



## News Sheet "Update" August 14, 2018

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"Wear it with Pride."

**TODAY: August 14, 2018**  
"The I and M Canal"



The Illinois and Michigan Canal connected the Great Lakes to the Mississippi River and the Gulf of Mexico. In Illinois, it ran 96 miles from the Chicago River in Bridgeport, Chicago to the Illinois River at LaSalle-Peru.

### 2018 Luncheon Programs for the LCRTA

**August 14:** James Carr "The I and M Canal"

**September 11:** Panel of Political Candidates

**October 9:** Luncheon at Dover Straits. Songs and Stories of Al Jolson, Judy Garland, and Liberace.

**November 13:** Pamela Brooks, "Lk. County Honor Flights"

**December 11:** Returning by popular demand:  
The Barrington Madrigal Singers directed by Brandon Pemberton

**Is it possible to have a small stroke and not even realize it?** Yes, according to new research that found about 35 percent of Americans experience symptoms of a warning stroke. Yet only about 3 percent get immediate medical attention. Most adults who had at least one sign of a "mini" stroke -- a temporary blockage also known as a transient ischemic attack (TIA) -- waited or rested until symptoms had faded instead of calling 911 right away, according to the research from the American Heart Association/American Stroke Association (AHA/ASA). "Ignoring any stroke sign could be a deadly mistake," said ASA chair Dr. Mitch Elkind, in a news release from the organization. "Only a formal medical diagnosis with brain imaging can determine whether you're having a TIA or a stroke. If you or someone you know experiences a stroke warning sign that comes on suddenly -- whether it goes away or not -- call 911 right away to improve chances of an accurate diagnosis, treatment and recovery," he said. An ischemic stroke occurs when a clot blocks blood flow to the brain. People who experience this type of stroke may be treated immediately with a special clot-busting drug. **Time to call 911.** Other sudden warnings signs of stroke include: Confusion. Trouble speaking or understanding. Numbness or weakness of face, arm or leg, particularly on one side of the body.

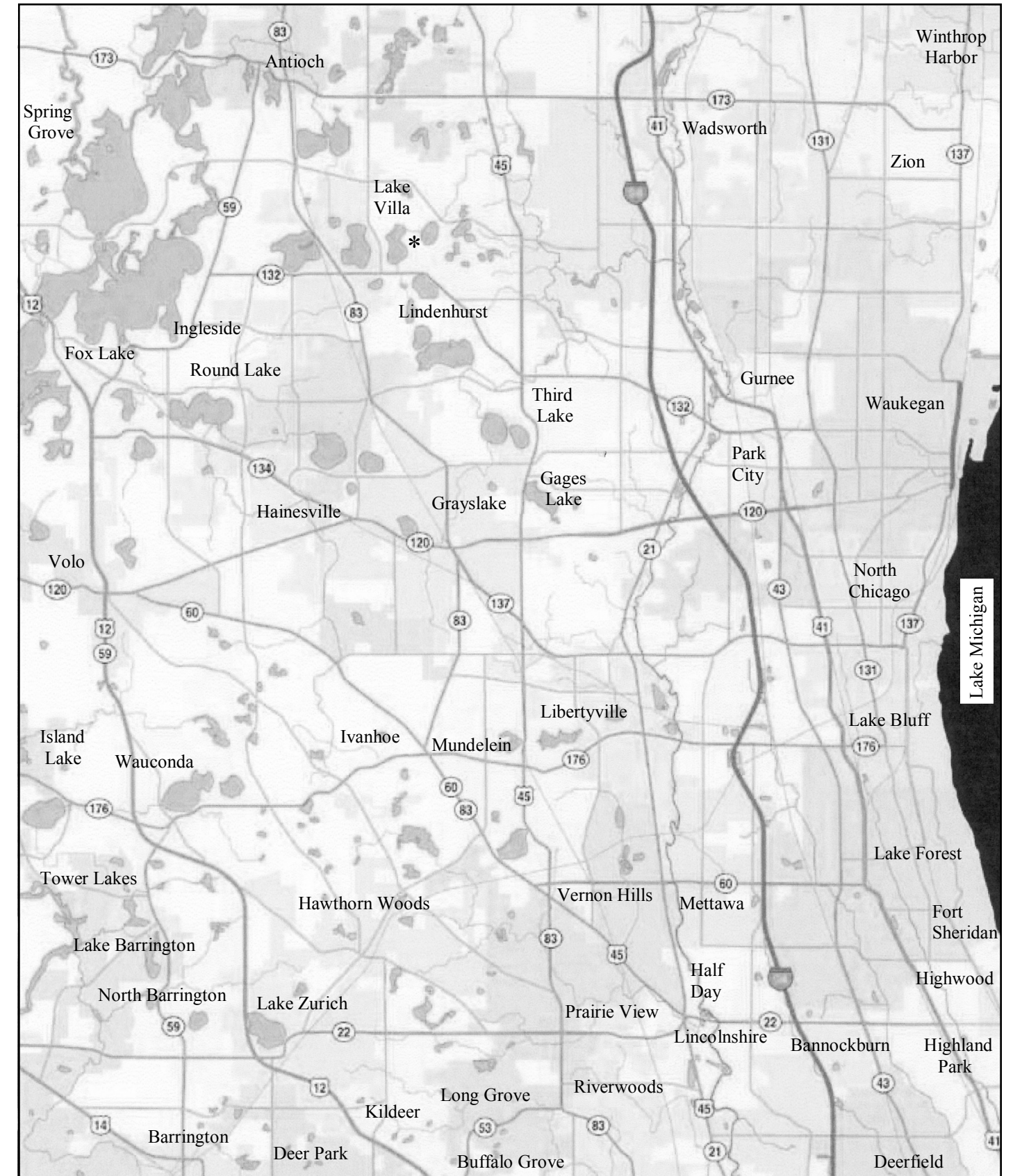
**Mission Statement** : "The LCRTA and the IRTA, working in unity, are non-profit and non-partisan organizations of retired educators serving the needs of their members through advocacy, education, cooperation, and socialization in a flexible organizational structure."

### CONTACT INFORMATION:

**IRTA** phone: 1 (800) 728-4782. Website: [www.irtaonline.org](http://www.irtaonline.org)

**TRS** (Teachers' Retirement System): P.O. Box 19253, Springfield, IL 62702-9253, email: [members@trs.illinois.gov](mailto:members@trs.illinois.gov). Website is [www.trs.state.il.us](http://www.trs.state.il.us). Phone: 1 (800) 877-7896

**LCRTA** (Lake County Retired Teachers Association)  
LCRTA, Box 8107, Gurnee, IL 60031  
Our website is: <https://lcrta.org> (sign on!)  
Membership questions? Call 1-847-541-1903



It's not too early to start thinking about nominees for our annual awards: "Retired Teacher of the Year," "Community Service Award," and the "WC Petty Award."