

# SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association May - June 2019

## President's Corner



brain storm possible approaches to doing this. We will keep you informed of any developments. Enjoy the luncheon on Tuesday, June 4th!

Paul DiMascio, SCRTA President



## Storyteller

I will be delighted to introduce Hazel Malone as the guest presenter for our next luncheon. She is a retired Akron educator who uses dramatic storytelling to illustrate special moments from the lives of historical people. Mrs. Malone has performed for various groups throughout the Akron area and beyond.

Come meet this talented performer on Tuesday, June 4th at noon.

Johnnette Curry - 1st VP and Program Chair

Greetings,

I am pleased to announce that two students have been selected for our 2019 \$1000.00 scholarships. Their names and personal qualifications may be found elsewhere in this newsletter. As a reminder, your generous contributions to the scholarship fund during the year make the scholarships possible. At this month's luncheon, we will have donated baskets for a Silent Auction to raise funds for next year. Please bid on them as you are able. The money raised supports a good cause.

I would like to thank Illona Aleman for agreeing to be our photographer at our SCRTA luncheons. Don't be camera shy ... your picture may be in the next newsletter.

We also would welcome assistance with Luncheon Reservations and mailing the Newsletter. If you would be interested in assisting, contact me or one of the other officers.

We had an interesting Management Board meeting on April 16th. We discussed the usual business of our association; however, we also discussed how our association may become more active regarding the COLA and Health Care with STRS. We are planning to form a sub-committee to

## Inside This Issue

Scholarship News .....	2
Did You Know?.....	3
Scholarship Continued & Processing Mail .....	4
Did You Know? Continued .....	5
SCRTA Management Board .....	6
Bonus Incentive & SCRTA Photos .....	6
Travel - A Trip for You .....	7
Membership News .....	7
Community Service & Calendar .....	8
June 4th Meal Reservation and Membership .....	
Forms and Bus Trip Info Forms .....	Insert

# Scholarship News

**SCRTA Members,**

**It is always a delight to hear from our past scholarship recipients. Here are updates from two of last year's recipients. It is my pleasure to update the members for this past year!**

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## **Kiarra Anderson**

I graduated Valedictorian with a GPA of 4.49, ranked 1:171 in June of 2018 from Springfield High School. I began attending full-time at The University of Akron in the fall of 2018. I made the Fall 2018 President's List and have maintained a 4.0 GPA in college. I was accepted into the LeBron James College of Education and am currently enrolled in the Early Childhood Inclusive Program to earn my licenses in both Early Childhood Education and Early Childhood Intervention Specialist.

In addition to my full-time studies, I also made The University of Akron's Dance Team. Being a member of the dance team has been a wonderful experience. Unlike most collegiate sports, as a member of the dance team our "season" lasts throughout the entire school year. We begin during football season in the fall and continue throughout spring basketball season. We dance at both women's and men's basketball games. So, as you can imagine, time management has played a key role in my college adventure as a student athlete.

Additionally, I also joined Delta Gamma Eta here at the University and was elected as the Panhellenic Delegate for my chapter. I was also recently selected to serve as a Panhellenic Recruitment Guide for the upcoming 2019-2020 school year. I have enjoyed participating in many events with The Akron Blind Center and volunteering with the residents at Rockynol Nursing Home.

By deciding to attend The University of Akron, it has also enabled me to continue volunteering here in our community. I continue to work with the Spring-

field Sparkles special needs cheer team and was asked to return as a volunteer Assistant Coach this past year. I love working with the Sparkles and am so blessed that I have been able to continue doing so.

I am so thankful to have been given the opportunity to attend The University of Akron. I was able to participate as a Youth Mentor through the LBJ Family Foundation, working with students at East CLC. I was also able to participate in classroom observations at Litchfield CLC and also at Young Elementary. I plan to remain here in Summit County and pursue a teaching position after graduation. All of my experiences have confirmed my career path in education.

I am excited to continue my journey and thank you for the opportunities you have provided me. The award of your scholarships will help me to continue my education and continue to pursue my goal of working with our future generations.

Thank you,

**Kiarra Anderson**

2018 SCRTA Scholarship Recipient

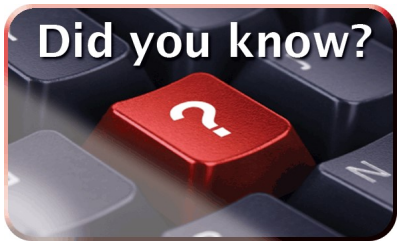
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## **Nicholas Ratay**

Hello, Summit County Retired Teachers Association,

I just wanted to give you all an update on my studies. I am halfway through my second semester at Kent State studying music education. It has been busy and challenging, but also very rewarding! This semester I have been taking a class called Wind Technique where I am learning how to play the flute, clarinet, and saxophone. I am also taking a class called Music Teaching as a Profession where I am learning how to be a good music teacher. In this class I have the opportunity to travel to local high schools and observe band rehearsals. I have really enjoyed this and have learned a lot! Overall, this has been a good semester, and I want to again thank the scholarship committee for awarding me with a scholarship

**See Scholarship News, Pg. 4**



Currently, there is no simple diagnostic test and no cure for FIBROMYALGIA. Fibromyalgia is believed to alter the way the brain processes pain signals. Fibromyalgia tends to run in families. It often develops after an infection or other physical trauma (example, a car accident). Other risk factors can be: having rheumatoid arthritis, lupus, or osteoarthritis. Women are more prone to developing fibromyalgia than men. Researchers have observed greater inflammation in the GLIAL cells (which have important rolls in the brain and spinal cord). One job of glial cells is to protect and support neurons (cells that transport nerve signals). Greater glial cell activity has been found in the brains of fibromyalgia patients. This causes the release of chemicals that promote chronic pain. This brain inflammation and fibromyalgia connection was discovered by a Massachusetts General Hospital study. This could present a possible target for medications, vaccines, or other treatments. Fibromyalgia sufferers would welcome any type of relief!!

Some information about COGNITIVE DECLINE:  
(1) There are lifestyles that one can control that can help you beat the odds of developing Alzheimer's. Smokers are nearly twice as likely as non-smokers to develop AD! (2) Loud snoring has been linked to AD. (3) Ordinary TEA has been shown to cut the risk of cognitive decline in HALF. (4) A Vitamin B12 deficiency can cause symptoms that mimic the symptoms of dementia.

Happy childhood memories may be associated with better health in later years. People with positive memories of their childhood and positive relationships with their parents tend to be physically and mentally healthier later in life. Part of the reason

may be due to the way we use memories to guide our future behavior and the way memories can affect our mood and stress levels. Researchers noted that people raised in a positive and healthy environment may be more likely to continue with that outlook into adulthood. This study showed that the health of older adults may be strongly affected by events that go back 50 years. (New study by the American Psychological Association.)

Too little sleep may lead to dehydration due to a change in the hormone called "vasopressin" (which helps maintain hydration levels in the body). This hormone tends to be released later on in the sleep cycle and balances fluids in the body. Dehydration, even in its early stages, can affect thinking skills, mood, and many other body symptoms. So have that extra glass of water first thing in the morning to get your fluid levels to a healthy level.

Singing has been known to be a helpful therapy for people with Parkinson's disease. Recent research by Iowa State University and presented at the Society of Neuroscience shows that singing may help improve motor controls, boost mood, and even reduce stress. Blood pressure, respiratory rate, and cortisol levels were lower after singing. Participants had lower levels of sadness and anxiety and improvement in their gait and other motor functions.

People with higher stress levels may struggle more with memory. People in their 40's and 50's with higher levels of cortisol (associated with body's stress response) performed worse on tests of thinking skills and memory. These higher levels were also associated with smaller brain volume. Reduce stress levels by getting more sleep, exercise, and relaxation strategies such as meditation.

If you learned something that you want to remember for a while, make a point to think about it the day AFTER you learn it. This will help make you understand the information, retain more details (the part of memory which disappears first). Writing information down helps as well as passing on info to

**See Did You Know?, Pg. 5**

## Scholarship News Continued

Last year. It was a huge help! Thank you all for your support!

Sincerely,  
Nicholas Ratay  
2018 SCRTA Scholarship Recipient

## 2019 Scholarship Recipients



### Lauren Tecca

Lauren, a senior at Archbishop Hoban High School, plans to attend Bowling Green State University this fall. An excerpt from her essay reads as follows:

**"Making lessons applicable and relevant are crucial to the engagement of students in 2019 and I plan to do this in my future classroom. As a teacher, I would look to change these issues by incorporating other subjects into my classroom to make connections and to show the application of the lessons to their daily lives. I plan to teach skills like critical thinking, creativity, and collaboration which the students can use in their future whether it is in higher level education, armed forces or the workforce."**

### Sandra Jean Spellman

Sandra is a freshman at Kent State University. She graduated from Nordon High School in 2018. An excerpt from her essay reads as follows:

**"My path to teaching was an easy decision. I come from a long line of educators starting with my grandmother, my aunts and both of my parents. When I say easy decision, it is not**

**because they vocally influenced me, it is because of what I witnessed by their passion and drive to make the world a better place each day they went to work. I was so inspired to change the world one student at a time just as they did and continue to do. I decided I wanted to be a high school math teacher and coach when I was a middle school student and I am currently working to achieve this goal. I am driven to make this dream a reality. I will not only teach but plan to coach and be an advisor when I begin working."**

As in the past, we have two remarkable young people that will carry the torch of education into the future. With your continued contributions, we can help make their journey a little less burdensome. Thanks again members for all you do.

Please note, that we will have a basket raffle and the contributions cups will be available at the June luncheon meeting.

*Judi Hill and Vicky Shaw, Scholarship Co-Chairmen*

## Get More Involved in SCRTA



If you are interested in getting more involved in SCRTA, we have an opportunity for you.

SCRTA is looking for a member to assume the responsibilities of the bulk mailing for our quarterly newsletter.

The duties include printing the Intelligent Mail bar-coded labels, meeting at the Hibernian Club in Akron to process the mailing, and delivering the mailing to the US Post Office on Wolf Ledges.

For more information, contact ...

Susanne Grywalski  
sgrywalski@aol.com



### Did You Know? Continued

someone else in conversation, in an email, or a letter. It is possible to get more pleasure in life and to regain a lost sense of enjoyment simply by performing regular tasks in an irregular way, i.e., eat ice cream with a fork, take your daily walk backwards or in reverse; rearrange your furniture pieces for a new appreciation of them, or use chopsticks instead of your hands to eat popcorn to better focus on the act of eating and the taste of popcorn.

Stress reliever: try the Relaxing Breath (Dr. Andrew Weil), aka the 4-7-8 Breath! Take a deep breath (count of 4), hold it (count of 7), and release it SLOWLY (count of 8).

More than 62% of Americans carry the ApoE3 genotype: the "Alzheimer Gene" (Dr. Andrew Weil).

Some types of fat are good for us! (1) Avocados (a whole one contains about 21 grams of fat); (2) Chia (these nuts are a good source of Omega-3); (3) Chocolate (a daily OUNCE of dark chocolate with at least 70% chocolate. It is rich in antioxidants and flavonoids; improves blood flow to the heart, thus cutting the risk of heart attack; lowers systolic – upper – blood pressure; and boosts HDL – good cholesterol); (4) Eggs (most recent studies do not show a link between egg consumption and heart disease; choose organic, from free-range chickens that are fortified with omega-3 fatty acids). (NOTE: This report was contradicted in the middle of March 2019! So be sure and safe: check with your doctor and cardiologist!) (5) Fish (oily, cold water fish is the best source of omega-3, such as striped bass, wild Alaskan salmon, herring, sardines, mackerel, and black cod). (6) Flax (sprinkle these ground seeds on cereal, salads, soups, stews, yogurt, oatmeal, or fruit and veggie dishes). (7) Hemp (Omega-3 benefits by toasting them and enjoying them as a snack). (8) Olive oil (Extra-virgin olive oil because of its higher amounts of monounsaturated fat – like anti-inflammatory properties similar to nonsteroidal anti-inflammatory drugs. Choose organic, with deep green aroma of grass and artichoke). (9) Nuts (Almonds, cashews,

walnuts, pistachios, and macadamia. Peanuts are legumes and less healthy.)

It's socialization, not duration of activity, that seems to increase the benefits of physical activity. Exercising with a friend is linked to longevity!

Nutmeg has been used as a spice for 3,500 years! Nutmeg residue was found on ceramics in Indonesia dated to 3,500 years ago – about 2,000 years before any previous use of the spice.

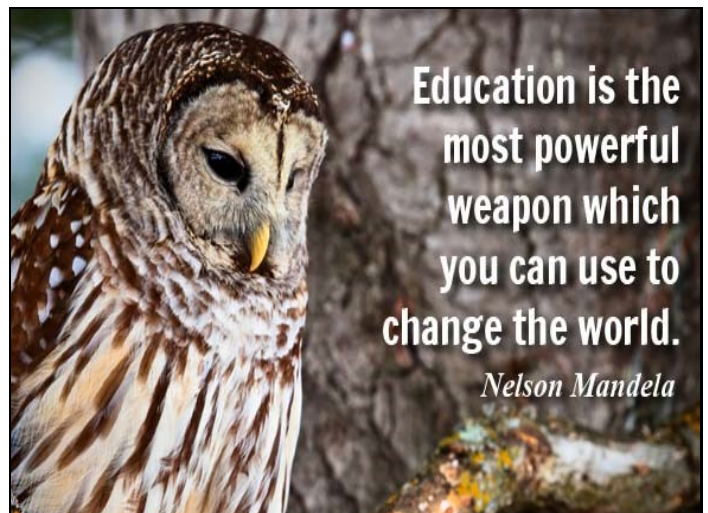
Happiest retirement places in the United States: Tops is Lynchburg, VA! The rest, in order, are: Ann Arbor, MI; Portland, ME; Carlsbad, CA; Durham, NC; Kennewick, WA; Cape Coral, FL; Provo, UT; Charleston, SC; and Burlington, VT. This study is based on five areas of their lives: Purpose (do they like what they do). Social (having supportive relationships). Financial (being able to manage their budget). Community (how much they like where they live). Physical being (Being in good health).

A nice thought: "A Friendship, like a fine antique, grows more valuable with every year that passes ... Your friendship has become my Treasure." (Audrey Jeanne Roberts)

Mary Kostas Anasson

Informative and Protective Services

*Editor's Note: Thank you for your article Mary. Give your daughter a big hug from me when you next see her. Elaine Jarvis*



**2016 - 2019  
SCRTA MANAGEMENT BOARD**



We've been noticing that the number of luncheon attendees has been dwindling over the last two years. We'd like to increase those numbers and attract new members to our group as well! For the next regular meeting and luncheon in June, we're asking that each of you invite one or more of your friends and co-workers to attend.

As a **BONUS Incentive** – a prize will be given to the two people who bring the most guests to the luncheon! Feel free to make copies of your newsletter and encourage others to come with you!

See you at our luncheon!

Ruby Winter and Carolyn Vogenitz

**President** - Paul DiMascio (330-882-4738)  
**1st VP/ Prog.** - Johnnette Curry (330-699-4123)  
**2nd VP/Legislative Chair** - Bill Sieferth (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** - Susanne Grywalski (330-773-9269)  
**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)  
**Chaplain** - Rebecca Moore (330-497-9326)

**Among the things you can give and still keep  
are your word, a smile, and a grateful heart.**

**—Zig Ziglar**



**Door Prize Time: "Giving and Receiving"  
April 2, 2019 Luncheon Meeting**

## A TRIP FOR YOU?



### **OHIO AMISH EXPERIENCE** **SCRTA Bus Trip** **Monday, September 30, 2019**

Perhaps you have been to Amish county and observed the rolling hills, immaculate farm houses, and buggy drawn carriages. You've sampled cheese, admired quilts, and have even dined at a restaurant that serves family style.

Consider a more in depth trip where you will actually visit the inside of a school and eat in Amish homes. *Summit County Retired Teachers Association is planning a trip this fall that includes the following:*

- Visit Behalt – the Amish/Mennonite Heritage Center for a short history of the Amish and Mennonites,
- Enjoy a buggy ride and visit an Old Order Amish buggy maker,
- Have lunch as well as dinner in Amish homes near Sugarcreek and Berlin,
- Visit a basket maker near Walnut Creek, stop at Heini's Cheese in Millersburg,
- And, options may include visiting Kaufman's Bakery and Bunker Hill Furnishings.

The trip will be through AAA and we must have 30 passengers in order to reserve the bus. At the April 2<sup>nd</sup> SCRTA meeting 22 people filled out interest forms. If you are interested and want to know more, please fill out the INTEREST form (THIS IS NOT A RESERVATION – just an interest survey) We will provide more information closer to the date of the trip.

Cost is **\$120** per person, due no later than 45 days before the trip (**August 17<sup>th</sup>**).

If you know for sure that you want to go, fill out

the RESERVATION form and send your money any time before **August 17<sup>th</sup>**.

Carolyn Vogenitz, 3326 Waterside Dr., Akron, OH 44319

Questions – call 330-645-9928, cell 330-329-9929, e-mail [wtsdpub@aol.com](mailto:wtsdpub@aol.com)



Welcome to our newest members: Ranay Hatherill, Barbara Hawkins, and Mike Rusnak. We hope to see you at our next luncheon on June 4 at Guy's Party Center. We now have 449 members in our local chapter.

Thank you to all the members who sent in their checks or paid dues at the last luncheon. We have 31 members who still owe dues for 2019. If you are not sure if you have paid, please give me a call or email.

Finally, we would like to update our records to include emails for all members; we only have emails for 114 of our members. If you would please email me at [sgrywalski@aol.com](mailto:sgrywalski@aol.com) (just add SCRTA in the subject line), I can copy and paste your email into our membership spreadsheet. Sometimes it is difficult to determine a handwritten zero (0) from a capital letter "O" or a one (1) from a lowercase "l." Sending me an email would eliminate the confusion and ensure we have your correct email.

Susanne Grywalski  
Membership Chair/Asst. Treasurer  
[sgrywalski@aol.com](mailto:sgrywalski@aol.com)  
330-773-9269



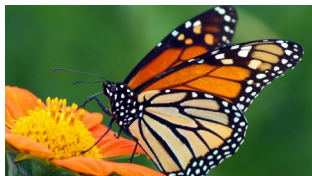


Summit County Retired Teachers Association  
452 Herbert Rd.  
Akron, Ohio 44312

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

ELECTRONIC SERVICE REQUESTED

*May—June*



**2019**

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

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

## COMMUNITY SERVICE

Some hotels no longer give sample beauty supplies. But remember, if traveling, we still accept them for donations to the organizations we support.

Always appreciated are full size health and beauty items, paper products, and cleaning supplies. You will receive an extra ticket for a prize with 5 or more donated items.

Thank you,  
*Christine Bean, Community Service Chairman*



**June 4, 2019** ... SCRTA / ORTA General Luncheon Meeting ... **12 Noon** at Guy's Party Center

**July 16, 2019**... SCRTA / ORTA Management Board Meeting ... **9:30 am** at the AEA Building in Akron

**September 10, 2019** ... SCRTA / ORTA General Luncheon Meeting ... **12 Noon** at Guy's Party Center



**SCRTA / ORTA GENERAL LUNCHEON MEETING**

**Tuesday, June 4, 2019**

**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 (330-962-6886)**  
**Or Carolyn Vogenitz 3326 Waterside Dr. Akron, OH 44319 (330-645-9928)****



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 May 25, 2019.

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: **SUSANNE GRYWALSKI – 1862 GLENMOUNT AVE., AKRON, OH 44301**

# Bus trip INTEREST FORM

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Please mail to: Carolyn Vogenitz, 3326 Waterside Dr., Akron, OH 44319  
Questions – call 330-645-9928, cell 330-329-9929, e-mail [wtsdpub@aol.com](mailto:wtsdpub@aol.com)

## NOT A RESERVATION FORM

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# Bus Trip RESERVATION FORM

Name\_\_\_\_\_

Address\_\_\_\_\_

Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email\_\_\_\_\_

In case of emergency contact \_\_\_\_\_

Please mail this form and \$120 check or money order made out to Carolyn Vogenitz, 3326 Waterside Dr., Akron, OH 44319 no later than **August 17<sup>th</sup>**.

## THIS IS A RESERVATION FORM

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