

KEEPING YOU UP TO DATE

Vol. 16 Oct.-Nov.

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 STREET
WENATCHEE

JOIN US FOR LUNCH

Lunch: Deli Sandwich & Soup

All are welcome but you must RSVP to the Sr. Center by Oct. 11th to make your reservation. Call 509-662-7036 or go online at wenatcheeseniorcenter.com and tell them you are with the CDSRA group.

TUESDAY
OCTOBER 15
AT 11:00 AM


LEGISLATIVE UPDATE & ELECTIONS

Just because the Legislative Session is over, that does not mean that our staff has stopped working for you.

The Select Committee on Pension Policy (SCPP) met recently and directed staff to draft legislation to give our Plan 1 members a permanent, yearly, Cost of Living increase. (Yeah!)

ELECTIONS: The WSSRA Journal has information on which candidates our WSSR-PAC has decided to endorse and support. These decisions were based on the candidate's willingness to support legislation which provides our retirement security.

OCTOBER PROGRAM



Sommer (Lacy) Seitz
Helping Parents and Students
living at the Bruce Hotel
Develop Healthy Relationships
and Social Skills*

*CDSRA is helping to Sponsor
this program,
Come, Listen & Learn!



Kriss at the fair with her grandson's prize pumpkin!

NOVEMBER PROGRAM

COME AND MEET

EMMETT MILLS

OUR NEW WSSRA
LEGISLATIVE DIRECTOR

&

MAYBE SOMETHING

WILD!



A New School Year Brings a New CDSRA Calendar

Last year CDSRA had 5 general meetings, but we decided we **missed you!** This year we will go back to meeting the **3rd Tuesday of every** month; October through June, except for January.

This year our program will start at **11:00 in Suite B** and we will have lunch after our program.


If you would like to eat lunch with us it is very important that you RSVP to the Sr. Center before the day of the meeting. The cost for lunch is \$5 for Sr. Center members and \$10 for non-members. If you mention that you are with the CDSRA you can pay \$5.

VOLUNTEERING IS GOOD FOR YOU!

People who give back to their communities' experience better overall health, greater life satisfaction, and higher self-esteem. According to the Mayo Clinic – "Research has shown that volunteering offers significant health benefits, especially for older adults. 1. Improves physical and mental health. 2. Provides a sense of purpose and teaches valuable skills. 3. Nurtures new and existing relationships." If you are still an 'active' – you may not have the time to volunteer as much as you'd like. But, if you're retired and a member of CDSRA, we have a variety of volunteer opportunities. If you'd like to know more, come to one of our meetings at the Wenatchee Valley Senior Activity Center. Come learn more about CDSRA if you are retired. We offer interesting programs, lunch at the Sr. Center, and volunteer opportunities. Feel free to pick and choose what works for you.

Kriss Crilly

RETURN SERVICE REQUESTED



ACTIVE MEMBERS IT'S TIME TO SUBMIT YOUR MINI-GRANT APPLICATION!

Mini-Grant forms can now be
found on our website:

chelan-douglas-sra.org

We will not be sending forms to
you in the mail. Download the
form and get it in by Nov. 25.

If you need a form mailed to you,
email: susan_kane1@msn.com

Getting Ready to Retire?

Pre-Retirement Webinars

DRS/HCA

October 17 @ 5:00 PM

SS/Medicare/VEBA

November 1 @ 5:00 PM

Register at WSSRA.org

Click on Webinars

**If you are a parent or
grandparent with a student
going into education, you need
to read this!**

WSSRA provides a number of scholarships
for our future educators; even one for those
doing student teaching!

Go to **WSSRA.org**

Spread the Word!

(Parents do not need to be members to win)