



BRTA NEWSLETTER

www.brta.biz

brtamembership@yahoo.com

President: Charles Peszynski

Recording Sec.: Dolores Scanlon

1st VP: Thomas Giambra

Corresponding Sec.: Elisa Harting

2nd VP: JoAnn Meyer

Membership Sec.: Linda Parada

Treasurer: Floyd Kruschke

Immediate Past Pres: Al Marabella

At Large: Russell Gervasi, Stephen Parada, Theresa Pope

Board Members: Carolyn Cardarella, Josephine Cross, Clarann Josef, Michael Marzialek, Cynthia Mehary, Suzanne Nyitrai, Elaine Pietka, Peter Riester, Guy Schiavi, Marie Wu, Renate Yuhnke

Spring Edition

April, 2019

Upcoming Events

April 26-May 3 2019.— Canadian Rockies by Rocky Mountaineer

May 6, 2019—Long Term Care Insurance Workshop...information on page 5

May 23, 2019—Spring Luncheon at Park Club Information on page 10

June 11, 2019—Don Guerra Golf Tournament— Information on page 6

June 15, 2019—Officer Nomination Sheets due Information on page 8

July 6-17, 2019—Discover Scotland

September 5, 2019—Fall Luncheon at the Millennium Hotel

September 19-28, 2019—Discover Switzerland, Austria and Bavaria

September 19, 2019—Western Zone NYSRTA Annual Meeting at Salvatore's

October 21-25, 2019—Fall Foliage Trip to Vermont. Information on page 4

December, 2019—Holiday Luncheon

Vice-President's Message

I hope that, when you read this, it will really feel like spring has sprung. This winter has been difficult...especially that wind storm in February. It looks as if this area will win the most snow contest this year.

I want to thank everyone who attended the BRTA Winter Luncheon at Sean Patrick's. Thank you for buying split club tickets. You were most generous. The money raised was donated to the Variety Club Telethon. As I visited the tables, it seemed that people enjoyed the food...as always. I am sure that you enjoyed the chance the talk with friends.

The BRTA election will take place at the fall luncheon. Details of the election and a nomination form can be found on page 8 of this newsletter. Follow the directions on the nomination form if you are interested in running for office or if you want to nominate someone for a position.

We will have our annual golf outing on June 11, 2019 at Terry Hills in Batavia. You will find information on the golf outing and a sign up sheet on page 6. I hope that many of you golfers will be able to attend. I want to thank Steve Parada for all of his work organizing and running this event.

You may have recently received a letter from the Benefits Office about the Forever Blue Medicare Advantage Plan. This plan is being offered in addition to the usual plans that have been available for your selection. The Board allows retired teachers to join this plan at anytime during the year. Two workshops will be held in May to provide you with details on this plan. A number of retirees have joined the plan since the Board started to offer it. Please go over the details of the plan carefully before you join. You should be aware that this plan saves the Board money. I will not take a position on this plan. Only you can decide if this plan will benefit you.

I do not have an update on the prescription grievance filed by the BTF on behalf of retired teachers. The grievance is at Level 4 or arbitration. I am sure that the BTF will notify us as soon as the arbitrator has made a decision.

(continued on page 3)

Benefits Available to
BRTA Members

Long-term Care Insurance; BRTA Discounts on Long-term Care Insurance: 1-800-655-4899

Dental Discounts

The North Park Dental Group
716-836-2242

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.

Faculty Rewards—Discount magazine subscriptions. Go to www.facultyrewards.com and use code 403360

BPO—Call Ambrose Price at 885-5001 for discount tickets

West Herr Select Vehicle Purchase Plan-

Activate benefit plan *before* going to the dealership. Go to www.westherrselect.com or call your *Select Benefit Concierge* (716) 202-3091.

IN MEMORIAM

DONNA L. FIORELLA

TOM LUDWIG

RITA HARDY

MARTHA R. MAYER

DOROTHY KUMROW

ELEANOR A. MILES

CAROL LEDERMAN

GERALD MILLER

GLORIA A. LORBER

MARGARET RISO

PAUL LUDWIG

FRANCIS E. SCOLESE

ALTON L. STEWARD

BRTA would like to acknowledge the passing of those educators 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).

News Briefs

Get Well Wishes are extended to our Board Members, Steve and Linda Parada. Hope you are both up and around soon! Feel better!

The venue for the Card Club has been changed to Bob Evans on Niagara Falls Boulevard. For more information, contact Carolyn Caldarella (689-8838). See you there on April 22 at 10 am.

Frequently Requested Numbers

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

Vice President: Thomas Giambra 877-7796

Membership: Linda Parada—875-3392

Luncheons: Mary Agnes Marabella 635-9530 **Travel:** Al Marabella—635-9530, Russ Gervasi—839-5781

Newsletter: Elisa Harting—838-3708

Friendly Service: Josephine Cross—636-3014

Vice-President's Message (continued from page 1)

Make sure that you check out the travel news in the newsletter. Hopefully, you will find a trip that will interest you. Many thanks to Al Marabella and Russ Gervasi for all of their work organizing these trips for our members.

I am looking forward to seeing you at our spring luncheon at the Park Country Club on May 23, 2019. The Park Country Club provides a wonderful setting for this event. The dining room overlooks the golf course. If the weather cooperates, it will be a beautiful spring sight!

Until then, take care..

—Thomas Giambra

Travel News

Currently there are several guided trips available. It is not too late to sign up for Discover Scotland. The early incentive has lapsed but there is still some room with our group. Concerning early registration: If the traveler takes the insurance available, all monies will be refunded up to the day of the trip. NO questions asked. Also if something necessitates returning home during the trip, no additional charge for Collette changing flights to get you there.

Also, still with incentive in place is the Switzerland, Bavaria & Austria trip. One can't imagine the steepness of the Alps until one sees them. When you travel you see things that pictures just don't convey. The palaces of Austria are certainly worth a look and it is the home of the White Lipizzaner Horses as well. I should only have marble floors in my home like they do! And in September, they will have just come from their summer digs in the country. Nice Life!

We have the fall foliage trip to Vermont, our last bus offering of the year. While the Colette trips have no minimum number of travelers, the bus trips do. As you read this two bus trips had to be canceled due to insufficient numbers. We will have to see how this trip goes. If there is no interest, bus trips may go on hiatus for a while

Coming up February 26—March 9, 2020, we have an excursion to Egypt with too much to see to enumerate. All the ancient splendors of many millennia, not to mention Tut's treasures.

In the works for 2020 is a trip to Ireland including Northern Ireland. No firm dates yet but it looks like the beginning of May. This will be followed by a trip to Portugal, as seen on "Wheel of Fortune." Only our trip, the same one, won't cost \$9000. Expected time is in the fall probably the end of September. We hope to see you on one or all of these trips.

—Al Marabella (635-9530)

BRTA
Invites Members & Guests to travel to
Beautiful Vermont
October 21—25, 2019

Departing from St. Gregory the Great Church, 200 S. Gregory Ct, Buffalo 14221 at 8am

Tour Includes:

- 4 nights lodging
- 8 Meals (4 Dinners & 4 Breakfasts)
- A tour of Morse Farm Maple Sugarworks
- A tour of Ben & Jerry's Ice Cream Factory including free samples
- Dinner Cruise on Lake Champlain with entertainment
- A visit to Cold Hollow Cider Mill
- And much more...see brta.biz for more information

Cost: \$685.00 per person Double occupancy

A deposit of \$75.00 per traveler is due with your reservation by June 30, 2019

Final payment is due by Aug. 20, 2019.

Please make checks payable to Diamond Tours and Mail to: Al Marabella, 2 Steinway Ct., Buffalo, NY 14221

Please detach and mail this form. Keep the top for your records.

Please reserve _____ places for me on the Vermont Trip

Name _____ Phone _____

Street & Number _____ City & Zip _____

e-mail address: _____

Roommate _____ Phone _____

Street & Number _____ City & Zip _____

e-mail address: _____

My deposit/payment of \$_____ is enclosed.

Buffalo Retired Teachers Association Long-Term Care Insurance Workshop

Monday May 6, 2019

Ways to Register:

Mail this completed form (address and phone required)

to:

SMP Agency, 61 School Street, Suite B, Victor, NY 14564

Call 1-800-655-4899 (24 hours a day)

Online: www.insurancemate.com/brtaltcseminar.html

Name(s) _____

Address _____

City _____ State _____

Zip _____

Home Phone _____

Save lower portion as a reminder!!!

**STAY IN CONTROL OF YOUR HEALTH CARE OPTIONS AND
SAFEGUARD YOUR HARD EARNED RETIREMENT SAVINGS**

Workshop Highlights:

- Learn the Difference Between Health Care and Long-Term Care
- Avoid Selling Your Assets or Surrendering Your Money to Medicaid
- Review the Medicaid Eligibility and Asset Transfer Rules
- Learn what Long Term Care Services Medicare will pay for
- Review the Long Term Care Insurance Benefits and Policy Changes
- Learn about the New Hybrid and Linked Benefit Insurance Plans
- Review the costs of Nursing Home, Assisted Living, and Home Health Care
- How to Know if Long Term Care Insurance is Right for You

LONG-TERM CARE INSURANCE WORKSHOP

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

Monday, May 6, 2019

4:00pm to 5:30pm

Buffalo Teachers Federation, 271 Porter Avenue, Buffalo, NY 14201

Program is open to family members!

BUFFALO RETIRED TEACHERS ANNUAL GOLF OUTING—The Don Guerra Open

Final plans are in progress for the 2019 BRTA Golf Tournament at Terry Hills Golf Course in Batavia, NY on Tuesday, June 11, 2019.

Golfers will be offered a hot dog or hamburger for lunch, a round of golf with cart, beer after golf and a steak dinner following the tournament. Cost is \$75 per person.

Last year a few golfers questioned as to what color tees we should play. The fact that we are all retirees, maybe we should consider playing from the senior tees. Maybe we could play a scramble and use the best shot with the other three golfers in the foursome moving their ball to that best shot spot. Or will that discourage some golfers from participating.? Give me some feedback!! Call Steve : home: 716-875-3392, cell: 716-472-0277, e-mail: srada48@yahoo.com

—Steve Parada

BUFFALO RETIRED TEACHERS ANNUAL GOLF OUTING

The Don Guerra Open

Terry Hills Golf Course 5122 Clinton St. (1 mile east of Batavia on Rte. 33....8 minutes from NYS Thruway Exit 48)
Tuesday, June 11, 2019 Report and sign in at 11:15 am but no later than 12:00 pm.

Cost \$75.00 per golfer includes 18 holes of golf with cart, hot dog or hamburger before tee-off, steak dinner after golf with free beer and door prizes.

Reservations no later than June 1, 2019 Limit 108 golfers Foursomes and Individuals Welcome

Make checks payable to BUFFALO RETIRED TEACHERS ASSOCIATION

Mail entry and check to Stephen Parada 23 Tremont Avenue Kenmore, NY 14217

You may contact Steve with inquiries by phone 716-875-3392 or e-mail srada48@yahoo.com

Foursome or Individual Names , Address, and Phone

1. _____

2. _____

3. _____

4. _____

Health News Spring, 2019

I have written about different changes in our senses as we age. This is not to depress us, but rather to be aware so that we can continue to lead happy, healthy retirement years!

Seniors’ sense of smell and taste change with age:

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that as a person gets older his or her sense of smell may fade, and that will also affect taste. The Mayo clinic says some loss of taste and smell is natural and can begin as early as age 60.

Changes in these senses can contribute to feelings of depression, diminish one’s enjoyment of food and cause harmful conditions such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson’s disease or Alzheimer’s disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

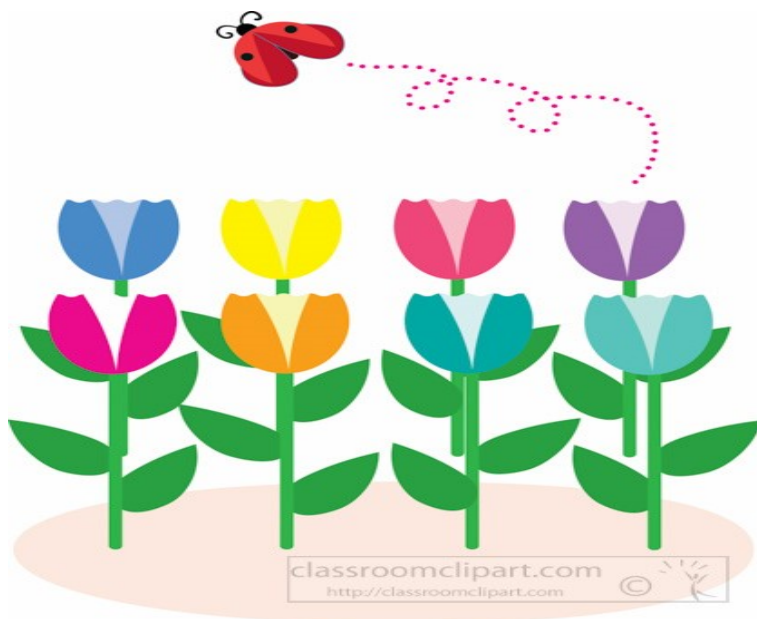
It’s important to bring up diminished flavors or smells with a doctor to rule out something more serious to determine what might help restore pleasure from smells and flavors.

Continuing to use one’s sense of smell and taste by cooking, gardening trying new flavors and experimenting with different aromas may help slow down the decline of these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable. (Metro Creative Services printed in the Bradenton Herald, November 16, 2018)

Be well!

—Jo Ann Meyer

Key for page 9



In compliance with the Buffalo Retired Teachers Association Bylaws, the Elections Committee has established the following procedures for the nominations of officers:

Nominations can be made by any active member of the B.R.T.A. Individuals may nominate themselves. Nominations shall be made on the Nomination Form below. Nominees will be contacted by the Elections Committee prior to July 15, 2019, to verify their willingness to serve in that position.

RETURN THE NOMINATION FORM BELOW BY JUNE 15, 2019, TO:

**B.R.T.A. ELECTION COMMITTEE
C/O PETER J. RIESTER**

163 AVA LANE

WILLIAMSVILLE, NY 14221-3032

2019-2020 BRTA OFFICER NOMINATION FORM

Active members may nominate candidates for any or all of the positions listed below. Individuals may nominate themselves for any of the positions below.

PLEASE PRINT ALL INFORMATION REQUESTED ON THIS FORM

NOMINATION MADE BY (YOUR NAME): _____ PHONE NUMBER _____

NOMINEE

HIS/HER PHONE NUMBER

President

First Vice President

Second Vice President

Treasurer

Recording Secretary

Corresponding Secretary

Membership Secretary

At Large Members - 3 Positions to be filled:

1. _____

2. _____

3. _____

Just For Fun (answer on page 7)

PUZZLE 80

ACROSS

- 1 Account insurance letters
- 5 Opposite of conservative (abbr.)
- 8 Over
- 12 Italy's currency unit
- 13 Exist in the present
- 14 Frozen
- 15 Puff of smoke
- 16 FDR agcy.
- 17 Holy Fr. women
- 18 Birthday count
- 20 They made merry musicals in the '30s
- 22 Donkey in Milne books
- 25 Tiffany Trump's mom
- 29 Navy VIP (abbr.)
- 30 Hoover, e.g.
- 31 Insurance term
- 32 Actor Tayback
- 33 Dawson or Cariou
- 35 Jolt
- 36 Elements
- 39 Fish catcher
- 41 Eithers' partners
- 42 Mideast ruler
- 43 Helpers with the dishes
- 45 18-wheeler
- 47 Aggravate
- 48 Roebuck
- 51 Movie

- monogram
- 53 Price tickets
- 57 Jane of an 1847 novel
- 58 Debt memo
- 59 Barrett of Hollywood
- 60 Capital of Switzerland
- 61 Authors' submissions (abbr.)
- 62 Grad, for short

DOWN

- 1 "A ___ Good Men"
- 2 Imbiber's offense (abbr.)
- 3 Tax agcy.
- 4 Health insurance chip-in
- 5 Kind of football pass
- 6 Songwriter Berlin, to pals
- 7 Timber piece
- 8 Gloomy
- 9 Nov. preceder
- 10 Society column "born"
- 11 McMahon et al.
- 19 Zeus or Odin
- 21 Truck-producer's inits.
- 22 Mrs. Bunker
- 23 TV host
- 24 Edit
- 26 Schick product
- 27 Fibbers
- 28 Units of elec-

- tricity (abbr.)
- 29 Hertz competition
- 34 High-strung
- 37 Helen of "The Queen"
- 38 Snow runner
- 40 Dead heat
- 44 Spare
- 48 Dour
- 48 Society figure, for short
- 49 Spud bud
- 50 Foul up
- 52 Boxing results (abbr.)
- 54 Yahoo! alternative (abbr.)
- 55 White-bearded antelope
- 56 Actor Waterston

1	2	3	4	5	6	7	8	9	10	11	
12				13			14				
15				16			17				
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	22	23			24		25	26	27	28	
29			30				31				
32				33		34		35			
36			37	38		39		40	41		
42						43		44			
			45		46		47				
48	49	50			51	52		53	54	55	56
57					58			59			
60					61			62			

Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend its

BRTA Spring Luncheon

To be held at

The Park Country Club

4949 Sheridan Drive
Williamsville, NY 14221
716-632-2121

Thursday, May 23, 2016

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar
Luncheon: 12:15 PM Choice of:
1. Tornado of Beef
2. Grilled Petite Atlantic Salmon Filet
3. Grilled Chicken w/Vodka Sauce
4. Vegetarian Risotto
Luncheon includes Salad, Vegetable, Dessert and Beverage

Cost: \$27.00 for Members - \$32.00 for Non-member Guests
(BRTA subsidizes cost for members)

Payment: **Due by Monday, May 10, 2016**

Payable to: Buffalo Retired Teachers Association

Mail to: Mary Agnes Marabella (635-9530)
2 Steinway Court, Buffalo, NY 14221

N.B. No cash refunds given after reservation deadline

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

Please list your name and the names of all other persons included in the enclosed payment

Name _____ Phone _____

Address _____ BRTA Member: Yes ___ No ___

_____ Meal Choice (Number) _____

Name _____ BRTA Member: Yes ___ No ___

Meal Choice (Number) _____

Name _____ BRTA Member: Yes ___ No ___

Meal Choice (Number) _____

Total Amount enclosed \$ _____