

# ROSE Newsletter

Retired  
Oregon School  
Employees



Looking out for the rights and benefits of retired OSEA members

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Benefits of being a ROSE (Retired Oregon School Employees) member include OSEA life insurance, member discounts, OSEA publications, PERS information, training, events and social activities.

## Welcome to 2024!

The ROSE Board of Directors wish you all the best as we transition into the new year.

ROSE has made many changes in 2023. We updated and developed the new ROSE webpage thanks to Tim Stoelb and his computer knowledge. Tim puts in a lot of work to keep

it organized and updated — check it out at ROSE.OSEA.org. You will find useful information about the group, as well as health care directive templates, estate planning workbooks, ROSE newsletters and links to other publications pertinent to seniors.

ROSE also has a Facebook group page that is updated periodically. If you aren't able to access the Facebook group, please contact Bonnie, Merlene or any ROSE coordinator to make sure we have your correct information. We want to continue improving our communication this year and look forward to hearing from you.

We meet on the first Friday of each month. Three of the meetings are held at the OSEA State Office in Salem, and the remaining meetings are held via Zoom to allow for more participation for those



By **BONNIE LUISI**  
ROSE Chair

unable to travel. If you are not receiving a Zoom invite, please make sure OSEA has an updated email address for you and we will make sure you are on the invite list.

The ROSE retiree group is a statewide OSEA chapter of retired OSEA members. We are governed by the OSEA Constitution and Bylaws as well

as the OSEA Board Policy.

As our group has progressed and grown in membership, we need to update and modify our Constitutional language. In order to make these modifications, we are submitting resolutions to OSEA's Conference 2024. We discussed and voted to proceed with these resolutions at our Jan. 12 meeting. We are turning them over to the OSEA Resolutions Committee for their approval and submission to the OSEA State Conference.

The ROSE Board feels these resolutions will allow the ROSE chapter to continue to represent our members to the best of our ability.

As you can see, we are striving to keep ROSE and its members informed as they navigate their retirement future. Join us!

## GET CONNECTED AND STAY CONNECTED

Like and follow OSEA and ROSE on Facebook



OSEA: [www.facebook.com/osea6732](http://www.facebook.com/osea6732)  
ROSE: [www.facebook.com/RetiredOregonSchoolEmployees](http://www.facebook.com/RetiredOregonSchoolEmployees)

Visit our website

OSEA: [www.osea.org](http://www.osea.org)  
ROSE: [rose.osea.org](http://rose.osea.org)

# New Year's Resolutions: To Make One or Not To Make One

By MERLENE MARTIN  
ROSE Vice Chair

**D**id you know that 38 percent of adults make resolutions and only nine percent of those adults keep them all year long? Not the best outcome, I'd say.

ROSE member Jo Wheat has a different take on resolutions: "My method is setting goals daily. Daily small goals work best for me. I put them in my planner. On a bigger scale my January goal is to join in on the ROSE meeting. I am anxious to connect with people."

I think that Jo has the right idea and it's more likely to impact her life and be successful. I did a bit of research to find out just where the idea of resolutions came from.

About 4,000 years ago in Mesopotamia, it was a tradition based on agriculture. The Babylonians made resolutions at the beginning of their planting season in early March or early April, which was the start of their calendar year. Their resolutions mainly called for good crops and the return of tools and supplies as borrowed. They also promised loyalty to their king.

The first day of January would later become the beginning of the Roman year. The Romans had their own twist on resolutions: they made what we would call "vows" for the new year. New year vows were pledges to please the gods in return for a good year and a good harvest.

Modern resolutions have been around for about 200 years and were common enough by the 19th century to become the butt of satirical jokes.

And here we are today, mostly making resolutions just to break them.

I have never been much of a "resolutions" person. I asked a few people what their resolutions are and they were kind enough to share. If you know any of these ladies, you won't be surprised by their answers.

ROSE member Barbara Ritoch has a great one: "to enjoy each day and do good things for others."

I have to say, Barb, that isn't much of a stretch. I think that you do that already, my friend.

I also asked OSEA State President Sarah Wofford. She responded: "each day, no matter where my eyes open, I vow to be quiet for three minutes, to manifest kindness and gratitude into the world."

Yes, a resolution, but also a vow. I wonder if you have some Roman in your DNA, Sarah!

Lastly, Linda Pierce Smith shared these lovely words: "To live life like I want to be remembered, to be the person my husband, daughter and my dogs think I am. Find warmth in friends. Love deeply and sincerely. Stay active even if it means dancing in the rain. Be grateful for all I have and give to charities that make a difference in the lives of the less fortunate. Smile as it makes people worry what I'm up to and remember politics is not a spectator sport."

Well, Linda, just like Barbara, I think you've already nailed all of this.

And now to close with my resolution. I know I said I didn't make new year's resolutions; for some reason, this year felt different. Priorities change as we age, but for most of us, one stays constant: family.

After spending the holidays with

family, watching my daughters and their families, I was again reminded that we're not getting any younger and neither are they. And as we get older, we might worry about how much time we or our older loved ones have. I know that I do.

My 2024 new year's resolution is to spend all the time I can with those I love.

Happy New Year and may all your resolutions come true.

## Calendar

All ROSE members are invited to our monthly meetings!

### ROSE Meetings

- Friday, Feb. 2, at 2 p.m.  
Remote via Zoom
- Friday, March 1, at 10:30 a.m.  
State Office
- Friday, April 5, at 2 p.m.  
Remote via Zoom
- Friday, May 3, at 2 p.m.  
Remote via Zoom
- Friday, June 7, at 10:30 a.m.  
State Office
- Friday, Aug. 2, at 2 p.m.  
Remote via Zoom

# ROSE Recipe: Chicken Tetrazzini

As I progressed through my working life, I had little time for “extracurricular” activities after my shifts. There were always things I wanted to do, but I always told myself, “When I retire!”

Well, when I finally retired, one of the first things I did was join Philanthropic Educational Organization International (PEO), a group of women working to help provide scholarships for female graduates and women whose education was disrupted because of financial costs, marriage and family or other reasons. We would get together for lunch once a month and plan fundraisers that would allow us to provide these scholarships.

We took turns hosting the meetings and providing lunch. One of my favorite dishes from these lunches was a casserole made by my friend Molli. I made this for one of our ROSE meetings in Salem, and the ROSE board liked it as much as I did! I hope you also enjoy preparing and serving this meal.

Serves 8

3-4 cups cooked diced chicken or turkey  
Salt and pepper  
8 oz fine noodles or spaghetti, cooked and drained  
6 tbsp butter  
8 oz sliced mushrooms

¼ cup all-purpose flour  
1 cup light cream or half and half  
2 cups chicken broth  
¼ cup dry sherry (red wine is ok to use)  
1½ cups plus 1/3 cup grated Parmesan cheese  
Paprika optional

## Preparation:

Preheat oven to 425 degrees.

Cook noodles according to directions.

Meanwhile, in skillet, melt 2 tbsp butter over medium low heat; sauté sliced mushrooms until golden.

In a saucepan, melt ¼ cup butter; stir in flour and ½ tsp salt. Stir until smooth. Add chicken broth, 1½ cups Parmesan cheese and the cream. Cook, stirring until the sauce is thickened. Add sherry.

Dump sauce in large bowl. Add the noodles, chicken, and mushrooms. Stir.

Dump into a buttered baking dish. Top with 1/3 cup Parmesan cheese and sprinkle with paprika if desired. Bake 15-20 minutes or until hot and bubbly.

- *Bonnie Luisi, ROSE Chair*

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## PERS Online Member Services

By JAY OSBORNE

ROSE Member, OPRI Board Member

The Public Employees Retirement System's (PERS) homepage is very informative. You'll find updated information about what's happening in the Legislature that will affect PERS, such as any House or Senate bills that are in process. There is a link to the W-4P tax forms where you can update your tax information to change items like your withholding. You'll also find the annual “PERS by the Numbers” reports, which is worth checking out for a detailed look at the financial health of PERS.

Have you logged into PERS online member services? If you haven't already opened a PERS account, simply click the PERS log in link at the top of the PERS home page. This will take you to the log in page. On the top right section there is a link

to open a new account (set-up a username and password) and then log in. You have now successfully logged into the online member services website.

On the next page you will find your personal information. Below the information section, you can select which of your accounts you want to look at; an IAP account (if you have one) or member account(s) for example. You may have more than one account if you are the beneficiary of another account, such as that of a deceased spouse. Here you can edit your personal information like updating your phone number, changing your password and checking your benefit and tax information. Lastly, there is a comprehensive FAQ for questions and additional information.

Do you want to attend the next PERS Board meeting? You can either attend in person or virtually. All meetings are held at PERS headquarters in Tigard at 11410 SW 68th Pkwy at 9 a.m. with an option to attend remotely, unless otherwise noted. The next scheduled board meeting is Feb. 2, 2024 at 9 a.m. at the Tigard office with the remote option.

Prior to a board meeting, a link to attend virtually/remotely is made available. PERS Board meeting agendas and materials will be linked to the meeting schedule approximately two weeks prior to the meeting. All written testimony/comment and requests to provide oral testimony/comment should be submitted at least three days in advance of the meeting.

# Union Holiday Elves Helped Make Ends Meet Over the Holidays

By EVERICE MORO  
ROSE Zone II Coordinator

For several years, I have served as an elf each holiday season for the Labor's Community Service Agency's (LCSA) Presents from Partners holiday festivities. We serve union families who might be having a hard time making ends meet during the holidays. Maybe a layoff, a strike or a health-related problem kept a union worker off the job or perhaps they are simply under-employed. Even union workers don't always make enough money due to the escalating cost of living today.

LCSA brings together members of many unions, including OSEA, as well as friends of unions, employers, and others who donate money, gifts, toys, bicycles and much more. They also give their time and energy to put together some fabulous holiday bags of goodies for everyone in the family. This year was no exception: we were able to serve about 700 children and their adult caregivers. These packages went out through the three metro counties and beyond to places like Warm Springs, Springfield and Central Point.

Even before delivery day, there was plenty to do. I went to St. Helens to retrieve the hundreds of holiday stockings handmade by AFT-Oregon retiree Val Jack, her family and union friends. I want to personally thank Val and all the other union folks who have made stockings for this event over the years.

I was also able to go to Newberg and meet up with our own former OSEA President Tim Stoelb and his lovely wife, Joyce, who created and donated beautiful handmade blankets, as she has done for several years. The blankets were then delivered to the Liuna 737 Training Center (Laborers) where the

packaging was already in progress. I was lucky enough to get to help fill bags and make sure those blankets and stockings went to good homes.

Early on the morning of Dec. 16, I greeted the sun over Mt. Hood as I headed back to Liuna 737 to begin the adventure of delivering the holiday goodies. It was great fun to see everyone as the vehicles were filled and left on their delivery adventures. From Liuna 737, I took a beautiful ride along the Columbia River all the way into North Portland for my first deliveries. It is always so gratifying to see the happy faces on the receiving end. Before my journey that day was over, I went to two more homes in North Portland, across the beautiful and majestic St. Johns Bridge to SE Portland and finally far into SW Portland before I crossed the Ross Island Bridge to get back home.

Every stop was an emotional moment for me and for the receiving family. I know how I felt long ago when both my husband and I were out of work — I had just had a baby and he had lost his job when our school district employer closed because of a failed bond levy. OSEA members in our chapter brought turkeys, clothes and things for our kids because Thanksgiving was coming. I still remember their kindness and I'm grateful to be able to help someone else.

Perhaps you'd like to join us next year to help too! You can be an elf or fill bags and/or you could donate money, toys, gifts for adults, gift cards. You could donate materials for stockings or even help make them. Val is stepping down as lead stockingmaker and we need some folks to step up to keep the tradition alive. Happy New Year!



Val Jack, the stockingmaker.



Everice Moro ready to deliver holiday goodie bags (above). Holiday goodie bags at Liuna 737 (below).



Blankets made by Joyce Stoelb. I thank these talented and generous folks.