

KEEPING YOU UP TO DATE

The Mission of the Chelan/Douglas School Retirees' Association is to secure and protect retirees' benefits and to provide educational and service opportunities for members.

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This newsletter will be published 5 times a year.

Contact us at 200 S. Kent - East Wenatchee, WA 98802 or susan_kane1@msn.com

YOUR NEXT MEETING

WENATCHEE VALLEY

SENIOR CENTER

1312 MAPLE ST.

WENATCHEE

JOIN US FOR LUNCH

FISH & CHIPS - COST IS \$5

TUESDAY

APRIL
16

AT 11:30 AM

APRIL PROGRAM



Help Us Welcome the 2024

Apple Blossom Royalty

Queen Ella Stimmel

Princess Jenissa Hepton

Princess Lexie Fennell

and

We will find out more

about activities

at the Senior Center

from

Jim Tarbert



The 2024 Legislature has adjourned. Not every item on WSSRA's wish list was checked off, but retirees had a good legislative session.

Plan 1 retirees will receive another COLA starting in July. It will be a 3% COLA, capped at \$110 per month.

Medical benefits are maintained. The Senate toyed with adjusting retiree medical programs, but the \$183 Medicare Eligible Healthcare Benefit was fully maintained.

The state will also change the current policy and pay the PEBB insurance

premium for the month in which the retiree passes away.

This will save retirees' families a potential catastrophic financial incident from unpaid premiums. Dependents' premiums will not be covered by the state, but dependents will continue to be eligible for PEBB health insurance.

Thank you for all your help and advocacy. We can't do this without you.



CDSRA members Kriss Crilly, Kathy Langevin and Mary King clean the "Old School House" at the Cashmere Museum.

JOIN US AT THE WENATCHEE CONVENTION JUNE 3-5, 2024

If you would like to join our delegation or just be a guest, contact Kriss Crilly @ cril@earthlink.net

RETURN SERVICE REQUESTED

SAVE THE DATES:

April 16—Board Meeting @ 10:00 AM

April 16— General Meeting @Wenatchee Valley Senior Center @ 11:30(details inside)

April 23 - E5/E6 Co-Council Meeting in Ellensburg
Contact Marie Buckner if you would like to attend:
buckgm@charter.net

Let's stay connected: contact Sue Kane with any email or mailing updates. susan_kane1@msn.com

HEALTH BENEFITS OF GARDENING

Gardening relieves stress & boosts your mood, gardening is exercise, and vegetable gardens promote healthy eating.

Favorite things to grow in my garden are all kinds of tomatoes and several varieties of cucumbers. I personally leave sweet corn to Kallstrom sweet corn trucks. They also have the best watermelons! If you have the space, there are lots of things to fill your garden. We also grow marionberries and raspberries. This year we will be adding pumpkins to our plot for grandchildren.

I like planting flowers by seed. Depending on the type of flowers you plant, your plantings can also benefit the birds, bees and butterflies. Pollinator gardens are great. Plant lots of sunflowers for the birds.

There is a multitude of benefits no matter what kind of gardening you do.

The Master Gardener Plant Sale will take place April 29th at Pybus Public Market. Watch for Wenatchee FFA Plant Sale May 1,2,3 10am - 6pm. Eastmont FFA is another place to shop.

Article by Kriss Crilly

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