

# DISCOVER NEW HORIZONS

Newsletter of the Western Ohio Education Association-Retired

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**Founded September 1989**

*WOEA-R was founded by members who felt that retirees would benefit from getting together to socialize, meet new people and remain aware of events happening in public education after retiring from the job, but not the profession!*

## **-OFFICERS-**

**Phil A. Long**  
Chair

[palcisv13@gmail.com](mailto:palcisv13@gmail.com)

**Marge Punter**  
Vice-Chair

[mjpunter6018@gmail.com](mailto:mjpunter6018@gmail.com)

**Sandy Dobberstein**  
Treasurer

[sldobberstein@gmail.com](mailto:sldobberstein@gmail.com)

**Lori Moodie**  
Secretary

[dlmoodie@aol.com](mailto:dlmoodie@aol.com)

**Jane Rahn**  
Past Chair

[jrahn@sbcglobal.net](mailto:jrahn@sbcglobal.net)

## **EVENTS for 2019-20**

All events scheduled for the remainder of 2019-20 season have been postponed due to the COVID-19 pandemic.

Please follow all directives by Gov. DeWine and the Ohio Department of Health.

**-Wash Hands-**  
**-Social Distancing-**  
**-Stay Home-**  
**-Wear a Face Mask**  
**When Out-**

**TUESDAY APRIL 28<sup>TH</sup>**

**No In-Person Voting**

**MUST USE an ABSENTEE BALLOT**

**-CHOOSE ONE OF THESE OPTIONS-**

**VISIT <VoteOhio.gov>**

*and you will have an option to print or digitally request your absentee ballot request form.*

**OR**

**CALL County Board of Elections and they will send you a request form. Go online to County Board of Elections Directory for the number.**

***Your ballot must be postmarked no later than April 27<sup>th</sup> for your vote to be counted.***

## **NEA-R Election Results**

**Phil A. Long was elected as a delegate. Willie Terrell, Jane Rahn and Lori Moodie were elected as alternates.**

**CONGRATULATIONS!**

OEA RA will be conducted as a virtual meeting on May 9<sup>th</sup>. The NEA RA had been originally scheduled for June in Atlanta. Final details and arrangements are forthcoming.

## For the Good of Ourselves

**REMEMBER...**

**We are all in this together!  
Together we Can!  
We Shall Overcome!  
United we stand. Divided we fall!**

### **STAY INSIDE – STAY IN TOUCH**

As retirees we all remember the fear that surrounded the polio epidemic in the 1950's. We now listen to daily updates about the ever-increasing number of victims of COVID-19. Confusion and isolation are a toxic mix that contributes to stress and physical distress. Below are some suggestions to help with isolation.

**Control What You Can** – Stress, anger leading to depression arise out of frustration from lack of control.

Take control by.....

- **scheduling your time.** Include work responsibilities. Be sure to plan for fun, relaxation. Rest and enjoyment are as important as work.
- **sleeping/waking "on schedule."** Keep the same routine as when you worked onsite every day. An erratic sleep schedule doesn't provide sufficient rest. You may get 8 hours, but if it's not regular, you'll still be exhausted.
- **eating a variety of healthy foods - experiment.** Include dessert in moderation. Not because you need to reward yourself, but because it tastes good.
- **exercising.** You don't need a gym to get proper exercise. Deliberately walk at home/outside, breathe deeply. Simple repetitive movements each day are beneficial.
- **scheduling your entertainment and varying it.** Following the Governor's orders to "shelter in place" and "social distancing", television, the internet, any device with a screen, become great temptations. Reactivate an old hobby or start a new one. Like we tell our children – "Limit your screen time."
- **making your bed every morning.** As soon as you get up, fix your bed. It may seem silly, but you'll be more alert and have a feeling of accomplishment right at the start of the day!
- **talking to, not texting, someone every day.** Your spouse or dependents in your own home don't count. Call family members, friends, neighbors. They'll love it!
- **mailing a letter** or a postcard to a friend. Great penmanship is not required!
- **staying in touch.** Typically, this means communicating with others. Controlling your time is vital to staying staying in touch with yourself.

#### **TOP FIVE FICTION**

- 1 ***Little Fires Everywhere***
- 2 ***Where the Crawdads Sing***
- 3 ***Valentine***
- 4 ***Texas Outlaw***
- 5 ***The Boy From the Woods***

#### **TOP FIVE NON-FICTION**

- 1 ***The Splendid and the Vile***
- 2 ***Untamed***
- 3 ***Front Row at the Trump Show***
- 4 ***More Myself***
- 5 ***The First Time***