

# HAPPENINGS

Publication of the Pierce County School Retirees' Association (PCSRA)

Volume XXXII Issue 3 February 2021

## General Meetings/Luncheons VIRTUAL

### WINTER 2020

#### **February 18 - Virtual**

Thursday, at noon

#### **SW3**

#### **February 23 - Virtual**

Thursday, at 10 am

**Pierce County School  
Retirees' Association**  
P.O. Box 112493  
Tacoma, WA 98411-2493

**Diane Blair/Laurel Powell**  
*Co-Presidents*

**OPEN**  
*President—Elect*

**Carolyn Ohlson**  
*Recording Secretary*

**Cynthia Endicott**  
*Corresponding Secretary*

**Derryl Finney**  
*Treasurer*

**Heather Gurley**  
*Editor - Happenings*

**WSSRA: 1-360-413-5496**  
**wssra.org**

**PCSRA Website**  
**www.wssra-units.org**

Published four times per year, by the Pierce County School Retirees' Association, a non-profit since 1945.

Membership dues are \$84 a year State/local

## Virtual General Meeting - February 18



### **Overview of A Stroke: What you Need to Know**

**CHI Franciscan Stroke  
Program:**

**RN Carmen Lewis**

**CHI Franciscan's Stroke Program** is passionate about stroke education to communities they serve. According to the American Heart Association, each year in the United States, over 795,000 people have a stroke and about 25% of those are repeat strokes. It is the No. 5 cause of death and a leading cause of disability in the United States.

On behalf of CHI Franciscan's Stroke Program, **Carmen Lewis** will present an overview of the different types of strokes, signs and symptoms of stroke, and stroke prevention.

Carmen Lewis is a Registered Nurse who currently works as a Regional Stroke Navigator for the CHI Franciscan Stroke Program. In 2014, she started her career as a Registered Nurse at St. Joseph Medical Center in Tacoma, WA working on a Medical Surgical Neurology unit. She later joined the Stroke Program in December of 2019 as a Stroke Navigator and became a Stroke Certified Registered Nurse. As a Stroke Navigator, Carmen monitors the care of stroke patients in the hospital, following their progression of care and provides patients and staff with stroke education. She performs follow up calls to stroke patients who discharge from the hospital supporting them to attend follow up appointments and answering any questions they may have.

### **Meeting Instructions:**

**Zoom ID: 896 9805 5326 Passcode: 621686**

**Phone callers: access the meeting by calling 1 253 215 8782 and following directions using the Meeting ID and Passcode above.**

# PRESIDENTS' MESSAGE FEBRUARY 2021

Happy New Year! Best wishes for a happy, healthy 2021. We plan to continue to meet virtually and are pleased with your support and attendance so far.







Our last virtual program, "Guide Dogs for the Blind," inspired and touched our hearts with its comprehensive and free services to the blind. Dogs are bred, trained, and delivered to the recipient who also receives thorough, on-site and hands-on training.

Thanks to our hard working committees which are focused on membership, health services, scholarships, and mini-grants. In addition, we appreciate our legislative committee's commitment to representing our retirement concerns in this new legislative virtual arena.

Looking forward to meeting with you (our PCSRA Valentines) on Thursday, February 18<sup>th</sup> at noon.

*By Diane Blair and Laurel Powell, Co-Presidents*

## HOW TO SPOT A STROKE BE FAST

	<b>B</b>	Balance
	<b>E</b>	Eyes (Blurred Vision)
	<b>F</b>	Facial Droop
	<b>A</b>	Arm Weakness
	<b>S</b>	Slurred Speech
	<b>T</b>	Time and Terrible Headache

**B: Balance.** Is the person experiencing a sudden loss of balance, coordination, or dizziness?

**E: Eyes.** Does the person have a sudden change in vision such as double vision, blurred vision, or loss of vision in one or both eyes?

**F: Face.** Is one side of the face drooping? Is the smile uneven?

**A: Arms.** Can the person hold up their arms up? Does one arm drift or fall?

**S: Speech.** Does the person suddenly have difficulty speaking? Is their speech slurred or sound abnormal?

**T: Time and Terrible Headache.** If the person has a terrible headache or any one of the signs above, determine their last known well time and initiate stroke protocols including completion of a RN Swallow Screen.



BE FAST was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare, © 2011. Intermountain Healthcare. All rights reserved.

For more information on today's program:

## Regional Stroke Program

### Contact Information:

**Carmen Lewis, RN, BSN, SCRNP**  
Neuroscience Service Line  
CHI Franciscan St. Joseph

Phone: 253-426-4381

[CarmenLewis@CHIFranciscan.org](mailto:CarmenLewis@CHIFranciscan.org)

[www.CHIFranciscan.org](http://www.CHIFranciscan.org)

[www.NWhealthy.org](http://www.NWhealthy.org)

## Membership Update: Come Meet the Challenge Contest



### Greetings PCSRA Members!

### HAPPY NEW YEAR!

The PCSRA membership team invites you to join the fun and win a prize by inviting a fellow educator to sign up for the PCSRA membership group. The person who signs up the most teachers and/or retirees for membership wins!!! Additionally, WSSRA continues to support and represent retirees by lobbying on their behalf.

In this year of Covid 19, the membership team is being creative about how we meet, participate, and organize to increase PCSRA membership. As you know, educators have always been innovative. That said, this year we decided to include all current membership to help recruit new members. We believe this would be a fun way to expand PCSRA. So, we're turning our recruitment into a contest!

#### Recruitment Competition: How Does It Work?

As educators, we know at least one person, a recent retiree or teacher to contact and join PCSRA. There will be prizes for the person who recruits the most members. 1<sup>st</sup> place will be a lovely gift basket and a \$50 gift certificate. 2<sup>nd</sup> place is a gift certificate to Montezuma's. Finally, 3<sup>rd</sup> place is a gift certificate to East West Café in the Proctor District. The deadline to the recruitment contest is March 31<sup>st</sup> and announcement of winner will be at the following PCSRA meeting. Please email the names of those you've signed up for membership to Pat Kennedy, [pkenned30@hotmail.com](mailto:pkenned30@hotmail.com) or Barb Church, [Jbchurch@gmail.com](mailto:Jbchurch@gmail.com).

Please note: You will have 3 options

1) Email your friends and copy the link below for direct access to the membership application (those who are tech savvy will *copy/paste* and those who aren't will simply key in the link:

#### **WASHINGTON STATE SCHOOL RETIREES' ASSOCIATION**

MEMBERSHIP FORM LINK for yearly payment:

<https://wssra.org/view/download.php/misc-downloads/cash-membership-form-2020>

MEMBERSHIP FORM LINK for automated payment: automatic dues-deduction for retired and employed

2] Use the membership form in the Journal and make for your new recruits

3] Contact Michele Hunter, WSSR membership: phone: 360-413-5496 or email: [michelle@wssr.org](mailto:michelle@wssr.org)

Thanks so much for devoting your time in this endeavor. You are a great team!

**Join or Renew Your Membership**



## **HELP OUR FUTURE EDUCATORS ACHIEVE THEIR DREAM!!**

Do you know any family member or friend who is interested in the fields of education?  
Please help us spread the word about four substantial scholarships.

### **Areas of interest within the field of education include:**

counselors/teachers  
psychologists/social workers  
various therapists.

### **High School Seniors**



#### **The Robert J. Handy Scholarship:**

Amount: 16 renewal scholarships within Washington State. Each \$900 (renewal)

Site: [www.wssra.org](http://www.wssra.org) (Scholarships tab)

Deadline: March, 2021



#### **WSSR Foundation Scholarships**

Amount: 8 scholarships (\$2500 each)

Site: [www.wssra.org](http://www.wssra.org) (Scholarships tab)

Deadline: March 2021



#### **College Sophomores:**

##### **PCSRA Scholarships**

Amount: 2 \$1500 scholarships

Site: [www.washboard.org](http://www.washboard.org) (Pierce County)

Deadline: April 19<sup>th</sup>, 2021



#### **Student Teachers**

##### **Neil D Prescott Student Teaching Internship Scholarships**

Amount: 8 \$1000 scholarships

Site: [www.wssra.org](http://www.wssra.org) (Scholarship tab)

Deadline: March 5, 2021

**PLEASE HELP US SPREAD THE WORD!! THESE ARE SUBSTANTIAL SCHOLARSHIPS!!!!**

If any questions, please contact **Pat Skiffington** at [pskiffington@gmail.com](mailto:pskiffington@gmail.com)

# HEALTH CORNER:

## NEW YEARS RESOLUTION



Many of us make New Year resolutions for healthy changes in our habits and diet. However, as a customer, we need to be aware of possible false claims made by companies. The "Center for Science in the Public Interest" does not just clue the customer to deceptive claims but also prods the US government and courts to stop the activity.

### Examples:

1. In January the Center for Science in the Public Interest (CSPI), urged the Food and Drug Administration to ban claims from companies that produce high sugary drinks. They claimed that their product is , "just a tad sweet" or "slightly sweet". What do these statements mean? How would you compare the sugar content of different drinks? The statements are not informative and no help in the attempt to select a drink lower in added sugars. That may be exactly what these companies are aiming to do.

2. COVID-19 has been a heyday (or better stated, a payday) for supplement scammers looking to exploit the public fears. Since the beginning of the pandemic, CSPI has been urging the Food and Drug Administration to crack down on unsubstantiated "antiviral" and anti-COVID claims.

**Example:** 46 supplements with illegal "antiviral" claims sold on Amazon and 22 products were sold online by an osteopath that falsely claimed that the products treat or even cure COVID - 19 infections.

3. The law requires supplemental claims to be supported by the Totality of the existing scientific evidence. In a recent decision about memory claims for Costco Ginkgo memory supplement, the manufacturers were allowed to make claims as long as they had SOME scientific evidence. This decision was made regardless of many studies that contradict the Ginkgo's claims. The Center of Science in Public Interest is appealing that decision.

The sayings, "Buyer Beware" and "Don't believe everything you hear/read" are true. It is good that we strive to live a better and healthier life style. We just need to use caution and verify all claims made.

Nutrition Action Healthy Letter - December 2020

*Jean Kinnaman, Chairman of Health*

*Pierce County School Retirees Association*



## Feeling Full After a Fruit Snack



Is apple puree or apple juice the same as an apple? In a study, 18 adults consumed, on three different days, 178 calories' worth of either apple puree, apple slices or apple juice. The apple puree included the peel so the number of grams of fiber were about the same as the apple slices, (7 grams). The apple juice had fewer grams of fiber (2 grams).

The study measured the number of minutes it took the participants' stomachs to become half empty. The results indicated it took 65 minutes for the participants' stomachs to become half full after they consumed the apple slices. On the other hand, it took 40 minutes for the participants' stomachs to become half empty after eating either the puree or the apple juice. In addition, participants subjectively reported that they felt fuller after eating the apple slices and the least full following drinking the apple juice.

The Journal of Nutrition 2020 who published the study, recommends that we build our diet around unprocessed whole foods. Do not assume that a high-fiber processed bar or a shake will keep you feeling full. Examples of fruit that add fiber to your diet include the following: raspberries, blackberries, orange, pear, apple and banana.

Nutrition Action Health Letter July/August 2019  
Nutrition Action Health Letter November 2020

Jean Kinnaman, Health Chairman

## PCSRA WEBSITE

Pierce County School Retirees Association (PCSRA) finally has its **own** website!

The direct website is:

[www.wssra-units.org/pierce-county-unit-27](http://www.wssra-units.org/pierce-county-unit-27) **or**

You can also go to [www.wssra-units.org](http://www.wssra-units.org), and scroll to Pierce Co Unit 27. This page you will see other County units websites in Washington as well.

## VIRTUAL FIELD TRIP

For those of you who love to travel. Here is another way to go during times of Corona Virus and winter weather.

Margaret Denn, our "in person" field trip chair in the past, sent in this link for a "wonderful virtual field trip" to Germany. Enjoy!

[www.german.travel/en/home.html](http://www.german.travel/en/home.html)



# LEGISLATIVE UPDATE



**Our WSSRA legislative agenda is set. The lobbying and advocacy team will focus on protecting retirees' current benefits from cuts, ensuring appropriators make the actuarially recommended pension payments, and sponsoring legislation to help our members during the coronavirus pandemic. The "Preview of 2021 Legislative Session" article in the current WSSRA Journal on pages 4-5 explains our priorities in greater detail.**

**The State House of Representatives and State Senate are going digital. All committee hearings and testimony will be online. In fact, the new process will reduce the number of bills that can be processed. The public will not be allowed in buildings on the capitol campus, so our WSSRA lobbying and contacts will be virtual.**

**Stay tuned and stay vigilant! In the last recession, retirees lost the Plan 1 COLA and part of their medical benefit. Currently, legislators are being reassuring and the situation appears not as grim. However, tax revenue forecasts have changed in the last six months and may continue to shift. Please sign up for WSSRA email alerts on our webpage. Email is the best way to get you urgent legislative information, and legislators will need to hear from you.**

**Visit [WSSRA.ORG](http://WSSRA.ORG)  
click on "Legislative"**

**Information about  
legislative priorities,  
contacting your legislator,  
session bill reports, and the  
WSSRA Legislative Podcast**

**Pierce County School Retirees' Association**  
**P.O. Box 112493**  
**Tacoma, WA 98411-2493**

PRESORT  
STANDARD  
U.S. POSTAGE  
PAID  
Permit #119  
Tacoma, WA

**RETURN SERVICE REQUESTED**

### **Membership Directory**

For those members who wish to receive the newly published **2020-2021** Pierce County School Retirees Directory,

Call **Marianne at 253-536-6717** and she will mail one to you. Security concerns caused us to change the way the directory is distributed.

### **COMMUNITY SERVICE PROJECT**



**Our community service sock drive this year is donating socks to the Nativity House at St. Leo's Church. Take the socks by St. Leo's or call Laurel Powell at 253-564-0487 if you would like her to pick up socks.**

**Thank you!**