

Sno-King School Retirees



July-August 2022

The SKSR Bulletin



A message from your board

What's happening

by, *Jim Siscel, chair*

We are continuing in our work to finalize the procedure to hire a clerical assistant to help the board officers fulfill their commitments. Please see page 2 for that update.

We have good news—Cathy Webb has agreed to fill the vice-president position of our organization.

We still need someone to be our president. We will be voting on our three officers, vice-president, treasurer and secretary at the picnic. We will also be voting on three additional policy items at the July picnic.

Treasurer Tom Hawkins has informed the board that this will be his last year as treasurer. We need someone to serve as treasurer in 2023, and it would be helpful if they work with Tom for this year to become familiar with the requirements of the position. Please contact Tom or Jim Siscel if you are interested. Without a treasurer, we CANNOT continue to operate.

Our WSSRA Convention has been moved to September 12-14 at Grand Mound (Rochester), just north of Centralia at the Great Wolf Lodge. If you are interested in attending, please contact Jim Siscel, 415-778-7202, jsiscel@comcast.net.

Be sure to read about how the cost of Uniform Medical for Supplementary Medicare insurance will be increasing in 2023 on page 3. This news affects over 55% of our retirees.

Your board will be having its planning retreat on Thursday, August 11th. If you would like to participate, please contact Jim at the phone and email above.

OFFICERS

vacant, President

vacant, Vice President

Jan Phillips, Secretary

Tom Hawkins, Treasurer

COMMITTEE CHAIRS

Barbara Berg, Scrapbook

Linda Fitzgerald/Keith Lindaas, Scholarships

Robin Randles, Health

Virg Rayton, Community Service

Marlene Johnson, Hospitality

Barb Bumgardner, Sunshine

Karen McElliott, Active Member Grants

vacant, Legislative

Jim Siscel, Membership/Retirement/Website

Erma Snook, Membership Records

Jo Caldwell, Bulletin Editor

Our next event
SKSR annual picnic

by Jan Phillips and Jim Siscel



Please join us...

- **Thursday, July 21**
- **Edmonds City Park**
- **11:30 Meet & Greet**

We've invited scholarship and grant recipients, as well as WSSRA officers and staff.

- **12:00 Meal served**
- **Reserve your box lunch**

Box lunches are \$5 for SKSR members; \$15 for spouses/guests, payable at the picnic (exact change would be appreciated). The box lunches offer a choice of sandwich and a side pasta salad, a homemade cookie and a bottle of water. Sandwich choices include the following: 1) BLT on Croissant, 2) Vegetarian Wrap, 3) Turkey Avocado Sandwich, or 4) Ranch Chicken Wrap.

If you would like one of the box lunches, please contact Jan Phillips at soccerjan@hotmail.com or 206-406-0787 by July 13. Jan will contact you to confirm your order.

Our last event
SKSR/Sno-Isle Luncheon

by Jim Siscel



Sno-King and Sno-Isle members enjoyed a joint luncheon in May at Our Saviors Lutheran Church in Everett. It was great to see so many friends and talk about the past two years.

Speaker Linda Allen presented a wonderful program about the battle to gain the passage of the 19th Amendment granting women the right to vote. She accompanied herself on the guitar, singing many self-written songs about the movement. The audience was encouraged to join in on the choruses. A display of books covering the history of this time period was available for perusal.

SKSR clerical hire update

by Karen McElliott, committee co-chair

In the May-June SKSR Board message, I outlined the steps we took in February and April. Since then, the three subcommittees have met.

The financial group (Tom Hawkins and Jim Siscel) determined, based on our budget and the estimated number of contractor hours, that we should offer an hourly rate of \$25. They also recommended that instead of purchasing a computer for the contractor's use, SKSR should purchase an external hard drive to store all SKSR documents.

Rita Requa crafted the interview questions and determined the interview logistics; she has also established an interview committee.

Jan Phillips and I completed the job announcement and the application, and Jim crafted the independent contractor agreement.

The board set a tentative timeline, from post-

ing the job in July to approving the interview committee's recommendation in early August.

Then we hit a snag! After a labor lawyer reviewed the final documents, the board learned that the services the clerical assistant would provide do not comply with the IRS and WA state regulations needed to qualify as an independent contractor.

This means the recommended budget would no longer be adequate, and the board would need to make a larger financial commitment. Therefore, the board needs to reexamine whether hiring a clerical assistant is still a viable option. If not, the board is left in the same situation it was a year ago: the need for other SKSR members to take on leadership roles in the organization either as board members or as active-committee members.

Attention: Big changes ahead

Information provided by Alan Burke,
Executive Director, WSSRA,
edited by Jim Siscel



WSSRA members using Uniform Medical for Supplementary Medicare Insurance need to take note:

On Monday, June 6, the Health Care Authority (HCA)/PEBB released 2023 Medicare Supplement insurance rates, with the popular Uniform Medical Plan (UMP Classic) increasing 20% to \$438.34 per month per subscriber. 2022 UMP

Classic rates are \$364.87 per month per subscriber. In contrast, for 2023 the other insurance options in the PEBB portfolio (United Health Care-Complete and UHC-Balanced, Kaiser Permanente, and Premera), rates essentially will remain where they are for 2022.

Here are the rates:

2023 PEBB Medicare Retiree Rates, Single Subscriber

Kaiser NW Senior Advantage	\$176.13
Kaiser WA Medicare Advantage	\$174.59
UMP Classic Medicare	\$438.34
United Health Care (MA-PD) PEBB Complete	\$145.63
United Health Care (MA-PD) PEBB Balanced	\$122.94
Premera Medicare Supplement Plan F	\$115.16
Premera Medicare Supplement Plan G	\$ 98.53

All of this means that in 2023 a Uniform Medical Classic subscriber will pay just over \$3,500 more per year than a retiree who, say, chooses United Health Care-Complete. For a subscriber and spouse, the difference will be greater than \$7,000 per year. For comparison, in 2022 a Uniform Medical retiree is paying \$2,500 more per year–\$5,000 per couple. By the way, we are choosing UHC-Complete for a comparison because that plan, unlike the other PEBB plans, was bid out to be the equivalent of Uniform Medical Classic.

In addition, HCA leadership and staff are recommending to the PEB Board that the Uniform Medical Classic Plan be discontinued effective January 1, 2024.

For those retirees currently enrolled in Uniform Medical Classic for their Medicare supplement, the opportunity to switch to a less-expensive plan for 2023 will occur during the upcoming November open enrollment period.

WSSRA will be following all of this closely. Anticipating high interest in this topic, we have booked David Iseminger and Ellen Wolfhagen from HCA/PEBB to present on all of this at the upcoming WSSRA convention September 13 in Grand Mound.

In the meantime, questions can be directed to the Health Care Authority at 800-200-1004.

Member Information Updates

Deceased

Jerry Baldwin, April 2022
Member since 1991

Barbara Broenkow, April 2022
Retired Edmonds, Member since 1998

New Members

Burroughs, Blyn	Hendrix, John
Daniels, Raymond	Kinoshita, Kyle
Evans, Carolyn	Naegeli, Daniel
Giordano, Mary	Richards, Joneen
Griffen, Denise	



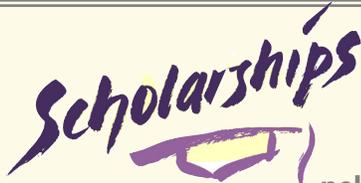
Shoreline School District presents awards to Echo Lake staff members

Superintendent Susanna Reyes (right) presents Elementary Educator of the Year award to first-grade teacher Kathryn Pihl and Educational Specialist of the Year to Dean of Students Jaime Attencio. Both are at Echo Lake Elementary, and all three are SKSR members.

Scholarship update

2022 Winnie Smith Scholarships

by Keith Lindaas, Scholarship co-chair



Congratulations to these four students who have been awarded their first Winnie Smith Memorial Scholarship of \$2,000. Each won an SKSR scholarship as a senior in high school.

Charlotte Appel, a graduate of Meadowdale High School, is a student at Luther College and is pursuing a degree in Music Education. This year she observed a general music elementary classroom. While she still plans to become a high school band director, she appreciated the opportunity to watch the joy of building a strong music foundation in young students. Charlotte is eager to share her passion for music and creativity.

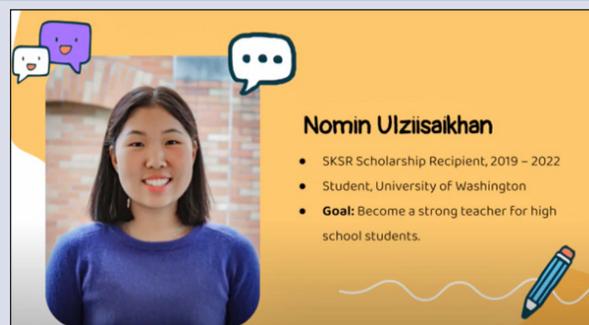
Meadowdale High School graduate **Nicole Brunette** attends the University of Washington and had a course this past year where she learned about the many aspects of education structures and challenges related to education justice and systematic oppression. This class has opened her eyes to disparities within educational systems and makes her want to help fight this battle. Nicole is interested in teaching science.

Gavin Dalziel, a Shorecrest High School graduate, is attending Linfield University and is currently following a path that will have a double major in Secondary Education and Exercise Science to become a physical education teacher (K-12 endorsed). He was fortunate enough to be a student athlete in the fall and had a great season with the football team. Linfield won the Northwest Conference Championship and made it to the NCAA Division III quarter finals.

Inglemoor High School graduate **Sofia Leotta** is a student at the University of Washington. She is focusing on environmental classes, hoping to gain experience that will assist her as an educator. Sofia works during the school year and will continue to be an intern, leading groups of students in learning about sustainability, climate justice and engineering solutions for a greener world. Her goals for the future include staying involved with youth and community-education work.



At a Shoreline School District School Board meeting, Sno-King School Retirees Board member Jim Sissel presents a NW-1 WSSR Foundation Scholarship Certificate to Hayley Trimmer, center, from Shorewood High School and a SKSR Scholarship Certificate to Claire Beaumont from Shorecrest High School. Hayley plans to major in Elementary Education. Clair will study to teach either English or history at the high school level.

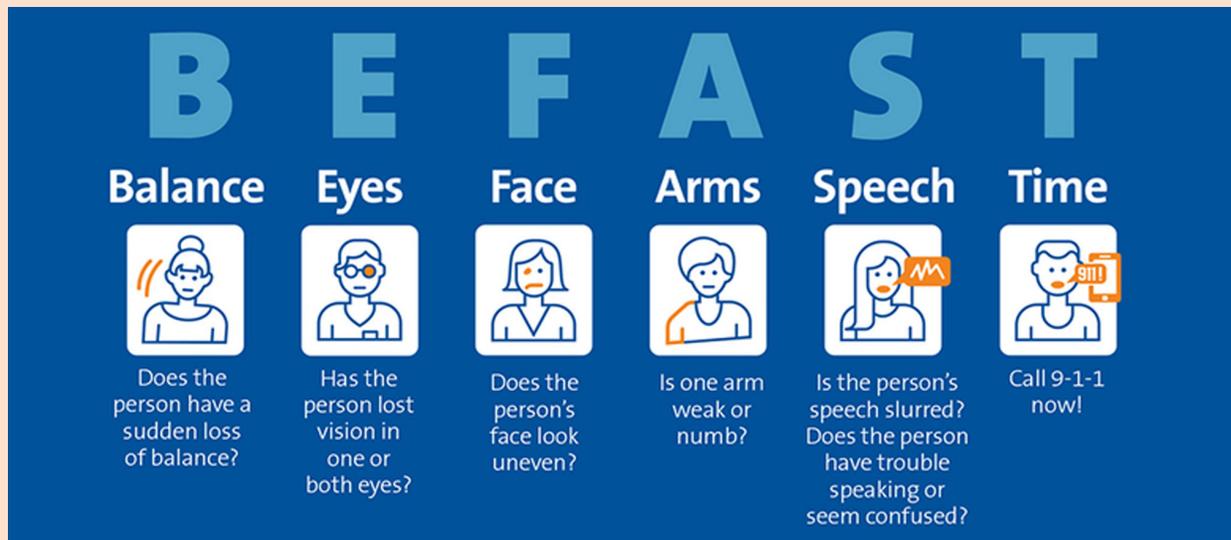


Attendees at the March Zoom Scholarship meeting were treated with an excellent YouTube video created by Nomin Ulziisaikhan illustrating how SKSR scholarships have supported her education and positively impacted her future. She received her first SKSR scholarship in 2019 and a Winnie Smith scholarship in 2020 and 2021. After graduating with a master's degree from the UW, Nomin will visit her grandparents in Mongolia. During her visit, she wants to volunteer in the local schools and hopefully find a part-time teaching position. When she returns, Nomin wants to teach high school close to home in the Pacific Northwest.

Health news

Stroke awareness

by Robin Randles, Health chair



May was National Stroke Awareness month, but it is still important to know the causes of stroke and ways to prevent them. Strokes affect around 800,000 Americans every year. The American Stroke Association lists stroke as the fifth highest cause of death and the leading cause of disability nationally. A stroke can occur when a blood vessel supplying the brain is either blocked or bursts.

On average, 1.9 million brain cells die every minute that a stroke goes untreated.

Time is important when it comes to treating a stroke. The blood supply to the brain is altered and can cause considerable damage. Early treatment leads to higher survival rates and lower disability rates. Call 911 immediately if you suspect a stroke; it is an emergency!

The easiest way to remember the warning signs of stroke is the acronym **BE FAST**, so you can act quickly if needed.

Balance and coordination are affected—Is the person dizzy or stumbling?

Eyes can experience blurry, double or blackened vision.

Face drooping or numbness—Ask the person to smile to see if one side is drooping.

Arm or leg weakness on one side—Ask the person to lift both arms at the same time.

Does one arm sag below the other?

Speech difficulty—Is speech slurred, garbled, slow or difficult to understand?

A terrible headache may come out of nowhere.

Time to call 911 immediately if you suspect a stroke.

Men and women who have strokes often feel similar symptoms of stroke, such as face drooping, arm weakness or speech difficulty. Women can also experience general weakness, disorientation and confusion, and fatigue, nausea or vomiting. Some of the stroke signs in women can be subtle enough to be missed or brushed off. Be proactive and have your symptoms checked out quickly.

A stroke can happen to anyone—any age or any time, but there are factors that can put you at higher risk. Be aware of are high blood pressure, high cholesterol levels, pre-diabetes/diabetes, smoking, alcohol consumption, diet, lack of physical activity and weight.Reduce your risk of stroke by living a healthy lifestyle and visiting your doctor for preventive-care checkups on high blood pressure, high cholesterol or pre-diabetes.

Remember to **BE FAST!**



Waiting for summer in the Pacific Northwest in 2022!

Help us with the *Bulletin*

The deadline items for the next *Bulletin* is August 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 Barb Bumgardner, 206-364-8413.

With the current conditions, there will be no group foldings and preparations for mailing of the *Bulletin*.

After we are back to "normal" we will resume that process.