



News Sheet "Update" December 9, 2025 ~ #53

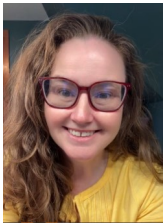
Wendy Wiegers, Editor, wowiegers@comcast.net

Lambs Farm Magnolia Café & Bakery ~ Noon

Kari Pohar, Lake County Program Director,

White Crane Wellness Center

Jingle and Mingle with LCRTA!



• **Kari Pohar** serves as the Lake County Program Director at White Crane Wellness Center, leading initiatives that support older adults through innovative, person-centered programs. With a passion for community engagement and improving quality of life, Kari works to create meaningful opportunities that promote connection, independence, and well-being.

• Outside of work, Kari is a published author of nine short stories and one novel. She shares her home with her husband, two kids, and a very opinionated 20-year-old cat who believes she runs the place.

White Crane
Wellness Center

• In October 2024, White Crane Wellness was awarded the Community Connections Grant for Lake County. Through this, we can provide a variety of programs and events for those that are 60+ throughout Lake County. These programs include education, recreation, evidence-based programs, and health screenings. The goal of the grant is to keep older adults active and engaged so they can stay in their homes for as long as possible.

2025/2026 LAKE COUNTY RETIRED TEACHERS ASSOCIATION

Jan. 2026	NO MEETING!
Feb. 10	Linda Clifford ~ <i>Bricks of History, Mortar of Imagination, How an Historical Fiction is Built</i>
March 10	Kimberly Ortega ~ <i>Great Lakes Women Navy Museum</i>
April 14	Attorney Michael A. Goldberg <i>Encore Presentation: Important Documents</i>
May 12	Lida Rivera ~ <i>Discovering Elawa Farm, Lake Forest</i>
June 9	Lake County Forest Preserves: <i>Woodpeckers of Lake County</i>
July	NO MEETING!
Aug. 11	TRS Trustees: Doug Strang, Rainey Kaplan
Sept. 8	Marti Swanson: Meet the Candidates
Oct. 13	Edizon Dayao
Nov. 10	Dave Wiegers ~ <i>Lincoln and Gettysburg</i>
Dec. 8	Holiday Fun



TRS (Teachers Retirement System)

P.O. Box 19253
Springfield, IL 62702-9253
1 (800) 877-7896
www.trs.state.il.us



IRTA (Illinois Retired Teachers Association)

828 South Second Street
Springfield, IL 62702
1 (800) 728-4782
www.irtaonline.org



LCRTA (Lake County Retired Teachers Association)

Box 8107, Gurnee, IL 60031
www.lcrtanet.net





Thank You,
Lake County
Retired
Teachers Ex-
ecutive Board
for a won-
derful year
of LCRTA!

Auld Lang Syne
(1) Should auld acquaintance be
forgot,
And never brought to mind?
Should auld acquaintance be for-
got,
And days of auld lang syne?
(Chorus) For auld lang syne, my
dear,
For auld lang syne,
We'll take a cup of kindness yet,
For auld lang syne!
(2) And here's a hand, my trusty
friend,
And give a hand o' thine,
We'll take a cup of kindness yet,
For auld lang syne!
(Chorus)

