

CLARK RETIRED EDUCATION ASSOCIATION

March 2022

CREA RESUMES LIVE MEETINGS, BUT PLEASE MASK AND RSVP



MASKS REQUIRED

For the first time since February, 2020, the Clark Retired Education Association will

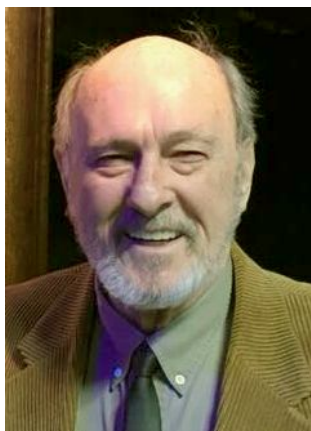
be holding our monthly meeting inside the Nevada State Education Association building at 3511 East Harmon Avenue.

That meeting will start on Thursday, March 10, at 10:00 a.m., but NSEA says it will be limited to only 40 people, and masks will still be required.

Because only 40 CREA members will be allowed inside the building, we are asking those who want to be there to notify Harry Beall to RSVP, just like members used to do before the COVID-19 pandemic hit, and NSEA essentially closed the building to everyone except NSEA staff. The first 40 CREA members will be able to attend in person, and any others can attend via Zoom.

Contact Harry to RSVP through email at sandreap@ix.netcom.com or by phone at (702) 521-3387 and let him know if you will be attending in person or through Zoom.

KEN KUCAN WILL BE MARCH SPEAKER



CREA member Ken Kucan is also a member of the board of directors for A Public Fit Theatre Company, and he will be speaking at our March meeting about A Public Fit and theatre in Las Vegas.

When Kucan retired from 41 years of teaching high school English, he had spent about the same amount of time involved in community theatre. Over the years, he has worked with nearly every community theatre group in Las Vegas.

A Public Fit Theatre Company is kind of a Kucan family enterprise. One of his sons, Joseph, is a co-founder of A Public Fit. Joseph Kucan's wife, Ann Marie Pereth, is also a co-founder of A Public Fit as well as its artistic director. She may join Ken Kucan when he speaks to us later this month.

Another Kucan son, Daniel, is A Public Fit's associate artistic director. All of the family previously worked with the award-winning Rainbow Company, a theatre training program for young people sponsored by the City of Las Vegas.

A Public Fit just finished their production of the comedy *Recent Tragic Events*, but *Things I Know to be True*, a family drama, will continue their season on April 1.

CREA HOLDS SUCCESSFUL WINTER DRIVE-THRU CLOTHING



CREA President Sandy Morgan and past president Brian Morgan with a pickup bed full of donated winter clothing

For last month's CREA meeting, members donated winter clothing to various Las Vegas organizations that could use them. We had called on our members to donate items such as coats, hats, gloves, socks, and blankets, and members responded.

On February 10 last month, we invited CREA members to drive through the NSEA parking lot to drop off their donations.

There were quite a number of coats, lots of new socks, about a dozen knit hats, and a huge bag of blankets.

Another two large bags of blankets were donated later in the week. Along with those items, CREA also received three suitcases of sweatpants, sweatshirts, and scarves along with a half dozen bags of pants and other shirts. There were also three boxes of plus-size clothing.

Weather on the day of the drive was perfect. CREA President Sandy Morgan said, "We want to thank all who checked through their closets and came out to help with our winter clothing drive. Thank you also to those who stayed and helped. I always look forward to seeing our members helping others."

Many of the coats, blankets, and socks were taken to local veterans' organizations. A few bags of children's coats, blouses, shirts, and a big bag of shoes were donated to Las Vegas schools for their own clothing programs, and the rest went to St. Jude's Ranch for Children in Boulder City.

CREA DELEGATES TO DELEGATE ASSEMBLY ANNOUNCED

Thirteen CREA members were nominated for next month's Nevada State Education Association's delegate assembly in Elko, but since CREA can have only nine delegates, an election was held last month, and those with the most votes became our delegates.

Those elected to delegate assembly include Doug Bache, Rob Benson, Marjorie Gibson, Sue Williams, Anne Larson, Brian Morgan, Ruben Murillo, Tom Wellman, and Belinda (Bo) Yealy.

Sylvia Villalva and Elmira Mitchell-Benson were selected as alternates. CREA President Sandy Morgan also was

elected as a delegate, but she stepped down so that another person could attend in her place. She will still attend delegate assembly, but as a mic timer, not a delegate. A mic timer monitors the length of time delegates are allowed to speak and keeps them informed about how much time they have left.

Delegate Assembly will begin on April 1 and conclude on April 3. Those attending will be staying at Elko's Maverick Hotel. Transportation to Elko and back to Las Vegas will be provided by NSEA. Delegate Assembly will be held at the Elko Convention Center.

TIME FOR 20: INVEST IN EDUCATORS



It's Time for 20 to address the crisis in Nevada public schools. With an unprecedented shortage of educators to teach our kids and make our schools run, Time 20 means a 20% increase in educator pay and at least \$20/hour for the workers who make our schools run.

With some of the largest class sizes in the country, Time for 20 means reaching an average class size of 20 students in core academic subjects.

[Click here](#) to pledge your support for the Time for 20 campaign, and let every candidate on the 2022 ballot know that it is Time For 20.

CAN YOU GIVE TO THE JACK KINNAMAN MEMORIAL?



The NEA-Retired Jack Kinnaman Memorial Scholarship was created in memory of Jack Kinnaman, Vice President and former Advisory Council

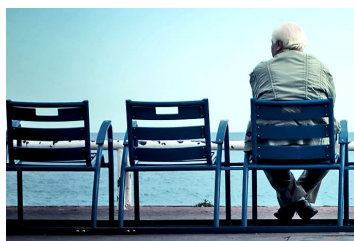
member of NEA-Retired. Jack retired from the classroom in 1986, but he stayed engaged in NEA. He is most fondly remembered as NEA's Cat in the Hat. After his death in 2002, his family wanted to establish a

scholarship in his honor providing money to aspiring educators.

Each scholarship award is worth \$2500. If you know of aspiring educators who can benefit from such a scholarship, you can find information about how they can apply at by [clicking here](#). Submissions will be allowed until April 15.

Donations to the Kinnaman Memorial Scholarship are accepted throughout the year. If you would like to donate or learn more about the fund, [click here](#).

FIGHTING BACK AGAINST LONELINESS AND SOCIAL ISOLATION



It has been a difficult couple of years. Before the vaccines were created, most of us older folk quarantined ourselves in our homes to keep from getting COVID-19

and possibly dying from it.

As of this month, only about 60% of Clark County is fully vaccinated. The national average is about 65% in all 50 states.

The fact that the pandemic is still around is causing many of us to have serious mental health problems. There is more anxiety and depression, and many older adults have developed feelings of loneliness and isolation.

A recent study by the AARP Foundation and United Health Foundation found that two out of five older adults over 50 suffered from social isolation.

So how can we older folk combat loneliness and social isolation? Doing activities with others is important, so start by coming to the March 10 CREA meeting and reestablish your relationships with other CREA members. At that meeting we will also discuss establishing smaller groups within CREA like a walking group, a book club, and a group that can attend local theatre performances. If you can join such groups,

that's great. If you can lead groups like those, consider volunteering, and if you can think of other activity groups like a knitting group or photography group you would like to join or lead, we would love to hear your suggestions.

If you cannot be there in person or through Zoom and want to be a part of these extra CREA activities or you want to suggest others, contact CREA president Sandy Morgan at (702) 452-5915 or sjmorgan@embarqmail.com.

The Washoe Retired Education Association has already established a walking group and a book club, but you don't need to join a group of retired people to feel less isolated. Helping others through volunteering is another avenue. Your mood will be better, and you will stimulate your brain. You could also find an activity that you think you would enjoy, restart an old hobby, or take a class to learn something new.

Exercise is also important. Find something you enjoy and stick with it. The important thing is to realize that feeling isolated and alone has a huge negative impact on your overall health. Recent studies have indicated that loneliness has the same impact on mortality as smoking up to three cigarettes a day. It has such a negative impact on physical and mental health that it's recognized as a public health risk.