

# SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association August - September 2018

## President's Corner



Greetings:

Due to the Labor Day weekend, please note our next Luncheon Meeting is scheduled for Tuesday, September 11th at Guy's Party Center at 12 noon. We are looking forward to seeing you there and trust you have had a pleasant and relaxing summer.

Your Management Board met with Dr. Robin Rayfield, ORTA Executive Director, on Tuesday, July 10th. We presented concerns regarding ORTA's involvement on behalf of retirees, our membership in ORTA and volunteering. Dr. Rayfield was very candid in his remarks and the Board felt he was most informative with his responses. ORTA was instrumental in having Retirees' Medicare supplement of \$29.90 continued by STRS beyond 2019. ORTA is also working with STRS regarding have our COLA reinstated. This issue is still being negotiated. Besides representing Retirees at STRS, ORTA is involved in HPA (Health Care) and ORSC (Ohio Retirement Legislation) affecting Retirees. Your Board is requesting Dr. Rayfield to speak at a Luncheon Meeting in 2019. We will keep you informed on these issues and others in our newsletters. See you at the Luncheon on Tuesday, September 11th!

Paul DiMascio



## SCRTA LUNCHEON PROGRAM

September 11, 2018



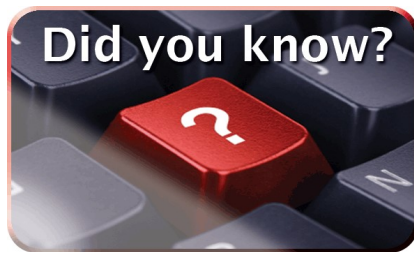
Paul Jarrett, Executive Director of the Akron Symphony Organization, is the special presenter for our September meeting. He will be sharing current information on the collaborative partnerships the Orchestra has in the community. Come hear what's beyond the baton.

Johnnette Curry,  
SCRTA Program Chair



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According to The Kiplinger Letter, May 2018, you will probably be waiting longer in airport security lines. The TSA now has tougher screening on all carry-on items! All electronic equipment, bigger than a cell phone, will be x-rayed separately. Also, you may be asked to remove food, snacks, powder, and books from carry-ons. TSA is looking for concealed explosives. Fliers enrolled in the TSA Pre-Check will not be affected by this rule.

For a healthier brain, adopt these seven habits: (1) Stress management: Learning the many techniques in order to manage your stress. (2) Sleep: Adopting a healthy sleep routine. (3) Physical activity: Getting 150 minutes of aerobic activity each week. (4) Nutrition: Feeding your brain with proper foods. (5) Substance and Medication Use: Noting what a huge impact this has to the health of your brain. (6) Social Relationships: Helping your cognitive and emotional health. (7) Building brain reserves: Challenging your brain from a plethora of activities available. (Mind, Mood, and Memory, July, 2018).

We remember negative events more clearly than positive events because your brain focuses on the thing that causes you pain or fear.

Your brain prioritizes and stores information while you sleep.

Sitting too long is bad for your cardiovascular health AND your memory!

Improper prescription drug use is rising. About 50% of people do not follow their doctors' orders, costing businesses \$350 Billion each year and causing about 125,000 deaths! The reasons given by patients: forgetfulness, fear, procrastination, and expense. Chronic diseases, as diabetes and heart disease, have the worst use rate. Pharmacists and cell phone apps are available to help!

According to The Kiplinger Letter, March, 2018, "2018 will be a watershed year for gene editing....." The first clinical trials are planned to begin in the United States and Europe. These trials hope to be a one-time treatment to cure inherited disorders and cancers "by removing or repairing genes that cause the diseases...." Some of these diseases have few or no treatment choices. "The early focus will be on.....few rare diseases that involve just one gene, such as sickle-cell disease, Hunter syndrome, and a type of inherited blindness." "The stakes are high for these early trials. Any problems that crop up ... could spell lengthy setbacks for the technology."

An article in a promotional letter mailed this year from Arthritis Today lists many secrets to help you end pain and feel your best. Many are well-known! Some of the secrets listed are: (1) Exercise (2) Eat apricots to ease pain because of all their high level of magnesium. (3) Lower blood pressure by eating an ounce of walnuts daily. (4) Eat beans—especially red, small red kidney beans which might help you keep stronger muscles and prevent them from shrinking. (5) Eat cherries or drink tart cherry juice; cherries mimic the effects of NSAIDS by reducing inflammation. (6) Lift "brain fog" by sniffing peppermint because this stimulates the part of the brain that takes care of attention and energy. (7) Eat sweet potatoes to reduce the risk of knee and spine osteoarthritis. (8) Eat pumpkin seeds to heal a wound faster. (9) Ease arthritis inflammation by dipping your bread in olive oil. (10) Laugh to release feel-good endorphins to reduce the body's inflammation. (11) Pick safer supplements with USP (United States Pharmacopeia) and/or NSF (international seal) because these organizations conduct stringent testing for safety and accuracy. (12) Prevent falls with better balance. (13) Keep blood pressure in check; one way is to eat frozen rather than fresh spinach; it has more folate. (14) Eliminate tripping hazards, like cords. (15) Fight weaker bones by proper levels of Vitamin D. (16) Stretch your way to a stronger back and stronger arms. (17) Try the spice, turmeric, to ease

**(Please see Did You Know?, Pg. 5)**

# Scholarship News

*Greetings SCRTA Membership,*

*Periodically, the Scholarship Committee checks in with the students to see how their school year is progressing. Unfortunately, **Natalie Cochran's** update missed the last newsletter, but I was sure you would want to hear from her, so ...*

Thank you again for this scholarship. It is not only a huge help financially, but an honor to have been chosen.

Everything has been great with me during my first year of college. I have loved all of my courses so far and have had the privilege of doing some community service in Canton City schools near Walsh University. It's been great to work with the children and dive into my future profession. I have been involved in the Campus Ministry at Walsh and have kept very busy between school, work, and other activities. I recently got promoted at Chick-fil-A where I have been working for over two years now. This promotion has helped me develop valuable skills in the professional world that will definitely be helpful when managing my classroom in the future. I also recently added a Spanish minor so that I may hopefully do missions work and teach in foreign countries in the future. I hope to possibly teach in a school in Guatemala where my family has been connected with since I started elementary school. We have traveled down there a few times, and I hope to possibly teach in the school down there after I graduate, which is why minoring in Spanish will hopefully be helpful. Finally, I am looking forward to studying abroad in Rome and Uruguay within the next few years. That is all that is going on with me right now and thank you for checking in!

Blessings,

**Natalie Cochran**, 2017 Scholarship Recipient

*Additionally, we have received a few thank you notes ...*

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Thank you to the Summit County Retired Teachers Association for financially supporting my college journey. As you know, I was unable to attend the luncheon because I was away at a study abroad program in Senegal. While in Senegal I kept hearing the phrase, "It is better to see it once than to hear about it a thousand times." This phrase ended up being a focal point for me on the trip to remember that I was in Senegal to learn and not for personal reasons. Going to Senegal helped bring my college journey of finding myself and the power of being a Black woman in the education field to a purposeful close. Seventeen days of learning and exploring seemed to be enough until it was time to return to the United States. Going to Senegal was equally an educational trip as spiritual. I learned about the culture, the food, the religion, the way of life, and how to appreciate what I have in the states while also valuing the culture that my ancestors came from. I hope to someday return to Senegal to continue learning because there is still more that I want to expand on. Thanks again!

**Courtney Alexis Jones**

2018 Scholarship Recipient

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Dear SCRTA,

Thank you so much for awarding me your scholarship and inviting me to attend the luncheon. I am honored and had a great time at the event. I had a great senior year of high school. I served as a drum major in marching band, received straight A's and won a contest getting Judge Judy to speak at graduation. In the Fall, I will be attending Kent State University and will study Music Education. I will take music classes and will be a member of the Symphony Band, and the Marching Golden Flashes. My goal is, and my dream is, to be able to do that at my alma

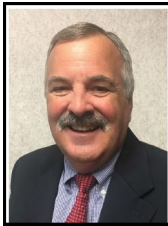
Please See , **Scholarship News**, pg. 5



*The following comments were issued with the recent ORTA newsletter that was emailed to ORTA members in July. They were originally stated on June 21, 2018 by Dr. Rayfield, ORTA Executive Director, at the STRS general meeting. Both he and Bee Lehner, ORTA President, met on May 30, 2018 with three STRS Board members to discuss ORTA's stance on several topics and to give STRS better insight of our members' benefit expectations.*

#### **Comments by Dr. Rayfield:**

Thank you for the opportunity to speak at the STRS Board of Trustee's meeting. As the Executive Director of the Ohio Retired Teachers Association, I represent thousands of STRS beneficiaries.



First let me say 'Thank you' to Director Nehf, Nick Treneff, and Paul Snyder for meeting with Bee Lehner (ORTA President) and myself at ORTA's office on May 30<sup>th</sup>. I appreciate your willingness to develop a dashboard to reflect a pathway to COLA. I look to our next meeting.

My work at ORTA has helped me understand that 'pensions are complex and have many moving parts that are subject to change without notification'. Complex problems often require complex solutions that also have many moving parts.

Currently, ORTA members have demonstrated patience and understanding as the hard-working employees and trustees at STRS work to fortify our pension system and insure that the pensions we all work so hard for will continue for generations to come.

Now, as STRS considers its budget for the next year, I would like to point out that only two of the groups of stakeholders in the STRS pension system have been forced to suffer during this time of strengthening the pension system. Only STRS recipients have felt the pain of the loss of COLA. Only active contributors have felt the increase of member contributions or the requirements to work longer to receive their pensions. Neither the legislators, nor the employees at STRS have felt the economic impact of the loss of COLA or increased work requirements and increased contribution levels.

As I meet with and speak with STRS recipients at local ORTA Chapters around the state, I hear the same questions: 'What is the status of our COLA?' or 'How can the employees at STRS receive salary increases while we do not receive our promised COLA?'

As you consider the budget for the next year, I suggest, as a show of good faith, that the employees at STRS share in the sacrifice STRS members are suffering through. In other words, I suggest that STRS employees receive no increases in salary or incentive pay until COLA is restored or at least until the pathway to COLA is established.

I close with this simple thought. As a superintendent of schools, I could not accept a pay raise, nor could my administrative team or supervisors receive pay increases, unless the employees of the organization received an increase. I recognize that a school district budget is not a great analogy to a pension system such as STRS, but the principal of shared sacrifice is an appropriate analogy.

Thank you for your past work and I look forward to our work together to solve the current problems that our pension system faces.

Dr. Robin Rayfield  
ORTA Executive Director





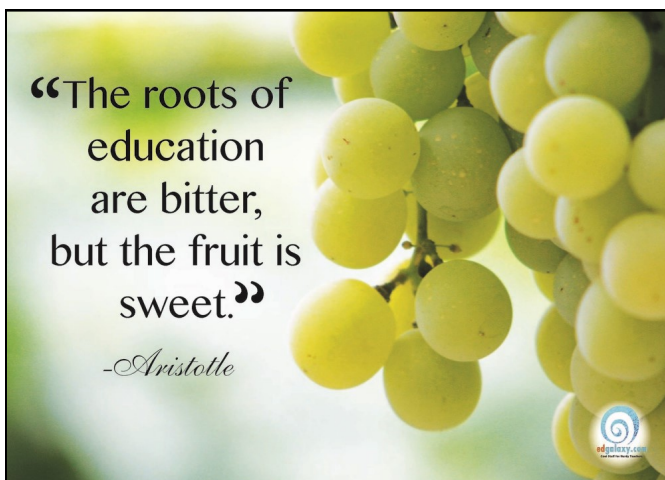
**(DID YOU KNOW? Cont.)**

Arthritis inflammation. (18) Boost your happiness by letting sunshine in (to produce serotonin). (19) Get to sleep faster by taking a bath before bedtime. (20) Skip the apple cider vinegar; there is no evidence to support the numerous claims about this vinegar.

According to Dr. Andrew Weil, (Self-Healing, July, 2018): While manufacturers claim that sports drinks are necessary for preventing dehydration, there's a striking lack of evidence to support any benefits for the average person.

In the same July 2018 newsletter as the paragraph above, Dr. Weil "debunks" cholesterol MYTHS: Myth No. 1: All cholesterol is bad. "Cholesterol has crucial functions in your body." Myth No. 2: Food high in cholesterol will raise blood cholesterol ... dietary cholesterol doesn't have a strong influence on body cholesterol levels or cardiovascular disease risks." Myth No. 3: Cholesterol is strongly linked to heart disease. "Half of the people who have a first heart attack have normal blood cholesterol levels." Myth No. 4: Statins are the best treatment for high cholesterol. "In the best studies, statins reduce the chance of a heart attack by no more than one-third in those at risk." P.S. My recommendation: The entire article is worth reading.

Mary Kostas Anasson  
Informative and Protective Services



**News**

**MEDICARE PART B REIMBURSEMENT EXTENDED**

The State Teachers retirement Board has approved a one-year extension of the current Medicare Part B Partial Reimbursement Program. The reimbursement was previously set to be reduced to \$0 beginning January 1, 2019.

For more details on this and other healthcare news, please see the latest emailed STRS newsletter regarding member benefits, along with other items of interest, and/or visit the STRS website at [memberbenefits@strsoh.org](mailto:memberbenefits@strsoh.org) ...

**(Scholarship News, Cont.)**

mater in Barberton. Receiving your scholarship is going to help me pay for college and meet my goals. Thank you so much for your help and support! I will keep in touch! Thanks again ... you have a wonderful organization.

Sincerely,

**Nicholas Ratay**

2018 Scholarship Recipient

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*As you have read, we have some remarkable young people that we have supported through your generous contributions. Our Association should be PROUD of our endeavors to uplift the next generation of educators!*

Judi Hill & Vicky Shaw  
Scholarship Co-Chairman



**2016 - 2018  
SCRTA MANAGEMENT BOARD**



Welcome to our newest members: **Cynthia Murphy, William VanAuken and Pamela Lane!**

We hope to see you at our September 11 luncheon.

In case you were not aware, ORTA members may renew their membership on the ORTA website. Go to [orta.org](http://orta.org). Select Join ORTA online. Select Membership Renewal. You may also update your personal information there. Please continue to give your SCRTA membership (\$10) to me at the meetings or in the mail with the enclosed form.

Many of you have asked about membership cards. ORTA no longer issues cards because of the cost associated with mailing them. If you come to a luncheon, I have SCRTA membership cards that you can request.

If you have not previously provided your email, please send it to me at [gdanford@att.net](mailto:gdanford@att.net) to be added to our database. Please also forward names of potential members so that I might contact them. Thank you.

### **SCRTA NEWSLETTERS**

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. If you winter away from Akron, please provide a temporary address. The post office does not forward our newsletter. If you have not previously provided your email, please send it to me at [gdanford@att.net](mailto:gdanford@att.net) to be added to our database.

Gail Danford – Membership & Assistant Treasurer  
Phone: 330-524-8890

**"Courage is a door that can only  
be opened from the inside."  
—Terry Neil**

**President** - Paul DiMascio (330-882-4738)

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

**2nd VP/Legislative Chair** - Bill Siegferth  
(330-819-4123)

**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 Protec-  
tive 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)

**Chaplain** - Rebecca Moore (330-497-9326)



## CONGRATULATIONS TO ALL OF OUR SCRTA VOLUNTEERS

We are pleased to announce that 56 retired educators from SCRTA volunteered 9,092 hours in service to our local communities and in some cases for some out of state communities. The following members have logged in the most hours for the year of 2017!

Susan Godard.....656.5 hours  
Sandy Baer.....535 hours  
Charles Rietz.....520 hours  
Sheila Green.....440 hours  
Billie Corbett.....414 hours

Our members who volunteer are really making a difference in the lives of many people. The following places and people are the beneficiaries:

Civic Theater, AARP, Make-A-Wish, Gospel Meets Symphony, Church Choirs, Schools, Holden Arboretum, Laurel Lake, Interfaith Caregivers, Summit County Historical Society, Crystal Park, Soup Kitchens, SCRTA, Korean War Veterans Association, Kappa Kappa Iota, Lunches for Community, Summer Reading Programs, Cleaning, Driving, and Shopping for Relatives and Friends, Cub Scouts, Boy Scouts, Preparing books for Libraries Abroad, Tax Aide w/AARP, Akron Reads, Firestone Park Community Center, Tutoring, Heather Knoll Nursing Home, Eucharistic Minister, Delta Kappa Gamma, Friends of Children's Hospital, PEO, JWCC, Family Island Library Project, Salvation Army, Our Lady of Victory, First Congregational Church, Feed My Sheep, Weathervane, Canal Fulton Community Band, Amphibian Group, Summit Parks, Master Gardeners, Preparing Books for Libraries in the Bahamas, Cuyahoga Valley Scenic Railroad, Child Care, Hospice, Cancer Centers, Gables of Hudson, Arlington Church of God, Mercy Hospital, Akron Zoo, Citrus County Hospital in Florida, United Way, ICARE Mentor, St. Vincent de Paul, Food Pantries, Lockwood UMC, Wedgewood UMC, Drivers For Students and for the Blind, Faith in Action, Coming Together in Stark, Habitat For Humanity, Restore, Juvenile Court, Civic Theater Women's Guild, Akron Children's Hospital, Christmas Tree Festival, Project Learn, Christ Child, American Red Cross, Prayer Blanket Ministry, FCC of Akron, East High Alumnae Board, GOGA, Summa Health, KSU Museum, St. Edward's, Stan Hywet, Port House Theater, Braille Work, Nursing Home and Assisted Living Visits, Akron First Assembly, Quilts of Valor, TAT in Florida, Delta Sigma Theta, Project Grad, ACOG Academy, Chapel Hill Christian Academy, Bags for Homeless, Alpha Kappa Alpha, NAACP, Ascend at ACOG, Children's Concert Society, St. Gregory of Nyssa Orthodox Church in Columbus, Ohio, Vacation Bible School, and Theta Phi Alpha Advisors at Ashland University.

Is there ANYTHING our members are not doing? Thank you retired educators...you all are truly amazing! Let's keep busy in 2018!!! Mary Lou Swartz, SCRTA Volunteer Hours Coordinator

### Volunteer Hours for Summit County Retired Teachers Association

**Month/Year**

**No. of Hours**

**Activity or Organization**

**Signed** \_\_\_\_\_

**Return to Mary Lou Swartz at a Meeting or mail to:**

**Mary Lou Swartz**

**1072 Eagle Drive Apt. 1307**

**Akron, OH 44312**

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

*August - September*



**2018**

SCRTA Website  
[www.summitcountyrta.org](http://www.summitcountyrta.org)

Leroy Martin - Webmaster  
[lmartin561@gmail.com](mailto:lmartin561@gmail.com)

## COMMUNITY SERVICE

### "A Note of Thanks"

June 27, 2018

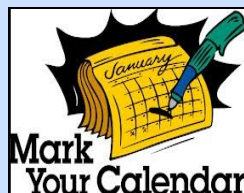
Dear Friends,

On behalf of the staff and young people served by Safe Landing Youth Shelter for Girls, I want to thank you for your recent donation of toiletries and cleaning supplies. These items are much needed, as youth often arrive with only the clothing on their back.

Thank you for helping us care for the youth in our community. Your ongoing support is a tremendous blessing.

Sincerely,

Susan Hunt, Program Director



**September 11, 2018**... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Center.

**September 18, 2018**... SCRTA / ORTA Management Board Meeting ... **9:30 am** at the AEA Building in Akron.

**November 6, 2018**... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Center.

### **A note from the Community Service Chairman:**

It's that time again! School will be starting soon. Please bring donations of health and beauty and cleaning supplies to the September 11th Luncheon Meeting. They will be much appreciated.

**Christine Bean**



**SCRTA / ORTA GENERAL LUNCHEON MEETING**

**Tuesday, September 11, 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 **September 6, 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**