

2019 SPRING BALLOT

Are you ready to vote in Sertoma’s 2019 election? Have you familiarized yourselves with the candidates? If not, there’s still time to do so by reviewing the candidate’s bios online and by attending this year’s candidate forum.

One thing of interest to all, not that the election of our national leaders won’t get your blood boiling, is the Dues Increase Proposal. Read all about the What (Expanding the Members’ Voice in our Future), How (Preferential Voting) and Why (Why a Dues Increase?) of this proposal on the Sertoma website <https://sertoma.org>.

On Tuesday, **March 12 at 6 p.m. CST** Sertoma’s National Forum will be held. You will have the opportunity to ask the candidates questions. Please review their bios online to familiarize yourself with each of these individuals.

- Junior Vice President** Gretchen Nielsen
Michael Brown
- Director At Large (1 year)** Caleb Kershaw
- Director At Large (3 year)** Susan Love

To listen to the candidate forum, please dial **303-248-0285** and enter the access code **3338300**. Do you have questions? If so, you can send them directly to the Executive Director, Steven Murphy at smurphy@sertomahq.org.

In order to vote, you must have a valid username and password for the Sertoma website. Not sure if you have a login? It’s easy to check. Click on Log In/Out and then Forgotten Password. You will receive an email with a link to reset your password. If the email doesn’t appear in a short amount of time, check your spam or junk mail folders to see if it was moved there.

If you do not have a login, please create one by going to the Sertoma Member Center and then select “Update/Create Your Profile” at the bottom right of page. It can take 1-2 business days for your username to be validated for participation in the election, so please do so prior to the beginning of the online voting dates.



Club ballots will be mailed **March 1** and must be returned no later than **April 1**. The first day of individual member online voting is **March 29** and ends **April 7**. Be sure to have your username and password ready when voting online. If you have additional questions about the election or forum, please call headquarters at 816-333-8300.



SERTOMA’S 2019 NATIONAL CONVENTION!

DATE: APRIL 25–27
AT: THE KAUFFMAN FOUNDATION KANSAS CITY, MISSOURI

Again, this year, the host hotel will be the **Holiday Inn Country Club Plaza**. A reduced room rate has been negotiated and will be available from April 24–28 at a \$129/night rate (plus taxes).

ONLINE hotel reservations can be made by going to Sertoma.org and click on the Member Center and the click on 2019 Convention. **Be sure to enter the room block code TOM**

PHONE hotel reservations can be made by calling **866.280.6326** and requesting the **Sertoma Volunteer rate**

EDITOR'S THOUGHTS

“Top o’ the mornin’ to ya and the rest of the day to me self.”

Winter is coming to a close and spring is here and summer is right around the corner. As they say “I’m so excited that I wet my plants.” Time to shake off the cobwebs and rid yourself of the winter doldrums and get yourself moving.

April is fast approaching and you know what that means. Correct, it’s my birthday; but, that’s not what I was thinking about. What event in April have we all come to know and love so much? You’re right...it’s tax time! New tax laws take place and some of us will weep and some will cry with joy. It cost the IRS \$495 million to implement the new tax code for 2018-19 so enjoy it.

No one likes Tax Day except for accountants and Uncle Sam. Here are some facts for you to chew on. The estimated revenue from individual income taxes for 2018 is 1.72 trillion dollars. That’s 1 billion ,720 times. 70% of all tax filers get a refund. The average return as of March 28, 2018 was \$2,925.00. Try and be creative in your return and you’ll find out that there’s a 0.6% chance of being audited and approximately 1.1 million people get audited by the IRS each year.

Please don’t fall for any of the many tax related phone scams and have a problem. Since 2013, \$63 million has been paid out by 13,000 victims. Of course, tax problems aren’t limited to just us. The rich and famous have had their fair share also.

Most famous? Probably, it was Al Capone. Al was convicted, got 11 years and was sent off to Alcatraz..... from the penthouse to the outhouse. Ouch!!! Baseball’s Pete Rose got 5 months for failing to pay income tax on memorabilia sales. Also, VP Spiro Agnew resigned because of tax evasion (and a few other things.)



Don’t forget to double check the section of your return that deals with charitable donations. With the new laws and increased individual Standard Deductions, it’s feared that charitable donations may decrease. Don’t let that happen. It’s contemplated in the increased deduction. We exist on donations. Don’t let us go extinct.

Enjoy the sun and the longer daylight. As always, don’t forget to visit our improved Action Sertoma website at <http://www.actionsertoma.net>. Also, please visit our Facebook page “Like” what you see. Anything that you’d like to see in the Newsletter?..... let me know. You can reach me at: rcdogs@sbcglobal.net

Bob Clifford
Your Editor

BIRTHDAYS & ANNIVERSARIES

A Happy Birthday/Anniversary to all of our fellow Sertomans who are enjoying a March-April birthday or club anniversary.



BIRTHDAYS

- March 3** **Daniel K. Letizia**
- April 1** **Tracey Fioretti**
- April 10** **Anita Flassig**
- April 20** **Kevin Murphy (In Loving Memory)**
- April 25** **Glen Bylina**
- April 26** **Bob Clifford**

ANNIVERSARIES

- March 7** **Dennis Canalini**
- March 17** **Jessica Brooks**
- March 18** **Bob Bieniek**
- March 18** **Bob Hehl**
- March 18** **Tom Annerino**
- April 1** **Bill Kamholz**
- April 6** **Carla Salerno**

-If anyone was missed, or the info. is incorrect, please let me know so that your information can be updated.

“Good Sertomans are hard to find, harder to leave and impossible to forget”



Sadly, Action Sertoma has lost another member. Kevin Murphy was recently called home to the big Sertoma club in the sky. To his family, we express our sincere condolences on their loss.

Kevin was a resident Blue Island and passed from this life March 10, 2019. He was the beloved husband of Sandra and the loving brother of James, the late Scott, Terrence and Dr. Melanie Murphy. He also was the uncle and great uncle of many nieces and nephews.

Kevin was formerly employed by the Sun-Times in the IT Department. He was an active member of the Blue Island Community, where he has resided since 1962. Among his many accomplishments, Kevin was a member of Boy Scout Troop 782 earning the rank of Eagle Scout with a Bronze Palm. He joined Action Sertoma in August of 2012. Kevin was very knowledgeable and active in local politics and served as an Election Judge for many years.

As with all of our deceased members, and their dearly departed family members, they will be sorely missed. We will fondly remember them, not only for the part that they played in our lives, but also for their contributions to Sertoma. God bless them and may perpetual light shine upon them.

GETTING TO KNOW THE SERTOMA CENTRE A LITTLE BETTER



Providing opportunities to improve your company's production & profitability

Be a part of our team:

Sertoma Centre has a history of creating long-standing business relations with many Chicagoland companies. Our proven track record of reducing labor cost and overhead

for our business partners has been a major component of our success. While providing an efficient operation of packaging and assembly by our qualified and energetic work force, we continue to meet our customer's demands. On time delivery, excellent quality and customer satisfaction are cornerstones of our operation. We will treat your work as it is our own. Partner up with us to experience the benefits of Sertoma Centre fulfilling your assembly needs in a professional and attentive manner.

Packaging & Assembly Services:

- Packaging
- Collating
- Shrink Wrapping Assembly
- labeling
- Gluing
- Bagging & Sleeving Products
- Weigh Counting
- Pick-up and Delivery
- Rework/Quality Inspection Services
- Display Assembly

Benefits of Contracting with Sertoma Centre:

- Competitive Pricing
- Excellent Quality Control
- Quick Turnaround Time
- 100% Satisfaction Guarantee
- Ability to meet:
 - Customer Deadlines
 - High Volume Jobs
 - Short of Intermittent Runs

Facility

Sertoma Centre's spacious building of 50,000 sq. ft encompasses a work floor of approximately 15,000 sq. ft and a warehouse of 7,500 sq. ft ensuring ample production and storage space.

Equipment:

- Air lines throughout production areas
- Shrink tunnels
- Drop sealers
- Forklifts
- Climate controlled work area
- Hot glue systems
- Shanklin semi-automatic multi-pack machines
- Mailing/Envelope stuffing
- 2 Warehouse docks
- Pallet wrapping machine

Support

Proceeds help support programs at Sertoma Centre that improve the independence of more than 1,200 individuals with intellectual and/or developmental disabilities and those living with mental illness.

To learn about the advantages of utilizing Sertoma's Packaging and Assembly Services contact our Production Manager at [708-730-6319](tel:708-730-6319).

SUPPORT FOR ELLE "STRONG"

At the March dinner meeting at Bella Mia, Action Sertomans were proud to show their support for Ellie Cuiching by buying her bracelets. Ellie is a local 14 year old young lady who is both amazing and courageous. Ellie has been fighting a brain tumor since being diagnosed when she was only 5 years old. Her tumor came back after her last chemo break and it resulted in additional surgery just six weeks ago.

Action Sertoma also made a donation to help Ellie in her struggle. Her grandfather, Steve, who was our guest at dinner, accepted the donation on her behalf from club Treasure, John Parker.



Which blood pressure number is important?



Q. When I am monitoring my blood pressure, which number is most important — top, bottom, or both?

A. While both numbers in a blood pressure reading are essential for diagnosing and treating high blood pressure, doctors primarily focus on the top number, also known as systolic pressure.

Systolic pressure reflects the force produced by the heart when it pumps blood out to the body, while diastolic blood pressure (the bottom number) is the pressure in your blood vessels when the heart is at rest.

Over the years, research has found that both numbers are equally important in monitoring heart health. However, most studies show a greater risk of stroke and heart disease related to higher systolic pressures compared with elevated diastolic pressures. That's especially true in people ages 50 and older, which is why doctors tend to monitor the top number more closely. The reason for the difference in risk may be related to the force put on the arteries when blood rushes out of the heart.

The American Heart Association now defines high blood pressure as 130/80 mm Hg or higher. The new guidelines recommend you check your blood pressure often, ideally with a home monitor, to help your doctor determine if you need to make lifestyle changes, begin medication, or alter your current therapy.

— by Howard LeWine, M.D.
Editor in Chief, *Harvard Men's Health Watch*



TRAVEL TIPS: CONSUMER RIGHTS FOR DELAYED, OVERBOOKED OR CANCELLED FLIGHTS

Many travelers have had to cope with at least one of these situations: their flight is delayed, overbooked or canceled. Of course, our clients should know that we're always watching out for them, assisting them to get on another flight or booking a hotel room if necessary. But it's also important for travelers to know what rights they have – and don't have – in these cases.

The law does not require airlines to compensate passengers if a domestic flight is delayed or canceled, according to the U.S. Department of Transportation. However, each airline has its own policy regarding what, if anything, it will do for customers. For example, some carriers may offer compensation in the form of meal or hotel vouchers. So it's always a good idea to ask.

In the case of overbooking, federal law comes into play. Before bumping anyone off a flight involuntarily, airlines are required to ask for volunteers to give up their seats in exchange for compensation. If there aren't enough passengers willing to do so, the airline may bump people based on criteria such as check-in time, fare or frequent-flyer status.

Passengers whose arrival at their destination is delayed by one to two hours (or one to four hours for international flights) must receive compensation of 200 percent of the one-way fare, up to \$675. For a delay of more than two hours, (or four hours for international flights) passengers are entitled to 400 percent of the one-way fare, up to \$1,350. In order to get volunteers, airlines are free to offer more money than required.

There are exceptions to the rules. Airlines are not required to issue compensation if a passenger doesn't fully comply with ticketing and check-in procedures, if the flight is unable to accommodate a passenger because an aircraft with fewer seats is substituted due to operational or safety reasons, or if an aircraft with 60 or fewer seats is unable to accommodate the passenger due to safety reasons. And no compensation is required if the arrival delay is less than an hour.

Passengers who find themselves stuck on the tarmac for an extended period waiting for takeoff should know that they have rights under U.S. law, too. Airlines operating aircraft with 30 or more seats cannot allow them to remain on the tarmac for more than three hours on domestic flights or more than four hours on international flights without giving passengers an opportunity to leave the plane. Exceptions are allowed for safety, security and air-traffic control reasons. In addition, airlines must provide adequate food and water, ensure that lavatories are working and notify passengers regarding the status of the delay.

MEET THE NEW EXECUTIVE DIRECTOR



We are pleased to announce that Aaron Ensminger will be the new Executive Director of Sertoma Inc. and Hearing Charities of America. He will take office April 15, 2019.

Aaron comes to us from the National Auctioneers Association (NAA), where he worked as the Director of Education.

He will be attending convention and is excited to meet all of you. If you will not be attending, check out his full bio online!

REPORT: BETTER HEARING LEADS TO BETTER THINKING



Studies indicate hearing aids slow or reverse cognitive decline

Research shows that wearing hearing aids can slow cognitive decline. The hypothesis goes like this: Hearing aids allow people

with hearing loss to allocate more cognitive resources to thinking and memory and less to processing sound.

Two studies published last year found that using hearing aids slowed or reversed cognitive decline in elderly participants. The evidence of a strong link between untreated hearing loss and cognitive decline increases year after year.

The Wall Street Journal recently reported on the connections of hearing loss to other significant health problems. As you and I have discussed before, research has confirmed the connection of hearing loss to falling, social isolation, depression, higher health-care costs, fatigue, and poor communication with caregivers, creating stress and uncertainty.

Hearing loss is no longer shrugged off as an annoyance of aging.

Funding for research increases — with baby boomers turning 65 at 10,000 per day until the end of 2029, this makes sense. Given that “health-care costs for those with hearing loss are 46% higher over a decade than for those without hearing loss, in part due to repeat hospitalizations,” —JAMA Otolaryngology, November 2018

Fewer ambient sound cues may change the brain in a variety of ways, too. For example, sound “engages the brain’s cognitive, sensory, motor and reward systems,” says Nina Kraus, a neuroscientist at Northwestern University. “If we do not hear

well, it will compromise how we think, feel, move.” —WSJ, 2/6/2019

Research confirms the connection. Researchers at the University of Manchester followed 2,040 older US adults for 18 years before and after adopting hearing aids. The study team measured cognitive decline every two years.

This research discovered the rate of cognitive decline slowed after participants wore hearing aids. —Journal of the American Geriatrics Society

In another study, University of Maryland researchers uncovered that brain function got a boost from hearing aids. The research tracked two groups of 18 people with mild-to-moderate hearing loss: One group had never used hearing aids, but were now wearing them eight hours a day, while the other group didn’t wear them.

After six months, 15 of the 18 hearing-aid users showed improvement in working memory and neural speech processing, and a greater ease of listening. —Clinical Neurophysiology and Neuropsychologia

Let’s hope the stigma associated with hearing aids vanishes—and fast, given the growth of 65+ boomers.

No one wants to lose brain function. If you have hearing loss, researchers now believe using hearing aids can blunt the risk of cognitive decline. In fact, you may even regain some cognitive abilities.

— Dr. Michelle Morrison, Executive Director

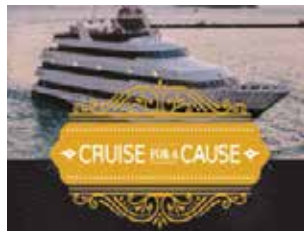
SERTOMA SPEECH & HEARING CENTERS

EVENT HAPPENINGS...



Friday, April 27th
5:00 pm - 9:00 p.m.
115 Bourbon Street
3359 W 115th Street
Merrionette Park, IL
email:lmolloy@sertomacentre.org

CRUISE FOR A CAUSE ODYSSEY II



Saturday July 13th
Chicago’s largest 2019 charity event on the water.
This event will take place on the Odyssey
Plus an **AFTER PARTY!!!**
<https://www.actionsertoma.org>

SAVE THE DATE!

Action Sertoma 19th Annual Golf Outing



Wednesday, July 24, 2019

Silver Lake Country Club
14700 South 82nd Avenue
Orland Park, Illinois

7:30 - 8:30 Registration
9:00 a.m. Shotgun Start, Best Ball Format

Register Early at 2018 Prices

Shoot for an eagle on a Par 4 Featuring the famous “Golf Ball Launcher”

There is a limit of 144 golfers this year, so reservations will be taken on a first-come first-serve basis.

Includes green fee, cart, lunch and steak dinner and a game card featuring a chance to win a trip to Las Vegas

We are currently seeking sponsors and silent auction prizes.



SERTOMA COMMUNITY FESTIVAL

Saturday, August 10th
-Music, entertainment, gourmet food, game tents & more
SERTOMA CENTRE
4343 123rd St, Alsip, IL 60803
11:00 am to 6:00 pm. Email:
pbiancalana@sertomacentre.org