

WSSRA

Health Services Committee



2024 -2025

Mission and Goals

As members of our local and statewide Health Services Committee, we seek to gather and share ideas that are pertinent to our members. We search for timely information about health (especially diet, nutrition, exercise, life choices), medical care breakthroughs that impact our members, insurance (changes and reforms), senior living arrangements, ideas and concerns for living safely, materials for choices for end of life concerns, and developing healthy social relationships. Our overarching goal is to encourage healthy independence for our members.

Meetings

Meetings for WSSRA Health Services Committee will be scheduled three times each year. Once in the fall, once in the spring during Council of Committee's meetings, and once during Convention in June.

2024-2025 Health Services Committee meetings:

- Fall meeting – TBD
- Council of Committee Meetings – April 1, 2025
- Wednesday, June 4, 2025 in Yakima

In addition to the three annual Health Services Committee meetings, members of this committee should attend Coordinating Council meetings for the district they represent. When possible, members can assist in local communication/newsletter chairs in locating health-related articles for inclusion in unit newsletters.

And when possible, members are encouraged to attend senior issue conferences and workshops.

Communication

Members of the WSSRA Health Services Committee are responsible for relaying important information regarding health services activities to the local unit health chair persons and/or unit presidents.

The Health Services Committee is responsible for submitting health education articles for the WSSRA Journal.

2024 – 2025 Journal Article Due dates:

- June 15, 2024
- September 5, 2024
- December 5, 2024
- February 5, 2025
- April 5, 2025

Committee Chair Responsibilities

Plan Health Services Committee meetings:

- Confirm meeting location, date and time
- Contact and reserve any guest speakers or presenters
- Submit equipment and supplies requests
- Prepare and send out the agenda/meeting notice two weeks prior to each meeting
- Arrange for a committee member to take notes; review the minutes and email a copy to Tara Teitzel for inclusion in the upcoming Executive Board meeting packets
- Work with committee members during the year to choose member for future chairmanship
- Following meetings, send presenters or guest speakers thank you notes

Plan meeting agendas:

- Location, date and time
- Review previous meeting minutes
- Guest speakers
- Budget review
- Review/update member responsibilities
- Volunteers – write Journal articles, help out Convention table, etc.
- Old business
- New business

WSSRA Board reports:

The committee chairperson is responsible for submitting committee board reports to the WSSRA Board prior to each WSSRA Executive Board meeting. These reports can be filled out and turned in electronically under the forms and files tab on the WSSRA website. This is in addition to providing a copy of the minutes.

2024-2025 Committee Board Report Deadlines:

- August 7, 2024
- January 29, 2025
- May 14, 2025
- October 30, 2024
- March 19, 2025

Other chairperson duties:

- Submit a 2025-26 budget request to Debbie Burgess, WSSRA Fiscal Officer by March 1.
- Remind committee members to turn in Willingness to Serve forms by March 3.
- Remind volunteers of their Journal article due dates and topics.
- Submit additional articles as needed for the WSSRA Journal regarding health services committee activities.

2024-2025 Health Services Committee

Board Kenneth Harvey Kenwes55@comcast.net (360) 653-5967
Liaison:

NW1:

NW2: Myrna Muto mmmuto@aol.com (206) 772-1650

SW3: Beverly Brown antbk2p2@olypen.com (360) 457-8205

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