April 2025

Utah Retired School Employees Association

BULLETIN

President's Message



Tom Nedreberg

By the time you get this, two things will have happened. 1. Spring will be here, which always lifts my spirits, and 2. The 2025 Utah Legislative Session will be over.

I remember, as a teacher and principal, that Spring was a time when everyone was working hard to complete the curriculum for their classes yet also starting to think about the year to come and what they might change to hopefully get better. With the legislature ending, though, I don't remember a time when I felt so undervalued as an educator, even though I'm retired now.

While we are not a political organization, we can take stands on issues, and many issues have hurt our students, schools, teachers, and retirees. Let's start with money. The districts got a 4% increase in the WPU. It was the minimum required by statute because of the Cost of Living Index. Teachers will get a $1446 raise, but what's the catch? The fifty million used to fund it could have been 1% additional on the WPU. Another 50 million has been spent to give Educational Support Staff, custodians, secretaries, and teacher aids, among others, a $1000 bonus. That's another 1% on the WPU. Districts could have used that 2% for their own needs, but districts don't even have the choice now because the state has told them what to do with the money. Property taxes, part of the "Minimum School Program" (MSP), used to be collected and put into a "Public Treasurer's Investment Fund," which school districts can access. That fund also allows districts to earn interest on local property tax revenue, currently at a rate of about 4.5%. It helps districts get extra money from interest, not taxes. Now, the state is going to collect that money and put it into the general fund, bypassing the districts. They will get the money back with the WPU but will not be able to earn the interest like they did before. In addition, the state gave an income tax cut. Income tax is Constitutionally directed toward the schools so schools will lose 100 million dollars. This is the fifth year in a row of an income tax cut for a total lost of 1.4 Billion dollars which could have been used by our school districts for our children and grandchildren.

When I hear the Governor or legislators talk about education funding, I hear them explain how much they've given to schools. Of course, we need to say thank you, but when we know it's the minimum they have to fund, when they've taken away money that was Constitutionally earmarked for schools, and they've taken away the control of districts not only with salary decisions but with use of

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their funds, it's hard to understand how they can fund an additional 40 million for the Utah Fits All voucher program, again potentially nearly 1% on the WPU. This will fund a few thousand students, while the WPU increase would have benefitted 670,000 students. I just don't understand how it's morally acceptable to fund a few student's private education with public dollars meant for all.

There were many other bills as well. The one that limited the rights of unions in a right-to-work state where teachers can choose to belong or not belong to a union, which also extended to police, firemen, and public workers. It was passed despite thousands of letters, emails, and phone calls against it by a broad section of citizens. This will be contested in a referendum right after the session, so sign the petition, and let's bring this question to the people.

There was a promise by the Governor to get rid of the tax on Social Security, which wasn't addressed until the last week of the session when there were some tax cuts that would help couples making under 90,000. When factoring in the four previous income tax cuts, the top 1% has saved $17,361, while the bottom 20% has saved only $106 a year. With the Social Security tax cut, a full repeal would have benefited an estimated 152,000 Utahns with an average savings of $946 on Social Security taxes. However, now the bill will only result in an average annual tax savings of $257 for an estimated 88,800 Utahns, according to the bill's fiscal note.

Several bills weakened the Judiciary. Some bills were pitched to secure voting, which changed Utah's model voting system, which had very few problems, into a system much harder to vote in. There are more hoops to jump through to vote by mail. Verification, while good, makes it harder for those who live a long way from vote centers or have a hard time traveling to get them. I worry that seniors who usually vote will have a harder time now.

I could go on, but let me end by saying I was disappointed in this legislative session for not listening to the people and for their power grab over schools, the judiciary, cities, and towns, even citizen choices. It's hard to reconcile in my mind with the freedom I hear them talking about and the constraints I feel are being imposed. I won't talk about parties, but I will remember at the next election how I believe in small government with limited intrusion, that the government is here to serve us in ways better than we can do for ourselves, and the government is for all the people and not to promote one group over another.

A couple of other things:

1. URSEA is planning on returning to our annual convention in early September, where we can get together, meet, and learn from each other about issues important for retired school employees. More information will be given in our next bulletin but we want to prepare you for it now.

2. This bulletin is expensive to print and mail. We are committed to continuing to print it, but if you are interested in the information and want to save trees and space in landfills, we'd like to encourage you to "Go Green." Please email URSEAGreen2025@gmail.com to be added to the Go Green database. Thank you.

3. You may know people who are interested in joining URSEA. We have group meetings throughout the state where you can meet fellow retirees and learn from them. You can join annually for $15 by check or credit card, or you can join for $1 a month by having it taken from your pension. See the enclosed membership form or go online to: https://www.ursea.org/index.php/membership/form



FROM THE DESK OF THE EXECUTIVE DIRECTOR



Arthur Cox

Winter has come and gone and the good weather is upon us. Spring flowers, leaves on the trees and thoughts turning to trips and vacations. Also, The Utah State Legislature has ended its annual session and the Utah Retired School Employees Association followed the proceeding on The Hill closely. The main purpose of URSEA is to safeguard your retirement and to make sure each and every member receives that which they are due in retirement. In our monthly meetings, your president Tom Nedreberg, followed the proceedings and reported to the board members at both our monthly meetings and by email. I am happy to report that the legislature kept their hands off your hard earned retirement for 20025.

The URSEA board has begun planning the annual Fall Conference. We have decided to hold it at the Davis County Conference Center in September. We are planning an exciting guest speaker, a full lunch, prizes and best of all, no charge for our members. It has been over two years since our last conference and we have decided to make this year's conference the very best that we can. Also for those that may need to stay overnight we will provide a discounts to hotels in the Davis County area. Please sign up today to let us know if you and your spouse will be attending..

In this month's newsletter we have included three articles that we think you will find of interest, "Scammers Will Follow the Money—to the New Advance Child Tax Credit", "12 Pain Symptoms You Should Never Ignore" and "6 Superfoods for Arthritis." We appreciate the support and dedication that our members give to the URSEA and to education in the State of Utah. If you have any comments or questions please email them to either Tom Nedreberg at **thomas.nedreberg@gmail.com** **or** **Arthur Cox at acecox49@gmail.com .**

URSEA PAST PRESIDENT'S MESSAGE



We are excited this year to potentially have the opportunity to hold our URSEA Leadership Conference in person for the first time in several years. As a Board we have had several discussions about exploring several important issues during conference that will be helpful to all of our retired members and those that will be retiring in the future.

One of the most gratifying accomplishments we are able to fulfill as a Board is to offer (8) $1,250 scholarships to current educators seeking a graduate degree in education. Four scholarships to elementary educators and four more to secondary educators. This is made possible due to contributions made from our URSEA membership, AMBA, AARP, and several very generous anonymous donors.

Before serving as your President for the past three years, and now Past President, I had the opportunity to serve as the Scholarship Chair for many years. One of the thrills of that position was sending scholarship applications to every public elementary and secondary school principal in the state. Every year it has been heartwarming to receive feedback from those recipients that have become blessed with funding to help them in their pursuit of a graduate degree. This program truly changes lives for the better. Not only does furthering education help with increasing pay, but also it provides teachers with additional skills and knowledge to improve student success in the classroom. It truly is a win/win program.

Almost every time a bulletin is printed, I try to encourage all of our members to seek out those individuals that you might have worked with over the years that might not be members of URSEA and invite them to join. For a continuing member it costs only $12 for the entire year. Strength in our numbers is key to showing our Legislators what is needed from them to show their support is providing the funding needed to keep our system moving forward in meeting the needs of our precious children. Let them know how you feel.

Regards, Dr. Larry Dean URSEA Past President

A PLEA FROM TREES



A flash of lighting,
A clap of thunder.
The gods are upset,
I've made a blunder.

The site I'd sent.
For folks going green
Left out a word
Now that was mean

I now give the site
I meant no harm
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Paper, post, & print
Increase the cost,
So please GO GREEN
Hence less is lost.*



*Simply state your name,
Your desire to change to email
And include an active email address.
If you go green and do not receive the
Bulletin please check back with us, the
Email may have an error in it.

YOU CAN HELP TEACHERS ADVANCE THEIR EDUCATION

If you would like to donate to the URSEA TEACHER SCHOLARSHIP FUND please fill out the information below, with your donation and mail it to URSEA TEACHER SCHOLARSHIP FUND, Arthur Cox, Executive Director, 8931 Shady Meadow Drive, Sandy Utah, 84093 or to Sarah Voigt, Past President, 401 East 500 North, Kaysville, Utah,84037

URSEA TEACHER SCHOLARSHIP FUND

Name_____

Address_____

Would you like your name listed as a donor?_____

Would you rather remain anonymous_____

Amount of Donation Check_____

Make check payable to The URSEA Scholarship Fund. This donation will only be used to promote URSEA scholarships for Utah Teachers that are going to advance their education.

Scammers Will Follow the Money - to the New Advance Child Tax Credit



Millions of families began receiving an advance child tax credit of up to $300 per child in July. This credit, part of the stimulus package enacted in March, aims to reduce child poverty. But scammers, who know no bounds, will assuredly seek to line their pockets with this money.

How It Works

- Scammers will impersonate government officials, offering to help you sign up for the advanced payment or to get the money faster.
- Their pitches will come by phone, text, email, or via social media platforms.
- They are seeking to steal your identity or your money by requesting payment, often in nontraditional ways, like money transfer, gift card or peer-to-peer payment app (like CashApp, Venmo or Zelle).

What You Should Know

- Most eligible families will receive payments based on their last tax return, so they do not need to apply.
- The IRS has a special website for families who don't earn enough to file taxes and haven't otherwise shared certain information with the agency.
- The IRS does not leave prerecorded, threatening messages, nor does it communicate via social media or text message, or accept payment by nontraditional methods.
- No taxpayer ever has to pay to apply for or receive a tax credit.

What You Should Do

- If an unsolicited communication seeks your Social Security number, Medicare number or banking information, disengage.
- Be wary of clicking on links from text or email messages - they could download malicious software onto your device seeking passwords and account numbers.
- To learn more about the advance child tax credit, check out this article from AARP.

Knowledge gives you power over scams. The AARP Fraud Watch Network equips you with reliable, up-to-date insights and connects you to our free fraud helpline so you can better protect yourself and loved ontes. We also advocate at the state, federal and local levels to enact policy changes that protect consummers and enforce laws.

Kathy Stokes, AARP Fraud Watch Network

STATE OF THE UNITS

Mary Ann Bundy

Thank you dedicated local Units for your efforts to keep your members and new retirees informed and entertained.

ALPINE RSEA Next lunch meetings will be held Mondays at 1:15 pm at the Golden Coral on University Parkway: May 5th, August 4th, and November 3rd. We will be discussing the division of Alpine School District.

BOX ELDER RSEA Members enjoyed their lunch on March 31st at HugHess in Ogden. Calvin will keep you posted for future activity.

CACHE VALLEY RSEA Members enjoyed their Pizza Place lunch April 7th; the next lunch will be May 3rd at the same location. And the June luncheon will be held in DeLoy's back yard.

CARBON/EMERY RSEA The officers will let all know when they have another swim or lunch date. Kristine Story is the best person for information. 435-748-2809

COLOR COUNTRY RSEA Still working on organizing a group. In the meantime, Alpine RSEA would love you to take a road trip to Orem and join with them for lunch.

DAVIS RSEA Officers are planning some surprises for Springtime. Future activity soon to be announced.

GREATER SALT LAKE/WASATCH FRONT RSEA Members enjoy lunches the first Tuesday each month at Midvale Golden Coral at 1:00 pm. Check with your officers to learn of the book of the month for Book Club on the 3rd Wednesday.

OGDEN RSEA Luncheons are the last Monday of every odd month at noon at the Golden Coral-988 Washington Blvd. May, July, Sept. and November are next. Programs, projects and door prizes are great at each meeting.

WEBER RSEA Friends still meet at the "Prairie Schooner" the 3rd Monday of each month at noon. Next meetings are April 21st, May 19th and June 16th with Summer off.

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YOUR MEMBER GUIDE TO ASSOCIATION BENEFITS

To learn more about your member benefits, call 800.258.7041 or visit myAMBAbenefits.info

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12 PAIN SYMPTOMS YOU SHOULD NEVER IGNORE

Doctors share which eye, chest and stomach pains, among others, may indicate something serious

By Michelle Crouch, Published August 11, 2022. Updated November 25, 2024

If you're hurting, see a doctor. It's sound advice that may seem obvious, but older adults in particular sometimes write off pain as a function of aging and may wait too long to get medical attention, says Edwin Leap, M.D., an emergency physician in Southern Appalachia.

He has seen it happen. And the results can be devastating.

"Boomers, especially, are very stoic," Leap says. Federal data shows that in 2023, 36 percent of adults age 65 and older reported chronic pain. Nearly 30 percent of individuals 45 to 64 said they were in pain last year. "They're used to things hurting. So they put off chest pain for a day or two, and by the time they come to the hospital, they've completed a heart attack. Or they fall off a ladder, get up and say they're fine. Then it turns out they have an intracranial hemorrhage — a life-threatening situation," Leap adds.

Any new or unexplained pain should be checked out by a doctor, Leap says, even if it's not severe.

Of course, some types of pain are more likely to signal something serious. Doctors recommend heading straight to the emergency room if you're experiencing one of the types below.

1. Pain with loss of function

If you hurt your leg but can still walk on it, it may be just a sprain. "But if you can't move it and you're having pain, that should be investigated immediately," Leap says. Loss of function can indicate a fracture, nerve injury, loss of blood flow or a serious infection.

2. Eye pain that comes out of nowhere

Sudden or acute eye pain, with or without vision changes, can point to a serious problem that should get looked at right away, says Michael Hanak, M.D., a family medicine specialist and associate professor at Rush University Medical College in Chicago. It could be caused by a blocked blood vessel, a detached retina, internal bleeding or acute glaucoma, a serious eye condition caused by increased pressure inside the eye. Eye pain can also be the first symptom of shingles, a viral infection that causes a painful rash, Hanak says.



3. Chest pain

An older adult experiencing any type of chest pain should be evaluated by a doctor right away, says Hanak, who notes that a heart attack doesn't always manifest as sudden, crushing pain: "A lot of times, it's pressure, heaviness or tightness with breathing." Other signs of a heart attack are dizziness, fatigue or shortness of breath while doing ordinary activities like going up the stairs or gardening. Chest pain may also be a signal that a blood clot has moved to your lungs or heart — a life-threatening condition that needs immediate treatment.



4. Pain in one or both arms, your jaw or between the shoulder blades

These lesser-known symptoms of a heart attack are more likely to affect women, according to the American Heart Association. Nausea or vomiting, shortness of breath, dizziness and lightheadedness are other heart attack symptoms to look for. Severe pain between the shoulder blades can also be caused by an aneurysm or a tear in your aorta, a major blood vessel.



5. The worst headache of your life

An occasional headache is usually nothing to worry about. More concerning is one that feels more severe than usual, Leap says. A headache is worrisome as well if it's accompanied by neck stiffness, weakness or vision change, or if you recently hit your head. And know that if you're on blood thinners, simply bumping your head on a door frame can cause dangerous bleeding in your skull.

6. Severe abdominal pain



Pain in your abdomen that keeps getting worse — or is associated with vomiting, swelling or a fever — can be a marker of acute appendicitis, a serious infection, or diverticulitis. "You know your body," Leap says. "If you've had this pain on and off for years, that's one thing. But if it's new and it doesn't let up or it keeps getting worse, I want to see you."

7. Calf or thigh pain, especially if in just one leg

Increasing pain in your calf or thigh after a period of inactivity, even if it's not severe, can be a sign of deep vein thrombosis (DVT). This dangerous type of blood clot is especially common in patients recovering from knee or hip surgery, Hanak says. Patients sometimes describe the pain as feeling like a muscle cramp, and it's often accompanied by leg swelling or redness. DVTs need to be treated right away because the clots can travel through your bloodstream and block the blood supply to your lungs, a life-threatening condition called pulmonary embolism.

8. Severe back pain that lasts more than 72 hours



Back pain is common — affecting about 8 out of 10 people at some point in their lives — and it typically improves on its own with rest, ice and pain relievers. However, intense back pain that lasts more than three days can be a sign of a more serious problem, especially if the pain worsens when you bend or twist, says Douglas D. Dickson, M.D., an assistant professor of orthopedic and spine surgery at the University of Texas Southwestern Medical Center in Dallas. You may have a torn muscle or ligament, a compression fracture or a cancer that has metastasized to the spine, Dickson says.

9. Back pain with pelvic numbness and/or incontinence

Pay attention if your back pain is accompanied by numbness in the groin or glutes area, problems using the restroom or incontinence. Those are symptoms of a rare but dangerous condition called cauda equina syndrome caused by nerve compression, Dickson explains. "When that happens, the nerve is extremely compressed," he says. "If you don't get help right away, your function may not recover."



10. Pain from a minor wound

Say you're working in the yard and something sticks you in the hand. Or maybe you get bitten by a dog, or you cut yourself doing a home repair. If the pain from a wound (especially one that is red and swollen) keeps getting worse over a few days, that can be a sign of a serious infection that can turn deadly if not treated. "Organic material causes infections that spread wildly," Leap explains. "I've seen a splinter that got up under a fingernail and the patient said, 'It's fine. I'll deal with it later.' A few days later, they've got red streaks up their arm and a raging infection."

11. Pain after a procedure or injection

Spinal injections, biopsies or other therapies that involve injections can occasionally cause infection or bleeding. If you experience persistent pain or loss of function after one of those, call your provider right away.

12. Pain with fever

If you have a high temperature as well as pain, your body may be fighting a dangerous infection. It's especially important to seek treatment quickly if:

The pain is in your mouth, throat or neck. Swelling from an infection in those areas can compromise your airway, Leap says.

The pain is in your lower or upper back. You could have a kidney infection or a spinal infection that could cause paralysis if left untreated.

The pain is associated with an area of tender, inflamed skin. You may have a deep skin infection called cellulitis that could spread and cause tissue damage. Or you may have a fluid-filled abscess that is infected and needs to be drained.

The pain is at or around a surgical site. Post-op infections typically appear within 30 days, Leap says. In addition to fever, you may notice an unexpected increase in pain, swelling or drainage (pus) from your incision.

6 SUPERFOODS FOR ARTHRITIS

Ease the ache and reduce inflammation by adding these standouts to your diet

By Barbara Brody, Published July 20, 2021 Updated September 15, 2023

If your hips, knees or hands have gotten stiffer and more painful in recent years, you might be among the more than 32 million Americans who suffer from osteoarthritis. This degenerative joint condition, often described as the "wear and tear" form of arthritis, causes the cartilage that normally cushions joints to break down, allowing bone to rub against bone. The result: pain, redness, stiffness and inflammation.

This kind of arthritis is mainly treated by pain-relieving medications, but lifestyle changes can also help a lot. Exercise and weight loss tend to be top of the list. Regularly moving the affected joint helps stretch and strengthen the muscles surrounding it, which can ease stiffness and promote mobility. If you're overweight, shedding a few pounds will help take some strain off a weight-bearing joint (like your knee or hip), as well as reduce the amount of inflammatory proteins that are naturally produced by fat cells. In fact, studies have shown that every 1 pound of body weight that you lose takes 4 pounds of force off the knee.

Dietary changes are, of course, the key to losing weight, but tweaking your eating habits can also help control arthritis symptoms. That's because while osteoarthritis is primarily caused by overstressing one or more joints, "there's also a component that has to do with the body's response to injury, which is inflammation," says Melissa Ann Prest, a registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. She points to the Mediterranean and DASH diets, which limit added sugar, refined carbohydrates and saturated fat, as anti-inflammatory standouts.

Whether you follow a specific diet plan or not, regularly adding the following foods to your plate (while simultaneously cutting back on fried food and sweets) might help soothe your achy joints and perhaps even slow down the progression of arthritis.

Superfood No. 1: Salmon



Oily fish like salmon are rich in inflammation-fighting omega-3 fatty acids, which may help curtail osteoarthritis symptoms, says Toby Amidor, a registered dietitian and author of The Family Immunity Cookbook. Salmon contains both EPA and DHA, two types of omega-3s that are found in all the cells of the body, she says.

Bonus: Eating fatty fish might help people with autoimmune forms of arthritis, including rheumatoid arthritis, better manage their condition. The American Heart Association also recommends eating fish twice a week to protect your heart.



Not a fish fan? Consider taking a fish oil or algae-based supplement that contains EPA and DHA.

Superfood No. 2: Olive oil

Extra-virgin olive oil doesn't have many omega-3s, but it does contain other unsaturated fats that similarly help quiet inflammation in the body, Prest says. This flavorful oil might even help slow the deterioration of cartilage in people with osteoarthritis, according to a research review published in Nutrients.

Perhaps most exciting for arthritis patients, however, is that olive oil contains a compound called oleocanthal. Scientists have determined that oleocanthal has a mechanism of action that's similar to the way NSAIDs like ibuprofen and naproxen work to ease pain.

While no one is suggesting that you can toss your pills if you indulge in spaghetti aglio e olio (spaghetti with garlic and oil) more often, swapping olive oil for saturated fats like butter should help decrease inflammation throughout your body and might make your osteoarthritis more tolerable. (Plus, it's better for your heart.)

Superfood No. 3: Cherries



The ruby-red hue is a hint that sweet cherries are packed with anthocyanins, potent antioxidants that are also found in blueberries and raspberries. Anthocyanins "may help minimize oxidation and oxidative stress that contribute to inflammation," including in your joints, Amidor says.

Some research also suggests that cherry consumption might decrease levels of C-reactive protein, an inflammatory protein associated with autoimmune forms of arthritis (like rheumatoid arthritis) as well as osteoarthritis.

Superfood No. 4: Garlic



This pungent vegetable in the allium family is often touted for its ability to help ward off cancer, heart disease and the common cold. There's also reason to believe that it might reduce the risk of osteoarthritis. Several studies have suggested that loading up on garlic might translate to less pain from osteoarthritis of the hip or knee, according to a 2022 research review published in the European Journal of Pain.

Scientists think anti-inflammatory compounds in garlic interfere with prostaglandins, hormones that are produced at the site of damage or infection. Components in garlic may also combat inflammatory cytokines (proteins) that might otherwise damage cartilage.

Superfood No. 5: Spinach and kale

These leafy greens are loaded with vitamin K, which research suggests is important for cartilage health, says Prest. That might explain why observational studies have found that older adults who don't get enough K, which also plays a role in strengthening bones and helping blood to clot, are more apt to develop osteoarthritis. Some scientists suggest that vitamin K helps with arthritis by preventing the cartilage from calcifying (hardening).



While adding more spinach and kale to your diet will also give you a boost of folate, vitamin C, vitamin A and calcium, don't rapidly up your intake if you take a blood-thinning drug like warfarin (Coumadin). The vitamin K in these greens can counteract the impact of your blood thinner, so be sure to check with your doctor before making any major dietary changes.

Superfood No. 6: Honey

There's been some buzz around honey's purported health benefits since ancient times, and while more research is needed to see whether they truly hold up, this sticky substance contains numerous natural compounds that explain how it might help people with osteoarthritis. According to a 2021 report published in Frontiers in Pharmacology, these include flavonoids (plant-based antioxidants) such as quercetin and apigenin, which counter inflammation. What's more, some honey-derived flavonoids, including luteolin, have been found to inhibit matrix metalloproteinases, enzymes that play a role in degrading joint cartilage.



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REPORT YOUR VOLUNTEER HOURS

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in".
~Author Unknown

Margaret Jones,
Volunteer Chairperson
margjones1@gmail.com
Please put "Volunteer hours" in the subject



2025 URSEA Volunteer Hours

Name: _____
Address: _____
City, State & Zip:_____
Email: _____ Phone: _____
Local RSEA: _____

I plan to volunteer approx._____ hours in 2025.
All hours for 2025 must be submitted no later than Dec. 31, 2025.
Email information either monthly or a grand yearly total to Maggie Jones at: margjones1@gmail.com
Or send this form to Maggie in the mail:
4825 W. 4000 S., West Haven, UT 84401

PLEASE Join or RENEW YOUR MEMBERSHIP TODAY

Note: If you are currently a CM or Continuing Member by having $1 a month deduction, you need not reapply. (If you are not sure, check the deductions on your retirement check. It is also noted on the last page of the Bulletin.)

Membership in URSEA is an investment in your retirement future! Your membership makes a difference in many ways. Please join the thousands of other Utah school retirees who have already become members by completing the enclosed application and returning it to the address indicated. To learn more about the Utah Retired School Employees Association, please visit our web page at www.ursea.org

URSEA has a group benefit package that gives our members sole access to a variety of insurances, travel perks, and computer discounts. Many of our members are using these benefits to enhance their retirement and make their retirement checks go just a little further.

The Utah Retired School Employees Association will be only as strong as the dedication and unity of its members. If you have any questions regarding the URSEA or this letter, please contact the URSEA Office at 1-801-561-4528

Your Local Unit and State Associations are working together for you. For more information on your area's local unit, please check our web page at www.ursea.org under the link, local units.

Please help us!! We are receiving checks for membership renewal from members that are also having $1 per month taken out of their retirement check.
Look at your name and address on this bulletin. Above your name is printed "RENEWAL DATE". If the letters CM appear next to that date, do not send a check to renew your membership. CM means that your membership automatically renews with the $1 per month from your Utah State retirement.

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UTAH RETIRED SCHOOL EMPLOYEES ASSOCIATION

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(PLEASE PRINT ALL INFORMATION)

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Address_____ City_____ State_____ Zip_____

Telephone_____ E-Mail_____ Social Security # xxx-xx-_____
LAST FOUR DIGITS ONLY (MANDATORY FOR CM)

Male ☐ Female ☐

☐ **CM Member**: I authorize the Utah Retired School Employees Association to deduct from my retirement check the dues of $1 per month and any future increases as voted by the membership. I understand this authorization makes me a Continuing Member of URSEA and may be canceled only with written authorization from me to the Utah State Retirement Office.

☐ **Annual Member**: I prefer to pay by check. Enclosed is my check for $15 to cover the annual dues of URSEA for the year (Sept. 1. through Aug. 31) Make check payable to: URSEA

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SIGNATURE_____ DATE_____ DISTRICT RETIRED FROM_____

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