

SERREAM

Newsletter

Spring 2020

President's Message: Kay Morcomb

I am still using Windows 7. I need a new computer and now would be an excellent time to turn editing the newsletter over to someone else. Being editor of our newsletter is a job a SERREAM member can do from home on their computer. All copy must be sent electronically. Come to SERREAM Board meetings in Rochester four times a year. After each meeting articles are sent to you to proofread and plan the layout. Then send instructions and articles to the printer in Winona that does our newsletter. My contact, Deb Rusert is competent, prompt and working with her is a joy. We've never met in person. A draft and final copy are exchanged for proofreading before newsletters are mailed. Printing, collating, addressing, and mailing are done by the printer. Ben and Sharon Baratto, our membership and treasurer live in Winona and do the other part of the job - providing the address list and making any additions or corrections before each mailing, picking up the extra copies, filling out agreement forms, and making payment. There is a \$300 annual stipend for the editor. The job may be shared. If this is a job that you can do for SERREAM please contact me at kmor.nkamp2@gmail.com.

When and how did you first hear about REAM? My first principal was a leader in SERREAM. He often reminded the staff that REAM is an organization that protects your pension, so "Be sure to join!" Surely retirees feel that their pension is important, but a very small percentage of retired educators belong to REAM. Why? Never heard of it? Heard the word, but that's all? Think a pension is automatic? Ask fellow educators questions such as, "Do you belong to REAM?" "Do you know what REAM does?" "Are you aware legislators determine our pension?" Follow up with information, a way to learn more and to join: google MNREAM.org, click on membership and options will be given; google SERREAM.org for the southeast region, click on membership form, print a form to mail to the membership chair. Better yet extend an invitation to a conference to learn and join.

The SERREAM Educator Award committee is pleased to announce two recipients of the 2020 SERREAM Educator Award. They are Ken Kangas from Faribault and Irene Lande from Rochester. Plan to attend the SERREAM spring conference in Faribault to pay tribute to these two worthy recipients. Their tribute poems will appear in a future newsletter after the conference.

SERREAM Educator Award Committee
Edna Thayer, Jeanette Bergler, Nancy Reynolds

SERREAM EXECUTIVE BOARD MEETING
February 5, 2020

Kay Morcomb, president, called the meeting to order at The Homestead at 9 AM. Present were Barbara Hunter, Keith Larson, Kathryn Lastine, Carol Lozon, Kay Morcomb, Lyle Olson, Sylvia Swede, and Edna Thayer. Ben Baratto has had recent surgery and we wish him well. The mileage sheet and breakfast envelope were passed around.

Secretary's Report (Sylvia Swede). The previous minutes were approved as printed.

Treasurer's Report. (Sharon Baratto) No report.

President's Report (Kay Morcomb) Read her message in the newsletter.

Committee Reports

Membership (Ben Baratto) No report.

Legislative and Health (Don Leathers) No report.

Newsletter (Open position). There is a \$300 stipend for the editor.

Educator Awards (Edna Thayer) The committee has recommended Kenneth Kangas and Irene Lande.. It was m/s/c to endorse their recommendation. It was m/s/c to have the committee create a category for support staff. The committee will report to the Board in August.

REAM (Barb Hunter) It is important to remain alert re: pensions.

Continuing Business

Spring Conference. Faribault is ready to go with the conference on April 22 at the Elks Club. Register by April 3. The cost is \$20.

Annual Meeting. It is recommended that dues remain at \$10. We need to have a nominee for president-elect.

Announcements

A breakfast planning meeting for the Fall Conference will be held at The Homestead on March 25 at 8:45 AM. Bring ideas for speakers.

The next Board meeting is May 20 at the Homestead.

The meeting was adjourned at 11 AM.

Sylvia Swede, Secretary

SERIAM Legislative Report Spring 2020

----Don Leathers

This issue I am going to acquaint you with is the Teacher Retirement Association of Minnesota's Board. The board is extremely important for retirees and our pension plan going forward.

The board consists of five elected trustees and three statutory members (those required by law to sit on the board). The statutory members include Joel Stencil from the Minnesota School Board Association, Myron Franz, Commissioner for the Minnesota Office of Management and Budget (MOMB), Melissa Lam Young, MOMB, Mary Catherine Ricker, Department of Education, and Denise Anderson from the Department of Education.

Elected members include Marti Zins, Board President (retiree) and active elected members Will Baumann (Ridge Water CC), Luke Olson (South St. Paul Schools), Mary Supple (Richfield Public Schools) and Marshall Thompson (Osseo Public Schools). Each member is elected by retired and active groups, respectively.

There are no term limits for board members. The administrative management of TRA is the responsibility of the executive director, Jay Stoeffel, who is appointed by the Board of Trustees.

The Trustees are obligated to consider the benefit needs of all pension participants regardless of any individual constituency that may have been instrumental in their election.

Board meetings are held at the TRA offices at 60 Empire Dr. Suite 400 in St. Paul. All retirees are welcome to attend these meetings.

Being president has been a rewarding and learning experience. I have learned much and made many friends. But the time comes to move on. To make a smooth transition, I would like a volunteer for president-elect before the annual meeting in April. There is not much to do the first year and I will still be on the board as advisor when the president-elect assumes the presidency the following year.

Kay Morcomb

SERREAM Health Report Spring 2020

---Don Leathers

An age-old question for (in)ebriates might be: should I drink alcohol? Maybe too many scotches, rye whiskeys or bourbons might not be the right choice for a 70- something. That a moderate level of a less intense beverage may be beneficial to the health and mental well-being of a person may be a resounding “yes.”

Now, what is that ephemeral beverage, you might or may ask? The answer might be wine. Red, white, blush, pinot, blanc, sauvignon, in a bottle, a glass, a flask or in a cask, wine is a heart-healthy drink, when imbibed in moderation.

Let's take a moment to consider the health and social-emotional benefits of drinking wine in moderation.

First, wine is rich in antioxidants, which prevent cellular damage. Grapes have high levels of antioxidants and decrease the aging affect in humans. Don't we all want to look young again? Antioxidants aid in mental acuity and are a strong combatant of the development of cancer cells.

Wine also promotes heart health. Studies have shown that moderate wine consumption reduces the risk of heart disease. Further studies have shown that drinking wine can increase blood flow and reduce the risk of stroke in older adults.

Wine has also been shown to reduce the incidents of depression in older adults while consuming the beverage with other people increases positivity and social awareness. Several studies have also documented evidence that occasional wine drinking increases longevity, promotes healthy stomach bacteria and increases the rate of metabolism. Don't we all want to live a little bit longer?

So, don't go overboard with the wines you drink, but take a closer look at what benefits drinking wine in moderation may have for you.

Bon appetite, or as we Americans say, “down the hatch.”

SERAM Spring Conference
Wednesday, April 22, 2019
Faribault Elks Lodge #1166
1401 NW 2nd St. Faribault, MN 55021

Bios for Conference Speakers

Dr. Lisa Humfeld-Wilson: “Mending the Mind”

Dr. Lisa is the owner of Humfeld Chiropractic and Nutrition, where she helps people locally and internationally live a healthier lifestyle by offering products and services that enable them to be in control of their own health. She lives by the Rotary motto of "Service Above Self".

Breanna Wheeler: “The Promise of Intergenerational Nature Connection”

Breanna Wheeler is the Executive Director of River Bend Nature Center in Faribault, MN and has been in this role since 2016. She has a Bachelor’s degree in Environmental Science and Sociology with a minor in Recreation, Parks & Leisure Services from Minnesota State University, Mankato and a Master’s degree in Public Affairs from the University of Minnesota. Besides exploring and learning about the natural world, she enjoys spending time with her two sons and advocating for aging and disability quality of life, health/wellness, and intergenerational initiatives. She has volunteered as a MN Master Naturalist since 2006 and has recently begun instructing the course. Breanna is energized by how connecting with nature improves individuals' lives and builds important connections among people.

Mai Moua: “Growing Plants Indoors Using Aeroponics”

Mai is the Sales Director at Living Greens. Mai has an MBA and over 13 years of experience working with national retailers in sales and development. She is an avid gardener and is passionate about improving the world through sustainable food practices. Her focus at Living Greens is to make pesticide free, locally grown products readily available and accessible.

SERREAM Spring Conference
Wednesday, April 22, 2019
Faribault Elks Lodge #11
1401 NW 2nd St. Faribault, MN 55021

- 8:30 Registration
Coffee, juice, water, pastries
- 9:00 Welcome and opening remarks
- 9:05 Legislative update – Curtis Hutchens
- 9:20 Dr. Lisa Humfeld-Wilson – Humfeld Chiropractic
and Nutrition Center “Mending the Mind”
- 10:20 Break
- 10:35 Breanna Wheeler – River Bend Nature Center
“The Promise of Intergenerational Nature Connection”
- 11:30 REAM President – Jennie K. Hanson
- 11:40 Lunch
Roast chicken, potatoes, carrots, cole slaw, bread,
beverages and dessert
- 12:30 SERREAM business meeting
Election of officers
Educator Awards
Chuck Hellie-REAM Executive Director
- 1:00 Necrology and Humor Thayer-apy
- 1:15 Break
- 1:30 Mai Moua - Living Greens Farms
“Growing Plants Indoors Using Aeroponics”
- 2:30 Closing remarks
Door prizes
- 3:00 Safe travels home

REGISTRATION FORM – requested by April 3rd!

NAME: _____ UNIT: _____

Email: _____ Phone: _____

Registration Fee which includes lunch is \$20 by April 3rd. Registration at the door will be \$25. Make checks payable to FARE.

Be sure your address and phone number are on your check in case of a weather related cancellation.

Mail registration form and check made out to FARE by April 3rd to: **Edna Thayer**

7 Roots Beach Lane
Elysian, MN 56028
507-267-4588

MEMORIALS:

Mary Lou Borland, New Hope, MN
From: Albert Lea Retired Educators

We thank all of our members who have renewed their membership to SEREAM for 2019-2020.

If you are not sure that you have renewed you can contact Ben & Sharon Baratto at 507-452-8456 and leave a message or E-Mail at watersedgebmf@charter.net. Encourage others to join us.

It is really important to keep a large membership because the first question Legislators who control our pension, ask our lobbyist is “how many members do you represent?”

SEREAM Membership Form

Complete this form and mail with \$10.00 per person to:
Ben Baratto, 779 Bluffview Circle, Winona, MN 55987

Name: _____

Address: _____

City: _____ State _____ Zip _____

E-mail: _____

Phone: _____

Make checks payable to SEREAM.

Membership year: September 1, 2019–August 31, 2020

The newsletters can be found at SEREAM.org.

SOUTHEAST RETIRED
EDUCATORS ASSOC. OF MN
Ben Baratto
779 Bluffview Circle
Winona, MN 55987

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