

PARTA

SOUNDINGS

MARCH 2023

PEORIA AREA RETIRED TEACHERS ASSOCIATION

MEETING

Barracks Cater Inn
March 6 at 11:30 AM
Luncheon: \$14.00

GREETERS

- Ann Christophel
- Denise Smith

PLEDGE/INVOCATION

- Denise Adams

LUNCHEON

Entrée:
Corned Beef

PROGRAM

TRS UPDATE

TEACHERS RETIREMENT
SYSTEM OF ILLINOIS (TRS)

DOUG STRAND
TRS TRUSTEE 
BRIEF BIO PAGE 2

MEETING

DIXIE WHEELER
PARTA President



ROGER HAMPTON
SOUNDINGS Editor

UPDATES



Check Out
PARTA's Website
pa-rta.weebly.com
Sally Weber
Webmaster

PRESIDENT'S GREETING

Hello PARTA members,
How many of you know that we have a new *Illinois Superintendent of Education*? Dr. Tony Sanders is the former Superintendent of School District U-46 (second largest district in Illinois with 57 district schools serving over 35,000 students) and is replacing retiring Carmen Ayala. And you say, "Do I care about this?" I don't know about you, but whenever there was a shift in district administration, I got a little nervous wondering if the status quo would be maintained or changed. As a retired teacher I wonder how this transition will fare for our current teachers. We all know teachers face challenges that many retirees did not, or the same challenges but now to a greater extent. As a member of PARTA and IRTA we help assure those that follow us will have a safe and secure retirement regardless of present issues. With that said, I wish you the best, Dr. Sanders.



Dixie Wheeler, PARTA President

UPCOMING PARTA PROGRAMS

APRIL 3 WHEELS OF TIME MUSEUM

MARCIA JOHNSON, SITE MANAGER

MAY 1 IRTA UPDATE

**WILLIAM FUNKHOUSER, PRESIDENT
ILLINOIS RETIRED TEACHERS ASSOCIATION**

JUNE 5 NAVY LIFE PART II

CAPTAIN WRIGHT & JEANIE WRIGHT

JULY & AUGUST: NO MEETING

SEPTEMBER 11 IRTA BENEFITS / AMBA

LORI FAIRFIELD, AMBA Benefits Specialist

OCTOBER 2 IN MEMORIAM - CELEBRATION OF LIFE

NOVEMBER 6 TBA

DECEMBER 4 MORTON CIVIC CHORUS

DENISE ADAMS, Director

SOUNDINGS

LUNCHEON MEETING MINUTES

CATER INN

FEBRUARY 6, 2023



The February PARTA meeting was held at the Cater Inn on February 6, 2023. Vice-President, Valda Shipp presided for President Dixie Wheeler. Sixty-nine members were in attendance. There were no new members. Vice-President, Shipp thanked Ann Christophel for greeting the members. Dave Barnwell led the Pledge and Invocation. Jeannie Blane introduced the guest speaker, Beth Crider, Regional Superintendent of Schools. Beth highlighted the State of the Region. She shared the following points:

- The Peoria Stadium is currently being demolished.
- It has been documented that due to COVID, students' learning loss has decreased by 30%.
- Efforts through high-quality after-school programs, tutoring and Social and Emotional Learning initiatives across the county have been instituted.
- Many safety updates are occurring.
- Illinois has a 79% teacher shortage and a prevalent issue with obtaining substitute teachers.

BUSINESS MEETING

The Treasurer's report is on the table. Members were asked to visit the table with donated books. There is also a suggestion box on the back table for ideas on upcoming programs.

PARTA has been designated a Unit of Merit by the IRTA. A monetary award of \$250 is given to Units meeting organizational, community, and programming criteria.



Sally Weber reminded members of the information on the table for anyone interested in becoming a literacy tutor through the ROE.

COMMITTEE REPORTS

ALTRUISTIC Denise Smith: Denise still encourages members to contact her if they know any deceased members. She will submit names to the *Soundings*.

PROGRAMS Jeannie Blane: The Program Committee would like members to place program ideas in the Suggestion Box.

MEMBERSHIP Dues - Jeff Vallosio: PARTA and IRTA dues are collected at the designated back table. All PARTA members are highly encouraged to join IRTA.

AUDIT Dave Barnwell: The Audit Committee will meet after the luncheon.

IRTA Informational Updates - Roger Hampton: IRTA is still working for its members. Roger highlighted a few ways the organization is working for its members:

- The lawsuit, IRTA vs. the State of Illinois, is still ongoing. Working on an agreement concerning funding is still an issue.
- Pat Hampton serves as Chair of the Benefits Committee. Her committee has assisted IRTA members in navigating through benefits.
- There will be proposed Constitution changes at the IRTA Convention this Fall.
- IRTA offers free Informational webinars each month. You will need to sign-up to attend.
- Coffee with the Executive Director, Jim Bachman, is scheduled each month. Members have an opportunity to pose any questions or concerns.

Vice-President Shipp asked for a motion to adjourn the meeting. Denise Smith moved to adjourn the meeting. Peggy Shane seconded the motion.

Respectfully submitted, Deloris Turner, Secretary



Doug Strand – TRS Board of Trustees: Elected 1st Term: July 2019 - July 2023

Retired Teacher: United Township High School

Also Serves on: Black Hawk College Board of Trustees

Previously Served on: Service Plus Credit Union, East Moline Police

Pension Board, and East Moline City Council

Doug will be making presentations at the IRTA 2023 Area Conferences. In addition, he also writes reports and makes informational videos for IRTA members.

trustee_strand@trsil.org

RETIRE FROM WORK, BUT NOT FROM LIFE. ~ M.K. Soni

SOUNDINGS

PARTA BOARD MEETING MINUTES

9:30AM

JANUARY 30, 2023

The PARTA Board Meeting started at 9:30 AM via Zoom with President Dixie Wheeler presiding. The members present were Dixie Wheeler, Roger Hampton, Jeff Vallosio, Abby Humbles, Denise Smith, Peggy Shane, Dave Barnwell, Jeannie Blane, Sally Weber, Valda Shipp, Patti Monks, and Deloris Turner. President Wheeler reviewed the PARTA Mission Statement and the IRTA Mission Statement.

PARTA IRTA SURVEY: Dixie shared the Unit Survey submitted to IRTA. She was confident she did not capture all the volunteer hours from the members. PARTA members logged 1,298 volunteer hours.

COMMITTEE REPORTS

ALTRUISTIC: Denise Smith still encourages members to contact her if they know any deceased members. She will submit names in the Soundings.

PROGRAMS: Jeannie Blane reported that Beth Crider from the ROE would be the guest speaker for the February meeting. The Program Committee would like members to place program ideas in the Suggestion Box.

TEACHER GRANTS: Deloris Turner stated that PARTA Teacher Grant information will be sent out in February via the Regional Office of Education.

BUDGET: Abby Humbles moved and Dave Barnwell seconded to approve the budget as is without the PARTA Membership Directories included.

ATTENDANCE/RESERVATIONS: Patti Monks reported the calling procedure is working well. She is encouraging Callers to report by Wednesday to send in orders before the Monday meeting. She appreciated that members responded favorably to fulfilling their financial obligations for missing meetings.

FINANCE: Dave Barnwell thanked Jeff Vallosio for his expertise and diligence as PARTA's Treasurer. The Treasurer's books are audited every year. Abby Humbles and Sally Weber will assist with the audit.

LEGISLATION: Dixie Wheeler reported no pressing Legislative updates.

GREETERS: Peggy Shane reported that all greeters are on the schedule.

MEMBERSHIP: Roger Hampton says that membership is constantly evolving. All membership-relevant information is posted on the website.

PUBLIC RELATIONS: Dixie Wheeler and Valda Shipp will assume responsibilities for public relations for PARTA.

OTHER BUSINESS: The membership directory will be printed during the even-numbered years. President Wheeler will explore what method larger units use for directory distribution.

President Wheeler asked for a motion to adjourn the meeting. Abby Humbles moved to adjourn the meeting. Peggy Shane seconded the motion.



Respectfully submitted, Deloris Turner, Secretary

You know what is highly contagious?

KINDNESS, PATIENCE, LOVE, ENTHUSIASM, AND A POSITIVE ATTITUDE.

Don't wait to catch it from others! Be the Carrier!



**Clothes too dirty for the closet,
but too clean for the laundry?**

**Welcome to:
THE CHAIR!**



**Sometimes I feel like
throwing in the towel but
that would only mean
more laundry for me.**

**If you're American when you go in the bathroom,
and American when you come out,
what are you in the bathroom?
European!**



**Did you know the first French fries
weren't actually cooked in France?
They were cooked
in Greece!**

SOUNDINGS

ILLINOIS 103RD GENERAL ASSEMBLY

Notable changes in rules for the 103rd General Assembly include the elimination of remote floor voting (*virtual committee testimony will still be allowed*) and the Rules committee is no longer required to refer every bill to a committee.

1,307 bills have been filed in the Senate and 2,132 bills have been filed in the House (*as of February 4th*).

Both chambers have set their committees and appointed members, allowing committee work to begin.

2023 KEY REMAINING SESSION DEADLINES

March 10: Deadline – Senate Bills Out of Senate Committee & House Bills out of House Committee

March 24: Deadline – Third Reading House Bills in the House

March 31: Deadline – Third Reading Senate Bills in the Senate April 4: Consolidated Election

April 28: Deadline – House Bills out of Senate Committee & Senate Bills out of House Committee

May 11: Deadline – Third Reading House Bills in Senate

May 12: Deadline – Third Reading Senate Bills in House

May 19: Adjournment



Illinois General Assembly

FYI: Illinois' public health emergency will end on May 11, 2023, aligning the state with the federal government's decision to end the national public health emergency.

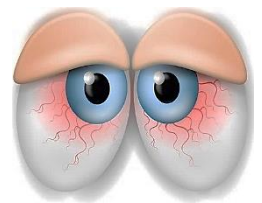


I found that I have been happier since I changed from coffee in the morning to orange juice! My doctor explained that it's the vitamin C and natural sugars, but I really think it's the Vodka.



YOUR VISION CHANGES AND YOUR MEDICATIONS

People don't always connect their vision changes to their medications, but medications are a common cause of vision changes. Below is a list of just a few medications that can lead to vision changes, problems, and/or double vision:



- ✓ Alendronate (Fosamax)
- ✓ Topiramate (Topamax)
- ✓ Isotretinoin (Accutane)
- ✓ Amiodarone (Cordarone)
- ✓ Tamsulosin (Flomax)
- ✓ Sildenafil (Viagra)
- ✓ Tamoxifen
- ✓ Chlorpromazine (Thorazine)
- ✓ Ethambutol (Myambutol / EMB)
- ✓ Hydroxychloroquine (Plaquenil)
- ✓ Diphenhydramine (Benadryl)
- ✓ Cidofovir (Vistide)
- ✓ Prednisone
- ✓ Digoxin (Lanoxin)
- ✓ Fingolimod (Gilenya)
- ✓ Rifampin (Rifadin)
- ✓ Doxycycline (Vibramycin)

If you ever develop a new change in your vision or double vision, see an eye doctor right away. Make sure you tell your eye doctor about ALL of the medications you are taking, including over-the-counter supplements.

Source: www.goodrx.com/drugs/side-effects/these-17-medications-could-harm-your-eyes

When is a retiree's bedtime? Three hours after he falls asleep on the couch. I enjoy waking up and not having to go to work. So, I do it three or four times a day.

SOUNDINGS

2022 IRTA "UNIT OF DISTINCTION" PROGRAM AWARD



Peoria Area Retired Teachers Association was one of 24 units recognized as a 2022 IRTA "Unit of Distinction." Only 27% of IRTA Local Units received this distinction. The "Unit of Distinction" Program is a voluntary program based on the honor system that is designed to help guide and direct local unit leaders, as well as acknowledge IRTA units that are the best in the state. Units receiving the "Unit of Distinction" Award will be recognized at the IRTA Biennial Convention, in the IRTA ACTION, e-newsletter, and on the IRTA website. Units will also receive a gift of \$250.



COFFEE WITH JIM (ZOOM)

MARCH 9 AT 9:30 A.M.

Coffee with Jim was built to connect, listen, and share topics for retired educators and retirees in general. Ask questions and get answers from Jim Bachman, Executive Director, Illinois Retired Teachers Association. IRTA members receive the zoom link via email.

"FINISH STRONGER THAN YOU STARTED"

Roy Hall played football at Ohio State University and went on to play for the Indianapolis Colts. Before all that, however, he endured an unimaginable childhood with a drug-addicted, abusive father.

"Watching my mother endure both physical and emotional pain was at times unbearable," Hall says. "She went nights without eating to make sure we didn't go hungry. We spent years struggling to live from one paycheck to the next. My father's heroin addiction and abusive nature nearly cost us everything. But my mother's strength and love is the reason I do so much for others in need today." Having overcome more than his fair share of adversity, Hall is synonymous with his own motto: *Finish stronger than you started*. Eight years ago, Hall and a fellow Ohio State teammate founded *The Driven Foundation*, which works to help kids and families in need beat those seemingly insurmountable odds. The program started in Columbus, Ohio but has recently expanded with the goal of reaching families around the country.



We make a living by what we get. We make a life by what we give. ~ Winston Churchill

I always take life with a grain of salt. Plus, a slice of lemon and a shot of tequila.



I don't have a beer gut! I have a protective covering for my rock-hard abs.

Grandparents are there to help the child get into mischief they haven't thought of yet.

Grandchildren: the only people who can get more out of you than the IRS.

The simplest toy, one which even the youngest child can operate, is called a grandparent.

My grandchild has taught me that true love means watching Scooby-Doo cartoons while the basketball game is on another channel.

Grandchildren don't stay young forever, which is good because Grandpa only has so many horsey rides in him.

SOUNDINGS

PLEASE MAKE THE FOLLOWING CHANGES TO YOUR DIRECTORY

BRYANT	KEN	1508 CALVIN DR	WASHINGTON	IL	61571-1796	NEW ADDRESS
FULTON	JODI	11002 N RHONDA WAY	DUNLAP	IL	61525-9027	NEW ADDRESS
HAMER	RUTHIE	7026 S 57 TH AVE	LAVEEN	AZ	85339-2258	309.648.4870 NEW ADDRESS
MARTIN	HELEN	6901 N GALENA RD APT 224	PEORIA	IL	61614-3162	NEW ADDRESS
O'BRIEN	NORAH	3830 E LAKEWOOD PKWY E APT 1014	PHOENIX	AZ	85048-7387	NEW ADDRESS
WOOLEY	LETA				309.360.0072	NEW PHONE #

Please send updated information to Roger Hampton: roger.hampton11138@gmail.com

MARCHIA FORBER (85)	March 8, 1937 - January 17, 2023
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CAROLYN JO GUARIGLIA (84)	June 22, 1938 - December 29, 2022
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JOANN SPURGEON (87)	May 31, 1933 - October 17, 2020
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DALE SPURGEON (88)	January 2, 1935 - January 9, 2023
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ROGER HAMPTON, MEMBERSHIP CHAIR

Life can only be understood BACKWARDS but must be lived FORWARD. ~ Soren Kierkegaard



The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

IF YOU RECEIVE A CALL, TEXT, OR EMAIL THAT...

- | | |
|---|--|
| <ul style="list-style-type: none"> • Threatens to suspend your Social Security number, even if they have part or all of your Social Security number; • Warns of arrest or legal action • Demands or requests immediate payment; • Requires payment by gift card, prepaid debit card, Internet currency, or by mailing cash; | <ul style="list-style-type: none"> • Pressures you for personal information; • Requests secrecy; • Threatens to seize your bank account; • Promises to increase your Social Security benefit; • Tries to gain your trust by providing fake "documentation, false "evidence," or the name of a real government official; |
|---|--|



... IT IS A SCAM!

Do not give scammers money or personal information – Ignore Them!

Source: www.ssa.gov/fraud/assets/materials/EN-05-10597.pdf

Parallel lines have so much in common. It's a shame they'll never meet.

- | | |
|--|---|
| <ul style="list-style-type: none"> ◆ <i>The difference between the impossible and the possible lies in a man's determination. ~ Tommy Lasorda</i> ◆ <i>Never give up! Failure and rejection are only the first step to succeeding. ~ Jim Valvano</i> | <ul style="list-style-type: none"> ◆ <i>Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability. ~ John Wooden</i> ◆ <i>Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time. ~ Lou Brock</i> |
|--|---|

SOUNDINGS

CENTRAL ILLINOIS AGENCY ON AGING

AREA ADVISORY COUNCIL VACANCY



Central Illinois Agency on Aging, Inc. (CIAA) is an independent, not-for-profit organization serving older adults and informal caregivers in Fulton, Marshall, Peoria, Stark, Tazewell, and Woodford Counties. CIAA has several current vacancies on the Area Advisory Council. Please contact us if you know someone who has an interest in service to older adults residing in our six (6) county service area and the time to commit to one of the committees of the Council and to the bi-monthly full Council meetings. Persons who could be nominated include anyone with or without particular skills, and other adults whose backgrounds and interests reflect the Mission of CIAA “Promoting Independence, Choice and Access to Services for All Ages, Incomes, and Abilities” and expertise on the Council: community development, civic and volunteer service, education, health, veterans, nursing home administration, counseling, social work, etc. Resumes are accepted at any time during the year.

If you are interested in the position, please provide your contact information to

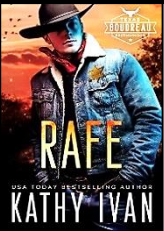
Keith Rider, CIAA President/CEO

Phone: 309.674.2071

Email: ciaa@ciaoa.net

“Respect your parents. They passed school without Google.”

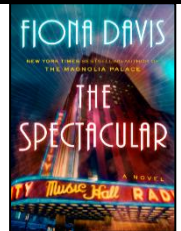
PARTA MEMBERS READ & RECOMMEND



RAFE

Texas Boudreau Brotherhood Series
by Kathy Ivan

When Sheriff Rafe Boudreau catches Tessa Maxwell climbing through the window of a house where she doesn't belong, the crime rate isn't the only thing that spikes. Turns out, trouble has followed the small-town schoolteacher to Shiloh Springs, and Rafe and the rest of the Boudreau clan must step in to keep her safe. Can they decipher the clues and end the danger Tessa faces before time runs out?



The Spectacular

by Fiora Davis

New York City, 1956: Nineteen-year-old Marion is over the moon to have been selected to be one of the Rockettes, Radio City Music Hall's glamorous precision-dancing troupe. It's an honor to perform in the world's most spectacular theater, an art deco masterpiece. But with four shows a day as well as grueling rehearsals Marion quickly realizes that the life of a Rockette has both extraordinary highs and devastating lows.



Two good friends had a quarrel one day, and one of them hit the other.

The man felt pain but said nothing and wrote on the sand:

“TODAY MY BEST FRIEND HIT ME.” The two friends continued walking and found an oasis. They decided to swim in a wellspring and suddenly the one who

was hit, started to sink, but his friend saved him. When he regained consciousness, he wrote on a stone: **“TODAY MY BEST FRIEND SAVED MY LIFE.”** The other friend, who hit and saved his friend's life, asked him: *“When I hurt you, you wrote on the sand and now you are writing on the stone. Why?”* His friend said: *“When someone hurts us, we should write it on the sand, so that the wind could erase it. But when someone does something good for us, we must engrave it on the stone, so that the wind could not erase it.”*

Source: www.inspirationalstories.eu/inspirational-stories-about-friendship/



SOUNDINGS

2023 IRTA EDUCATIONAL WEBINAR #3

MARCH 1ST (10:00 A.M.) PERKS OF MEMBERSHIP – SPRING BREAK EDITION

Spring Break is just about here and now is a great time to get to know the discounts and benefits that come with your membership. Whether you plan on traveling or staying home and simply doing some spring shopping from the comfort of your computer, there are tons of discounts available to you as part of your membership with us. Join us as we explore many of the most popular ones and help you maximize your membership. **REGISTRATION REQUIRED**

https://ambabenefits.zoom.us/webinar/register/WN_akxsSw8YRfOeCTfK-HJ5nQ

If Walmart is lowering prices every day, why isn't anything in the store free yet?"

SPOTLIGHT ON AN IRTA INFORMATIVE BENEFIT

myAMBAdiscounts

MyAMBAdiscounts offers IRTA members access to thousands of discounts from local and national merchants – all from your smartphone.

BENEFITS INCLUDE:

household and family shopping items, travel, dining, electronics, sports, entertainment, wellness, tickets, and thousands more.

To activate your new myAMBAdiscounts membership, follow 3 easy steps listed on the IRTA Members Only website: <https://members.irtaonline.org/>

I try to avoid things that make me fat, like scales, mirrors, and photographs.

FACTS ABOUT BLOOD SUPPLY NEEDS



- Every 2 seconds someone in the U.S. needs blood and or platelets.
- Approximately 29,000 units of red blood cells are needed every day in the U.S.
- Nearly 5,000 units of platelets and 6,500 units of plasma are needed daily in the U.S.
- Nearly 16 million blood components are transfused each year in the U.S.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their lives.
- The average red blood cell transfusion is approximately 3 units.
- A single car accident victim can require as many as 100 units of blood.
- The blood type most often requested by hospitals is type O.
- One donation can help save more than one life.
- According to the American Cancer Society, more than 1.8 million people were diagnosed with cancer in 2020. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

Source: <https://www.redcrossblood.org/>

Be more concerned with your character than your reputation because your character is what you really are, while your reputation is merely what others think you are. ~John Wooden