The world is powered by those who show up. FREA is keeping an Eagle Eye on your pension and showing up for you!

FREA Legislative Days 2020

On January 28-9, the FREA 2020 Legislative Committee made its presence known for 2 full days in Tallahassee this year. Your Legislative State and District Chairs each visited once, if not twice, all of their FREA districts’ legislative offices, speaking about FREA Legislative Priorities and letting the legislators know that FREA members are a force to be reckoned with. (Full story and pictures on pages 6-7.)

From l-r: George Ellis, District 10 Chair; Janet Hayes, District 4, Chair; Bob Stephens, District 6, Chair; Valeria Stephens, District 6; Linda Edson, District 2, Chair and State Legislative Co-Chair; Antonio De La Luz, District 10; Leanne Karstedt, District 3 Chair; Evelyn Odom, District 2; Pam Schwartz, District 1, and FREA President; Larry Carmichael, District 2 and FREA Legislative Co-Chair; Bill Galvano, Florida Senate President; Susan Darovec, District 7 Chair; Nancy Hosie, District 9, and FREA President-Elect; Melissa Borghorst, District 5, Chair; Carrie Frye, District 8; Ed Stanford, District 1 Chair; Jay Jones, District 8 Chair; Roger Cuevas, District 10; Karin Palmer District 9.

Elections 2020-Learn!

Are you ready to promote FREA’s Legislative Priorities aka YOUR Priorities regarding your pension and the future of quality education in Florida? Join us at Convention 2020. We have brought in the experts to show you how to get the word out! Note the strong presence of legislative training and education at Convention on the Timeline, page 7.
What is so Special About the You, the Members of the Florida Retired Educators Association?

Simple. You choose not to just exist, you choose to continue to make a positive difference in the world around you. Our FREA members are special people who make the world around them a better place to live. How do you do this? By:

- Participating as a State Board Member or Trustee or State Chair and strengthening our organization with your leadership and skills.
- Supporting your Unit by donating items for scholarship fundraising.
- Serve as a unit officer and handle hundreds of details.
- Giving books to schools through Margaret Poppell Literacy for Life Project.
- Collecting needed items at Unit Meetings to send to troops overseas, take to assisted living facilities or schools or any one of thousands of venues that can always use a helping hand.
- Not only volunteering for FREA, but also usually for several other community service organizations at the same time.
- Being advocates for the educators of the past, present, and future through scholarships, grants, and also very importantly: Legislative Advocacy.
- And too much more to list.

You may not think you are special, but take just a moment to look around and notice that there are many people who are content to just exist. They have theirs, no matter how much that is, and everyone else can worry about themselves. Not our FREA members. No way. Your giving never ends and yet, you just see it as a way of life. You do not think you are special, you are just doing what feels “right” to you. So hats off to you our very special FREA Members. Please know that you are invaluable and appreciated, even if I do not have the time to individually thank you all.

Having said that, an individual Thank you to Dr. Phyllis Omilak, FREA State Secretary, for sending in the picture to the left. She took that at sunrise one morning at Convention last year. She sent the photo because she wanted to share the beauty that she enjoyed one morning before assuming the duties of FREA Secretary. For those who have never been brave enough (definitely my reason) to be a secretary in an organization or business, it is a daunting task and one which requires endless patience and attention to detail. (Another couple of personality traits I am somewhat lacking.) Phyllis fulfills her duties with a smile that lights up the room, sorting the wheat from the chaff as conversations swirl around her and she tries to figure out what the heck is, and is not, important.

Phyllis, “Thank you” for all that you do, and for the serenity moment your photo gave me.

And now, back to finishing the newsletter, which is already late. As usual...

God gave you a gift of 86,400 seconds today. Have you used one to say “thank you”?  
William Arthur Ward

Anne M. Fagan  
FREA  
Executive Director

Extreme Ethel has her bag packed and is ready to go to Convention!

God gave you a gift of 86,400 seconds today. Have you used one to say “thank you”?  
William Arthur Ward
Why Florida Retirement Group?

www.flretirementgroup.com  1-800-595-8891

Florida Retirement Group is an insurance and financial services agency serving the pre-and post-retiree market Florida-wide. **We pride ourselves on clearly explaining and simplifying the insurance and investment landscape.** Our main goal at Florida Retirement Group is to help eliminate the complexity around insurance and investments by creating an agency that is centered on a fiduciary promise. The vast array of products and confusing literature available to customers today can be very difficult to navigate. With over thirty years of combined experience, Florida Retirement Group advisors have helped thousands of individuals and their families protect their wealth in retirement.

Florida Retirement Group and their licensed advisors specialize in areas including health insurance for Medicare beneficiaries, long-term care insurance, life insurance, estate planning, and independent financial planning.

As an insurance agency broker, Florida Retirement Group has relationships with many of the highest rated insurance companies and the highest quality financial institutions. Florida Retirement Group strives to find the right insurance or financial portfolio to fit your needs and goals.

At the Florida Retirement Group, we work for you!

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**FREA 2020-2021 Membership Drive Begins!**

You may now renew or join online!

To set up your account, you will need:
The email address that we have on file for you & your invoice or membership #. Don’t have? Just email the office: info@frea.org

Already a member of FREA? Please detach this application and give it to a friend who may be interested in taking advantage of our MEMBERSHIP BENEFITS and in supporting the Florida Retirement System.

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Florida Retired Educators Association Membership Application

- Annual FREA Membership: $35.00
- New Membership
- Renewal of Membership
- Retired Teachers/Administrators/Support Staff/Food Service/Transportation/Maintenance, etc.
- Associate Member: $35.00

Associates: Any person interested in the work of the Association may apply for associate membership. An approved applicant may become an associate member with all benefits except the right to vote, hold office, or serve as a delegate to the Annual Delegate Convention.

Circle One: Miss, Mrs., Mr., Dr., Other
Your Name:
Spouse’s Name
Mailing Address
Apt./Condo:
Telephone
City
State
Zip
County
E-mail address:
Your Date of Birth: Month/Day
School District Retired From:
Local FREA Unit (if known)

FREA is your advocate regarding your pension and the future of education in the State of Florida. Would you like to support FREA’s efforts on behalf of all present, and future Retired Educators, and other beneficiaries of the Florida Retirement System? This money will be used in a non-partisan way.

Yes, I would like to support FREA’s Legislative Advocacy: $ 4.00
FREA Dues for July 1—June 30 $35.00
Local Unit Name ____________________________ Local Dues $ __________
Local Unit Dues $ __________ Total Enclosed $ __________

Please Donate in my name to the Florida Retired Educators Foundation $ __________

Make checks payable to:
FREA
Mail to: 8950 9th St N Suite 105
St. Petersburg, FL 33702

or

Call the Office with your credit card
727-577-6400 * Mon-Fri 8AM-3PM

Name on Card ____________________________ Exp. Date __________

Card Number ____________________________
PASSING THE TORCH WITH 2020 VISION

As the world turns, orbiting the sun and creating the days of our lives in the annual cycle of seasons, time marches on. The 2018-2020 FREA Board of Directors is preparing to pass the torch of governance for continuing our mission as we spring forward to the 2020 Florida Retired Educators Association Convention.

Serving as head coach and cheerleader of the All-Star FREA Leadership Team for the past 2 years has been an honor. Working together to transform FREA into a more efficient, effective, relevant organization while having FUN has taken dedication from engaged members at every level. All units are commended for submitting annual reports, updated by-laws & standing rules, delegate names, and nominations to fill vacant positions. As this fiscal year ends, this information helps to not only assess achievements, but to also plan for the next year.

Lighting the way to a brighter future requires ongoing commitment to our mission while staying focused on our vision. It requires a dedicated TEAM of members who RISE & SHINE every day striving to stay on course following a strategic plan which must be adjusted as change and challenges occur. To be most effective, a team requires members with diverse talents who are willing to stand up, speak out and take action when called upon to serve. The best teams engage all members in a mentoring cycle nurturing them to become their best selves transforming followers into leaders. To maintain efficiency team training must provide support for continuous progress moving forward. Communication, collaboration and cooperation are vital components to coordinate teamwork to stay relevant to survive and thrive as times change. There is strength in unity promoting health, education, and financial stability for everyone.

Come to convention in Daytona Beach to celebrate FREA STARS DANCING THROUGH THE DECADES as information and inspiration are shared to enlighten everyone. Participate in recognizing contributions of some of our most valuable players and electing leadership as the torch is passed to Nancy Hosie and her team for 2020-2022. As rising stars, let us all continue to shine as we soar in this new decade improving the Florida Retired Educators Association respected for community service with lifelong learning.

Pam Schwartz - FREA President

District Director Nominee for District 5

Mary E. Madison is a retired mathematics educator. She began her path to mathematics in middle school and continued through undergraduate and graduate school. She considers “Mathematics is the Queen of Science.” After God, family, and volunteering, mathematics is one of the most important parts of her life.

Madison received graduate studies in mathematics at University of North Florida in 1986-1988. She completed her MBA, general business, at UNF in 1977 and received a Bachelor of Science in mathematics from Florida A & M University in 1970. She worked as a mathematics educator for 36 years in Duval County Schools, University of North Florida and Florida Community College at Jacksonville. She was a finalist for Duval County Teacher of the Year and a Tandy Technology Outstanding Teacher Award (given to 100 teachers in USA).

During 2014-2018, Mary volunteered with Gamma Rho Omega Chapter of Alpha Kappa Alpha Sorority, Inc. at the Northeast Florida Boys and Girls Club. She was leading high school students in the ASCEND Program to develop STEM projects. She still tutors middle, high, college students and adults in mathematics.

Madison is currently president of Duval County Retired Educators Association, past president and past treasurer of Gamma Rho Omega Chapter of Alpha Kappa Alpha Sorority, Inc. She is a member of the Northside Community Involvement Inc., and serves as the Assistant Finance Director, and a member of Florida Retired Educators Association.

<table>
<thead>
<tr>
<th>FREA/FREF Officers</th>
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<tr>
<td>President</td>
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<td>District 1</td>
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<td>President-Elect</td>
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<td>District 9</td>
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<td>State Director</td>
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<td>District 8</td>
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<td>Treasurer</td>
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<td>District 6</td>
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<tr>
<td>FREF Chair</td>
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<tr>
<td>District 7</td>
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<tr>
<td>FREA State Office</td>
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<tr>
<td>Executive Director</td>
</tr>
<tr>
<td><a href="mailto:anne@frea.org">anne@frea.org</a></td>
</tr>
<tr>
<td>Membership</td>
</tr>
<tr>
<td>Accounting Specialist</td>
</tr>
</tbody>
</table>
Extravaganza Tickets—Get ‘Em While They’re Hot!

Can you use some extra cash? Of course you can!

You have a chance to win between $100—$600. For just $10, you earn two chances to win the following cash prizes:

- $500 - 1st Prize
- $300 — 2nd Prize
- $200 — 3rd Prize
- $100 Cash Prize to a winner in each FREA District

Between now and the end of April 2020, you can buy tickets through your local units. They cannot be purchased at the convention. Get your tickets now. **Don’t belong to a Unit?** Give the office a call: 727-577-6400 - We can do phone orders.

Build a “They Continue to Care” Legacy for your departed loved one.

When loved ones pass, family members may donate to FREF in their memory. (i.e. include in obituary, “In lieu of flowers, please donate to FREF”.)

Your loved one’s legacy will live on in the Foundation as their legacy shows that they “Continue to Care”.

What is FREF?
The Florida Retired Educators Foundation (FREF) is an autonomous branch of the Florida Retired Educators Association (FREA).

What Does FREF Do?
FREF aids educators, past, present, and future.

Past
FREF provides assistance to retired educators who find themselves in financial crisis.

Present
FREF provides grants to practicing teachers who want to initiate a project in their school or classroom.

Future
FREF awards scholarships to outstanding high school students who wish to major in education.
Back by Popular Demand!

Gift Baskets for FREF Donation and Unit Project

The Gift Baskets last year were amazing! We had such a tough time picking the winning 3, we ended up doing a secret vote. So the gauntlet is thrown and we are challenging you again.

There are 3 Categories for Prizes:

- Most Creative Container
- Most Unusual Basket Overall
- Most Interesting Holiday

http://www.holidayinsights.com/everyday.htm Or download list here

Guidelines

- Not so big or heavy it can’t be moved by one person.
- A list of what is in the basket and history of the holiday, if it is obscure.
- In one container. No separate parts
- Worth at least $50.00

Have fun creating, and we can’t wait to see them!

Wednesday Night Gala Entertainment ... Check!

We have given everyone the year off from planning anything more challenging than how to dress up from your favorite decade, or in Gold and Blue, or both. Sit back and enjoy the Oceans Dance Club of Daytona Beach's Dancers as they take us Dancing Through the Decades. After the Dancing Pros finish entertaining you, they will be offering dance lessons in either groups or solo.
**Convention 2020 Timeline**

A full Timeline with room names, etc. will be in the Program in your Registration packet when you arrive at Convention. While there may be slight changes, the times and order of events will remain the same.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>12:00-12:30</td>
<td>Registration</td>
</tr>
<tr>
<td>12:30-12:45</td>
<td>FREA Trustees Meeting - Incoming and Outgoing - Box Lunch provided</td>
</tr>
<tr>
<td>12:45-1:00</td>
<td>Benefits Committee Meeting</td>
</tr>
<tr>
<td>1:00-1:15</td>
<td>Executive Committee Meeting</td>
</tr>
<tr>
<td>1:15-1:30</td>
<td>FREA Board of Directors Dinner Meeting (Incoming and Outgoing)</td>
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</table>

**Tuesday - May 12, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00-8:30</td>
<td>Registration</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>FREA Board of Directors Meeting (continued)</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>District Directors Meeting-Incoming and Outgoing</td>
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<tr>
<td>10:15-10:30</td>
<td>State Committee Chair Meeting</td>
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<tr>
<td>10:30-10:45</td>
<td>Past Presidents Council Meeting</td>
</tr>
</tbody>
</table>

**LUNCH ON YOUR OWN**

11:00-12:00 Opening General Session

1:00-1:15 Welcome

1:15-1:30 Pledge of Allegiance—

1:30-1:45 Thought for the Day

1:45-2:00 Introductions of Past Presidents, Vendors, FREA Office Personnel

2:00-2:15 Dr. Leo Murphy: Our Best Defense

2:15-2:30 Education: Professor of Aeronautical Science at Embry-Riddle Aeronautical University

2:30-2:45 15 Minute Break - Opening Session Continues

2:45-3:15 Al Campos - Executive Director NRTA

3:00-3:30 Minutes of 2018 Convention

3:30-3:45 Presentation of Budget

3:45-4:00 Registrar's Report

4:00-4:15 Nominating Report Adjourn General Session

4:15-5:00 District Meetings - However much time needed is up to each District.

5:15 Until...?

Tuesday Night Beach Wander

Go out and explore Daytona Beach—See you tomorrow morning!

**Wednesday, May 13, continued**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:10-9:30</td>
<td>Volunteer of the Year Awards</td>
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<tr>
<td>9:30-9:45</td>
<td>Reading of the 5th Grade Essay</td>
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</tbody>
</table>

**Breakout Sessions**

- Group 1 starts with Breakout 1 and moves from there to 2, then 3
- Group 2 starts with Breakout 2 and moves from there to 3, then 1
- Group 3 starts with Breakout 3 and moves from there to 1, then 2

<table>
<thead>
<tr>
<th>Session Durations</th>
<th>Breakout Session</th>
<th>Legislative Advocacy</th>
<th>Al Campos Executive Director NRTA</th>
<th>National Retired Teachers Association</th>
<th>Jasmine Vasques Senior Legislative Representative National Retired Teachers Association</th>
<th>Florida Retirement Group And Association of Member Benefits Advisors</th>
<th>AARP Fraud Watch Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:55 -10:10</td>
<td>1</td>
<td>Legislative Advocacy</td>
<td>National Retired Teachers Association</td>
<td>National Retired Teachers Association</td>
<td>Florida Retirement Group And Association of Member Benefits Advisors</td>
<td>AARP Fraud Watch Presentation</td>
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<tr>
<td>10:10-10:55</td>
<td>2</td>
<td>Benefits</td>
<td>Florida Retirement Group</td>
<td>Florida Retirement Group</td>
<td>AARP Fraud Watch Presentation</td>
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<td>10:55-11:40</td>
<td>3</td>
<td>Fraud Prevention</td>
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<td>AARP Fraud Watch Presentation</td>
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<tr>
<td>1:15-2:00</td>
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<td>FREA Memorial Service</td>
<td>General Session 3</td>
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<tr>
<td>2:15-2:20</td>
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<td></td>
<td>Open Session</td>
<td>General Session 3</td>
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<tr>
<td>2:20-2:35</td>
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<td></td>
<td>FREA Officer Election</td>
<td>General Session 3</td>
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<tr>
<td>2:35-2:45</td>
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<td></td>
<td>Budget Vote</td>
<td>General Session 3</td>
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<tr>
<td>2:45-3:00</td>
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<td></td>
<td>Break</td>
<td>General Session 3</td>
<td></td>
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<tr>
<td>3:00-3:45</td>
<td></td>
<td></td>
<td>Legislative Advocacy Training</td>
<td>Attendees: All State, District, and Unit Legislative and Information Services Chairs</td>
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<tr>
<td>3:00-4:30</td>
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<td></td>
<td>Membership Roundtables: How to Use Your AMBA List Attendees: Unit Presidents, Vice Presidents, Treasurers, Membership, Secretaries, Volunteer Services, Info Svcs</td>
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<tr>
<td>5:30-7:00</td>
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<td></td>
<td>Mix and Mingle</td>
<td>1.5 hour courtesy open bar of hotel with appetizers</td>
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<td>1.5 hour courtesy open bar of hotel with appetizers</td>
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<tr>
<td>7:00-10:00</td>
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<td>Dancing Through the Decades</td>
<td>From the Roaring 20's to the Soaring 20's Mediterranean Buffet Dance Revue with DJ – Oceans Dance Studio Dance lessons and Open Dancing afterward.</td>
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**Thursday, May 14**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00-8:30</td>
<td>Breakfast</td>
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<tr>
<td>8:45 AM</td>
<td>Closing Session</td>
</tr>
<tr>
<td>8:45-8:55</td>
<td>Open Session</td>
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<tr>
<td>8:55-9:00</td>
<td>Thought For the Day</td>
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<tr>
<td>9:00-9:15</td>
<td>Installation of Officers</td>
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<tr>
<td>9:15-9:30</td>
<td>Unit of Excellence Award</td>
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<tr>
<td>9:30-9:40</td>
<td>Outgoing President's Remarks</td>
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<tr>
<td>9:40-10:00</td>
<td>FREF Extravaganza and Winning Basket Drawings</td>
</tr>
<tr>
<td>10:00-10:10</td>
<td>Incoming President's Remarks/Location of 2021 Convention Adjourn</td>
</tr>
</tbody>
</table>
Delegates: Your Unit did not make your Convention 2020 Reservation, they merely designated you as a delegate. Delegates must send in a Reservation Form AND If you are a Delegate, Trustee or FREA Board Member:

Please DO NOT USE the form on the next page.

- You can go online at www.frea.org/Convention to register.
- OR download your correct Reservation Form
- OR call Office 727-577-6400 - we will mail the correct form.
- OR email info@frea.org - we will send the correct form.
- Lastly: Please do not register directly with the hotel.
General Attendee (NOT for Delegates, Board, or Trustee) Reservation Form—FREA Convention 2020  
Tuesday May 12 to Thursday May 14, 2020—The Plaza Resort and Spa, Daytona Beach  
All FREA members, friends, and family are welcome to attend the Convention  
Avoid the $50.00 Late Fee—Return postmarked BEFORE April 11, 2020

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<tr>
<th>Name:</th>
<th>Phone:</th>
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<th>E-Mail:</th>
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<table>
<thead>
<tr>
<th>Unit Name (if applicable):</th>
<th>1st time attendee? Yes</th>
<th>No</th>
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<tr>
<th>City:</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>EMERGENCY CONTACT: Name:</th>
<th>Phone:</th>
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<tr>
<th>Others in room: Full Name (s):</th>
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</table>

- Each ROOM needs a separate Registration Form. If you are sharing a room, please send all money in at one time. No separate payments please and...Please make sure ‘Others in room’ section is completed.
- 4 P.M. is check-in: Hotel may not have room available until after 4 P.M.
- Early check-out Fee: The hotel will impose an early check-out fee of $111.00 if a guest checks out prior to original check-out date. Guest is responsible for payment.
- Cancellation: Reservation must be cancelled with FREA Office before May 7, 2020 or Attendee is responsible for charges

Please Complete ALL Information and Return Form, with full payment To:  
FREA Office - 8950 9th St N, Ste 105, Saint Petersburg, FL 33702

<table>
<thead>
<tr>
<th>Handicap? Yes or No</th>
<th>King Bed</th>
<th>Double Beds</th>
<th>Rollaway:</th>
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<tbody>
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**Special Requests or Handicap Room - Please Specify all needs:**

<table>
<thead>
<tr>
<th>Arrival Day</th>
<th>Date: May 2020</th>
<th>Departure Day Date: May 2020</th>
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**$111.00 Special Room Rate (with Perks Page 2), applies 3 days before and 3 days after Convention**

- **Registration:** PAID BY ALL attendees – non-refundable (This covers name tags, meeting materials, complimentary Convention Tote Bags, with giveaways inside and more.)  
  - $50.00 x # of people = $

- **Late Fee (if registration is postmarked after April 11, 2020)**  
  - $50.00 x # of people = $

- **Hotel Room Cost per night:** $111.00  
  - $111.00 x # of nights = $

**Wednesday Morning Breakfast Buffet**  
This year, due to the hotels’ limited dining options, we are offering all meals and activities listed for the low cost of $125.00 per person.
- $125.00 x # of people = $

**Wednesday All-American Lunch Buffet**

**Wednesday Night Mix and Mingle:** Complimentary Open Bar and Hors d’oeuvres from 5:30-7:00 plus Chobee Steelers Steel Drum Band, and Green Screen Photography by Ed for Groups and Individuals

**Wednesday Night Mediterranean Buffet Dinner and a Show, “Dancing Through the Decades” Presented by the Oceans Dance Studio.** From the Roaring 20’s to the Soaring 20’s we relax and be entertained and then complimentary dance lessons and open dancing afterward.

**Thursday Morning Breakfast Buffet**

**Special Dietary Needs. The Buffets will have dietary choices available.**

- Enter card info at right.
- If you call the Office with your credit card, a completed Registration form needs to be mailed or emailed before we can process your registration.

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This Is What a Coronavirus Infection Feels Like

Rule #1: Don’t Panic. Educate Yourself

We are educators. Learn, and share, and be a source of educated reason.

A doctor overseeing quarantined patients details COVID-19’s symptoms

by Rachel Nania, AARP, March 2, 2020 | Comments: 4

In most cases, it starts with a fever.

There's usually a cough that accompanies it — sometimes shortness of breath. But for people with a mild case of COVID-19, the disease caused by the new coronavirus, that's pretty much the extent of unpleasant symptoms, says Mike Wadman, an emergency physician and co-medical director of the National Quarantine Unit at the University of Nebraska Medical Center in Omaha, where 15 Americans who were onboard the Diamond Princess cruise ship are being treated or observed for the illness.

If COVID-19 doesn't sound much different from the cold, flu or any other respiratory illness that circulates seasonally, you're right. “There is a lot of overlap,” Wadman says.

In fact, some of his patients tell him the coronavirus illness is a lot like the flu; a handful have reported it’s not as bad. Influenza typically comes with a longer list of symptoms, such as nasal congestion, sore throat, muscle aches, vomiting and diarrhea. “And we're really not seeing that in the patients we've seen here with COVID-19,” Wadman says.

So far, the large majority (80 percent) of the 87,000 people who have been sickened by the coronavirus since it was first detected in Wuhan, China, in late December have experienced the mild symptoms described by Wadman, the World Health Organization reports. Typically, those symptoms subside in a few days.

In more severe cases (about 14 percent), some people with COVID-19 have reported chest pain and have developed pneumonia, an inflammation of the lungs caused by infection. Preliminary data show that older adults and people with underlying health conditions are most at risk for severe illness. To date, nearly 2,900 people have died from the disease, most in China.

What to do if you experience signs of infection

The majority of confirmed COVID-19 cases in the U.S. have been linked to travel from a country where the illness is prevalent or by close contact with an infected person. Some instances of community spread have been reported, however, and the trend could continue.

Health officials encourage anyone exhibiting the three primary symptoms (fever, cough and shortness of breath) to call their health care provider first. Going into a health care setting isn’t always the best course of action, since you could infect others or pick up another infection, Wadman points out.

Pain in the chest typically warrants an emergency department visit, no matter the illness in question, Wadman says. The same goes for progressive or sudden onset of shortness of breath or any sudden change in mental functioning. Fever and cough, however, may be managed at home or with a trip to the doctor’s office.

Coronavirus symptoms

Mild COVID-19 cases:
- fever
- cough
- shortness of breath

Severe COVID-19 cases:
- chest pain
- pneumonia

If you are diagnosed with COVID-19, stay home and avoid public areas, the Centers for Disease Control and Prevention (CDC) advises. A face mask may help prevent the spread of germs to those around you. (Experts recommend an N95 respirator.) Washing your hands often and wiping down frequently touched surfaces also reduces the risk of getting others sick.

There is no cure yet for COVID-19, just relief from symptoms. A clinical trial is underway, however, to test the safety and efficacy of the antiviral drug remdesivir as a potential treatment.
This Is What a Coronavirus Infection Feels Like—continued from page 10

How to protect yourself from the coronavirus

Without a vaccine to protect against the coronavirus, experts say the best way to avoid it is to practice everyday prevention measures: Wash your hands often and stay away from sick people — at least six feet away, Wadman says. "This disease is transmitted by respiratory droplets. So those droplets from a sneeze or cough, if [they land] in your mouth or nose, or if you're inhaling those droplets, that's the way that this disease is primarily transmitted from one person to the next. And if you stay six feet away, you minimize the possibility of that happening," he says.

Avoid touching your nose, mouth and eyes. And if you do need to cough or sneeze, be sure to cover it. “Especially if you are older, or if you do have other medical conditions, you’re at higher risk. And so really adhering to these preventive measures is a very important thing to prevent becoming ill, and if you are sick, to prevent giving that infection to someone else,” Wadman says.

Leaders Create Leaders!

We are currently seeking nominations for the 2020 election – Job Descriptions are available in the FREA Bylaws and Standing rules, and FREF Bylaws available on the FREA website or by contacting the FREA Office.

FREA President-Elect Nominee

Nominations are being sought for this position.

FREA District Directors for Districts: 2,3,4,5. Nominations are being sought for all of the below districts. District Directors may serve two-year terms and must be nominated each term.

Districts that are open for nomination for a new director, or with directors who may be nominated for a second term, are:

- District: 2 – Nominee needed
- District: 3 – Nominee needed
- District: 4 - Nominee needed
- District: 5 – Nominee needed

FREF Trustees for Districts: Nominations are being accepted for the districts listed below. Trustees may serve three three-year terms and must be nominated for each term.

Trustees requiring nomination are the current members of the Class of 2019.

District 9 – Nominee needed

Self-nominations are not accepted.

Any member within the districts above may be considered for the District Director or Trustee available. Nominees for these positions must be members in good standing and possess a willingness to promote the mission, goals, and objectives of FREA and FREF.

Nominations shall include: A letter of nomination and a statement by the nominee indicating a willingness to be considered and to serve, if elected. If the nominee is NOT already serving in the position, the nomination shall also include a biographical sketch, and a photograph.

All nominating materials should be forwarded to:

Roger Cuevas
FREA Nominating Committee
FREA Office
8950 9th St. North Suite 105
St. Petersburg FL 33702-3047

The documentation received for nominations will be reviewed by the Nominations Committee. Further consideration and approval will be made by the FREA Board at their January Board Meeting. All nominees will be notified of Committee action. Nominees selected for the slate will be contacted for reaffirmation of willingness to serve. The biographical sketch and photograph must be published in the Spring issue of the FREA Bulletin as required by the Bylaws. Voting on the slate will occur during the Annual Convention.
FREA & AARP FL Take on Tallahassee & Prove: We Are Stronger Together

Showing off the cupcake cake symbolizing our working partnership. From l-r: Nancy Hosie, FREA President-Elect; Pam Schwartz, FREA President; Ann Marie Flannery, AARP Assoc State Director Community Outreach, Anne Fagan, FREA Executive Director, and Jeff Johnson, AARPFL State Director. Yes, Cupcakes!

FREA was welcomed into the AARP Tallahassee offices for a Sip and Savor evening. The collaborative meeting with AARP FL resulted in a shared Legislative Priority, at left. Look out legislators, here we come...

FREA’s Linda Edson and Larry Carmichael with AARP’s Ann Marie and Zayne Smith, Associate State Director for Advocacy.
Lots of miles put in by the Committee members, interspersed with sitting and waiting for various meetings to start, so that they could be heard. You, our FREA members, were well represented by these tireless advocates for your pension fund and quality education.
At the May 2019 Convention, the amended FREA Bylaws were voted in and unnoticed was a typo, regarding delegates, in the section for convention.

Section 11.02 Local Unit Delegates.

‘Each unit is entitled to have at least one delegate to the Delegate Convention, who should be the newly elected President. Units shall be entitled to additional delegates according to the chart.’

The Bylaws on the website have been updated to show Delegate #s (right).

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24/7 Emergency transport is available worldwide.

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Discount pricing for members of MASA | AMBA
Dear FREA Members

Please Note:
Convention Memorial Program submissions must be received by April 30.

A Song of Living
by Amelia Josephine Barr

Because I have loved life, I shall have no sorrow to die.
I have sent up my gladness on wings,
to be lost in the blue of the sky.
I have run and leaped with the rain,
I have taken the wind to my breast.
My cheek like a drowsy child
to the face of the earth I have pressed.
Because I have loved life,
I shall have no sorrow to die.
After much exploration of a national assessment in the early 1960s, an Exploratory Committee for the Assessment Progress in Education (ECAPE) was established in 1964 and the first national assessments - now known as the National Assessment of Educational Progress (NAEP) - were held successfully in 1969.

Since those first assessments, the origin and evolution of a successful NAEP program has involved a wide array of participants, including researchers, state and district education officials, contractors, policymakers, students, and teachers. NAEP has grown to meet changes in the educational landscape and has ensured the efficiency of its processes and the credibility of its results by introducing many technical innovations in test design, statistical analysis, psychometrics, and modern computing.