

Chelan/Douglas School Retirees' Association

KEEPING YOU UP TO DATE

The Mission of the Chelan/Douglas School Retirees' Association is to secure and protect retirees' benefits and to provide educational and service opportunities for members.

Your Next Meeting:

at the **Red Lion**

Cascade Room

1225 N Wenatchee Ave, Wenatchee

MONDAY, OCTOBER 9, 2017

at 12:00 P.M.

COST IS \$14.50 Includes: Room Rental, Buffet Lunch, Dessert,
Tax & Gratuity

The Executive Board meets at 10:00 AM. All are welcome!

OCTOBER PROGRAM

Rohn Rutledge

Association Member Benefits Advisor
(AMBA)

And

Andie Johnson

College Mentor Program

Autumn Greetings!

There is definitely a feeling in the air that our summer is over and fall is on the way! We hope that part of your autumn activities will include becoming more involved with our organization. Monthly meetings are at noon on the second Mondays and always include an interesting program, an update of our activities, an opportunity to visit with other educational professionals in our area, a delicious lunch buffet and the promise of a 1:00 ending time.

Fall programs coming up include important information on AMBA (Association Member Benefits Advisors), the College Mentor Program, a legislative update by our new State Association President, a presentation on the Mini-Makers Fair, and a Christmas Music concert by the Eastmont High School Jazz Choir.

We have a common bond of having chosen the education of children as our life professional goal. I could not have chosen a more rewarding or worthwhile profession. Please come join us on Monday, October 9th.

Sincerely,

Beverly Jagla, Unit President

DISTRICT 12 LEGISLATIVE NEWS

Although both House and Senate budgets contained gains for WSSRA retirees, the final State budget did not reflect these gains. Our Legislators were positive and supportive. We will continue to work closely with them during the 2018 Session to promote the following 2017-18 WSSRA Legislative priorities:

- TRS 1 & PERS 1 Pension Recovery
- Restore Retiree Healthcare Benefits
- Maintain the PERS 2 and TRS 2 Retirement Plans for Future School Employees
- Make Actuarially Recommended Payment to State Pension Funds

Please contact us if you are interested in being involved in the legislative process.

Denise Perkins – 509-884-8587

Mary Perkins – 509-884-7671

CDSRA SPONSORS “MINI MAKER’S FAIRE”

Lane, Wenatchee High School Jr. and student representative of the “2017 Mini Maker’s Faire” attended the CDSRA Executive Board meeting to thank the organization for being a sponsor of the 2017 Faire. This year’s Faire is being organized by WHS students and will be held on Oct. 21 from 9:00-4:00 at the Convention Center. The Faire features innovative science and technology displays and demonstrations from local school and industry.



Wenatchee High school student, Lane, from the “Wenatchee Mini Maker’s Faire” thanking the CDSRA Board for the sponsorship.

FUTURE MEETING DATES:

Next General Meeting, Monday, November 13th

Mail Label

YOUR NEXT MEETING
MONDAY, OCTOBER 9, 2017
at 12:00PM – Details Enclosed

CAN WE BUY YOU LUNCH?

If you haven't had the opportunity to come to our monthly meetings, we would like to invite you to join us. All first time attendees will enjoy lunch on us!

Upcoming Events

Oct. 4 – Coordinating Council Meeting
Wenatchee Golf and Country Club
Oct. 21 – “Wenatchee Mini Maker’s Faire”
Wenatchee Convention Center
9:00 – 4:00
Oct. 23 – Newsletter Items Due
Nov. 1 - Newsletter Mailing Committee Meets

MEMBERSHIP UPDATE

We would like to welcome our 23 new members who enrolled at the Vendor Fairs in: Wenatchee, Eastmont and Waterville. We also met with four principals and we will be attending their faculty meetings.

SIMPLE TIPS TO PREVENT FALLS

(Summarized from a mayoclinic.com article)

As you get older, physical changes and health conditions – and sometimes medications – make falls more likely. Falls are the leading cause of injury among older adults. Fear of falling doesn't need to rule your life. Instead consider simple fall prevention strategies.

- 1) Review medications for side effects with your doctor.
- 2) Record details of recent or near falls to try and identify specific fall prevention strategies.
- 3) Eye and ear disorders, dizziness, joint pain, short breath and leg and feet numbness can all be a factor in falling. Take them seriously.
- 4) Keep Moving! Many classes are available.
- 5) Wear sensible shoes.
- 6) Remove home hazards. (Boxes, rugs, spills)
- 7) Light up your living space.
- 8) Use assistive devices. If you're concerned about the cost, remember that an investment in fall prevention is an investment in your independence.

-Nancy Valeson

**Please let us know if we can update
your contact information. CDSRA@outlook.com**