

SERREAM

Newsletter

Spring 2022

President's Message: Kay Morcomb

Attention

Coming soon - after a 3-year delay

SERREAM Spring Conference and Annual Meeting
Hosted by FARE (Faribault Area Retired Educators)

Interesting information on the speakers can be found
on the following pages.

Years of planning have gone into this conference.

Let's have a good turn-out!

Turn the page for details
And registration form.

SEREAM Spring Conference
Wednesday, April 20, 2022
Faribault Elks Lodge
1401 NW 2nd St. Faribault, MN 55021

- 8:30 Registration with morning refreshments
- 9:00 Welcome and opening remarks
- 9:20 Dr. Lisa Humfeld-Wilson – Humfeld Chiropractic and Nutrition Center
“Mending the Mind”
- 10:20 Break
- 10:35 Humor Thayer-apy
- 10:45 Legislative update
- 11:15 SEREAM business meeting
Election of officers
Educator Awards
Necrology
- 12:00 Catered Lunch
- 12:45 Breanna Wheeler – River Bend Nature Center
“The Promise of Intergenerational Nature Connection”
- 1:45 Closing remarks
Door prizes
- 2:15 Safe travels home
Consider joining us for a walk at River Bend Nature Center after the conference.
RBNC is located at 1000 Rustad Road, Faribault, MN 55021

REGISTRATION FORM – requested by April 4th!

NAME: _____ UNIT: _____

Email: _____ Phone: _____

Registration Fee which includes lunch is \$20 by April 4th. Registration at the door will be \$25. Make checks payable to FARE.

Please provide an email address to receive any conference related information. This could include cancellation due to weather or a move to a Zoom format due to Covid. If you do not have access to email please note that and be sure to include a phone number.

Mail completed registration form and check made out to FARE by April 4th to:

Edna Thayer
7 Roots Beach Lane
Elysian, MN 5602

The Faribault Area Retired Educators and the Kenyon Wanamingo Retired Educators are looking forward to hosting the April SEREAM Conference. The venue, the caterer, the speakers and the SEREAM Board are lined up and determined to make this conference happen. All we need is you to send in your registration by April 4th. Locals are asked to provide a door prize as they have in the past. After the conference there is a special opportunity to take a spring wildflower walk at River Bend Nature Center so pack your walking shoes if you'd like.

Co-Chairs Mary Osborne and Deb Scheil

Speaker Bios and Presentation Title with Summary

The morning speaker will be:

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".

Dr. Lisa's conference presentation summary:

Do you feel as if your memory is failing you? It is estimated that by 2025, there will be 7.1 million people diagnosed with alzheimer's. Learn how fast dementia and alzheimer's is growing in the elderly today. Understand what happens in the brain as we age and natural ways to improve your memory through the use of healthy diet, supplements, herbs and other techniques. We will even provide a few ways to test your cognitive function.

The afternoon speaker will be:

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 began instructing the course in 2019. Breanna is energized by how connecting with nature improves individuals' lives, builds important connections among people, and might just be the solution to some of the wicked problems and grand challenges our society faces.

Breanna's conference presentation summary:

“If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.” ~Rachel Carson, 1962
What does having the internet in our hand and all those notifications dinging, standardized testing, video games, personal safety, and the growth of school sports have in common? Learn ways you can help curb nature deficit disorder and impact not only your own wellbeing, but also the wellbeing of young people and the future of our planet by connecting across generations in nature.

SEREAM Educator Award

The SEREAM Educator Award committee and the SEREAM Board are pleased to announce the recipient of the 2022 SEREAM Educator Award, which goes to Barb Hunter from Austin. Barb has been active representing Austin at SEREAM, and then representing SEREAM at REAM. She has planned the Health and Legislative Conference for the past four years, although one was cancelled because of Covid. (Cancelling an event that is planned is probably more work than holding it.) Her tribute poem will be printed in the next newsletter. Her award will be presented at the spring conference in Faribault on April 20. Plan to attend to honor her and show your appreciation for all she does for teachers and education.

Edna Thayer, Chair

SERREAM Meeting at the Homestead February 16, 2022

The Executive Board meeting of SERREAM began at 9:50 AM. Present were Barbara Hunter, Keith Larson, Kathryn Lastine, Kay Morcomb, Lyle Olson, Sylvia Swede, and Edna Thayer. The mileage sheet and breakfast envelope were passed around.

Treasurer's Report: The Wells Fargo Checking Account: \$4931.70; Wells Fargo Savings Account: \$6580.14; Merchants National BankChecking: \$1277.27.

Secretary's Report: The previous minutes were approved as printed.

Membership: We presently have 575 members.

Newsletter: The next newsletter will be published March 16.

Educator Award: Barb Hunter will be presented with this award.

Spring Conference: The conference will be held in Faribault on April 20. The conference agenda was presented.

Dues: It was m/s/c to keep dues at \$10.

Need for new officers: In order to try to recruit new members for the board, it was m/s/c to have present members prepare a list of duties for president, newsletter editor, secretary, and health and legislative chairs.

Dates to keep in mind: The next Board meeting is May 18. The fall conference is October 19 with a planning meeting on March 16.

The meeting adjourned at 10:45 AM.

Sylvia Swede, Secretary

Spring SEREAM Legislative Report Spring 2022

Here's the contact information on each member of the
Legislative Commission on Pensions and Retirement (LCPR).

2020-2022 Legislative Commission Membership

Senate members

Sen. Nick Frentz
2415 Minnesota Senate Bldg
651-296-6153

Sen. Jeff Howe
3231 Minnesota Senate Bldg
651-296-7136

Sen. John Jasinski
2101 Minnesota Senate Bldg
651-296-0284

Sen. Sandra Pappas
2205 Minnesota Senate Bldg
651-296-1802

Sen. Jason Rarick
3411 Minnesota Senate Bldg
651-296-1508

Sen. Julie Rosen, Chair
2113 Minnesota Senate Bldg
651-296-5713

Sen. David Senjem
3401 Minnesota Senate Bldg
651-296-3903

House members

Rep. Kaela Berg
413 State Office Bldg
651-296-5387

Rep. Luke Frederick
487 State Office Bldg
651-296-5486

Rep. Kaoly Her
359 State Office Bldg
651-296-8799

Rep. Mary Murphy
343 State Office Bldg
651-296-2676

Rep. Michael V. Nelson, Vice Chair
585 State Office Bldg
651-296-3751

Rep. Timothy O'Driscoll
237 State Office Bldg
651-296-7808

Rep. Jordan Rasmusson
291 State Office Bldg
651-296-4946

Keep this membership list handy. If you have questions or concerns about your pension, call one of these LCPR members. David Senjem is our local voice on the commission.

**Probably you have already joined for the
September 1 - August 31, 2022 year.
There is always the opportunity to invite new members
to be on the mailing list for the spring conference.**

**HAVE YOU PAID YOUR DUES FOR
SEPTEMBER 1, 2021 THRU AUGUST 31, 2022?**

SERAM 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 SERAM.
Membership year: September 1, 2021–August 31, 2022

The newsletters can be found at SERAM.org.

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

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