart app that is for iOS and Android phones.

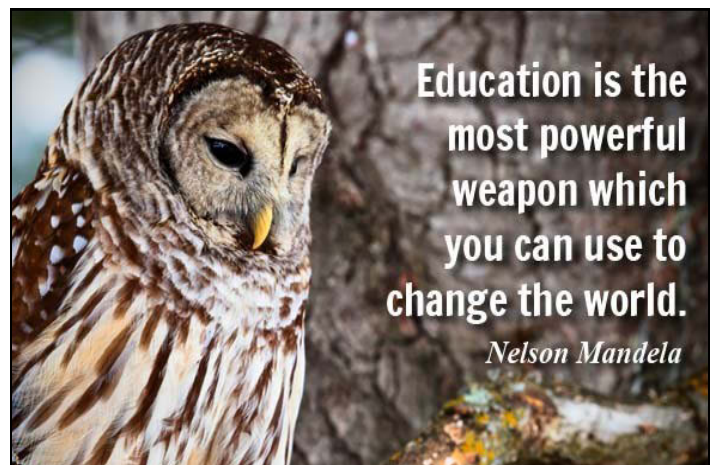
To remove pesticide residue from conventionally grown apples, mix one teaspoon baking soda in two cups of water, submerge the apples in a bowl with a cover for two minutes, then rinse. Of course, you can always buy organically grown apples.

Mary Kostas Anasson
Informative and Protective Services Committee

ATTENTION

All SCRTA Lifetime Members!!

At this time, your SCRTA board has a special request of all our 380 lifetime members. Over the years, our membership has decreased and our expenses have increased. Currently we have 86 dues paying members who pay \$10 a year to SCRTA. Expenses include the cost of this newsletter (printing, postage and labels), fees for programs and entertainment, door prizes at luncheons, web site fees, tax-exempt fees, post office permits and others. These expenses are costing more than the amount that we have coming in from dues paying members. Our lifetime account is down to \$91.42. Therefore **we would like each Lifetime Member to consider a minimum \$5.00 donation to SCRTA** payable in cash or by check at the April luncheon or by mail to our membership chairperson, Gail Danford at 381 Lake of the Woods Blvd. Akron, Ohio 44333. Gail will provide a receipt if requested. Your donation will be deposited in the general fund to help cover expenses. We appreciate your help to keep our SCRTA chapter healthy and active. Thank you!





Welcome to our newest member, Jay Ruble! We hope to meet you at our **April 3** luncheon.

All paying members are encouraged to send in their 2018 dues at this time. Please send a check for \$40.00 payable to SCRTA. (A reminder that \$30.00 of your dues are sent to ORTA.) We have **49** members who currently owe dues. If you are not sure if you have paid, please give me a call or email.

Please continue to search out new members. At this time our membership is 466 and we have approximately 75 who attend our luncheons. Perhaps you can call a friend and invite him/her to attend the luncheon with you. We count on our membership to spread the message about ORTA/SCRTA.

Please contact me with any questions, comments, ideas or address corrections. Now that we are using Intelligent Mail (barcodes) it is very important that we have your correct address. If you move, please be sure to send your new address.

Gail Danford, Membership & Assistant Treasurer
330-524-8890
gdanford@att.net

Akron Teacher Asks for Mirror Donations



Fourth-grade teacher, Julie Paulus, is seeking donations of mirrors for a project to construct a wall of mirrors in the hallway at Glover CLC in Akron. Each mirror will have an encouraging statement beneath it. Julie is looking for mirrors that are framed, in good

condition, lightweight and no larger than 11 by 14 inches. She also wants to put a mirror in each classroom. These mirrors will let students see themselves in a positive reflection and will help meet the school's focus on social and emotional learning. **Donations can be dropped off at door No.1 at 935 Hammel St. or contact Julie at 330-773-1245 and leave a message.** Thank you!



2016 - 2018

SCRTA MANAGEMENT BOARD

President - Paul DiMascio (330-882-4738)

1st VP/ Prog. - Johnnette Curry (330-699-4123)

2nd VP/Legislative Chair - Open

Past President - Mary Lou Swartz (234-678-0747)

Administrative Assistant - Judy Mervine
(330-745-7587)

Treasurer - Paul Green (330-733-7311)

Asst. Treasurer/Membership - Gail Danford
(330-524-8890)

Public Relations - Ruby Winter (330-644-6886)

Newsletter Editor - Elaine Jarvis (330-607-0226)

Travel - Carolyn Vogenitz (330-645-9928)

Web Master - Leroy Martin (330-666-3984)

Nominating Committee: 3 elected members - Carol Caughron (330-745-1776); Lennie Green (330-630-2440); open; and **2 Members at Large** - Mary Anasson (330-836-4272) - Informative and Protective Services; Christine Bean (330-784-4575) ... Community Service

Scholarship Committee - Vicky Shaw (330-773-5862) and Judi Hill (330-688-2512) ... Co-Chair

Members At Large - Micki Lavis (330-854-3054) and Phyllis Lewis (330-342-3550)

Summit County Retired Teachers Association
452 Herbert Rd.
Akron, Ohio 44312

NON-PROFIT ORGANIZATION
U, S, POSTAGE PAID
AKRON, OHIO 44309
Permit No. 418

ELECTRONIC SERVICE REQUESTED

March—April



2018

SCRTA Website
www.summitcountyrta.org

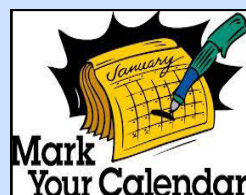
Leroy Martin - Webmaster
lmartin561@gmail.com

COMMUNITY SERVICE



It's been several months since our last luncheon. Hopefully, you've been saving items for our community outreach programs. Please bring your health, paper, and cleaning products to the next meeting, and receive an extra prize ticket for 5 or more donations.

Christine Bean—Community Service Chairman



April 3, 2018... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Center.

April 17, 2018... SCRTA / ORTA Management Board Meeting ... **9:30 am** at the AEA Building in Akron.

June 5, 2018... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Center.

REMINDER: All General Luncheon Meetings at Guy's Party Center are now on **TUESDAYS**.

SCRTA / ORTA GENERAL LUNCHEON MEETING

Tuesday, April 3, 2018

Guy's Party Center

500 East Waterloo Road, Akron, OH 44319

12 Noon

Price: \$17.00

DOOR PRIZES

Bring 5 or more items for the Community Service Project and receive an extra door prize ticket.

When you make your reservation, you will need to indicate your entrée: Swiss Steak, Broiled Scrod, *Chicken Paradise, or Vegetarian Stir Fry. Mashed potatoes, green beans, salad, garlic bread, sherbet, coffee, tea or lemonade are included with your entrée (Tax & tip are included).

Clip this reservation form and send to: Ruby Winter 3873 Roller Ave., Akron, OH 44319 (330-644-6886)



NAME _____ ENTRÉE SELECTION: ____SWISS STEAK ____ *CHICKEN PARADISE
____BROILED SCROD ____VEGETARIAN STIR FRY

Check your choice of entrée, make checks payable to SCRTA and send to Ruby Winter. She must receive this completed reservation form and your check by March 28, 2018.

Note: Chicken Paradise is charbroiled chicken breast in an Italian dressing based marinade.

 **Our luncheon meetings are now always on Tuesdays!!** 

DUAL-MEMBERSHIP FORM FOR SCRTA & ORTA DUES

NAME _____ PHONE _____

ADDRESS _____ / _____ / _____
Street City Zip

SCRTA / ORTA DUAL-MEMBERSHIP DUES \$40 ____ (SCRTA \$10 / ORTA \$30)
(Dual-membership required) YEAR YOU RETIRED _____

I am a SCRTA LIFE member _____
I pay ORTA directly _____

I am an ORTA LIFE member _____

BRING THIS FORM WHEN PAYING DUES. MAKE ALL CHECKS PAYABLE TO SCRTA.
Check # _____ Email: _____

BY MAIL SEND TO: **GAIL DANFORD – 381 LAKE OF THE WOODS BLVD., AKRON, OH 44333**