

The Slate

Affiliated with the Ohio Retired Teachers Association

Volume 49, Issue 2

April 2020

NEXT BOARD MEETING
Tuesday, April 14
10:00



BRING A FRIEND CONTEST— **RESCHEDULED FROM MARCH**

Bring a friend—or two—to the **THURSDAY, May 21st** luncheon at the Radisson. Your friend's name will be entered for a chance to **win a one-year membership** to LCRTA

STAYING UPDATED

There have been numerous inquiries about the status of the April and May luncheons. The **April luncheon is CANCELLED**, but the May luncheon is currently being planned and, hopefully, will occur as scheduled. **HOWEVER**, in the event that the May luncheon is cancelled, look for **information** at:

1. **LCRTA website:**
www.LCRTA.weebly.com
The site is immediately updated as decisions are made by the LCRTA Board.
2. **Read all emails from Jane** about the status of the luncheon(s). These

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SPECIAL NOTE—Susan Santoro, President

I write this article days after Governor DeWine declared a state of emergency in Ohio and a day after President Trump declared a national emergency, due to COVID-19. Your LCRTA board of directors made the decision to **cancel the March and April luncheons**. These are very uncertain and stressful times. I hope you all stay healthy and safe. As of today [March 23] the **TUESDAY, APRIL 21ST LUNCHEON IS CANCELLED**. I hope that the virus will soon be contained, but we must follow the guidance and directives from the Governor and Lucas County Health Department. We will notify you via email and our website of any and all changes to our schedule.

LCRTA provides valuable and necessary support to area charities and that is impacted with the cancellation of our luncheons. We will discuss at our April board meeting, how we can still support Mom's House at a future luncheon.

We are aware of how significant our

donations of requested items and money are to our selected charities.

"Spring is painted in daffodil yellows, robin egg blues, new grass green and the brightness of hope for a better life." - Toni Sorenson

While we are in the midst of very scary days, I hope that you can find some joy in the beauty that Spring brings. I love when my crocuses and tulips pop from the ground. The birds' songs in the morning brighten my day. Now may be the time to do some thorough spring cleaning, read a book that has been on your list, do some knitting or other craft project, finish a jigsaw puzzle, meditate, journal, get outside for a walk or bike ride. Search for things that calm you and keep your mind off of the troubling news for even a few moments.

Looking forward with hope for healthy days, a return to normalcy and to see all of you soon.



Remember "Social Distancing"

FAMILY HOUSE OF TOLEDO NEEDS OUR HELP

On **TUESDAY, April 21st**, LCRTA members will be welcoming a representative of Family House of Toledo to our lunch at Brandywine Country Club. "Family House is a non-profit agency dedicated to keeping families together in time of crisis....Annually, the emergency family shelter provides shelter, meals, and services to approximately 800 individuals, 70% of whom are children." Because their "programs and services are family-centered" our partnership will give us the ability to help families in Lucas County who are trying to rebuild their

lives. The need will be even greater this year as we all try to return to normalcy so please plan on bringing **paper products (toilet, towels, plates, cups, bowls, tissues); plastic silverware; cleaning supplies; and all baby products** to the **TUESDAY, April 21st** luncheon. If you cannot attend the luncheon, you may send your contribution directly to Family House, 669 Indiana Ave, Toledo, OH 43604

This is a great opportunity for us to help Family House give **"A HAND UP, NOT A HAND OUT."**

TUESDAY, April 21, 2020

LCRTA LUNCHEON (noon-2:00)
 Brandywine Country Club
 6904 Salisbury Road, Maumee

PROGRAM—One For The Birds

CANCELLED

Please complete the reservation form at right & include with your check payable to LCRTA

**Please. We're Sorry But...
 NO SUBSTITUTIONS can be honored
 Please do not call the venue**

APRIL 21, 2020 LUNCHEON RESERVATION

I will attend the luncheon at Brandywine Country Club

CANCELLED

DIRECTIONS to BRANDYWINE COUNTRY CLUB

- Take 475/23 to **Salisbury Road exit** (Dussel Drive)
- Go **West on Salisbury** past Briarfield Blvd
- Entrance to Brandywine is on North/Right side
 (If you get to Holloway Road, you missed the entrance)

Bring a Friend

LUNCHEON PROGRAM—ONE FOR THE BIRDS

Did you know that northwest Ohio lies in the cross-roads of two busy flyways for migrating birds? Because of this, our area becomes a destination for local, national and even international bird watchers annually. May 8-17, 2020 is considered one of the biggest birding weeks. Our speaker this month will introduce us to bird watching in Northwest Ohio and will be giving tips on how we can participate in this event.



Kelly Milewski graduated from Bowling Green State University with a degree in environmental policy and analysis. She is currently an Environmental Education Specialist for Metroparks Toledo. Kelly considers herself to have one of the best jobs ever. She can connect people to nature and our parks daily. She enjoys everything in the outdoors from bird watching to camping to kayaking and paddle boarding to hiking and archery. She shares these interests with her family who reside in Monclova Township on 12 acres that they have restored to Oak Openings habitat.

2020 LUNCHEONS & DONATION LIST—MARK YOUR CALENDARS!!

DATE	LOCATION	CHARITY	WISH LIST
April 21 (TUESDAY)	Brandywine CC	Family House of Toledo	Paper products (toilet, towels, plates, cups, bowls, tissues), plastic silverware, cleaning supplies, all baby products
May 21	Radisson	Right to Read	Children's books
September 24	Stone Oak CC	Bethany House	Women's deodorant, razors, combs, brushes, body wash, toilet bowl/brush cleaner, 13 & 33 gallon trash bags, baby wipes, size 3, 4, 5 diapers
October 29	Inverness CC	Leading Families Home	Cleaning products, pillows, paper products, new towels/wash cloths
December 10	The Toledo Club	Children Services	Stuffed animals, dolls, trucks/cars

2020 LCRTA and/or ORTA MEMBERSHIP FORM

Name: _____ Phone: (____) _____

Address: _____

City, State & Zip Code: _____

Email: _____

Year Retired: _____ School served: _____

LCRTA DUES: _____ Yearly _____ Life
 \$20 per year, \$175 Life Membership)

ORTA DUES: _____ Yearly
 ORTA (\$30 per year)

DATE (today's) _____ CHECK # _____

Make checks payable to LCRTA (one check handles both LCRTA & ORTA)



Send this form & check to: **LCRTA Treasurer; 2155 Arlington Avenue; Toledo, OH 43609**

DON'T MISS ANY OF OUR 2020 EVENTS!

Memberships in ORTA and LCRTA
EXPIRED DECEMBER 31, 2019

RENEW now for 2020
 by completing the above
 Membership Form

CHANGE OF ADDRESS
CHANGE OF EMAIL ADDRESS *
 Phone Kathy Benya at: 419.843.2480
 Email her at: kathybenya@gmail.com

***Please update Kathy with new information**

MARCH 3rd BOARD MEETING HIGHLIGHTS—Susan Santoro

- Board reviewed the proposed budget for 2020
- New information added to Web Page including archives going back to 2006
- Membership chairman is exploring how to use Facebook as a recruiting tool for new members
- The new state budget for education funding, which includes EdChoice, will be voted on in April; contact your representative about any concerns you have
- Board appointed a committee to revise the LCRTA bylaws—to be completed and Board approved by November

SPECIAL THANK YOU—Jeannine Petcoff

A special **thank you** goes out to those members who **responded quickly** to the email requesting guidance of what to do with their March luncheon reservation checks. Of the 75+ reservations, all have either made contact with Jeannine or she has personally phoned or written those who did not contact her.

STAYING UPDATED continued from page 1

emails will also contain information about refunds of monies paid for reservations for the luncheon.

3. If you do not have access to the internet and email, **please call:**
- A **friend** who does have internet access
 - **Jane Nawrocki** at: **419.861.7766**
 - **Jeannine Petcoff** at: **734.854.7511**
 - **Susan Santoro** at: **419.344.7071**

If unable to reach Jane, Jeannine or Susan, please leave your name, phone number, brief message
Together we can do this!

50/50 RAFFLE
MARCH & APRIL WINNERS
 No Winners Due to
CANCELLATION of
MARCH & APRIL
Luncheons

Please bring \$1, \$5 or \$10 bills to purchase tickets & you must be PRESENT to win

2020 LCRTA OFFICERS & COMMITTEE CHAIR

President—Susan Santoro: 419.344.7071
Secretary—Paul Raczkowski: 419.351.1603
Corresponding Secretary—Kathleen Brunt: 734.856.3737
Treasurer—Nancy Wiegand: 419.866.1980
Budget/Finance—Rhea Halloran: 419.666.5718
Community Participation—Nan Fetter: 419.885.1692
Courtesy—Pauline LoCascio: 419.779.1569
Evaluations—Doris Weiss: 419.874.2275
Legislative—Susan Santoro: 419.344.7071
Lunch Reservations—Jeannine Petcoff: 734.854.7511
Or 419.351.2601
Membership—Kathy Benya: 419.843.2480
Protective Services—Jeannine Petcoff: 734.854.7511
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THE SLATE

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Toledo, OH 43609

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Bring a Friend Contest at MAY 21st Luncheon—see page 1

ARE SUPPLEMENTS SAFE? — Jeannine Petcoff

Before you say “yes” or “no” to the above question, here are some noteworthy pieces of information to consider.

1. According to a Consumer Report Survey, 94% of all Baby Boomers take or have taken at least one or more supplements in the past year.
2. In 2018, supplement sales in the United States reached \$46 billion and in 2020 they are expected to exceed \$52 billion.
3. The most widely used supplements are multivitamins, vitamins, fish oil, calcium, and probiotics.
4. In most structured clinical studies, **supplements do not show any significant benefits over a placebo.**
5. Supplements and prescription medications do **not always interact well.** Some supplements amplify drug effects while others render medications ineffective.



6. The Food and Drug Administration does **not test supplements for safety** or screen them for contaminants. The FDA only requires the supplements contain the ingredients listed on the label.

So, how do you make sure the supplements you use are safe?

1. **Consult with your primary care provider.** Make sure your provider is aware of all medications (prescribed and over the counter) and any supplements you are taking.
2. Before trying anything on your own, check with your primary care provider. Additional trustworthy information can be found at [MedlinePlus.gov](https://medlineplus.gov).

3. When buying supplements, **make sure they have been tested**, certified, and carry the seal of either Consumer Lab.com, NSF International, US Pharmacopeia (USP), or UL. Any other stamp or listed certification is meaningless.

Stay Healthy!