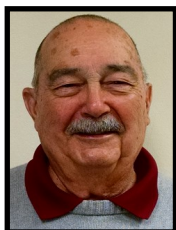


SCRTA NEWS

Summit County Retired Teachers Association

THE SUMMIT COUNTY AFFILIATE OF Ohio Retired Teachers Association March-April 2017

President's Corner



Greetings!

A great deal has happened since our November 2016 luncheon. We have celebrated Thanksgiving, Christmas, welcomed in a New Year and a new President. We have planned our four luncheon meetings at Guy's, along with four interesting programs and information for you to keep current on the status of our pension plan. Please plan to attend as many luncheons as you are able. Our first Luncheon Meeting is scheduled for April 3, 2017 at 12:00 noon at Guy's Party Centre.

Again this year, with the help of Gail Danford, our Membership Chairperson, we want to continue to increase our membership. We are asking our present members to encourage their fellow retired teachers to join SCRTA and be involved in our luncheons and activities.

I recently was in Green Village Rehab Center due to a fall. While there I met a fellow patient who was a retired teacher recouping from knee surgery. She was not a member of SCRTA. Needless to say, this young lady is receiving a membership form! We will continue to contact active

teachers nearing retirement and invite them to join us. If you know of someone planning to retire, please provide Gail or a member of the Management Board with contact information.

We held our first Management Board Meeting of the year on February 21 of this year. You will notice our choices at Guy's Restaurant have changed a bit. We trust you will find something to temp your palate. We will be holding a Fifty/Fifty drawing at the luncheon to enhance our Scholarship Fund. Also, you may have received an application in the mail recently to join the POPs organization. Your Management Board is in the process of setting up a meeting with the president of POPs. Joining at this time is an individual choice. When the Board has more information regarding the POPs organization, we will inform you.

Looking forward to seeing you at Guy's for our first luncheon of the year on April 3, 2017 at 12:00 noon.

Paul DiMascio

SCRTA President



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SCRTA Program Announced



Speak Up and Live author and national radio host, Pat Rullo, will be our guest speaker for our first spring meeting on **April 3, 2017**.

Pat is heard weekly on over 220 terrestrial radio and cable television stations throughout the country, on iheart Radio, iTunes, The Speak Up talk Radio Network and more—Promoting patient safety through live presentations and as the producer/hostess of the weekly radio show—Speak Up and Stay Alive Patient Safety RadiOh!

If you can only make one SCRTA meeting this year, this is the one to attend. Invite your relatives, neighbors, and former colleagues. Why this strong of a message? If you or a loved one is in the hospital...she just might give you some advice that will save your life. She is a patient advocate...big time!

Ellen Goggins, Program Chairman



We would like to encourage all members to send in their 2017 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 43 members outstanding at this time. If you are not sure if you have paid, please give me a call or email.

At this time, we have no new members to report. We have been given the names of four prospective members and they will receive this newsletter. Please continue to search out new members. At this time our membership is 490. This represents a steep decline in the past few years. We count on our

membership to spread the message about ORTA/SCRTA. Please contact me with any questions, comments, ideas or address corrections.

Gail Danford – Membership & Assistant Treasurer

330-524-8890 gdanford@att.net

2016 - 2018 SCRTA MANAGEMENT BOARD



President - Paul DiMascio (330-882-4738)

1st VP/ Program - Ellen Goggins (330-836-3822)

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

Past President - Mary Lou Swartz (330-644-2009)

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)

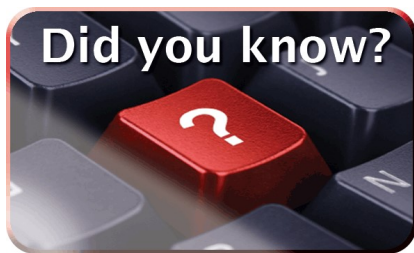
Nominating Committee: 3 elected members - Johnnette Curry (330-699-4123); Carol Caughron (330-745-1776); Lennie Green (330-630-2440); and

2 Members at Large - Mary Anasson (330-836-4272) - Informative and Protective Services; 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 - Blin Scatterday

Member At Large - OPEN



It is worth repeating: No matter what your medical insurance policy says, if the hospital puts you on “observation” status instead of “admitting” you, your insurance will **NOT** cover your stay! Hospitals tend to put patients on “observation” status (patients are **NOT** audited by insurers) because the hospitals often charge higher prices for these cases. (Example: \$8 for a Tylenol tablet). Always ask if you are being admitted or observed. If you are kept more than two hours, insist that you be formally admitted to be sure you are covered by your insurer.

The only **SURE** way to know if someone has Alzheimer’s is to do an autopsy of their brain after they die. Unfortunately, up to 25% of people who are told that they have Alzheimer’s actually have Alzheimer-like symptoms that are often caused by prescription drugs!

The phone company can legally charge you for services you never asked for! Over 20 million people a year are hit by these bogus charges, according to the FCC. Your solution: Call your phone company and tell them that you have been a victim of “cramming.” Ask them to remove the fees, refund your money, and block all “third-party billings” for vague charges like “service fees.”

If you hate waiting on “Hold” when you call Customer Service, and cannot get a “human,” try talking to the voice recognition system in an angry tone. Some companies have software that monitors callers’ speech and transfers them to a human faster. Don’t forget to be pleasant when you get a “human.”

REMINDER: The USPS does **NOT** send e-mails about missed deliveries. (**DO NOT** open these e-mails because they lead you to a malicious virus!) The **USPS** only leaves notices in your mailbox about these missed deliveries.

The best time to book airline tickets for the lowest prices is six weeks before your trip. The best days to book your trip are still Tuesdays and Wednesdays.

Research shows that the two high-carb foods that keep hunger at bay and keep you full longer than almost any other food are the **POTATO** and **POP-CORN**.

More than 40% of sunscreens failed to live up to their claims, according to Consumer Report.

Do not keep fruits and veggies in your frig bins because they will be “out of sight” and you’ll forget them and they’ll spoil. Suggestion: Store jarred foods and condiments in the drawers, instead.

HOW TO KEEP PRODUCE LONGER: Store apples in a plastic bag away from the veggies; apples emit a gas that is not a friend of veggies! Eat the largest apples first because they ripen faster. Wrap cabbage in plastic and refrigerate. Store the garlic in a dark kitchen cabinet. Keep onions in a dark, cool area or in a mesh bag in a dry, cool place. Keep potatoes in a dry, cool place—away from onions and apples. Do not refrigerate potatoes because that encourages starches to convert into sugars and give the potatoes a strange taste.

TOP FIVE HUNGER FIGHTERS: wheat, berries, almonds, apples, lentils, and collard greens (or spinach).

HOW A TOP CARDIOLOGIST PROTECTS HIS HEART: Drinks room-temperature water; makes time for prayer and reflection; does fast workouts; has a healthy breakfast; eats a plant-based diet; uses heart-healthy supplements (with a doctor’s permission); gets enough sleep—at least 7 hours.

Cell phones and other wireless devices emit a type of microwave radiation (RFR) that can cause brain cancer and other cancers. More than 90 studies showed that this radiation can damage DNA, the first step on the road to cancer.

Hot drink danger: Piping hot coffee or tea above 149 degrees F can damage the tissue of your esophagus and can lead to cancer of the esophagus, according to more than 1,000 studies.

In a recent study, 2000 people were asked to



DOES 60 EVER = 15,111?

You will have to read below to find the answer to the headline question.

You know the old saying of give a busy person a job and it will get done. Well, dear colleagues, our membership is very busy volunteering in our communities. The most common places of volunteering was in our schools and churches. A random listing of notable volunteer areas are listed at the end of this article

For bookkeeping purposes and for completion of ORTA'S survey, ONLY hours volunteered for 2016 were used. A number of members also included 2015 hours ... which could not be used.

Congratulations to the following SCRTA members who reported amazing volunteer hours for this past year. They are: Judi Hill, 2500 hours; Elaine Jarvis, 1000+ hours; Charles Rietz, 955 hours; Carmen Oyenque, 725 hours; and Alice Shade, 600 hrs.

We have close to 500 SCRTA members. Can you imagine how many hours could have been reported if only ½ of our membership took the time to let us know how they are volunteering for their communities? It is VERY important that more of you take part in our meetings just four times a year and fill out the volunteer hours form or send them in the mail to me. I want to thank Bob Jones who had sent in his hours even though he has not been able to attend our meetings. His was the first form that was turned in with many volunteer hours. His volunteer work is mostly with the Veterans. He is one of those wonderful veterans who goes out to the funerals for their Final Salute!

So when does 60 = 15,111? When 60 members of SCRTA go out in their community and donate 15,000 hours of volunteering. Can we make it to 25,000 hours for 2017?

A SAMPLING OF WHERE SCRTA MEMBERS VOLUNTEERED

CHRIST CHILD, TOWPATH CREDIT UNION, CASA, LEADERSHIP AKRON, LIONS, HISTORICAL SOCIETIES, METRO PARKS, SALVATION ARMY, GOOD NEIGHBORS, CASE BARLOW FARMS, QUESTERS, HUDSON WOMAN'S CLUB, GOSPEL MEETS SYMPHONY, CIVIC THEATER, JUVENILE COURT, FRIENDS OF CHILDREN'S HOSPITAL, WKSU, OPEN M, GOLF TOURNAMENT, INTER-FAITH CARE GIVERS, SUMMA HOSPICE, KIWANIS, STAN HYWET, BRAILLE WORK CENTER, AKRON SYMPHONY, STEWART'S CARING PLACE, CHILDREN'S CONCERT SOCIETY, MAGICAL THEATRE, SUPER KIDS PICNIC, POLITICAL PARTIES, AARP GROUPS, AKRON CITY WOMAN'S CLUB, HOLIDAY TREE FESTIVAL, THETA PHI ALPHA, AND OF COURSE ... SCRTA!

Your keeper of the volunteer hours,
Mary Lou Swartz

(Did You Know Cont.)

estimate the age of women in photographs. A smile took two to four years off, while people with sad faces looked a year older.

Fake Facebook offers are designed to steal users' ID's and information. If a post claims you will get something free in return for liking, sharing, or clicking, it is probably a scam. If a Facebook page has zero negative reviews or comments, avoid it. Never click a link in a Facebook post from a source you do not recognize.

We all want hope. We can all get more of it by **FOUR CORNERSTONES: ATTACHMENT**—a feeling of connection and trust; **MASTERY**—a sense of empowerment and purpose; **SURVIVAL**—the ability to manage our fears and generate multiple options instead of feeling trapped; **SPIRITUALITY**—faith in a religion or a set of life-defining values.

*Mary Kostas Anasson, Chair
Informative and Protective Services Committee*



Scholarship News

One new endeavor of the Scholarship Committee of SCRTA, is to check in with our scholarship recipients and catch a glimpse of how they are doing at the collegiate level. Here are their responses to our query:

2016 Recipient: Benjamin Daniel Berry – The University of Dayton (Revere High School)

I'm excited to share with you that I am having a fantastic experience at The University of Dayton. I have enjoyed meeting so many new people, through day-to-day activities, as well as clubs. I joined a service club, Astronomy Club, and a pep rally club to deepen my connection at UD. I also got a job at the Law Library. Academically, I have been challenged, but I made the Dean's List my first semester. I am still very thankful for the scholarship I received, as I have to worry less about my student debt. I hope you are also enjoying the new year!

2015 Recipient: Brooke Tokes – Bowling Green State University (Norton High School)

I appreciate the committee checking up on past winners. I am in my fourth semester at Bowling Green State University as an Inclusive Early Childhood major. For three of those four semesters, I have completed about 30 hours of field placement each semester. I have had a lot of time in a classroom and I have loved every minute of it! I have learned so much about child development, education, inclusion, diversity, and much more. I love the time I have had so far at Bowling Green, and I am super excited to be starting student teaching in a preschool classroom next year! I am also in a service sorority, Omega Phi Alpha, which we focus on completing at least 30 service hours on campus and in the community throughout northwest Ohio. I work at a learning center here in BG in the infant room, and I love it! I enjoy seeing my babies' faces every morning

(whether they are smiling or crying)! They always brighten my day. As you can see, I am doing very well and I am loving BG! I can't believe it has already been two years since I received this scholarship, and it is even harder to believe that I am nearly halfway through college already!

2014 Recipient: Olivia Myers – The University of Akron (Lake Center Christian School)

In 2014, I received the Summit County Retired Teachers Association Scholarship, which was before classes commenced for my first semester at The University of Akron. Now, I am a junior! Since that time, I have been accepted into the LeBron James Family Foundation College of Education and have been on the President's List (4.0 GPA) for four semesters. Without the Summit County Retired Teachers Association Scholarship, I would never have been able to afford tuition costs and achieve my long-held dream of teaching kindergarteners. Thank you!

As you can see, the recipients of the last three years are actively engaged in their coursework and college experience. And you, my dear colleagues, can “pat yourselves on the back” because you willingly and generously give to the scholarship fund. In April, we will have our 50/50 Raffle and as always, the cups will be on the table for your donations. Applications for the 2017 scholarship are out and the committee is anxiously awaiting to select the next recipient!

Judi Hill & Vicky Shaw
Scholarship Co-Chairmen



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

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

March - April



2017

SCRTA Website
www.summitcountyrta.org

Leroy Martin - Webmaster
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



You've had 5 months to collect products for our community outreach projects.

Please bring paper, cleaning, **health and beauty**, and hygiene products to the **April meeting**.

Again, you will receive an extra door prize ticket for 5 or more items donated.

Thank you!

Chris Bean and Lennie Green



April 3, 2017 ... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Centre.

April 11, 2017 ... SCRTA / ORTA Management Board Meeting ... 9:30 am at the AEA Building in Akron.

June 5, 2017 ... SCRTA / ORTA General Luncheon Meeting ... 12 Noon at Guy's Party Centre.

SCRTA / ORTA GENERAL LUNCHEON MEETING

Monday, April 3, 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 **March 29, 2017.**

Note: *Guy's Party Center will no longer offer baked chicken on the menu choices. Because of this, we will be trying their Chicken Paradise – 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**



“JONAH” - Lancaster PA. with QVC Studios & Longwood Gardens

September 15 & 16, 2017

The Millennium Theater presents the outstanding production of “JONAH” plus these other special features included with this tour. - QVC Studio Tour - a guided walking tour thru the fantastic world of electronic retailing – see & experience how QVC products are sourced, tested, brought to life on air and delivered to millions of customers. - Then to Longwood Gardens for a self-guided walking tour. Tradition and elegance await as you experience the change from summer to fall amidst these magnificent gardens. - Also included are a bountiful dinner at Hometown Kitchen and a great hotel.

Fee - \$335 pp double/triple/quad occ - \$385 single

\$75.00 deposit asap to reserve space. Balance due no later than 45 days prior to departure. A “Refund Protection Plan” is available, but in general when tickets are involved refunds are limited. (Call Carolyn Vogenitz 330-645-9928 or 330-329-9929, email wtspdpub@aol.com, or Gad-About for more information.)

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