

# The Slate

Affiliated with the Ohio Retired Teachers Association

Volume 51, Issue 1

[HTTPS://LCRTA.WEBLY.COM](https://LCRTA.WEBLY.COM)

March 2022

**NEXT BOARD MEETING**  
March 1 at 10:00

## PRESIDENT'S MESSAGE—Susan Santoro, President

### 2021 IN MEMORIAM

Pauline Albaugh  
 Chester Barnes  
 Barbara Dael  
 Norene Drewicz  
 Phyllis Freeman  
 Mary Lou Gilbert  
 Barbara Graver Gillmore  
 Matilda Gillmore  
 Monna Hay-Clinton  
 Marilyn Hazard  
 Velma Jean Hersland  
 Janet Keifer  
 Susan McCall  
 James Mercer  
 Cleo Minke  
 Clifford Nelson  
 Robert Niedzielski  
 Sally O'Loughlin  
 Ruthann Ortner  
 Mattie Mae Rice  
 Marilyn Schultz  
 Eleanor Sontag  
 Richard Strouse  
 Betty Angela Tresso

### LUCKY WINNERS DECEMBER

Patricia Taylor-Nobles—  
\$67  
 Cindy Rockwell—\$67  
 Basket—Jo Ascunce

Greetings! I am going to focus this month's message on our STRS COLA which we last received in **2016**. There are many organizations and individuals who have been very active and engaged in restoring our COLA. On February 12<sup>th</sup>, STRS Director William Neville announced that there would likely be a one-time COLA reinstatement of 2%, perhaps on July 1. (By the time you receive this Slate, more news may have been announced.)

ORTA held a virtual Town Hall on the topic on February 2<sup>nd</sup>. If you have not viewed this, you may do so on Ohio Retired Teachers Association YouTube and Facebook page. In attendance were 2 STRS board members, OEA and OFT representatives, moderators of 2 STRS Facebook groups, ORTA's president and Senator Teresa Fedor. It was moderated by **Robin Rayfield, ORTA Executive Director** and our **March 17<sup>th</sup> luncheon speaker!**

**Senator Fedor introduced SB 280** along with 8 other democrats in mid-January. This legislation proposes amendments to the ORC to restore

our COLA. The bill has been referred to the Insurance Committee. On February 7<sup>th</sup>, 12 Ohio House democrats introduced HB 562, which is very similar.

#### What can you do?

- **Join ORTA**, if you are not already a member. Dues are \$30 annually and you can join by writing a check to LCRTA and designating ORTA on the memo line. Of course, if you have not yet renewed your LCRTA dues, you can write a check for \$50 to cover both memberships.
- **Attend our March 17<sup>th</sup> luncheon** to hear personally from ORTA's executive director.
- If you are on Facebook – **join Ohio STRS Member Only Forum and STRS Ohio Watchdogs**. If you are not on Facebook, go to [www.strsohiowatchdogs.com/](http://www.strsohiowatchdogs.com/)
- Follow progress on SB 280 and HB 562 and **write letters or emails of thanks to the sponsors and letters encouraging support to the Senate Insurance Committee**. (All the contact information is available online if you search the bills.)

### A FRESH START—Pauline LoCascio



One of my favorite things to do this time of year is to walk at Wildwood or around my neighborhood. As I do that, it brings to my senses the many changes in temperature, wildlife and growth. It's a fresh start when nature reinvents itself again. We will again be getting together for the next few months to share a meal and learn how everyone is ready for spring.

Our community partner this month is **Bethany House**. Founded in 1984, **Bethany House is a long-term safe shelter** and provides resources to Northwest Ohio area victims and their children to safely rebuild their lives in the wake of an abusive relationship; in other words, a fresh start.

We will hear from Deidra Lashley, Executive Director of

Bethany House. While most homeless shelters offer limited, short-term stays, Bethany House is the only area organization to offer long-term, apartment style transitional shelter. This is combined with emotional, spiritual and financial support. This support is provided, at no cost to their clients, by qualified and loving professionals. The goal is to reduce feelings of isolation and shame, and empower survivors to take control of their lives.

We all know domestic violence has increased since COVID, so Bethany House needs supplies to address the challenge. They are in **need of Gift Cards to Kroger, Meijer or Walmart**. They also need **disinfectant spray, laundry detergent and hygiene products (hair products,**

THURSDAY, MARCH 17, 2022

LCRTA LUNCHEON (noon-2:00)

Toledo Country Club
(3949 River Road; Toledo)

PROGRAM: Dr. Robin Rayfield,
Executive Director, ORTA

CHOICES OF ENTRÉE ARE:

- #1 Chicken Cordon Blue with seasoned red skin potatoes & seasonal vegetables
#2 Herb Crusted Pork Loin in mustard apricot sauce with seasoned red skin potatoes & seasonal vegetables
#3 Curried Cauliflower Steak on bed of hummus topped with roasted brunoise vegetables

Entrée served with:

Betty salad with bacon on side, Rolls Assorted teas & coffee, St. Patrick's cupcake

COST — \$26.00 (includes tip)

Reservations due: Thursday, March 10

- Please complete reservation form at right & include with check payable to LCRTA
We're Sorry, But NO SUBSTITUTIONS
SPECIAL—Cash Bar available
In order to ensure the safety of our guests, we ask that, if you have chosen not to be fully vaccinated against COVID-19, you respectfully decline our invitation to attend.
NOTE: Servers are fully vaccinated and/or masked

MARCH 17, 2022 LUNCHEON RESERVATION

I will attend the luncheon at Toledo Country Club

NAME: \_\_\_\_\_ Choice # \_\_\_\_\_

NAME: \_\_\_\_\_ Choice # \_\_\_\_\_

NUMBER OF RESERVATIONS \_\_\_\_\_

TOTAL: (\$26.00 X Number Attending) \$ \_\_\_\_\_

Reservations are due by March 10. Please mail to:

Jeannine Petcoff
15139 Todd Road
Petersburg, MI 49270

Mail EARLY!!!

MAKE CHECK PAYABLE TO LCRTA

DIRECTIONS to TOLEDO COUNTRY CLUB

- 1. Anthony Wayne Trail through Maumee heading into Toledo
2. Turn right on Copland Boulevard—Copland will dead end into River Road
3. Turn left onto River Road; Club is ahead on right

MARCH PROGRAM

What is happening to the missing COLA from STRS? Robin Rayfield, Executive Director of Ohio Retired Teacher's Association, will be presenting updates at our March luncheon. Let's hope there is some good news! The STRS staff received a raise but not us! Hope to see you there!



A FRESH START—Continued from Page 1

body wash, toilet paper, wipes, diapers). Because clients have their own kitchen, food storage bags, dish towels and silverware are also requested.

So, as we look forward to our Fresh Start this year, please consider bringing some items to our March 17, 2022 luncheon. Our LCRTA is known for its amazing sup-

port of our community partners. If you are unable to attend this luncheon, please consider a contribution sent to Bethany House, PO Box 5930, Toledo, Ohio 43613 to help victims of violence, get their fresh start and reinvent their lives.

2022 LUNCHEON & COMMUNITY PARTNER DATES—MARK YOUR CALENDARS

Table with 4 columns: Date, Location, Partner, and Notes. Rows include March 17 (Toledo Country Club, Bethany House), April 21 (Brandywine Country Club, Mom's House), May 18 (Highland Meadows Golf Club, Read for Literacy), September 22 (Stone Oak Country Club, Leading Families Home), October 20 (Inverness Country Club, East Toledo Family Center), and December 1 (Toledo Club, TBA).

**2022 LCRTA and/or ORTA MEMBERSHIP FORM**

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Year Retired: \_\_\_\_\_ School served: \_\_\_\_\_

LCRTA DUES: \_\_\_\_\_ Yearly \_\_\_\_\_ Life  
 LCRTA (\$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 2022 EVENTS!**  
**RENEW now for 2022**  
 by completing the above Membership Form

**CHANGE OF ADDRESS or EMAIL ADDRESS**  
 Call Kathy Benya at: 419.843.2480  
 Email Kathy at: [kathybenya@gmail.com](mailto:kathybenya@gmail.com)

**DECEMBER LUNCHEON EVALUATION—Doris Weis**

**What a beautiful beginning to the holidays!** The LCRTA luncheon and meeting was held at the Toledo Club Thursday, December 9, 2021. The festive atmosphere and the delicious food was enjoyed by seventy members and guests. Everyone felt that the Bowling Green High School

Madrigals were superb! Some of the comments were:

- Loved the Christmas music
- Excellent service
- Put me in the Christmas mood!
- Elegant setting!
- Enjoyable day!

**LCRTA Budget Needs Your SUPPORT**

**We are feeling a “money pinch”** & our budget reflects it. With LCRTA dues only \$20 per year, MANY lifetime members & very few new members, our income continually declines. How can you help?

- **Consider a donation to LCRTA** to help with operating expenses & community partnerships. You can bring a check to the March luncheon or

mail a check to: **LCRTA Treasurer; 2155 Arlington Avenue; Toledo, OH 43609**

- **Spread the word & encourage friends to join!** Membership forms will be available at the March luncheon. The form is also available on our website at: [lcrtawebby.com/membership.html](http://lcrtawebby.com/membership.html)

**LCRTA NEEDS YOU! - Assistant to the Treasurer**

Do you like numbers? The **LCRTA Treasurer would really appreciate someone to learn her duties, assist & handle tasks when she is traveling**, etc. The assistant would be included at Board meetings, 1<sup>st</sup> Tuesday of the month for 10

months of the year. If you are interested and/or have additional questions, please contact **Nancy Wiegand @ 419.866.1980** or [Nancy.wiegand@yahoo.com](mailto:Nancy.wiegand@yahoo.com) **THANKS!!!**



**MENTAL CONFUSION IN ELDERLY—Continued from Page 4**

one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

**Inspired to drink more water now??** Share this infor-

mation with others! **DO IT NOW!** Your friends and family need to know for themselves and also to help you to be healthier and happier.

## 2022 LCRTA OFFICERS & COMMITTEE CHAIR

President—Susan Santoro: 419.344.7071  
Past President—Rhea Halloran: 419.666.5718  
Secretary—Kathy Benya: 419.843.2480  
Comm. With ORTA—Sharon Clark: 419.345.5571  
Corresponding Secretary—Pat Holz: 419.740.2274  
Treasurer—Nancy Wiegand: 419.866.1980  
Budget/Finance—Rhea Halloran: 419.666.5718  
Comm. Partnerships—Pauline LoCascio: 419.779.1569  
MaryEllen Bollenbacher: 419.277.8165  
Evaluations—Doris Weiss: 419.874.2275  
Hospitality—Jo Ascunce: 419.308.2928  
Legislative—Jeanene Pifer: 419.385.6863  
Lunch Reservations—Jeannine Petcoff: 734.854.7511  
Or 419.351.2601  
Membership—Kathy Benya: 419.843.2480  
Protective Services—Jeannine Petcoff: 734.854.7511  
Public Relations—Debbie Mens: 419.344.1006  
Scholarship—Paul Raczkowski: 419.351.1603  
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50/50 Raffle—Wanda Anderson: 419.250.4381  
Judy Egan

THE SLATE  
Lucas County Chapter  
Ohio Retired Teachers Association  
2155 Arlington Avenue  
Toledo, OH 43609

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## RETURN SERVICE REQUESTED

### MENTAL CONFUSION IN ELDERLY—Arnaldo Liechtenstein, physician

"Whenever, I teach clinical medicine to students in the fourth year of medicine, I ask the following question: What are the causes of mental confusion in the elderly?"

Some answer: "Tumors in the head."

I answer: No!

Others suggest: "Early symptoms of Alzheimer's."

I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed, when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke; but it isn't.

People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids, begins at age 60,

when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

#### Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply; but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; oranges and tangerines also work.

**The important thing is that, every two hours, you must drink some liquid. Remember this!**

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realize that they are rejecting liquids and, from

