

BRTA NEWSLETTER

www.brta.biz

brtamembership@yahoo.com

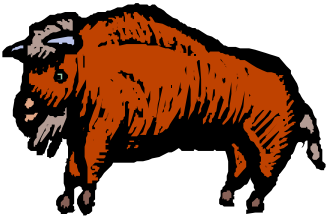
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2nd VP: Charles Peszynski
Treasurer: Stephen Parada

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Corresponding Sec.:
Membership Sec.: Linda Parada
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Cynthia Mehary, JoAnn Meyer, Ross Monteleone, Sue Nyitrai, Peter Riester

Spring Edition

April, 2014



Coming Events

May 29, 2014—Spring Luncheon
at Windows on the Green

June 10, 2014—Don Guerra Golf
Tournament @ Terry Hills

July 3—11, 2014—Train Trip
through Canadian Rockies

Sept. 3, 2014—Fall Luncheon at
Marriott Hotel, Amherst

Sept. 16—18, 2014—Trip to
Eastern PA & Philadelphia

Oct. 29—Nov. 4, 2014—Trip to
Israel & the Holy Land

Dec. 4, 2014—Holiday Luncheon
At Salvatore's Italian Gardens

Jan. 23—Feb. 5, 2015—Trip to
Thailand

President's Report

Welcome back to those who spent their winter season elsewhere. Just remember those that stayed will never talk about the “Good Old Days” again because they just relived it this past winter. Although I don't remember it being as cold so consistently as this last season.

Speaking of travel (nice segue), we offered a trip to the Black Hills for \$1159. The same trip by AAA was \$1899. Theirs is 1 day longer (50% increase). Unfortunately I found this out because we didn't have sufficient BRTA members to make the trip a go. I look into getting those interested onto other tours to the same location. Even with a \$300 cut back, their trip was very pricey. Our pricing for these trips beats anyone's.

For general information, all monies are refunded for tours when travel insurance is purchased. I, myself, was unable to go on the London/Paris trip. All cost was refunded except for the insurance cost. Also one traveler had her roommate cancel. She faced the additional cost of a single. Her insurance will refund that expense as it was not her fault for the additional charges.

On the legislative front, your Retired Teachers Association are advocating for a pension bump-up for retirees prior to 6/1/80 of \$550 per year of service up to 35 years. While costs have risen, especially medical, pensions do not. At this time, in most of our lives, health care is of great necessity not just importance. This was initially raised by the Retirement Board.

Other priorities include:

Clarifying & strengthening a current law that local pharmacies get on equal footing with mail orders.

Expand the definition of Care Giver to the Elderly who provide care to vulnerable persons to be able to prosecute abusers of the elderly.

And, of course, fight for the Mommies Bill—reinstatement of members who re-entered at different tiers to be placed back on tier 1.

The Ride for Roswell is looking for volunteers to help as route marshals for the Saturday, June 28th ride. More than eight thousand riders will be bicycling ten different routes and help is needed in a number of locations. If you are able and willing to volunteer please go to rideforroswell.org and sign up as a volunteer. If you have questions please call Bob Drajem at 854-8170 or email him at rdrajem@roadrunner.com.

Looking forward to a Healthy & Happy season ahead for all.

Al Marabella

Benefits Available to
BRTA Members

Long-term Care Insurance; BRTA Discounts on Long-term Care Insurance: 1-800-65 5-4899

Eyewear Discount

Eyewear Unlimited: 716-934-3511
Niagara Labmasters, Inc.
Niagara Falls, 716-297-9115
Gary Optical
Lewiston, NY 716-754-2555
Boulevard Optical
Tonawanda, NY 716-694-4388

Tires and Service

Discounts at Dunn Tire

Dental Discounts

The North Park Dental Group
716-836-2242

Dental Plan Insurance

Dental Pay Direct 716-836-7013

Group Medical Insurance for those who do not receive the benefit from their school district-

Call Pam Styn at Dental PayDirect at 716-836 -7013 or toll free at 1-800-683-3682

Vital Savings by Aetna-Mention

membership when you are inquiring about discount programs designed to help you save on dental or pharmaceuticals. 1-877 -MY-VITAL (1-800-698-4825) or

www.vitalsavings.com

Ballroom, Latin, Swing and Other

Styles of Dance-Tara Scime at 716-491-0186 or TMS Dance@yahoo.com. Mention your BRTA membership and receive a discount.

In Memoriam

Donna Noa Bursie	October, 2013
Eugene D. White	November, 2013
Olga Janeczko	December, 2013
Robert Antonasio	December, 2013
Gerald D. Berkman	January, 2014
Richard L. Williams	January, 2014
Jeanette Ciambella	February, 2014
Mark Zimmerman	February, 2014
Michael Wozniak	February, 2014
Francis A. Buccella	February, 2014
Dr. Samuel Block	March, 2014
Patricia Wahl	March 2014
John J. "Jack" Fahey	March, 2014
Gloria Mecca Keith	April, 2014
Edna Foote Ritchie	April, 2014

BRTA would like to acknowledge the passing of those teachers who served the children of Buffalo. If you would like to have someone included in the "In Memoriam" listings, please notify Josephine Cross @ (636-3014).

Frequently Requested Numbers

Website : www.brta-biz Email : brtamembership@yahoo.com

President: Al Marabella-635-9530

Luncheons : Ophelia Nicholas-633- I 690

Newsletter : Al Marabella-635-9530

Membership Linda Parada-875-3392

Travel: Russ Gervasi-839-5781

Friendly Service: Josephine Cross-636-3014

BRTA April 2014 Health News

In the past two newsletters I spoke about depression and grief and loss. I discussed when to consider professional counseling. For this edition I would like to discuss the idea of counseling itself. First of all I do not believe counseling needs to go on for months or years. Brief Therapy is very effective and can be anything from a few weekly sessions to six or eight weeks. What might happen is that you meet for a few weeks and then go back again a few months later after you have had time to process what you have learned about yourself or new issues arise. Before training as a School Counselor I actually went through personal and family counseling for some issues in my life. Then during training I was required to have counseling to become aware of personal issues that might impact my relationship with counselees. Over the years I had counseling relationships that were effective and some that were not. I also heard the refrain "I tried counseling and it didn't work." from time to time. My answer was always: "It was not the counseling process that was not working, but rather you didn't have the right counselor."

Effective counseling happens when there is trust and liking for your counselor. It is deeply personal and yes, can be painful as you bring up the issues you need to deal with. Remember, however, you are already in pain though it may be buried and that is why you need the counseling. You also have to be verbal. No one can read your mind!

The problem I see with referrals from your doctor as the way to get health care coverage for counseling is this: What if you just don't like the person, don't "hit it off" or don't feel comfortable with them? Hopefully, you can see someone else from that group if that happens. But please don't blame the process. I know it takes a lot of energy just to get to the point where you get that first appointment. Please don't give up if it doesn't work with the first person you see. It does not mean they are not good at their job, just not the right fit for you. Again, it is a deeply personal experience requiring trust.

Perhaps individual counseling is not what you want or need. Consider a support group. There are all kinds of groups out there and I have listed some information on a few, below. There is probably a group out there whatever your need. If not, you might be able to get help starting one from the organizations already running other groups.

Be well,
Jo Ann Meyer

(continued on page 4)

London and Paris Travel

Thirty-three travelers from the Buffalo Retired Teachers have returned from a successful trip to London and Paris from April 4 to April 10.

With three days in London they visited Buckingham Palace and the Changing of the Guard as well as Windsor Castle, Tower of London, Tower Bridge, St. Paul's Cathedral and much more. When finished with London the travelers boarded the Eurostar Train for a ride under the English Channel for a three day visit to Paris. Time was spent at the Louvre, Seine River Cruise, a Cabaret Show and a final nights dinner at the Eiffel Tower. A bus tour of the city sights was included with both city visits.

All members of the tour thoroughly enjoy the trip as well as their companions. Members are looking forward to their next trip.

Health News

(continued from page 3)

The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional, educational and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person with dementia. **There is a new group started at Life Transitions Center 1140 Delaware Avenue 1st Tuesday of Every Month at 6 p.m.** Call 1-800-272-3900, or visit at alz.org/WNY

Also at Life Transitions:

- After a parent dies—support for adults.
- Bereavement Group—support for anyone who has experienced the death of a loved one
- Breast Cancer Networking Group
- Cancer survivor Group
- Widow and Widowers

LifeTransitions.com 836-6460

The Counseling Center of WNY 4476 Main St, Amherst, NY 14226 833-0415

Marriage Counseling Center-Catholic Charities 741 Delaware Ave, Buffalo, NY 14209 218-1400

Christian Counseling Ministries of WNY 632-3200

Samaritan Counseling Center—Faith Based, SCCWNY.com 743-9117

Jewish Family Services 70 Barker St Buffalo, NY 14209 883-1914

Canisius College Community Referrals from their Counseling Center 76 Humboldt Pkwy, Buffalo, NY 14214

888-2620 www.Canisius.edu/resources/services/counseling/referrals

EMERGENCY HELP:

Crisis Services 834-3131

Erie County Medical Center Mental Health 898-3462

BRTA Golf League

The 4th year of the BRTA traveling golf league will begin on Monday, May 5, 2013 at 10:30 am at Bob-O-Links Golf Course. This is a non-competitive, fun league with no scores being recorded and attendance voluntary. We will meet each Monday in May at the same time and place, except for Memorial Day. Beginning in June we will meet at 10:00 am on Mondays.

If you are interested in joining this league or have any questions, please contact Mary Agnes Marabella at mmarabella@roadrunner.com or by phone @ 635-9530.

**Attention Buffalo Retired Teachers!
Stay in Control of Your Finances and Your Health Care Options**

Workshop Highlights:

- Learn the Difference Between Health Care and Long-Term Care
- How to Avoid Being Forced to Sell Your Assets or Surrender Your Money to Medicaid
- Review the NEW and More Restrictive Medicaid Eligibility and Asset Transfer Rules
- Avoid Depleting A Lifetime Of Savings, Investments and Assets
- Provide Yourself With Choices For Your Care
- How to Know if Long-Term Care Insurance is Right for You
- Compare Long-Term Care Insurance Premiums From Several Companies
- Learn About The FIVE New York State Partnership For Long-Term Care Plans

Long-Term Care Insurance Workshop

Conducted by Stephen M. Polizzi, CMFC, CLTC, CRPS

**Wednesday, May 14, 2014
4:00 PM - 5:30 PM
Buffalo Teachers Federation
271 Porter Avenue
Buffalo, NY 14201**

*Program is open to family members!
Snacks and refreshments will be served.*

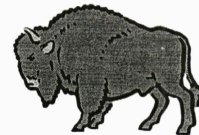
----- Save top portion as a reminder! Confirmation letters will be mailed. -----



Buffalo Retired Teachers Association

Long-Term Care Insurance Workshop

Wednesday, May 14, 2014
4:00 PM - 5:30 PM
Buffalo Teachers Federation
271 Porter Avenue
Buffalo, NY 14201



Three Ways To Register
Mail: this completed form (address and phone required) to:
SMP Agency, 1320 Buffalo Rd, Ste 211, Rochester, NY 14624
Call: 1-800-655-4899 (24 hours a day)
Online: visit www.insurancemate.com/brtaseminar.html

Name(s) _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Number Attending _____

I cannot attend, but I would like more information.
Please send me an informational packet.

Please reserve _____ places for me on the Eastern PA Tour.

Name _____ Phone _____

Street & Number _____ City & Zip _____

e-mail address: _____

Roommate _____ Phone _____

Street & Number _____ City & Zip _____

e-mail address: _____

My deposit/payment of \$ _____ is enclosed.

Please make checks payable to Buffalo Retired Teachers Assn.
and Mail to: Russell Gervasi
212 Burroughs
Snyder, NY 14226

**Buffalo Retired Teachers Association
Invites Members & Guests to travel to
Eastern PA & Philadelphia
Sept. 16-18, 2014**

Departing from St. Leo's Church, 930 Sweet Home Rd, (between Sheridan & Maple) 14226
@ 8:00 am.

Tour Includes:

- Guided Tour of Historic Philadelphia, including Independence Hall & Liberty Bell Center
- The Reading (Railroad) Terminal Market
- Founding Father Show
- National Constitution Center
- Betsy Ross House
- Performance of "Freedom Rising"
- Visit to Atlantic Casino
- All Baggage Handling
- Taxes & Meal Gratuities—2 Breakfasts, 1 Dinner

Cost: \$349.00 per person Double occupancy

A deposit of \$75.00 is due by June 1, 2014.

Final payment is due by July 15, 2014.

Buffalo Retired Teachers Association

Invites members & guests to attend

BRTA Annual Spring Luncheon

To take place at

The Windows on the Green @

Westwood Country Club

772 North Forest Road, Amherst, NY 14221

632-1166

Thursday, May 29, 2014

Social Hour: 11:15 Complimentary Fruit Punch & Cash Bar

Luncheon: 12:15 Choice of:
 1) Stuffed Chicken with spinach, Asiago cheese & mushroom sauce
 2) Seafood stuffed Filet of Sole with Lemon butter sauce
 3) 6 oz. Sirloin Filet with wild mushroom demi glaze

With Rice, Roasted Vegetables, Dessert, Soda, Iced Tea, Coffee or Tea

Cost: \$23.00 for Members --\$28.00 for Non-members

Payment: Due by Monday, May 19, 2014

Checks Payable to: Buffalo Retired Teachers Association

Mail to: Ophelia Nicholas (633-1690)
 9 Steinway Court
 Williamsville, NY 14221

Note Bene: No cash refunds given after reservation deadline. Space is limited to 220 seats. Get in early and not be disappointed.

(Detach and mail lower portion only. Keep upper portion as your reminder)

Spring Luncheon May 29, 2014
 Cost \$23. Members \$28. Non-Members

Please reserve _____ seat(s) for me for the Spring Luncheon. My Check for \$_____ is enclosed.

My Choice for Meal is # _____

Name _____ Phone _____

Guest Name _____ Meal Choice # _____

Guest Name _____ Meal Choice # _____