



GCREA Newsline

April 2020
Volume 7 Issue 4

GWINNETT COUNTY RETIRED EDUCATORS ASSOCIATION GCREA.org

2020
NEXT
GCREA
MEETING

TBA

President:
Jan Calkins
President-elect:
Penny Clavijo
Secretary:
Teresa Nichols
Treasurer:
Sara Lee

Fellowship
Support
Service

From the President

Jan Calkins

Surviving and Thriving in the Face of COVID19

We've all been around for a good, many years and hence we feel like "we've seen it all." Well I don't know about you, but this is a unique situation for me! I've tried to look at it as an opportunity in some ways. Maybe there is a small chance I will finally get my house cleaned and in order, though to look at it now, that chance has definitely not been realized, yet!

Seriously, I do feel like we as "mature" adults have some tools in our tool belt that the younger folks may not yet possess. Many of us have gone through serious illnesses or surgeries and have come out successfully on the other side of these. This is a good lesson in patience and perseverance that we bring to the table. Also, many of us are already living on our own or with a spouse so our immediate social circle is not as large as that of a family where the kids are out and about and the parents are going to jobs each day. While there are some negative aspects of living on our own, we can choose to turn these negatives to positives if we plan and act accordingly.

We are blessed that we still have all the forms of social contact at our disposal. We can telephone each other, write notes or cards and of course e-mail or contact each other via Facebook. I think this is a great time to intentionally reach out to others. It is very easy to sit in front of the TV and watch the number of cases tick up and up, but I am not sure that is all that helpful done to excess. Reaching out to others, providing encouragement, a funny story, a "remember when" can make such a difference to that person that their day is immediately better for our effort.

From the President continued on p.2

This is particularly true for our members who are in assisted living facilities where all visitors have been cut off and our members who are home bound due to their medical issues. In this issue of the Newslines, you will find a list of all these folks. Let's really make an effort (with our extra "at home time") to reach out to each of these folks.

Finally, know I am missing seeing all of you! I hope it will not be too long until we can meet again and enjoy our delicious food and fellowship. My thoughts are with you all. STAY WELL, until then.

Finally, a quote I heard this morning from Governor of NY, Andrew Cuomo. "Let's be socially distant, but spiritually connected."

Upcoming Events

No events currently on the calendar.

SUNSHINE REPORT

Rosa Fite

Hello, GCREA Friends. With so many sheltered in place for safety reasons, I thought you may want to review our Senior Care, Homebound, We Care list, and Deaths. Perhaps we could reach out to some lonely people and say hello by phone, email, or cards. Make a goal, start with 3 today and perhaps 1-3 tomorrow. It will bring SUNSHINE into your life and to someone else. Some on this list may be completely alone and will appreciate thoughtfulness. Of course, for more info you can go to your handbook.

WE CARE LIST

1. **Betty William's** husband is now in HOSPICE. Address is on p. 33 of the Handbook.
2. **Pat Farr** has muscular degeneration and can't drive to our meetings. Pat is a wonderful, vibrant person who is very active otherwise. She has been a member of the Telephone Committee for several years just because it is one thing she loves to do for our group. Her address and phone number are on p. 18 of the Handbook. (She loves calls!) Perhaps someone who lives in the Buford area would be willing to give her a ride when our meetings resume.
3. **Jean Biggers** is a past president who loves our group. Jean has some memory issues which is difficult. Her birthday was March 18th. Send her a birthday card or a "thinking of you" card. She and her husband, Bob, would both appreciate this. Address on p. 13 of the Handbook.

Sunshine Report continued on p. 3

The following members are in Senior Living facilities or are homebound.

| | |
|--|--|
| <p>Barbara May Arbor Trace at Hamilton Mill 3581 Braselton Hwy. Apt 216 Dacula GA 30019 770-280-2253</p> | <p>Jackie Perry The Mansions at Sandy Springs 3175 River Exchange Unit 333 Peachtree Corners, Ga. 30092 678-995-0893</p> |
| <p>Sybil Deacon Hamilton Mill Personal Care Home 2581 Doc Hughes Rd. Buford, Ga. 30519 Recent Change</p> | <p>Virginia Krawiec Dogwood Forest of Grayson 1754 Grayson Hwy. Suite 215 Grayson GA 30017 770-653-4727</p> |
| <p>Katherine Carlyle Parc at Duluth 3315 Peachtree Ind. Blvd Apt. 31 Duluth, Ga. 30096 770-623-9921</p> | <p>Charles Milam Parc at Duluth 3315 Peachtree Ind. Blvd Apt. 151 Duluth, Ga. 30096 770-475-8343</p> |
| <p>Merri Jo Pate Parc at Duluth 3315 Peachtree Ind. Apt. 141 Duluth, Ga 30096 470-282-1266 mjopate@gmail.com</p> | <p>Jimmie Mae Sosebee Benton House 2270 Loganville Hwy Grayson GA 30017 770-963-7247 Gets mail at home address p.31 in Handbook</p> |
| <p>Jack Britt 2120 Woodberry Drive Snellville GA 30078 770-972-1279 (Homebound)</p> | <p>Gailya Raines 6731 Highland Point Monroe GA 30656 770-266-0209 (Homebound)</p> |

We are saddened to report the deaths of the following members.

Bill Montrois Bill’s wife, Janice reported that he passed away on July 29, 2019. Cards may be sent to his wife at the address on p.26 of the Handbook.

Janice May We only learned of Janices’s death when the February Newline was returned with the word Deceased written on it. If you knew Janice and have any information, please contact Rosa.

PLEASE email ROSA FITE rnfite42@gmail.com or call 404-310-0109 with any concerns or additions to any of the above info. We do want to keep it up to date & not miss anyone.

THANKS.

Thanks to all of you who contributed to the Gwinnett Women and Children's Shelter at our December meeting. There were 6 boxes full of purchased contributions (cleaning products, furniture polish, paper products, clothing, breakfast foods) in addition to 4 gift cards and \$160 (money, checks). The women at the reception desk were thrilled to receive these gifts on behalf of everyone at the facility. Thanks again for making this a successful endeavor.

Pat Carr

GCREA and GREA Upda

Hello to all my fellow "shelter in placers"! Below I will share with you some of the updates I have gotten from GREA.

- 1.) The convention that was supposed to occur in May is cancelled. They are hoping to reschedule sometime in August, but no specific dates, etc. have been finalized.
- 2.) If you booked a room at the Evergreen Hotel for the convention, it will be automatically cancelled.
- 3.) There are some extensions for getting in some of the documentation for some of the awards that are usually due by either March 1 or April 1. I will share with you that at last count we were at 96 new GREA members!! Just 4 more and we will be part of a very elite group of 100 or more new members in a year!!!!
- 4.) As far as GCREA, the biggest news is the cancellation of our March and April Meetings. Fingers crossed we'll get together in May, but obviously it will depend on what is going on then.

Health Information Related to Corona Virus Paula Parris

In these uncertain times, it is very important that we each stay informed about what is going on with the novel coronavirus (Co-Vid 19). Here are some links to sites that I personally trust to have reliable health information:

- [GA Dept. of Health-Coronavirus](#)
- [World Health Organization](#)
- [CDC](#)
- [State Health Benefit Plan](#) You will see links to your individual company websites.

In addition to the general social distancing that I hope all of you are practicing, here are other things for you to consider:

- Contact your doctor's office about any upcoming appointments in the next month or two. If these are not urgent, your doctor may postpone them or even conduct the appointment by telephone or computer. Some practices are already limiting appointment to critical problems.
- If you are feeling unwell, consult your doctor!
- Check on your friends! We all should be both giving comfort and receiving it.
- Don't believe what is posted on social media about supposed miracle treatments or how to diagnose yourself.
- Practice good health habits, especially healthy diet and exercise.
- Ask for help if you need it.

THANK YOU TO OUR GCREA 2019/2020 SPONSERS AND SUPPORTERS

Dr. John C. Binkley
Dentist - general practice

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www.gcps-foundation.org

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Support to improve the Educational Future of all Students

Watch for a special Scholarship Edition of the Newline coming later in April!

Editor's Note:

The next edition of the Newline will be
published June 1, 2020

Deadline for articles is May 23, 2020

sharonlarkin1826@gmail.com

Please invite your friends
to join us at our next
meeting as we "Cheer for
GREA (and GCREA!)"



#GREAistheBEST #FellowshipServiceSupport #CheeringForGREA

#JoAnnTomlinson, GREAPresident