

Rowan Retired School Personnel
General Meeting – Ruffy-Holmes Senior Center
September 20th, 2017



As you arrive, please visit and enjoy refreshments! Please pick up yearbooks.

Welcome: _____ Greg Lowe, Vice President

Thoughts for the day: _____ See Page 2 of Agenda

Remember: Members who are ill or unable to attend; deceased members see next to last page of Yearbook

Program _____ White Rock Gospel Choir, Introduced by Greg Lowe

Special Guest and speaker _____ Joan Bass, President, NCRSP

Minutes of May 17, 2017 Meeting _____ Earnestine Krider, Secretary

Treasurer's Report _____ Jean Kennedy, Treasurer

Reports:

1. Legislative – John Hoffman
2. Newsletter/Yearbook – Midgie Dial – Thank you so very much for both!
3. Community Service(Volunteer Hours) – Sue Lentz (Keep in mind today's Thought for the day!)
4. Health/Retirement Issues – We still need a volunteer for this position!
5. Silent Auction – Wayne Taylor
6. Fellowship – Jane Cooper
7. Information & Protective Services – Greta Connor

Old Business: At the end of the school year, we sent brochures and an invitational letter to about 80 retirees. Five were returned as "Not at that school." Those were probably ones who had retired midyear. One responded by email that she was moving to Tennessee as soon as school was out. There were no other responses, so we need better ideas on recruiting new members. Please contact Lila if you have any suggestions!

New Business:

1. At the last meeting, our dedicated Treasurer, Jean, asked that we select a new Treasurer after the audit was completed. We do have a volunteer, Mary Lowe, but to make it official, there needs to be an election. Are there any nominations from the floor? Proceed depending on what happens there.

2. American Education Week – Last year we gave bookmarks to approximately 1,700 educators in Rowan-Salisbury Schools. This year the Executive Board recommends a \$500 donation to Communities in Schools Program to be used locally. It would be given in honor of all Rowan- Salisbury educators and an email would be sent to them indicating that during AEW. Action?
3. The Executive Board also recommended that at the November meeting, we pass the hat for donations for hurricane relief. If you would like to do that as an organization, please make a motion to that effect.
4. A general Region#3 meeting, to which all members are invited, will be held Tuesday, November 14th at 11:00 am at South Piedmont Community College. The address is 4209 Old Charlotte Hwy, Monroe, NC. The meal will be provided by the culinary arts department of the college. There will be door prizes. NCRSP President Joan Bass and Executive Director Tom Bennett will be speaking. Ur own John Hoffman is Region #3 Co-Director, so let's show him our support. Deadline to RSVP __? Cost__?

Announcements: Next meeting – November 15th, 10:30 AM,
 Board Meeting – November 8th, 10:30 AM

Thoughts for the Day

September 20, 2017

Many of you volunteer. Studies show that the feel-good boost you get from volunteering is one of many benefits of living generously. Here are some of the results of Americans over the age of 50 who volunteer:

- 47% are more likely to have their cholesterol levels tested
- 30% are more likely to get flu shots
- 38% fewer nights in the hospital
- After 2 years of volunteering, female volunteer walked an average 1,500 more steps per day than non-volunteers.
- Older adults who volunteer at least 200 hours in the previous year were less likely to develop high blood pressure, a condition which can lead to heart attacks or strokes.

In general, social connections, lifespan, quality of self-esteem, adoption of healthy lifestyles, physical activity and brain function go up and there is a decrease in blood pressure, loneliness, depression, stress, pain and hospitalization!

Keep up the good work and keep track of what you do!