

# SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association August-September 2017

## President's Corner



Greetings!

We will be meeting at Guy's Party Centre' on Monday, September 11, 2017 at 11:30 a.m. for our third Luncheon Meeting of the year. Looking forward to seeing you!

Our Governing Board is busy revising our Constitution and By-Laws. They were last revised in 2013. We will inform the membership of the changes when we have finished. We are also in the process of updating the SCRTA Membership Directory.

As you are aware, we did not receive a COLA for the coming year and probably will not receive one for the next five (5) years. Also, those of us receiving a Medicare reimbursement will no longer receive same as of 2019.

However, a bit of good news! According to the July 2017 STRS Newsletter the following was reported: Eighty percent (80%) of retirees enrolled in STRS Health Plans will have lower premiums in 2018 than in 2017. For more detailed information, read your printed copy of STRS News for July 2017 or visit [memberbenefits@strsoh.org](mailto:memberbenefits@strsoh.org).

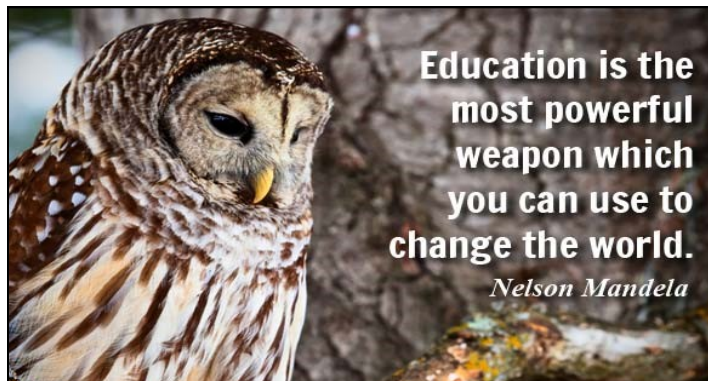
We are still in need of a Chaplain due to

the resignation of Blin Scatterday. Responsibilities are to provide a blessing at each luncheon and attend Board Meetings as available. Looking forward to meeting you!

Again, our third Luncheon Meeting for 2017 will be held at Guy's Party Centre' on Monday, September 11, 2017 starting at 11:30 a.m. Hope to see you there!!



Paul DiMascio, SCRTA President



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Gluten-free foods may be high in arsenic and mercury because they often contain rice or other products made with rice. People who eat gluten-free diets have almost twice as much arsenic in their urine and 70% higher levels of mercury as those who do not eat gluten-free. Look for non-rice based alternatives.

Free checking is twice as common at large credit unions as at large banks—with no strings attached. To find one of these credit unions, go to MyCreditUnion.gov and click CULocator.

Airline seat-back screens are on their way out. These screens will be replaced by content streamed to passengers' own electronic devices using improved wireless service.

A nasal swab may determine lung cancer someday. Researchers identified 30 genes in the nasal passages of patients with lung cancer that were active in a different way from those without lung cancer.

The deadliest days to drive are the 100 days between Memorial Day and the start of the fall semester of school. About 1,000 people die in crashes during this period by vehicles driven by teenagers, ages 16 and 17!

Extra-safe cars cost more to insure. The high-tech features that make them safer also cost more to replace. The technology often is in the bumpers, fenders, and external mirrors that are easily damaged.

Little-known uses for a few drops of baby oil: to remove a ring from a swollen finger; to untangle a knotted jewelry chain; to shine stainless steel or chrome; to dust wooden furniture; to quiet a squeaky hinge; to saturate a sticky bandage so that it can be lifted off more easily; to lift off price stickers; to fix a

stuck zipper.

The cognitive demands of intricate dancing, such as complex country dancing, may help strengthen the white matter in the brain. This white matter, which passes messages around the brain, deteriorates with age.

It is possible that iron-deficiency anemia may reduce blood flow to the inner ear and affect the nerve cells that transmit sounds to the brain. Hearing loss was found to be 82% higher in those with anemia than those without it.

A cardiologist who studied 20 million health records at more than 1,000 US hospitals for a period of two years found that hospital patients ages 18-55 who had used marijuana had a 26% increased stroke risk and a 10% higher heart failure risk than people who did not. It appears that marijuana was found to be an independent risk factor for cardiac problems.

Research proves that tub margarines are better for you than butter. Note: This does NOT include stick margarines that are still loaded with partially hydrogenated vegetable oil.

According to NUTRITION ACTION, there are many super foods for your better health. Some will surprise you in this list of 10 super foods! They are sweet potatoes, mangoes, plain (0%) Greek yogurt, broccoli, WILD salmon, oatmeal, garbanzo beans (a.k.a., chickpeas), watermelon, butternut squash, and leafy greens (i.e., kale, spinach, and Swiss chard).

As a superfood, BERRIES are very powerful and in a class by themselves! Blueberries, strawberries, raspberries, blackberries, cranberries, etc. can be better for your health than medicines or supplements. The antioxidants that give the berries their rich colors deliver a pure class of prevention and healing to the brain, heart, and every other system and cell in your body. Blueberries, strawberries, and/or blackberries can generate new brain cells and stop inflammation and oxidation that damage brain cells. Both the blueberry and the strawberry improve memory. Unfortunately, strawberries top the list of produce with the

**(Please see Did You Know? Pg. 4)**

## September 11th SCRTA Program



### **Chuck Kinkopf, AMBA Ohio District Manager**

Chuck Kinkopf was recently promoted to District Manager, Ohio - He has served AMBA as Senior Benefit Representative for AMBA since 2015. Now managing the Central and Northeast Ohio Regions, Chuck has an extensive healthcare background including 18+ years as an Ohio Bar Certified Attorney, Medical Device, and Medicare Benefits. Chuck and his family hail from Cleveland, Ohio and moved to Columbus roughly five years ago.

In addition to an open forum for "Q & A" during his presentation, Chuck will also be available for additional / situation specific inquiries following his presentation.

As many of you know, **AMBA** is the endorsed Benefit Administrator for your Ohio Retired Teachers Association [www.orta.org](http://www.orta.org). Chuck meets with the retirees to explain the supplemental benefits that "button-up" the areas your Major Medical and Medicare plans fall short / leave us at risk of catastrophic medical expense.

Despite ORTAs quarterly newsletter and AMBA's campaign to reach with over 138,000 retired educators in Ohio, we're reaching less than 30% of the Retirees.

In addition to making himself available to answer general Health and Medicare questions, Chuck will be highlighting and answering questions specific to the key areas of risk that most of you are already aware. We refer to our most significant risks include as the, "Big 3". They include *Long Term Care (i.e. Home Health, Assisted Living and / or Skilled Nursing Home), Cancer, Heart & Stroke and Medical Transport*. While you can certainly find plans outside of your ORTA's Group Benefits, however, these plans

are deeply discounted for our Members.

Given the drive from Columbus, Chuck plans to stay Monday afternoon and make himself available to meet with all of you that would like to discuss any of the plans. Additionally, he has made limited time on Tuesday and Wednesday to drive back to Summit County to assure everyone the opportunity to meet and discuss their benefit options. Let him know when you would like to meet as spots have already been filled.

On an unrelated note, with 138,000 of you and 18 of us, AMBA is spread very thin. In the event you know anyone orchestrating a job search that would enjoy working with Ohio's educators, please have them contact Chuck, he needs help!

Chuck is looking forward to seeing everyone on Monday, September 11, 2017. PLEASE call him to get him on your calendar ahead of time to discuss your benefits Tuesday and Wednesday ... as his days fill quickly.

#### Chuck's contact information:

Chuck Kinkopf  
AMBA – District Manager, OH  
Member – ORTA.  
Mobile. 614.420-6968  
em. [chuck.kinkopf@amba.info](mailto:chuck.kinkopf@amba.info)

*Ellen Goggins, SCRTA Program Chair*



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

most pesticides. Berries can lower your blood pressure and reduce other risks for heart disease. In a study where researchers examined 18 years of health data from over 93,000 women found that those who ate three or more servings of blueberries or strawberries a week (one serving equals a half cup) had a 34% lower risk for heart attacks than those women who ate them fewer than three times a week. Berries can fight all forms of cancer. Eating five or more servings of fruits and vegetables every day can prevent cancer, also.

**KIPLINGER reports** that the retail upheaval is going to get worse this year! E-commerce (9% of total sales, which includes 25% of electronics and 20% of apparel) AND deep-value stores (T. J. Maxx, etc.) are the twin forces upending the retail industry. These will continue to grow at the expense of traditional malls and other brick-and-mortar stores. Malls in smaller cities will be hit hardest. Look for 15% of malls nationwide to close. Traditional stores have to look to other methods to survive the new selling landscape. One example is to turn stores into distribution centers for shipping products ordered on line.

Amid rising fears about the vulnerability of power lines and other critical infrastructures, Uncle Sam has a new plan to protect the nation's electric grid. The Defense Advanced Research Project Agency is working on an automated system to detect physical attacks or cyberattacks on the grid. This \$77 million project could be operational by 2020 if all goes well.

**Top Five secrets to savvy travel:** **(1)** Fly on Tues., Wed., or Sat.—the off-peak days. This means lower fares, not as crowded cabins, and better chances to get a mileage-award seat. Save money by flying on Saturday and returning on Tuesday for a long weekend! **(2)** Hop between cities at midday when traveling through Europe or Asia, mainly because of the time element, highest temperatures, and poor lighting for camera buffs. **(3)** Visit islands during “shoulder” season when crowds are thinner but the

weather is still good. **(4)** Sign up for e-mail notifications. The best airfare and hotel sales are largely unannounced. **(5)** Get the best room for your dollar. At top hotels, rates vary according to occupancy. Call these top-end hotels at their on-site reservations desk and get best-time-to-go-information and lowest rates. Don't forget to ask for “ocean view.” It's worth a try!

Do you feel overwhelmed???? Try this quick 5-4-3-2-1 trick to work your way through your 5 senses. Name 5 things you can see right now, then 4 things you can hear, then 3 things you can touch, then 2 things you can smell, and 1 thing you can taste in your mouth right now. THERE!!!! NOW, are you not calmer?????

Mary Kostas Anasson, Chair  
Informative and Protective Services Committee

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**DID YOU FORGET US?**

**Volunteer Report Form**  
ENTER YOUR HOURS!

It was amazing that last year 60 people from SCRTA volunteered for over 15,000 hours. At every meeting we ask our members to fill out the volunteer hours form in front of each place setting. It is a fact that most retirees help out in community activities, church functions, family needs etc.

We would like to have more attendees make those forms out while they wait for the meeting to begin. If you don't want to make them out at our quarterly meetings, please mail them to us. We usually have 100 or more in attendance, but only 25 or less turn these in before we leave Guy's Restaurant.

For the 75% of our membership who do not attend regular meetings, would you please send the form printed in the newsletter with your volunteer hours? If you are too humble to want us to know all the good you are doing ... just write confidential on

**(Please See “Did You Forget Us?”, Pg. 5)**





## 2016 - 2018 SCRTA MANAGEMENT BOARD



Welcome to our **new members** – **Laura Jatich, Connie Kosanovich** and **H. Kent McMath**. We are so happy to have you join our organization and hope to see you at our next luncheon.

At this time we have 481 members. Please continue to encourage your retired teacher friends to join you at a luncheon so they might consider joining SCRTA. I will gladly reach out to any names you submit to me for possible membership.

Please contact me with any questions, comments, ideas or address corrections.

Gail Danford – Membership & Assistant Treasurer

330-524-8890

gdanford@att.net



### ("Did You Forget Us?" ... Continued)

the slip ... and no one except "moi" will know that information.

A big thank you to those of you who have been so faithful in reporting your volunteer activities all the time.

While we are able...let's do good for others!

Mary Lou Swartz

Keeper of the Hours!!

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

**1st VP/ Prog.** - Ellen Goggins (330-836-3822)

**2nd VP/Legislative Chair** - Kay Fluke  
(330-773-2097)

**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)

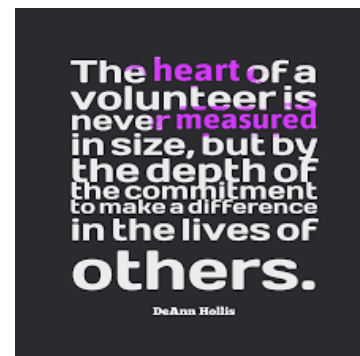
**Web Master** - Leroy Martin (330-666-3984)

**Nominating Committee: 3 elected members** -  
Johnnette Curry (330-699-4123); Carol Caughron  
(330-745-1776); Lennie Green (330-630-2440); and

**2 Members at Large** - Mary Anasson (330-836-4272) - Informative and Protective Services; Chris-  
tine 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

## August—September



**2017**

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

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

**ATTENTION NEWSLETTER RECIPIENTS:** If your address label is RED-LINED, this will be the last newsletter you will receive unless we receive payment for current dues.

## COMMUNITY SERVICE



The Summer school break will soon be over. To help the students have a good start to the new school year, please bring school supplies, pencils, pens, crayons, markers, etc., as well as cleaning, paper, and health and beauty products to the September 11th luncheon meeting.

We do receive thank you letters from the groups we give to. They're very appreciative of our donations.

You will receive an extra prize ticket for five or more items donated.

Christine Bean  
Lennie Green



**September 11, 2017** ... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Centre.'

**September 19, 2017** ... SCRTA / ORTA Management Board Meeting ... **9:30 am** at the AEA Building in Akron.

**November 6, 2017** ... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Centre'.

**SCRTA / ORTA GENERAL LUNCHEON MEETING**

**Monday, September 11, 2017**

**Guys Party Centre'**

**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, 2017.

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

**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**




Junior  
Achievement®

**VOLUNTEER TODAY**

**Junior Achievement** is the nation's largest organization dedicated to giving young people the knowledge and skills they need to own their economic success, plan for their future, and make smart academic and economic choices. Our K12 programming pillars are Workplace Readiness, Entrepreneurship, and Financial Literacy. These programs provide a sophisticated approach to the learning that students need in our rapidly changing world through **experiential, hands on-learning delivered by volunteers**. Our materials reinforce Ohio learning standards and our volunteers come from all walks of life. **YOU, the volunteer**, are the backbone of our organization! Junior Achievement reached 26,527 students in 1,264 classrooms and after school locations last year!

**Junior Achievement of North Central Ohio's District Leaders are:**

denise@jaofnco.org: Summit, Portage Counties

hannah@jaofnco.org: Summit County

holly@jaofnco.org: Medina, Coshocton, Holmes, Wayne Counties

cheryl@jaofnco.org: Ashland, Crawford, Knox, Marion, Richland Counties

**JUNIOR ACHIEVEMENT 1563 FIRESTONE PARKWAY AKRON, OH 44319 330.434.1875, EX.11**

## 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**