



IOWA RETIRED SCHOOL PERSONNEL ASSOCIATION

President's Message

Dear Members,

Those who attended the 2019 IRSPA Annual Meeting and Conference in Denison on October 2 and 3 were provided with an array of informational programs, great entertainment, and flavorful food. The Donna Reed presentation was exceptional and memory making. Thanks to all the District 1 units that helped with this event.

Next year, plan to attend the state meeting and conference at the Honey Creek Resort on Lake Rathbun on October 7 & 8, 2020. District 5 is working on this event. District 3 is looking at 2021 in Decorah. We are trying to have our state event in unique places around the state rather than always in the BIG city. Mark your calendars to attend.

The next few months will be filled with presidential candidates telling us their stories and sharing their plans. Whenever possible, go to their gatherings and learn. Listen to all sides. Be active. Let the candidates know who you are. Make your voice heard.

You will also be encountering city, county, state, and national candidates telling their stories and sharing their plans for the positions they are seeking. Again, go to their gatherings and find out how they will impact you. Be active. Let the candidates know who you are. Make your voice heard. Your vote makes a difference. (Note the article within regarding Prescription Greed from AARP.)

My goal for IRSPA over the next two years of my term is to ACTIVATE our members. How can we become visible in our communities? We are not just retired school people worried about IPERS, Social Security, Medicaid, and Medicare. We are active community members. What are you doing to engage your community?

In the next column are some ideas, if you are not already doing so:



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- Have a monthly movie night at your local libraries. Serve popcorn and punch.
- Knit and/or crochet hats and gloves for the little ones.
- Make a quilt of valor for your local service members.
- Start a Trunk or Treat event for holidays beyond Halloween.
- Read to children in schools, libraries, pharmacies, grocery stores, or other unique places.
- Drive friends to appointments.
- Become a census taker.
(More information in this newsletter.)
- Be a CASA volunteer - Court Appointed Special Advocates help children navigate the foster system. Be a mentor. Take on a challenge. Support a child. Change a life.
- Work as a group in a community garden and/or arboretum.
- Buy beds for kids who don't have one.
- Assist with preretirement seminars hosted by IRSPA with Iowa AARP or at your local community college.
- Collect books and stock Little Libraries or start some Little Libraries.
- Serve as crossing guards for students before and after school.
- See about rejuvenating old buildings in your community.
- Since housing might be an issue for first year teachers, maybe your group would help renovate a house for a new teacher or create a meal calendar for a new teacher. Remember how busy you were the first years of teaching.
- Collect plastic grocery bags to crochet sleep mats for the homeless.
- More to come. I welcome suggestions from the membership.

Remember, we have lobbyists who speak for us at the state capital. They will be addressing IPERS for sure as well as other issues related to our schools and retirees across the state. We are fortunate to have one lobbyist who is a Republican and one who is a Democrat. They will be able to work both sides of the aisles.

To be seen is to be heard. Make your voice heard.

Respectfully, George Wm. Holland

Photos from Denison Annual Meeting



IRSPA Executive Board



District 1



District 2



District 3



District 4



District 5



District 6

Donna Reed Theatre & Museum, Denison IA



The tour of the Donna Reed Theatre and Museum was enjoyed by many of the IRSPA State convention participants. They enjoyed the "It's a Wonderful Life" experience by having a wonderful day.



It was a rainy day in Denison, IA when Anita Fagen-Miller (pictured above) toured the Donna Reed Theatre and Museum, but Donna was all glamour.



Paul Strid



(pictured above)
Dr. David Chobar, from AARP, led a breakout session on how to identify and prevent fraud in our daily lives.



(pictured above)
George Holland's State breakout session explained how Sally, Dick, and Jane influenced young readers.



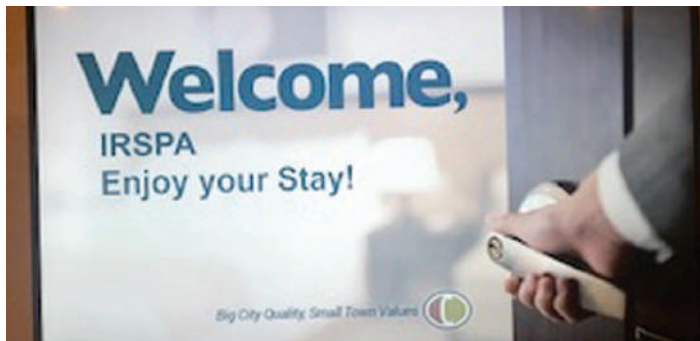
(pictured right)
Sheriff James Steinkuehler and Bayou explained how Bayou's role in drug exploration has impacted law enforcement efforts.



(pictured left)
Davenport IRSPA treasurer, Joyce Ceurvost, experienced the strength of a python as part of the Yellow Smoke Nature Center Tour.



Lori Vicker brought memorabilia relating to her Orphan Train Presentation.



(pictured above)
Sister Shirley

Fineran advocates for human trafficking reform. She informed the ISPPA audience about Lila Mae's House in Sioux City, IA which is a place of healing for adult survivors of sex trafficking.



(Pictured Above)

Lori Vicker's program about the Orphan Train told the poignant story of homeless children who were given new lives in America's heartland.



Heather Langenfeld, Mayra Velazquez, and Megan Schroeder from Denison Community Schools presented a program about how English and Spanish are used in their dual language classrooms.

The Denison High School Mariachi Ensemble drew a big "ole" at the IRSPA State Meeting. The audience collected \$350.00 to help with the band's fundraiser for new uniforms.



District 1 • Estherville Area

The Estherville Area Retired School Personnel Association met monthly beginning in April this year, due to the snow cancellation in March. Included in accomplishments this year was the creation of an EARSPA informational brochure, learning about all the opportunities available at the Estherville Public Library, updating the EARSPA Constitution and By-Laws, touring the county museum, and having our EARSPA President, Jean Hoffman elected to the Vice Presidency of IRSPA from November 1, 2019 thru October 31, 2021.

At the May meeting two Estherville Lincoln Central High School girls, Venessa Vedder and Cora Brandt gave



a presentation to the group of their projects and the research methods they used when they

went to National History Day after competing at the local and state level.



EARSPA participated in fundraising for the Estherville Good Samaritan Center by donating to the "Tour of Tables" on November 7, 2019.

Submitting by Judy Grethen

It's a Small World



Lori Vicker was a Reading Strategies teacher in Toni Hood's graduate program.

District 1 • SIOUX CITY RETIRED SCHOOL EDUCATORS UNIT

SCRE SCHOLARSHIPS - One of the projects the Sioux City Retired Educators Unit supports is the gift of scholarships to graduating seniors in our area. It is truly a legacy of support for a career we have all felt vital to us, to our community and indeed, to our country.

We are pleased to announce the recipients of the 2019 Sioux City Retired Educators Scholarships. There were 24 applications for the scholarships! It was not an easy process to select just two recipients. Our scholarship committee invested many hours in reviewing all of the submitted scholarship materials. The committee was overwhelmed by the quality of the nominees and the recommendation letters submitted. They seem to get better each year. The life stories of the recipients are very compelling and both recipients are first generation college students. Thanks to the committee members Barb Bielenberg, Carolyn Goodwin, Doug Harrold, Jan Johansen, Dick Owens, Darold Sea, and Bob Swanson.

Karla Ortiz, a senior at South Sioux City High School is one of our recipients this year. She graduated 19th in a class of 320 with a GPA of 4.20 and an ACT of 25. Karla has been involved with band (Drum Major her senior year), choir, National Honor Society, speech and Educators Rising (a future educators group). She also volunteers at several community activities. She has worked as a customer service associate at Walgreens since 2017. Her goal is to receive a degree in music education at the University of Nebraska at Lincoln.

Gabrielle Ponce, a senior at West High School is the other recipient. She graduated 10th in a class of 300 with a GPA of 4.00 and an ACT of 19. Gabrielle participated in the National Honor Society, cross country, track and field, soccer, a freshman mentor and a school Ambassador. She volunteers at her church and community activities such as Support Siouxland Soldiers, Missouri River Runners Races, and the Running Club at Liberty Elementary. She has worked at baby sitting, a house painting business, house cleaning business, and currently at Rue 21 and the HyVee bakery. Her goal is to work towards a degree in elementary education as well as coaching cross country teams.

by Verlee Owens, newsletter editor SCRE

www.irspa.org

Website is updated...

Check it out!

CHRIS CAMPIDILLI HONORED



Chris Campidilli was honored at the Iowa Retired School Personnel Association's State Conference in Denison, Iowa on October 3 2019.

Campidilli, the outgoing state President, was showered with rubber duckies as a show of appreciation for her outstanding service.

District 2 • HUMBOLDT AREA

We started our fall meeting in September with an interesting program by Sheryl Tegtmeyer of the Humboldt County Humane Society. She has been working with them for 23 years. Besides giving us some of the history of the Society, she explained how (HCHS) handles abused and abandoned animals, gets them healthy, and adopts them out to new homes. HCHS works closely with a local veterinarian; the animals are housed there until they have the proper shots and are ready to be adopted by people who are approved as new owners. The humane society also works with law enforcement to identify inhumane puppy mills.

Some ways she suggested to help the Humane Society are to donate directly, volunteer, or use the Amazon Smiles site. When buying from Amazon, designate the HCHS to get a portion of the money from your purchase. The items do not cost more and the money is automatically deposited in the HCHS account.

A project we have completed both this year and last year is welcoming new school personnel to the school and community. Anita Fagan-Miller makes the cards, and at our meeting members write encouraging notes on the cards before Anita delivers the cards to the schools. This is the second year we have done this and it is a great human relations project for our unit.

Toni Hood talked about the need for toiletries and personal hygiene items needed by women at the domestic abuse shelter. She has been collecting toiletries, making individual bags, and donating them to the shelter. Members brought items to the September and October meetings for her to deliver to the center.

Another project we have been working on in September and October is gathering children's clothing such as tops, bottoms, socks, mitten, caps, underwear, etc. to put in the office at Mease Elementary for the young students when emergency needs arise. The principal said these items are always needed.

During our October meeting we had an interesting presentation by one of our members, Carol Jensen, on "The Benefits of Sourdough Bread." She discussed how she started looking into food substances after she had a grandson who was allegoric to gluten and several other substances. After more research, she found that he could eat sourdough bread; it is good for other conditions and is just healthy to eat. She explained the process of using the starter and preparing the bread. She said it freezes well and stays on the counter for about 10 days without get old. She brought some bread along and gave us all samples. It was enjoyed by everyone!!

This fall we are pleased to welcome five new members who are new retirees. They are Kathy Yoakum, Pam Swan, Pam Davis, Jan Brown, and Jo Elberg Zinnel.

by Darlene Stirling

IT'S NEWS TO ME...

In keeping with Ethel Percy Andrus' motto, "To serve, not to serve," I profiled an IRSPA District 2 member Judge Brown, who exemplifies this admonition. I encourage IRSPA units to profile any members who deserve recognition for their volunteer activities. I'm sure our readers will be inspired by these profiles. Please submit your article with a picture and a caption. The diamond industry has standards known as the "5 C's." Our diamond members are: Caring, Curious, Colorful, and Catalysts for Change. Let's give a big diamond salute to our stellar volunteers.

NEWSLETTER IDEAS:

- Submit profiles of members who are involved in volunteer activities.
- Use pictures and captions (please send pictures as attachments; if pictures are sent in the body of the email they are often too large to be delivered).
- Consider sharing your article with local newspapers.

Toni Hood
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(Left) Sheryl Tegtmeyer presented a program about the Humboldt County Humane Society at the Humboldt ISPPA September, 2019 meeting.

(Right) Carol Jensen provided information and a tasting opportunity when she presented the health advantages of sourdough bread at the Humboldt ISPPA October, 2019 meeting.

District 2 • HARDIN COUNTY AREA

The Hardin County Area Unit, the former Scenic City Area Unit, met on Friday, November 1, 2019 at the Edgewood with 26 members and 2 guests present. The building is a beautifully preserved building in Iowa Falls that was originally a School of Domestic Arts for women. The first graduating class was in 1911. Now, the building is used for meetings on the ground level with apartments occupying the second floor. President Maurice Gaulke introduced the two guests: Annette Baker, Instructional Leader at the South Hardin County School District and Anita Fagen-Miller, District 2 Coordinator for IRSPA.

After a noon lunch, the speaker Annette Baker explained the need for and the implementation of Student Support Services within their high school. These multilevel services are funded by grants. She gave data that showed a need for assistance:

- The suicide rate in teens has increased by 66% in the last two years.
- 68% of families in the area live in poverty.
- They are seeing second generation of parents with low parenting skills.
- Life is traveling so quickly that if it doesn't work right now, the students don't do it.

One of the ways the school has addressed social/emotional learning is through the **Zones of Regulations Program** in the Freshmen Academy. It is taught every other day opposite PE. The students learn to recognize if they are in the **Red Zone**-you are out of control, the **yellow zone**-beware, you are only sometimes in control, and the **green zone**-you are ready to learn. They practice social skills to assist them in staying in the green zone. Data showed that many of the at-risk

students who practiced these skills found that their grades increased. However, for others, who are in need of mental health therapy, there are very few services available. It is a frustrating situation found not only in this school district, but all over Iowa. There is a lack of mental health services for all ages in our state. Maurice Gaulke brought the business meeting to order and explained the name change that was voted on at the October meeting. The former **Scenic City Unit** of IRSPA was changed to the **Hardin County Area Unit** to better identify the unit's communities: Ackley, Iowa Falls, Eldora, Hubbard, New Providence, and Alden.

Anita Fagen-Miller reported on the 2019 IRSPA State Annual Meeting and announced the dates and locations of the 2020 State and District Meetings.

Maurice presented a "Show and Tell" from the area newspapers. He showed the articles that had been written about the unit's meetings and an article featuring a unit member. It was announced that at the December meeting the members will be singing Christmas carols, but there will be no gift exchange. Instead, they are asked to bring a gift for a teenager as the unit is going to participate in the community **Pass Along Party**.

Reported by Anita Fagen-Miller,
District 2 Coordinator



(L-R) President Maurice Gaulke, District 2 Coordinator Anita Fagen-Miller, Secretary Marileigh Behrends, and Treasurer Carolyn Crosser caught up on unit news at the Hardin County Area Unit November meeting in Iowa Falls.



Committee members
Mary Lou Kirkdorffer (left) and
Connie Wagner (right) are pictured
with speaker Annette Baker (center)

District 2 • WEBSTER COUNTY UNIT

– TO SERVE, NOT TO BE SERVED

Former Fort Dodge, Iowa educator, Judge Brown, was recognized as the LeadingAge Iowa Volunteer of the Year September 11, 2019 in Cedar Rapids, Iowa. For 12 years Brown has been providing assistance for Sunday morning worship services at Friendship Haven. Friendship Haven's 60 acre Fort Dodge facility is committed to providing quality housing, health, and recreational services to seniors. The nominators from Friendship Haven noted that, "He knows the worship preferences of the residents who feel worship wouldn't happen without him."

Brown's recognition is only one example of his decade-long service in his community; in addition to teaching social studies at Fort Dodge Senior High school and at Iowa Central Community College, Brown has been:

- A Fort Dodge Community School District board member
- A 10-year member of the Commission on the Status of Women
- An interviewer for military academy candidates
- A nominator for the Iowa judicial nominating process
- An active member of Webster County's Iowa Retired School Personal Association



Judge Brown, a Webster County IRSPA member, was recently honored as the LeadingAge Iowa Volunteer of the year.

Brown's outgoing, magnetic personality coupled with his wit and humor are assets he brings to all his endeavors. A Friendship Haven team member commented that, "Judge exemplifies the best characteristics of a model volunteer...he encourages and challenges others to live full lives of faith, passion, and purpose." Typically humble, Brown's response to the award was, "Obviously I don't

volunteer for recognition, but I was incredibly flattered to be honored."

Toni Hood, IRSPA
Newsletter Editor

District 2 • WEBSTER COUNTY UNIT

District 2 Webster County met on August 26, 2019 at the First Presbyterian Church. The drawing for free meals went to Pat Grove and Karen Johnson.

A discussion was held on the Fort Dodge Correctional Facility Volunteer Program. It told of various ways that a person could volunteer at the prison.

Dr. Jesse Ulrich, Superintendent of Fort Dodge Community Schools, gave a brief overview of the focus for this year, the Fort Dodge Initiatives, IJAG, challenges and support for the children.

District 2 also met on October 7th at Grace Lutheran Church. Free meal drawing went to Lorraine Pogge and Janet Kinney.

Jan and Phyllis Wilson gave a program on PICA (Pride in Community Appearance). PICA volunteers work with the city to take care of many areas, such as parks, schools, and lots of other areas around the city to plant flowers, weed, plant trees, mulch, trim trees, landscape, and just to help keep Fort Dodge look good. Jan gave a video presentation on what PICA has accomplished during one year. Most of the volunteers are retirees from all aspects, but we usually do have a few students help out in the summer also.

Our next meeting will be November 4, 2019 at St. Paul Lutheran Church and Larry Mitchell will have the program.

District 2 Webster County met on November 4th at St. Paul's Lutheran Church. Door prizes of a free meal went to Linda Brown and Anita Fagen-Miller.

We have collected \$1,830 towards our scholarship goal for this year.



Larry Mitchell gave a program on Karl King, also known as the March King due to the many marches he produced. For a long time, he worked for Barnum and Bailey Circus in the band.

(pictured left)
At the Webster Area
Retired School Personal November meeting in
Fort Dodge,
Larry Mitchell did a
monologue on Karl King. He
dressed in uniform and shared
Kings's
accomplishments and
played several of the
bandmaster's works.

He eventually settled down in Fort Dodge. He was very well known for his music in Fort Dodge and there is a statue of him on the grounds of the Fort Dodge Public Library, the bandshell at Oleson Park was named the Karl King Bandshell, and the road from downtown to the country club was named the Karl King Viaduct.

Items for the Lord's Cupboard were collected this month. Our next meeting is December 2nd at Trinity United Methodist Church.

By Bonnie Rhodes



Barb Schultze, Chairwoman of our School Supply committee, delivered school supplies to Southeast Valley, Dayton Elementary School.

Pictured left are Stacie Schultz, 2nd grade teacher, and Principal Dan Grandfield looking over the treasures. Supplies were also delivered to the Farnhamville Elementary School.

Submitted by Debbie Peterson

District 2 • MARSHALL COUNTY

Retirement Gives Opportunity to Make a Difference

IRSPA member, Jan Mitchell, retired from full-time teaching in 2002 after 38 years of teaching, with the last 28 at Marshalltown High School. Highlights included watching students gain skills, the achievements of debate and mock trial teams that she coached, and representing Iowa as the 1997 Iowa Teacher of the Year.



As a response to a significant increase of immigrants in the Marshalltown school population from 1995-2005, Jan and Pam Swarts, a small business owner, held a planning session in November 2005 with five young Latinas with college degrees. The group listed barriers that keep young Latinas from envisioning college education in their futures. All agreed that without special support, few of the Latinas enrolled in the upper grades will enroll in post-high school education. Those who enter the workforce will lack skills for all but low-paying jobs.

What began as a Marshalltown project became Al Éxito, a nonprofit statewide organization that empowers Latino students and families to succeed in life and in Iowa by encouraging the pursuit of higher education through leadership skill development, civic engagement and building entrepreneurial skills.

Iowa Government's Office of Latino Affairs inducted Jan Mitchell in the Latino Hall of Fame to honor her as founder of Al Éxito and the empowerment of Latinos for success through education, leadership, and community engagement. During the October 19th ceremony, Mitchell was given the Robert D. Ray Award for Equity and Justice. Robert D. Ray was a humanitarian and civil rights activist who served as the 38th governor of Iowa for 14 years, and signed into law the Spanish-Speaking People's Commission which is now known as the Office of Latino Affairs.

by Jan Mitchell

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IN LEARNING YOU WILL TEACH,
AND IN TEACHING
YOU WILL LEARN.

— PHIL COLLINS

District 3 • JACKSON COUNTY

The Jackson County Retired School Personnel met on Friday August 2 at the St. Mark's Fellowship Hall in Maquoketa at noon. A delicious lunch was served by the Episcopal church and the program was by Randy Meier who works with the Clinton County Sheriff's Office to help Seniors fight crime.

Randy spoke about fraud, scams and privacy. He gave news about Equifax who recently settled with the government because they were hacked and lost 145 million identities. They paid \$700 million to settle. Facebook was also sued because they collect information and sell people's profiles to advertisers. Facebook promised to safeguard privacy in 2012 but then sold information to Cambridge Analytic who sold it to campaigners. Facebook settled for \$5 billion, yet they made \$62 billion last year. Just 2 days ago Capital One had their system hacked by a person who wanted to prove she could do it easily.

The Equifax hackers got a gold mine because they can use the information piecemeal. Social Security numbers are the worst thing to lose.

Randy advised us to Freeze Our Credit by contacting each of the 3 major credit agencies. You can unfreeze it for a day or 3 days and can do it by calling or on line. Be sure to save your pin number if you freeze your credit. He also said to use two factor authentication and strong passwords. The Federal Trade Commission's goal is to protect consumers so contact them for help. There is also a website:

www.clintoncounty-ia.gov/sheriff/seniors_vs_crime.
From the website: "IF YOU FEEL YOU OR SOMEONE YOU KNOW HAS FALLEN FOR A SCAM OF SOME TYPE, CALL OUR OFFICE AT 563-242-9211 EXT. 4433, OR E-MAIL at randymeier@gapa911.us"

The most common scam currently is the Government imposter scam. Sometimes they are pretending to be the IRS and sometimes Medicare. The Medicare scam will offer braces, for example for your knees or your back. If you give the caller your Medicare number you will receive in the mail braces but then if in the future you really need them you might not be able to get them. Also the scammer will charge Medicare for other things after they have your number. Never give out your medicare number!!! 96% of scams are by phone. Younger people get scammed too but older people lose more money, an average of \$2700 for those over 80.

We all get phone calls that spoof phone numbers so that we think they are from a person that is familiar to us but it is a fake number. You can block these numbers using your cell phone or your land line or call your phone provider to help you block the numbers. The providers can tell when numbers are fake or spoofed

and if they are robo calls. A new law gives the phone providers authority to block numbers.

Door prizes which were very pretty bouquets in glass vases with hand crocheted doilies to put them on were given to 6 lucky people! Nancy Wagoner was the chairperson who arranged the door prizes. We meet every first Friday of the month. Our next meeting will be September 6 at Jan Gray's Shop near Miles.



Randy Meier from the Clinton County Sheriff's Office spoke on how to help Seniors fight crime. Also pictured above, table decor and dish of candy on each table with flowers in a vase on a crocheted doily, were used for door prizes!!

Our new program book was also displayed.

by Roberta Rosheim

District 3 • CEDAR VALLEY RETIRED SCHOOL PERSONAL

We hold our meetings at the Windy Tree Caff in Riceville the 4th Monday in September, October, November, March, April and May. We currently have 17 members from Cresco, Lime Springs, Elma, Fort Atkinson, Ridgeway and Osage.

Our recent speakers have been Amy Bouska, who spoke about climate change, Suzie Balk, who showed us some of her crafts she will be selling at local craft fairs this fall and Jed Baker, who raises bees and told us how important the bees are in our lives.

Every month Charlotte Kirkagaard, our Health and Humor member, regales us with following information.

continued -

"Add cinnamon to your coffee. The scent boosts cognitive functions—including memory and attention span. The spice also contains two compounds that may help prevent the brain cell changes that lead to Alzheimer's." "Cancer Prevention—The pigment that's responsible for giving tomatoes their bright orange and red color, lycopene, may help cut cancer risk by preventing damage to your DNA and cells. You need a little good fat to help the body soak up the disease-fighting compound and that's when avocado comes in. Add some diced avocado to your guacamole or spread avocado on whole-grain toast and top with sliced tomatoes for a quick breakfast."

"I hate it when I see an old person and then realize that we went to high school together." "And God promised that good and obedient wives would be found in all the corners of the world. Then He made the earth round... and laughed and laughed and laughed." "The only thing people get on a silver plate is tarnish." "Weather is a great metaphor for life ... sometimes it's good, sometimes it's bad, and there is nothing you can do but carry an umbrella." "You can take the day off, but you can't put it back." "A wise man knows everything; a shrewd man knows everyone." "Enthusiasm is infectious, and so is the lack of it." "Spaghetti can be eaten successfully if you inhale it like a vacuum cleaner."

by Kathleen Spillman

District 4 • CRESTON AREA

The breakfast meeting of Creston Area Retired School Personnel Association was held on October 8th, 2019, at 8:30 a.m. at the Del Richardson Conference Room at Greater Regional Medical Center in Creston.

Co-chairman Diane Burgmaier welcomed the members, and the Pledge of Allegiance was recited.

After breakfast members enjoyed a presentation by the Diagonal Hot Spots Robotic Team. Five members were there: Skyler Stamps, Erin Sobotka, Kade Klomhaus, Karrigan Mobley, and Calli Herr. Also present was their coach/science instructor Taylor Bentley. Robotics coach Manas Mahaddalkar, a 2018 ISU graduate and employee of Excel Engineering in Diagonal, was not able to attend.

Since October, 2018, the team members have been learning about robotics. Through trial and error, they learned how to build a small "Rover" vehicle, that was basically like rovers on the moon. In competition the vehicle has to be able to dismount into a small arena, remain mobile, and have the ability to collect small items from the arena floor. Team members study what works for their robot and what does not. They then problem solve ways to enhance the features of the rover. Their robot changed immensely from beginning to end. A lot of things were added, like additional motors, a robotic arm. The extra motor gave it the ability to move forward, backward, and side-to-side.

The Diagonal Hot Spots belong to a league includ-

ing schools over a large area. They travel as far as LeMars in NW Iowa. Nine meets are scheduled this school year.

A record of the team's activity for the year is kept in an organized notebook. In it the divisions are: Engineering, Business Plan, Outreach, and Results (Performance).

Bentley said the students have learned to build, program, and to take care of each other. 3-D printing has even been a part of their learning experience. They have also learned to balance their commitment to the robotics team with their other commitments.

The program helps students learn skills they will need in the real world. As part of a competition, the students might be interviewed and have to answer questions about their robot, discuss their design with a panel of judges, and talk about fundraising, outreach, and acquiring sponsorship. Excel Engineering in Diagonal is the club's sponsor.

Bentley says the team members are dedicated and persistent. They work through sports schedules, work schedules, family, and they continue to work as a team. They can constructively criticize each other, but still love each other the next day. They put their minds together and work to see different amazing things they can come up with.

Members of the Diagonal Hot Spots encouraged everyone to follow them on their Facebook page.

Secretary Charlotte Roberts read the Minutes of our September meeting. Peg Lewis gave the Treasurer's report. Corrections were made, and both reports were approved. Diane reported that CARSPA now has twenty-five paid members. Diane and Co-Chairman Deb Lilly reported on the IRSPA annual meeting at Denison, Iowa. Eighty-eight members were registered to attend. Breakout sessions focused on interesting topics. New State officers were installed. Robert Swanson asked members to sign-up for newsletter delivery via email, if possible. George Holland, new president, memorialized the deceased members from the last two years. Diane reported that Iowa is ranked #4 in volunteerism. Our local CARSPA volunteer hours went up 25% from 2017. The annual district meeting this year will be in Perry on May 19, 2020. The annual state IRSPA meeting will be at Honey Creek Resort, Lake Rathbun, Iowa, on October 7-8, 2020. This meeting's tissue donation is for Creston Elementary School in the amount of \$13.65. A thank you note was received from Creston Learning Center for its tissue donation sent last month.

Members are encouraged to attend a Veterans' Day Program in their community for November. There will be no meeting in November and December. January 14, 2020, will be our next meeting with Blake Fry-Schnovmeser being the presenter. He will speak regarding unearthing pottery.

by Angie Ford

District 4 • COUNCIL BLUFFS AREA

The Council Bluffs Area Chapter of the Iowa Retired School Personnel began the new year with a September meeting.



The group was entertained by the HomeTowners, a musical group comprised of 22 members in their 70s and 80s. The group, directed by Dee

Youngman, presented selections from the 1940s, including a salute to George Cohan.

Leo McIntosh, Executive Director of the YMCA and the Healthy Living Center (formerly the Senior Center), presented the program at the October meeting. He talked about the various programs, classes, and activities that are available. Free week long passes were given to those interested.

The November program will be presented by Marland Gammon, who will entertain us with stories from his many years playing Santa Claus.

A Scholarship Craft Fair is planned for April as a money maker for our Scholarship Fund.

Officers for the 2019-2020 school year are all returning officers from the previous year. They are JoAnn Tews, president, Darlene Schwarzkopf, vice-president, Sue Griswold, secretary, Carol Huffman, treasurer, and Linda Cody and Ann Stukenholz, reservations.

Sue Griswold, reporter



District 4 • DALLAS COUNTY

Due to the enjoyment of last year's programs when we celebrated the successes of former students, Dallas Country Area Retired School Personnel Association is again celebrating —this year by highlighting those former students who have remained in the area and contributed to the success of Perry.

In October, Curt Cornelius and Chad Morman, instructors at Perry High School explained their jobs. Curt instructs students in automotive skills while Chad's students are currently building a house that will be for sale next spring. Besides their teaching duties, they sponsor Skills USA, helping many students be successful in state and national competitions.



November featured J. P. Hulkan, a heating and cooling expert. Besides telling us about his journey, J.P. gave many tips on getting your house ready for winter.

Although we do not meet December through February, our members will be busy helping with the community Christmas dinner, playing Bingo with local nursing home residents, and assisting with senior citizen meals—just a few examples of our many volunteer activities.

We will be hosting the District 4 Spring Meeting in May and are eagerly looking forward to welcoming our fellow District 4 members to Perrydisel!

by Sue Leslie



The Council Bluffs Area IRSPA Unit for 2019-2020 are: JoAnn Tews, president; Darlene Schwarzkopf, vice-president; Sue Griswold, secretary; Carol Huffman, treasurer; Linda Cody and Ann Stukenholz, reservations.

**A teacher takes a Hand,
Opens a Mind and touches a Heart!**

District 6 • DAVENPORT AREA

The Davenport Area Retired School Personnel Association kicked off the year with SMILES!

Members were delighted to greet each other after the summer hiatus, and everyone was in an especially happy mood. The smiles turned into laughter after our group was entertained by the Guys in Ties Comedy Sportz trio. What a great way to begin the new DARSPA year!

On a more serious note, our speaker, Jenny Halupnik from the One-Eighty organization, spoke about the group's work with both adults and children. One-Eighty's goal is to bring hope, opportunity, and love to people in crisis. Listening to Jenny passionately speaking about her group was one more reason for us to-SMILE!

In October, DARSPA member Karen Kline-Jerome spoke to our group about the upcoming school board election. Karen is a nominee for a position on the board. If she wins, she will surely have a BIG SMILE on HER face!

Our group is off to a GREAT start with 402 members! SMILE!
by Deb Kelly



It's a Small World



George Holland and Betty Nobling were active in the Iowa Reading Association in the '70's and '80's.

District 6 JOHNSON COUNTY

The Johnson County Unit of IRSPA has an exciting year of events planned for its members.

Our monthly programs will feature the Sullivan Brothers, Iowa City's new nighttime mayor, The Bird House Hospice Home, Dr. Ignacio Ponseti, urban renewal in Iowa City, D-Day at Omaha Beach, and butterflies.

We also take monthly field trips around the eastern part of the state. Trips planned for this year include Stone City, a river cruise down the Mississippi, Brick Arch Winery, Douglas Mansion, the Sullivan Brothers Museum, Amana Heritage Museum, the Historic Poor Farm of Iowa City, a Kernels Baseball Game, and the Frank Lloyd Wright House in Oausqueton.

Submitted by Jan Tschantz, Secretary

THE IOWA CARE ACT

Family caregivers in Iowa now have more support.

The Iowa CARE Act.

More than 317,000 Iowans care for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, and starting July 1, 2019, a new law helps make life a little bit easier for them.

The Iowa CARE (Caregiver Advise, Record, Enable) Act helps family caregivers when their loved ones go into the hospital and as they transition home. It also offers Iowans the opportunity to:

- ♥ Record the name of your caregiver
- ♥ Keep that information in a central location
- ♥ Discuss the caregiver's role with healthcare providers
- ♥ Provide information about the caregiver's role to healthcare providers

For more information about caregiving resources, visit aarp.org/ia or aarp.org/caregiving.

To share your caregiving story, visit aarp.org/iheartcaregivers

For more information about caregiving, visit aarp.org/caregiving.

To share your caregiving story, visit aarp.org/iheartcaregivers.

KEEP THIS CARD IN YOUR WALLET

WHEN YOUR LOVED ONE ENTERS THE HOSPITAL
Flip this card for information about **The CARE Act**

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Flip this card for information about **The CARE Act**

I ♥ Caregivers **AARP Real Possibilities**

District 6 • CLINTON COUNTY

Along the banks of the fast flowing Mississippi River we find the Clinton County Retired School Personnel, visiting the Buffalo Bill Museum in LeClare. It's one of the interpretive centers on the Iowa Great River Road National Scenic Byways.



With the river as a backdrop we observed many artifacts depicting the heritage of the region, particularly life along the Mississippi River, and its early pioneers, like Buffalo Bill (William F. Cody) who was born in this area.

Our group gathered around the wooded hulled steam boat called the LONE STAR. The vessel is enclosed in a glass and steel structure now called the RIVER PILOTS' PIER" in honor of the many riverboat pilots who once lived in LeClare.



Built in 1890, the boat has markings on the bow in Roman Numerals which indicate it had a four foot draft as compared with the nine foot used by modern tow-boats.

Also on display was a slice of the famous ROCK ELM TREE, largest recorded. At about 225 years old, it was selected in 1912 to the "Hall of Fame for Trees" in Washington D. C. Then in excess of 50ft. tall and crown canopies, an area measuring over 100ft. North and South by 80 ft. East and West. The Elm died in 1964 of Dutch Elm disease.



Our interpreter explained, as we looked out over the river, the dangerous rock rapids hiding under the water, called the "Rock Island Rapids." Where even today with our dam system, When low water levels occur a rock can cause damage to a vessel.



What an interesting and educational destination meeting. We are anxious to share our experience with family and friends, who may visit the museum to discover all these trea-

tures from the past.

Before our museum visit we dined at the Crane and Pelican Cafe in LeClare. Linda Miller our District 6 VIP visited our unit.

We will soon be collecting non-perishable items for our local food pantries. Door prizes were enjoyed by the lucky winners. We are all looking forward to our next meeting.

by Sharon Leonard

High Drug Costs in United States

RXT Rex attended the 2019 AARP Volunteer Homecoming at the Franklin Junior High building in the Beaverdale area of Des Moines on October 29 and 30. AARP is pushing for answers to high drug costs in the United States.

Did you know many drugs made in the US are sold to other countries at costs far less than their costs in this country? Insulin is an example. Stop the Greed!

Sent in by George Holland



Stop Rx Greed: Cut Drug Prices Now

It's unfair that Americans pay the highest prescription drug prices in the world. And it's just wrong that many seniors are forced to choose between filling a prescription or buying groceries. AARP is calling on the President, Congress and state governments to stop Rx Greed and cut drug prices now.

Get the Facts: It's Time to Crack Down on Drug Company Price Gouging

1. Average Medicare Part D enrollee takes 4.5 drugs per month	2. Median annual income for Medicare beneficiaries is \$26,000	3. Prices for brand-name drugs widely used by 50+ people increased by an average of 8.4% in 2017
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Commonsense Solutions

Allow Medicare to Negotiate Prescription Prices

Every year the program spends more than \$129 billion on prescription medicines. Medicare is prohibited by law from negotiating lower prices with drug companies and U.S. consumers often pay more than twice as much for the same brand name drugs as patients in similar countries.

AARP URGES CONGRESS to pass legislation that would allow Medicare to use its enormous buying power to negotiate for lower prescription drug prices.

Cap Out-of-Pocket Costs

The Medicare Part D prescription drug program makes medications more affordable for millions of seniors. One in 10 Part D enrollees with high out-of-pocket costs spend at least \$5,200 a year on their medicines. Many of these seniors have chronic conditions—meaning they are facing these high costs for the rest of their lives. This forces many to choose between food or other necessities and medicine.

AARP URGES CONGRESS to pass legislation that would help seniors with high drug costs by capping their out-of-pocket costs.

Improve Access to Lower-Cost Generic Drugs

Brand-name drug companies are slowing the availability of lower-priced versions of their medications by entering into so-called "pay for delay" agreements in which they pay generic drug companies not to produce a competing product. These agreements prevent lower-cost generics from reaching consumers. It's time to crack down on drug company price gouging and stop these pay-for-delay agreements that keep prices artificially high and limit consumer choice and competition.

In addition, the bipartisan Creating and Restoring Equal Access to Equivalent Samples (CREATES) Act would prevent drug manufacturers from blocking the development of lower cost generics. The legislation would require brand name drug makers to provide the information and samples other companies need in order to develop a generic version of the drug.

AARP URGES CONGRESS to pass H.R. 965/S.340, the CREATES Act, and H.R. 1499/S.64 to ban pay-for-delay deals.

Find out more by visiting: aarp.org/Rx **AARP** Real Possibilities

DID YOU KNOW ...?

There are many benefits to attending IRSPA's State Meeting. The people are friendly, the food is good, the entertainment is great, and there's so much interesting information. I learned that:

- Volunteer time is worth \$25.43 per hour.
- IRSPA's volunteer hours submitted to the state are valued at \$9,282,280.59.
- Iowa ranks 4th in the nation for volunteering hours.
- The Creston Area and Webster County Units have increased their volunteer hours for 6 consecutive years.
- The Cherokee and Henry County Units have increased their volunteer hours for 4 consecutive years.
- Babysitting grandchildren and other children counts as volunteer hours; travel time also counts.
- Iowa has 5,627 members in 45 units.
- Almost 29% of data breaches occurred in the health care industry.
- The average income for Medicare beneficiaries is \$26,000. Those enrolled in Part D take 4.5 drugs each month.
- Last year 16.7 million people in the U.S. lost nearly 17 billion dollars to identity fraud. It can take 6 months to 2 years and \$6,000 to reclaim your stolen identity.
- 317,000 family caregivers in Iowa help their loved ones live independently. The Iowa Care Act, which went into effect July 1, 2019, will provide helpful services for those caregivers.
- Iowa is the #1 area for human trafficking.
- Sex trafficking generates \$150 billion in annual profits.
- The first Iowa sex trafficking case was prosecuted in Denison, Iowa.
- There were over 400 orphanages in Eastern cities housing over 250,000 orphaned or abandoned children.
- Over 8,000 "Orphan Train" children were placed in Iowa.
- Secure websites begin with "https" not "http (hypertext transfer protocol)." The "S" stands for secure. HTTP data is not encrypted and can be intercepted by third parties.
- 29% of people over 55 have no pensions, 401 K's, or retirement plans. IRSPA benefits are wonderful; help boost our membership.
- Sioux City's Redeemer Lutheran Church uses the profits from the IRSPA monthly lunches to fund their mission efforts for an orphanage in Bamako, Mali. Lois Cherin, IRSPA member, reports they have donated thousands of dollars to repair roofs, buy clothing for the children, and purchase plane fares for the volunteers' trips. IRSPA makes a difference in many communities.
- The average age of a smartphone user is 10.3 years.
- If you want to explore Iowa, visit iowaculture.gov/app. There are 3,500 cultural sites in Iowa's 99 counties.

Toni Hood, IRSPA Newsletter Editor

Newsletter Deadline

Please e-mail articles & pictures if at all possible to avoid retyping.

Articles for the **MARCH** newsletter are due no later than
FRIDAY, FEBRUARY 7, 2020



Get info to Toni Hood, at
E-mail: tonihood@q.com
Home Telephone: 515-332-5819
Cell Phone: 515-269-3823

D-498

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Newsletter

Iowa Retired School Personnel Association

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WE REMEMBER

<u>Name</u>	<u>City</u>	<u>Unit</u>
Anderson, Berna	Spirit Lake, IA	No Unit
Asmus, Darlene	Cedar Falls, IA	Blackhawk County Unit
Blake, Jack	Bettendorf, IA	No Unit
Britton, Molly	Fort Dodge, IA	Webster County Unit
Brown, Shirley	Fort Dodge, IA	Webster County Unit
De Boer/ Lois	Sioux City, IA	Sioux City Area Unit
Dick, Marvin	Adel, IA	Webster County Unit
Dunbar, Virginia	Oskaloosa, IA	Mahaska County Unit
Fevold, Darrel	Des Moines, IA	No Unit
Forker, Dennis E	Des Moines, IA	DMARSPA Unit
Hansen, Lois	Sioux City, IA	Sioux City Area Unit
Hill, Ruth	Tabor, SD	Jasper County Unit
Huseman, Joyce	Fort Dodge, IA	Webster County Unit
Hutton, Fred	Ottumwa, IA	Wapello County Unit
Lange, Betty Lou	Davenport, IA	Davenport Area Unit
LeMaster, Charles	Sgt. Bluff, IA	Sioux City Area Unit
Mitchell, David	Cedar Rapids, IA	Mason City Area Unit
Nelson, Don	Grimes, IA	No Unit
Newlin, Merle Dean	Des Moines, IA	No Unit
Peterson, Richard	Sioux City, IA	Sioux City Area Unit
Rinaberger, Loretta	Fairfield, IA	Jefferson County Unit
Selby, Carol Jean Gibson	Davenport, IA	Davenport Area Unit
Shifflett, Elizabeth	Tucson, AZ	No Unit
Small, Bettye	Fairfield, IA	Jefferson County Unit
Staplin, Phyllis	W Des Moines, IA	DMARSPA Unit
Tietz, Virginia	Charles City, IA	Big Four Area Unit
Wallace, Doris Jean	Cedar Rapids, IA	No Unit
Wiederin, Phyllis	Churdan, IA	Carroll-Greene Unit
Wray, Carolyn	Stockport, IA	Van Buren County Unit
Wren, Luann	Davenport, IA	Davenport Area Unit

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LEGISLATIVE FUND

Contributions to the Iowa Retired School Personnel Association legislative fund for the improvement of retirement benefits are being accepted for the current year (Oct. to Oct.) Please make your contributions as generous as possible.

\$5.00 _____ \$10.00 _____ \$15.00 _____ Other _____

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Unit Name _____

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MAIL EITHER FORM TO:

Robert Swanson, IRSPA Treas. • 3221 Cheyenne Blvd.,
Sioux City, IA 51104 • Make Checks payable to IRSPA

MEMBERSHIP APPLICATION

Iowa Retired School Personnel Association

Name _____ Last _____ First _____ M.I. _____

Street Address _____

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County _____

Annual Dues: \$15 • LIFE MEMBERSHIP: \$300