

Sno-King School Retirees



March-April 2020

The SKSR Bulletin



A message from your board

What's happening...

by Roberta Hawkins, chair

What do we do once the holiday decorations are finally put away and our new year's resolutions are beginning to fade?

I suspect we all begin to look forward to spring and a renewed spirit of getting out and about and becoming involved, of reaching out to those around us, and engaging in the activities available to us.

A few suggestions for you to consider

Some involve only making a choice to contact one person in your life. Consider contacting a former colleague. Pick a day of the week and give her a call just to check in with her. Or write a note to let her or know you are thinking about her. Make a date and go for coffee or lunch. There are at least two benefits—she will feel special, and you will feel good as well: a win-win.

Another option to push away the doldrums of winter might involve taking some action. Write a letter to your legislator giving him details about how retirement benefits affect your life. Attend a social event or an SKSR Board meeting. We would love to have you join us and share your thoughts about our plans and activities. We are always looking for fresh ideas. Our meetings are held on the second Thursday of each month at the Edmonds School District ESC, 20420 68th Ave. W., Lynnwood, WA 98036. We meet from 1:00 to 3:00.

How about putting our next field trip on your calendar and joining us? Thursday, March 19, SKSR will go to Seattle's Asian Art Museum at Volunteer Park. Read more about this event in this *Bulletin*. You could also join us on Thursday, April 16, at another inspiring event: our Spring Luncheon honoring the recipients of our annual scholarships. Not only will you enjoy a great meal, you will also get

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Erma Snook, Membership Records
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Our next event

Annual Scholarship Luncheon—April 16

by Linda Fitzgerald



Mark your calendar!



The annual Scholarship Luncheon will be held this year on April 16th at the First Lutheran

Church of Richmond Beach, located at 18354 8th Ave NW, in the Shoreline area.

The luncheon will begin at 11:30 with an opportunity to greet friends, followed by a catered uncheon at 12:00. Cost for the lunch is only \$5 for

members and \$10 for guests.

Our four new SKSR scholarship awardees will be introduced, and we will hear from each of them.

Keith Lindaas will give feedback on the progress of our Winnie Smith awardees, who are continuing their college education and receiving another year of scholarship money.

Shoreline School District Superintendent Rebecca Miner will update us on what's happening in her district.

Our main speaker will be Edmonds School District teacher Marjie Bowker, talking about her November trip with a Washington state delegation, including six students, to Dharamshala, India, to meet the Dalai Lama.

RSVP to Linda Fitzgerald: fitzdl@aol.com or 425-778-9549 by Friday April 10, if you would like to attend. E-mail is preferred, as I will be out of town some in March.

Our joint event with Sno-Isle

Luncheon at Le Bistro—May 12

by Evie Nordeen

Our May joint meeting will be at Le Bistro, in the Sno-Isle Tech Skills Center, 9001 Airport Road, Everett.

Remember the date has been changed to May 12th. We're looking forward to this event, which begins at 11:30. Co-partner Sno-Isle, planners of the luncheon, shared the following information about the speaker:

Arthur Krull is a native of Seattle and a graduate of the University of Washington. He has had



a successful career as a civil, military and commercial pilot. Being hijacked to Cuba in 1980, while

as a Second Officer on a Delta Airlines flight, changed his life. In the years since, he has told the story of his hijacking as a motivational speaker to audiences who have often encouraged him to write a book about the experience.

Now retired, Art lives with his wife near Paine Field in Everett, where he began his flying in 1967. He is a volunteer ambassador at the Boeing Future of Flight Aviation Center, and he writes articles about aviation for its volunteer newsletter. Mr. Krull will have copies of his book, *Hijacked: A Critical Change of Plans*, available for purchase.

We are limited to 30 people attending this joint meeting. We will be having beef or chicken as the entrée for our luncheon. The cost is only \$5 for members and \$10 for guests.

Please contact Evie Nordeen at evie.nordeen@gmail.com or 425-775-1127 to reserve your place and to let her know your meal choice by Wednesday, May 6th.

We hope to see you there!

Legislative Report

Tim Knopf, WSSRA Legislative Committee member

Update—Plan 1 COLA bills pass both houses!

Today is February 20, 2020, the 39th day of the 60-day 2020 Legislative Session—the day after the 5:00 p.m. February 19th deadline, when legislators stopped floor action on their own house's bills to begin hearing opposite house bills in their respective policy committees.

Happily, both of the COLA bills for which we have worked for two years passed floor votes in their home house chambers **by unanimous votes** before the deadline!

You played an influential role!

So many of you have worked and written vigorously, and now we know that legislators heard what you were saying! *School retirees are now a force to respect!* Give yourselves a pat on the back—you've earned it.

More proof that you have been heard comes in the form of a letter written by Representatives Mari Leavitt, Skyler Rude and Shelley Kloba and sent to House leadership in support of the 3% Cost of Living Adjustment. This letter was signed in support by 56 other members of the House of Representatives, including these from the NW 1 area:

Rep. John Lovick, District 44
 Rep. Luanne Van Werven, District 42
 Rep. Debra Lekanoff, District 40
 Rep. Carolyn Eslick, District 39
 Rep. Mike Sells, District 38
 Rep. Strom Peterson, District 21
 Rep. Lillian Ortiz-Self, District 21
 Rep. Dave Paul, District 10
 Rep. Norma Smith, District 10
 Rep. Shelley Kloba, District 1
 Rep. Davina Duerr, District 1

We should all thank these representatives for their strong and courageous support of our COLA.

What's the next step?

House Bill 1390 must next clear all the hurdles waiting for it in the Senate and Senate Bill 5400

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a chance to reconnect with other SKSR members. In addition, you will see what your membership in SKSR does to support and continue the successes of public education. See information about this event on top of Page 2 in the newsletter.



must do the same in the House. The next hard deadline is Friday, March 6, the last day to consider opposite house bills.

Whichever COLA bill passes, it must fit within the state's operating budget. They've got to be able to pay for it. Good news came yesterday when the Washington State Economic & Revenue Forecast Council announced that their latest economic forecast should provide the state an additional \$536 million in revenue next biennium. That, coupled with the possible end of Boeing's \$900 million annual tax break, could even pay for an ongoing annual COLA.

While all our work so far has been for what some call "just" a one-time COLA, that doesn't mean that the roughly \$62.50 per month COLA would be paid for just a single year. If it becomes law, you'll get that money from then on; it just won't increase.

Our ultimate goal: a continuing COLA

With an annual, ongoing COLA, as inflation rises year-by-year, the COLA offsets it by paying you additional money to match inflation (typically up to 3%), ending the slide that all Plan 1 retirees have suffered since 2010. Achieving that is our ultimate goal, and it's the only way we'll stop Plan 1 members' downward trajectory. I hope that we will begin work for a continuing COLA as soon as this session ends.

Some other bills important to school retirees are moving forward. If you would like to read weekly updates or want more information about the bills, go to: <https://wssra.org/index.php/legislative/legislative-insight>

Please thank your legislators

Please thank your legislators for their votes in support of the COLA. Keep your computers and laptops handy, just in case, and be of good heart until the session ends on March 12, 2020.

Regardless of what you choose to do, the mere act of doing something to reach out to and to engage with others sets a stage for new insights for the renewal that spring can bring. Come on...join in the fun (and, hopefully, some sun); get out and enjoy what spring and SKSR have to offer!

Grants update

Grant survey/results

by Karen McElliott

In November the Grants Committee received only 19 grant applications. This was a dramatic decrease from past years. And as a result, only about half of the \$9,000 grants' budget was spent.

Not knowing the cause for this decline in interest, the committee surveyed 91 active members who had applied for grants in the last 10 years about their reasons for not applying in the fall. The committee received 22 responses (a 24% return). The reasons most frequently cited were (a) unawareness of the grant-window deadline and (b) the feeling that the member was no longer eligible to receive grants due to the amount awarded in the past. No one cited the reason for not applying was that (a) the maximum grant amount was insufficient, (b) the deadline did not fit classroom scheduling needs or (c) there were technical issues in the application process.

The active-member grant applications open at the beginning of September and close on the first Thursday of November. Active members can expect pertinent information to appear on the SKSR website and in the fall issue of the *SKSR Bulletin*.

As previously reported, the board revised the grant process last summer. One change concerns members who have received multiple grants. In the past, when the Grants Committee received more applications than it could fund, it denied some applications in favor of awarding grants to first-time applicants. However, the committee was unhappy with this policy; it wanted to encourage new applicants but not disregard those who have made multiple requests, and it also wanted to fund quality grants regardless. As a result, the committee developed and the board approved new guidelines for grant eligibility and scoring which, hopefully, acknowledges both populations. Now an active member is eligible to apply if s/he has received less than a total of \$1,000 in grants OR has received over \$1,000 but has not received money in the past three school years. The new scoring criteria score the application for the number of previously awarded grants, but the remaining traits are scored solely on the quality of the current application. (The scoring criteria are listed on the Grants Information page on the SKSR website.)

Thank you to the active members who answered our survey; your responses were shared with all the board members.

SKSR grants presented to active educators to enhance programs**Canyon Creek Elementary, Northshore: Jennifer Ross, presenter Karen McElliott, Bruce Denton.**

Jennifer will use her grant to purchase three Awareness Kits for use with ELL students. Bruce will use his grant to create sensory walks in the hallways of two Canyon Creek buildings.

**Hilltop Elementary, Edmonds: Sarah Allsop-Fine, Lisa Reid, presenter Karen McElliott.**

Sarah is using her grant money to purchase a classroom set of fiction and nonfiction hi/lo books. Lisa is purchasing hi/lo reading level books for K-4 students.



Lake Forest Park, Shoreline: (top) Presenter Mary Lynn Potter, Frank Klevn.

Frank is purchasing 18 early reader, chapter books for the library.

(bottom) Presenter Mary Lynn Potter, Tamara Thompson.

Tamara is one of three teachers in the building using the funds to provide a STEM Motion and Design workshop presented by Rick Hartman.

Lake Forest Park, Shoreline: (top) Presenter Mary Lynn Potter, Kim Clasen.

Kim is one of three teachers in the building using the funds to provide a STEM Motion and Design workshop presented by Rick Hartman.

(bottom): Riley Kreutzer with several of his students.

Riley is one of three teachers in the building using the funds to provide a STEM Motion and Design workshop presented by Rick Hartman.

Scholarships for future educators

by Linda Fitzgerald

Scholarship application forms are now available. Eligible students are those graduating from one of the high schools in the Edmonds, Northshore or Shoreline school districts who are planning a future as a teacher or related school employee.

We will award a total of four scholarships, each worth \$2,000. Because of a donation from one of our members, Winnie Smith, students are able to renew the scholarships for three more years, as long as they continue with their goal of being in an education-related field. Two years will renew at \$2,000 with a final year of \$2,500.

Our annual service project

Washington Kids in Transition

by Virg Rayton

Kim Gorney and Susan Larson were moved by an article in a 2014 Edmonds Beacon reporting a school bus driver's discovery of a hungry child among his riders. They independently approached the Edmonds School District to see what could be done. Their meeting began a solid friendship and team.

They learned there are over 1,200 children in South Snohomish County who are considered homeless and part of the McKinney-Vento Homeless Children and Youth Assistance Act. These children may live in shelters, tents, cars, transitional housing or other temporary housing.

Kim and Susan now head up what is known as the local unit of Washington Kids in Transition. Sno-King School Retirees had been helping the Food Lifeline for several years before it moved to a larger facility in south Seattle. That proved inconvenient so a more-accessible service project was sought. Washington Kids in Transition, which is committed to the provision of basic needs to homeless children, seemed to be a perfect fit for our retired educators to support and was sitting right under our noses.

We learned that 16 dedicated McKinney-Vento bus drivers transport these children daily and distribute small bags of nutritious snacks to them as they leave school. Many of these children may not have anything

more to eat until they arrive at school the next morning.

In January 2019, we offered our first helping hands. Fourteen volunteers went to the Edmonds Methodist Church to bag snacks that we'd purchased. This January, 27 volunteers came, including almost all of the original 14, to do the same. We purchased nutritious snacks with \$766 in donations received, and in one hour 15 minutes our team packed over 2,500 bags, which filled 39 bins.

All who volunteered left with a feeling of fulfillment and pride. For sure, we'll include Washington Kids in Transition in next January's program. Come join us (again).

Anyone wishing to further support Washington Kids in Transition can contact Director Kim Gorney at 206-697-3385. They welcome individually wrapped and ready-to-eat food items, since some children don't

have access to kitchens. Examples of good snacks are granola bars, Pop Tarts, raisins, instant oatmeal, fruit roll-ups or fruit snacks, fruit pouches, beef jerky, fruit cups, pudding cups, hot chocolate packets (just add water), Cup of Noodles, cups of soup with pop top lids, instant mac and cheese, portable chicken or tuna and crackers packets, cheese and crackers, juice boxes and small water bottles. Also money, clothing (coats, jeans, shoes, socks, underwear), toiletries, hygiene items, paper lunch bags and plastic spoons are always welcome.



College Place Elementary, Edmonds; Jean Marty, presenter Jim Siscel, Erica Morgan.

Jean will purchase eight iPods to establish a listening station. Erica will use her grant to provide bus transportation for a second-grade field trip to Woodland Park.



Lynndale Elementary, Edmonds: Sarah Fell, presenter Lynda Hughes.

Sarah is creating a classroom listening station, including an eight-station junction box, headphones and a boom box.



Briarcrest Elementary, Shoreline: Presenter Barb Bumgardner, Carrie Wandler.

Carrie will purchase a cell-phone-tripod mount and a microphone for the Briarcrest News Network.



Units of measurement

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1 bananasecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 200 yards at 1 nautical mile per hour = Knotfurlong
7. 365.25 days of drinking low-calorie beer = 1 lite year
8. 16.5 feet in the Twilight Zone = 1 Rod Serling
9. Half a large intestine = 1 semicolon.
10. 1,000,000 aches = 1 megahurtz
11. Basic unit of laryngitis = 1 hoarsepower
12. Shortest distance between 2 points = a straight line
13. 2000 mockingbirds = two kilomockingbirds
14. 1 kilogram of falling figs = 1 Fig Newton
15. 1000 cc's of wet socks = 1 literhasen
16. 8 nickels = 2 paradigms

NW-1 Coordinating Council report

by Jim Siscel

Members in attendance received a briefing about the 2020 census from Sara Bernardy, Partnership Specialist with the U.S. Census Bureau. The effect on money received by a state is considerable if people are not counted. For example, if a family of five is missed, a state will lose \$100,000 over the next 10 years. In mid-March 95% of households will receive a census invitation in the mail. We will be asked to respond online or by telephone call to the 10 questions. The other 5% of households will receive their census invitation when a census taker drops it off. There can be up to four reminders before a person comes calling. At the following link on the AARP website you can find out about possible census scams. <https://search.aarp.org/gss/everywhere?q=Census%20Scams>

WSSRA Executive Director Alan Burke gave a briefing about various topics, including increasing membership and bringing in new members, involving members in leadership roles, and the WSSRA website.

NW-1 Coordinating Council Representative Kay Bishop presented information about the WSSRA scholarships and when and how they will be read to select awardees.

Area Legislative Representative Tim Knopf reviewed the legislative goals for this session, especially, working for a COLA for our Plan 1 members. WSSRA is supporting an AARP bill to lower prescription drug prices.



Health News

Are they “senior moments” or something more?

by Donna Murrish

Sources: *Focus on Healthy Aging; UCLA Healthy Years; Consumer Reports on Health*

Chances are, at some time or another, you’ve walked into a room and forgotten why you were there, or perhaps you were unable to recall a person’s name upon seeing him or her but remembered that name sometime later. These episodes, “senior moments,” are generally just temporary lapses in memory. Much of this might be more attentional or focus-related or, as we get older, information just can’t be processed as fast as it used to be—changes you may notice but probably don’t need to worry about.

That being said, it’s also probable that most of us have been touched in some manner by dementia. Perhaps a family member or a friend or colleague has some form of dementia—Alzheimer’s being the most common kind.

Trying to figure out what is normal, age-related forgetfulness versus something more is not always a black-and-white issue. Age-related memory changes most likely are normal. Issues that could be red flags include forgetting names of family members, having difficulty following conversations, getting lost while walking or driving in familiar areas, becoming disoriented when it comes to time and place, and feeling overwhelmed if you need to make a decision or a plan or follow instructions to do something.

Diagnosis

Common memory tests by a primary-care doctor or a geriatric physician can be a first step before deciding whether to be referred to a specialist for more extensive testing. One common test called the Mini Cog includes comprehension and recall. Another commonly-used assessment is the Mini-Mental State Exam (MMSE) which is a quick way to evaluate language function, attention, speed of processing, etc.

Neither the Mini Cog nor the MMSE can diagnose a specific underlying disease, but it can indicate if there are problems that warrant further investigation.

More comprehensive tests may be administered by neurologists who specialize in diseases of the brain,

spinal cord and nerves. Geriatric psychiatrists specialize in distinguishing between physical and psychological causes of disorders in older adults. Their expertise deals with memory problems that involve psychiatric issues such as major depression, anxiety, agitation or delusions. Tests with these experts require more time and possibly multiple visits. Diagnostic tests may also be ordered, such as blood tests, MRIs and CT scans. In addition, some medications can impact a person’s memory and cognitive function.

Looking ahead

According to research, the understanding of dementia and the ability to delay or possibly prevent cognitive decline are improving. As people live longer, healthier lives, many of those who develop

dementia today do so much later in life.

Get moving: Evidence suggests that regular exercise may be one of the better ways to help prevent or slow cognitive decline.

Eat a heart-healthy diet: Generally, diets good for your heart are good for your brain (MIND, Mediterranean, Nordic, Japanese, DASH).

Control blood pressure: Know your numbers. Take meds if you need them, but be cautious. Taking too much can come with side effects.

Engage your brain: Anything that stimulates your brain and forces you to learn might help, maybe taking a class or learning a new language. Social engagement is also important, and learning something new may provide that opportunity.

Pharmaceutical solutions may be moving closer, but progress is slow and incremental. If you read about trials where one drug suddenly appears to be especially promising, be cautious. It’s unlikely that one single drug is going to have major effects.

Future treatment for Alzheimer’s may prove to be most effective when multiple approaches are used together.





Echo Lake Elementary, Shoreline: Presenter Jim Sisco, Allan Rand and Joe Wack. *Allan is using his grant money to fund a fifth-grade field trip. Joe is purchasing books that feature more diverse characters for his classroom library.*



Syre Elementary, Shoreline: Michelle Carrol, Maggie Dunleavy and Julie Anneberg. *Michelle is using her grant for a Woodland Park Zoo UP CLOSE Program and field trip admission for the Annual Club. Julie is purchasing 12 copies of Our Only May Amelia and 32 portable whiteboards. Michelle's grant will provide bus transportation to Shorewood High School for fifth- and sixth-graders to attend a Black History Month event.*

Member Information Updates

New Members

- Crystal K Abeyta*
- Jaime A Atencio*
- Jennifer Blackstone*
- Jean H Bolivar*
- Trina KChide-Shaw*
- Stacy S Crum*
- Sally J D'Ault*
- Theresa M Forssen*
- Kristina Gray
- Molly J Kaiserman*
- Marcy Lewis*
- Peggy G McCormick*
- Deborah J McGivern*
- Cassie E Morton*
- April J Musselman*
- Jeffery D Olson*
- Consuelo V Palmer*
- Valerie M Rahill*
- Tracy E Reilly*

• denotes active educator

Deceased

- Eunice Christensen, 1/2020
Member since 2012
- Ellen Cooke, 1/2020
Member since 1995
- Donald Haase 12/6/2019
Edmonds, Member since 2007
- Philip Nelson, 1/2020
Member since 1998
- Fillmore Sankey, 12/27/2019
Edmonds, Member since 1997
- Mike Wolfington, 12/27/2019
Edmonds, Member since 2010

New Math?

We had to have the garage door repaired. The repairman told us that one of our problems was that we did not have a "large" enough motor on the opener. I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower. He shook his head and said, "You need a 1/4 horsepower." I responded that 1/2 was larger than 1/4 and he said, "NOOO, it's not. Four is larger than two."

My husband and I went through the McDonald's driveway window and I gave the cashier a \$5 bill. Our total was \$4.25, so I also handed her 25cents. She said, "You gave me too much money." I said, "Yes I know, but this way you can just give me a dollar back." She sighed and went to get the manager who asked me to repeat my request. I did so, and he handed me back the 25cents, and said, "We're sorry, but we don't do that kind of thing." The cashier then proceeded to give me back 75 cents in change.

**On Februray 20, both houses of the state legislature PASSED—
with unanimous votes— Plan 1 COLA bills.
See page 3 for details and what happens next.**



Help us with the *Bulletin*

The deadline items for the next *Bulletin* is ***April 13***.

Please send changes in your mailing address, telephone number, or e-mail address to
Erma Snook, egsnook@comcast.net, or call 425-776-2067.

If you know of illness, please call Sunshine Chair Evie Nordeen, 425-775-1127.

To help with mailing our next *Bulletin* ***May 4***,
contact Robin Randles, 206-542-6428 or Robinrandles@cmug.com