January 2026

Utah Retired School Employees Association

BULLETIN

President's Message



Tom Nedreberg

This time of year is when we reflect and dream at the same time. We look back at the previous year and make plans for the new year. Since many of us are retired, sometimes we may reflect on our lives and work to pass things on to the next generation.

I had a year where these feelings were magnified. I found out in May that I had an enlarged aorta and a defective heart valve and was in danger of a "widow maker" heart attack. Needless to say, I started to look at my life very differently, both reflecting and planning. The first plan was to fix the heart issues, so I had open heart surgery in July. I spent the next 3-4 months both recovering and trying to get back into the rhythm of my life and the things that I normally do. It was a big struggle and I'm sure I have a few more months before I feel "normal" again.

All of this has caused me to look back on my life and career. I started Kindergarten at Garfield Elementary in Zanesville, Ohio. The school was built in 1896 and the Kindergarten was in the basement. The school has since been torn down. Our family moved in the middle of the year to Jackson, Mississippi. There was no Kindergarten there, so the next year I started first grade at Spann Elementary. It was built in 1958 as one of three "white" elementary schools from a large bond that was passed in 1956. The bond also included one "black" elementary school. This was right after Brown vs. Board of Education and was in direct defiance of that ruling. Today it's still being used and is integrated. It's also on the National Historic register for its unique architecture and history. After third grade there, we moved back to Ohio on the day Medgar Evers was shot in his front yard. It wasn't why we moved back to Ohio — my dad got transferred back to the main tile plant in Zanesville where he started. Over the next few years though, many whites left Jackson, and it became a predominantly black community — all part of the white flight to the suburbs that affected so many other cities around the nation.

My fourth grade school built in the 1940's was torn down and replaced in 2006. My fifth and six grade school built in 1885 was torn down, the land

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sold, and apartment buildings were built in the 1990s. Yes, the desks were bolted to the floor and connected front to back with inkwells. I went to a middle school in New Jersey (another tile plant transfer), and that is now an elementary. My junior high back in Ohio — dad was only in New Jersey for a year — was torn down and the district replaced the school near the same grounds, but also consolidated another Junior High with it. My high school was built in 1953 and was an architectural gem with five stories, each opening out on ground level because it was built on the side of a hill. It was replaced with a building that was more modern in 2012, but it didn't have an auditorium like the older school. Ohio would help school districts build new buildings ,but they wouldn't invest in auditoriums. As a result, the school had a cafetorium where students had lunch and produced their plays on a very inadequate stage.

I started teaching in Arizona in 1979. That elementary school is now an Arts Magnet School. I taught from 1982-84 in Ticaboo, UT. That school is now gone and the students go to school in Bullfrog. I started in Tintic in 1984 and the elementary I started in is now used for storage for the district. In 1995, a new elementary was built and as the principal at the time, I have my name on a brass plaque in the main hallway. I finished my career at Tintic High School, built in 1980. Both of these buildings are the pride of Eureka and have been maintained and upgraded so they fit very well with schools built in the past 10 years.

I mention these experiences and schools to make the point that we are all part of a larger continuum. Upon reflection, I realize that I've stood on the shoulders of many who have gone before me, been part of things much bigger than me, and hopefully have contributed something to pass on to others going after me.

After waking up from my surgery this summer, I knew I didn't want to stop going yet. There are still things I want to do. I've really enjoyed my association with URSEA. I would encourage you to become part of your local groups around the state. If you know of school employees who are now retired who are not members, please ask them to join. It's only $12-15 a year with the dues helping fund our scholarships helping current teachers. Local groups may meet once a month or once a quarter, have a book club, or have an annual summer get together. Being involved in education has always been a noble profession and we shouldn't lose touch with it or our friends just because we've retired. We are also looking for board members to help us with our mission, which is to help the profession and advocate for our retired school employees. If these things interest you, you'll find applications, phone numbers and email in this bulletin. Please contact us.

So in this holiday season and transition into a new year, reflect and dream. Be thankful for those around you and for the good, and even bad things which may happen. Be joyful when good things happen to others, and have empathy when people face hard times. Going to the hospital willingly to allow someone else hold my heart in their hands, someone else to make sure that I didn't feel it, someone to help me recover, someone to clean the room, and family and friends who helped my wife and me when I got home has been very humbling.

I hope you have a good holiday. I hope you have a great new year.





URSEA PAST PRESIDENT'S MESSAGE



Dear URSEA Members & Potential Members!

This season is definitely one of my favorite times of year. Spending time with family and friends during Thanksgiving, and now with Christmas arriving soon, I have felt much joy and happiness for all of my good fortunes.

For about 12 years, I've had the chance to rub shoulders with our Board members and many of you dedicated educators and support staffs that continue to serve so faithfully our youth.

The past 46 years have been amazing. I have worked for 30 years in many capacities for the Alpine School District, and 16 years at Utah Valley University teaching and mentoring feature educators.

It has filled my cup, to see the excitement and passion that these young men and women demonstrate. I feel that our youth are in good hands with the future generation of new educators that I have the opportunity to teach and mentor.

It is noteworthy to mention those cooperating teachers and administrators who readily welcome new teachers into their ranks. Thank you all for being so supportive. Happy Holiday's to all!

Warm regards,
Dr. Larry Dean
URSEA Past President

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.

OUR INCREDIBLE SCHOLARSHIP RECIPIENTS ARE VERY APPRECIATIVE!

ELEMENTARY RECIPIENTS:

LINDSI COUGHRAN

DAISY DEMARCO

LYNDSIE JORDAN

MARISA TOBIAS

SECONDARY RECIPIENTS:

CASSIE CALLISTER

KELBIE JACKSON

JENNY MCCULLOCH

LOGAN PETERSON



L-R
Arthur Cox
Lindsi Coughran
Principal Rigby
Dr. Larry Dean

Lindsi Coughran - Elementary

Thank you for this scholarship to support both my professional goals and personal growth as an educational leader. It will equip me with practical tools to better support teachers, improve student outcomes and contribute to a positive school culture. I plan to make a meaningful impact within my school community!

Daisy DeMarco - Elementary

I am excited to receive my scholarship from URSEA and appreciate it so much!!! My classroom should be a space that nurtures who my students are and who they are becoming, as well as a place for me to reflect on who I am and where I am headed.



Fred Ash and Daisy DeMarco



Principal Clint Cornwall, Dr. Larry Dean, Lyndsie Jordan and Arthur Cox

Lyndsie Jordan - Elementary

Thank you for the support! Receiving this grant will provide essential financial support as I work toward becoming the school counselor my students need and deserve.



Marisa Tobias, Jamie Leite and Sarah Voigt

Marisa Tobias - Elementary

I want to sincerely thank the URSEA Board for this opportunity and for your continued investment in Utah educators. Your support has a real impact on teachers. I will carry forward your legacy by continuing to serve my students and community with dedication and heart. Marisa received the AARP Award.

L-R
Maggie Jones
Cassie Callister
Sarah Voigt
Mary Ann Bundy



Cassie Callister - Secondary

I appreciate receiving this scholarship to continue to live out my purpose. My purpose is to continue to educate, inspire and support others in their journey. I thank you graciously!
Cassie was the recipient of the AMBA Scholarship.



Dean Miller and Kelbie Jackson

Kelbie Jackson - Secondary

Thank you for this scholarship and for the opportunity for me to achieve my dream by taking off some of the financial burden and obligations.



Logan Peterson and Kevin Meghan

Logan Peterson - Secondary

I am so excited and grateful to be chosen by URSEA for this scholarship. It has allowed me the joy to continue my education. Thank you all so much!

Jenny McCulloch - Secondary

This scholarship will ease the burden of continuing my education while teaching. I can show up for the students who count on me, and continue to grow into the educator they deserve!



Tom Nedreberg, Jenny McCulloch and Robert Fleming

Once again Thank you to all the donors!

I Express my gratitude to All involved with this wonderful project of helping teachers become better!

All My Best!
Sarah I. Voigt
URSEA scholarship chair



AMBA

1-844-385-4359

MON-FRI 8AM-6PM CT

STRONGER TOGETHER

Our Story

AMBA has protected associations and affinity groups with insurance and benefits for decades. Through it all we've forged strong relationships with top insurance carriers that allow us to offer wide-ranging coverage and products to retirees, professionals, individuals and families. From dental and vision insurance to professional liability and Medicare solutions, AMBA has you covered.

There Are Benefits To Our Benefits

Affordable Dental Insurance

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Protect your eyes with tailored plans through insurance leader VSP

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Tailored Medicare solutions, long-term care, and life insurance plans

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AMBA

1-844-385-4359

MON-FRI 8AM-6PM CT

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STATE OF THE UNITS JANUARY 2026

Mary Ann Bundy

Thank you Karen Christensen and Susan Major who are stepping down from the Davis RSEA. They served for many years. All efforts are appreciated in keeping members and new retirees informed and entertained.

ALPINE RSEA Quarterly lunch meetings will be held Mondays at 1:15 pm at the Golden Coral on University Parkway: 2026 meetings are Feb. 2nd, May 4th, Aug. 3rd and Nov. 2nd. We apologize for the wrong dates in the last "Bulletin".

BOX ELDER RSEA Calvin will get information to you of future gatherings.

CACHE VALLEY RSEA Members enjoyed their Pizza Place lunch meetings each Tuesday at 1:30 pm. We always have a good time.

CARBON/EMERY RSEA The officers will let all know when they have another "finish projects" day or another activity. Call Kristine Story 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 Christmas was celebrated with a white elephant gift exchange and lunch at "Ramblin Roads" at 1:00 pm on Monday Dec. 8th. Future luncheons will be quarterly at the same time and location in 2026: Mar. 2nd, June 1st, Sept. 7th, and Dec. 7th.

GREATER SALT LAKE/WASATCH FRONT RSEA Members enjoy lunches the first Tuesday each month in 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 Remember: Luncheons are the last Monday of every odd month at noon at the Golden Coral- 988 Washington Blvd. Programs, projects and door prizes are great at each meeting. Jan. 26th will be Super bowl for kids, March project is Tree House Museum, May 18thwill be YCC of Ogden, and July 27th is The Christmas Box House.

WEBER RSEA Faithful and fun friends still meet at the "Prairie Schooner" the 3rd Monday of each month at noon. Next meetings: Jan. 19th , Feb. 16th, Mar. 16th, April 20th, May 18th,June 15th. Skip July and Aug. and resume Sept. 21st, Oct. 19th, Nov. 16th. and Dec. 21st.

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Arthritis Diet Superfoods: What You Should and Shouldn't Eat for Joint Relief

8 foods that can help reduce inflammation and support arthritis management

By Barbara Brody, Updated December 03, 2025

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 have 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 with medications, but lifestyle changes can also help.

Exercise and weight loss tend to be top of the list. In fact, studies have shown that every 1 pound of body weight that you lose takes 4 pounds of force off your knees.



What is inflammation?

While losing weight and exercising can help, you also need to deal with inflammation.

There are two types of inflammation: acute and chronic.

Acute inflammation is when your immune system releases white blood cells to repair an injury or infection. The injured area might get red, warm, swollen or painful.

Chronic inflammation, like that kind caused by arthritis, is persistent and sends your immune system into overdrive. It may even cause white blood cells to attack healthy tissues and organs.

How your diet impacts arthritis and inflammation

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. Chronic stress and genetics can be linked to inflammation and arthritis. Some foods can aggravate arthritis, too, including: Added sugars - Red and processed meats - Refined carbs - Trans fats

Prest says the DASH (Dietary Approaches to Stop Hypertension) and Mediterranean diet, which limit added sugar, refined carbohydrates and saturated fat, are anti-inflammatory standouts.



Good foods for joint health

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

1. Salmon

Oily fish like salmon are rich in inflammation-fighting omega-3 fatty acids, which may help reduce osteoarthritis symptoms, says Toby Amidor, a registered dietitian and author of 11 cookbooks, including 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.

Not a fish fan? Consider taking a fish oil or algae-based supplement that contains omega-3 fatty acids EPA and DHA.

2. Extra-virgin 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 is a staple of the Mediterranean diet and may slow the deterioration of cartilage in people with osteoarthritis, according to a research review published in the journal Nutrients.



Perhaps most exciting for people with arthritis, however, is that olive oil contains a compound called oleocanthal, which scientists have determined has similar anti-inflammatory qualities as NSAIDs like ibuprofen.

While no one is suggesting that you toss your pills and indulge in more EVOO, replacing saturated fats like butter with olive oil may help reduce inflammation throughout your body and might make your osteoarthritis more tolerable.

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 eating cherries might decrease levels of C-reactive protein (CRP), an inflammatory marker protein associated with autoimmune forms of arthritis (like rheumatoid arthritis), as well as osteoarthritis. Eating other fruits, especially citrus high in vitamin C, is also important for an arthritis diet.

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.



Research suggests that garlic might ease 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, which are hormones produced at the site of damage or infection. Components in garlic may also combat inflammatory cytokines (proteins) that might otherwise damage cartilage.

5. Spinach and kale



These leafy greens are loaded with vitamin K, which research suggests is important for cartilage health, Prest says. That might explain why observational studies have found that older adults who get enough K have a lower risk of developing 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, the vitamin K in these greens can counteract with blood thinners like warfarin. Talk to your doctor if you take a blood thinner before making any major dietary changes.

Other vitamin K-rich veggies include: Collards - Turnip greens - Broccoli - Cabbage - Edamame

6. Honey



There's been buzz around honey's purported health benefits since ancient times, and while more research is needed to see whether they truly hold up, this sweet substance contains numerous natural compounds that explain how it might help people with osteoarthritis.

According to a 2021 report published in the journal 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, may play a role in degrading joint cartilage.

7. Nuts and seeds

Nuts like walnuts, pine nuts, pistachios and almonds are full of healthy fats and antioxidants, which help fight inflammation.

Walnuts are full of omega-3 fat alpha-linolenic acid (ALA), which researchers believe helps reduce inflammation. A narrative review published in the journal Nutrients also found that tree nuts and peanuts are full of antioxidants that may reduce inflammation and oxidative stress. But the authors note that more research needs to be done to understand how — and which nuts — play the biggest role lowering inflammation.



8. Legumes

A study published in the journal Antioxidants looked at the nutrients of 10 common beans, including red kidney, navy, pinto and black beans, and found they're full of antioxidants that may help protect and treat diet-dependent diseases. Eating legumes like beans, lentils, peas and chickpeas could also help lower CRP.

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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



2026 URSEA Volunteer Hours

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

I plan to volunteer approx._____ hours in 2026.
All hours for 2026 must be submitted no later than Dec. 31, 2026.
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.

THANKS FOR BEING A MEMBER!!

UTAH RETIRED SCHOOL EMPLOYEES ASSOCIATION

Membership and Enrollment Form

(PLEASE PRINT ALL INFORMATION)

Name_____Date of Birth_____Date of Retirement_____

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

☐ **Associate Member**: Enclosed is my check for $15 to cover the annual dues of URSEA for the year (Sept. 1, through Aug. 31). Make payable to URSEA. : "This is an active employee or someone having an interest in education".

SIGNATURE_____DATE_____DISTRICT RETIRED FROM_____

Please mail form to

URSEA c/o Larry Millward, Treasurer, 105 East 350 South, Kaysville, UT 84037

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Sandy, Utah 84093

