

# BRTA NEWSLETTER

[www.brta.biz](http://www.brta.biz)

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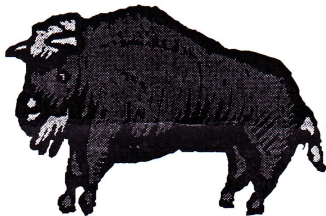
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Treasurer: Stephen Parada

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Membership Sec.: Linda Parada  
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Theresa Pope

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Cynthia Mehary, JoAnn Meyer, Ross Monteleone, Sue Nyitrai, Peter Riester

Summer Edition

August, 2014



## Coming Events

**Sept. 3, 2014**—Fall Luncheon at  
Marriott Hotel, Amherst  
(Note this is a new location!)

**Sept. 16—18, 2014**—Trip to  
Eastern PA & Philadelphia  
(possibly to be cancelled)

**Sept. 17, 2014**—Western Zone  
NYSRTA Annual Meeting At  
Salvatore's.

**Oct. 7—9, 2014**—NYSRTA  
Convention At Turning Stone

**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

**Aug. 13-22, 2015**—British  
Landscapes Tour: England,  
Scotland & Wales

**Oct. 9—18, 2015**—Splendid  
Sicilia trip.

## President's Report

As I put pen to paper, I see the Sunday paper is already advertising "Back to School". So it must be time for the BRTA Luncheon to celebrate our time to not have to show at the school and to celebrate the new retirees joining our numbers. This year the Fall Luncheon is at the Marriott Hotel in Williamsville, near the University of Buffalo. It's a new location for us and we would appreciate any feed back on the quality of service, food, parking, etc. As this is a pricey event that we hope will meet your expectations.

We would like to thank Clarann Josef and her committee for their work on the 4 Scholarship Recipients selection. The awardees are:

1. Edward Bennett, a senior at Hutchinson Central Technical Institute
2. Dhalia Akther, a senior at Leonardo DaVinci High School
3. Ashley Whiteside, a senior at Frederick Law Olmstead High School
4. Starr Johnson, a senior at the Buffalo Academy of Visual & Performing Arts, who is presented the Josephine Slacer Scholarship Award for academic excellence and community & school service.

In summary, ten Buffalo Public High Schools were represented by applications for BRTA Scholars and you can be proud of your support for contributing to the education of Buffalo youth. I, myself, am too long retired to be familiar with these recipients. Perhaps some elementary or recent retiree can testify to the quality of the selections.

The New York State Retired Teachers Assn. Convention is scheduled for Oct. 7—9, 2014 at Turning Stone Resort & Casino. The business meeting is Thursday, Oct. 9<sup>th</sup> in the AM. For more information contact the resort at 800-771-7711 or NYSRTA @ 518-482-3509 or [www.nysrta.org](http://www.nysrta.org). This organization is the only one that represents the interests of retired teachers at the state and federal level. Legally retirees have no bargaining agents like active teachers do through their unions and associations.

Those who went on the Canadian Rocky Mountain Train trip report it was the best of all. Great sights; Great 5-star hotels; Great food off regular menus. Just the best all round. However BRTA is offering trips to Sicilia (Palermo, Siracusa, Taormina) on Oct. 9—18, 2015, & a tour to England, Scotland & Wales Landscapes, August 13—22, 2015. These promise to be just as good.

If you are interested in part-time work in an education related field in the schools, email [NAEPrecruit@westat.com](mailto:NAEPrecruit@westat.com) or call 800-237-8036.

Al Marabella

Benefits Available to  
BRTA Members

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

**Eyewear Discount**

Eyewear Unlimited: 716-834-3511  
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](http://www.vitalsavings.com)

**Ballroom, Latin, Swing and Other**

**Styles of Dance**-Tara Scime at 716-491-0186 or [TMS Dance@yahoo.com](mailto:TMS Dance@yahoo.com). Mention your BRTA membership and receive a discount.

*In Memoriam*

Grant C. Wettlaufer	March, 2014
Margarette "Queen" Breckenridge	June, 2014
Bruno Pilggi	June, 2014
Natalie Sirmay	June, 2014
Esther Willhoff	June, 2014
Jeffrey L. "Ricky" McCarley	July, 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).

**MEMBERSHIP REMINDER**

If you need to renew your annual membership in BRTA, hopefully, you have mailed in the renewal form which was sent to you last month. This will ensure that no mailings, especially for the holiday activities, are missed.

If you have misplaced, or need another form, please contact Linda Parada at 875-3392.

Frequently Requested Numbers

Website : [www.brta-biz](http://www.brta-biz) Email : [brtamembership@yahoo.com](mailto: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

## Health News by Jo Ann Meyer

Have you had the experience of consulting with multiple health care providers and struggled with answering questions about your health history or that of a family member? The following information has been condensed from the Erie County Department of Senior Services, 716-858-8526. Their web-site is chock full of helpful information and contacts for all kinds of services. Begin today, by putting your health information in one spot, like a three ring binder, for each family member. Include a copy of a recent health history form or complete a master history form. Ask for copies of your health test results.

### Information You Can Include in Your Personal Health Record

- 1.) **Emergency Information** (Who should be notified in an emergency?) Include their names, addresses, and how they can be reached. Post the emergency contact Refrigerator Card included in this newsletter on your refrigerator.) People with special needs residing in Erie County are welcome to register with their local disaster coordinator/emergency manager - call your municipality.
- 2.) **Health Log** with providers. This can be especially helpful for caregivers who are working with multiple health care providers.
- 3.) **Names of family and friends** (Include a listing of household members. Our social support system is essential for our health and well-being.): physicians, pharmacists, dentists, chiropractors, osteopaths, nurses, physical therapists, occupational therapists, speech therapists, healers, religious/spiritual leaders, dieticians, hospitals, clinics, health maintenance organizations, government agencies, and others.)
- 4.) **Nutritional Matters** (Include a diet history and any special dietary needs or plan.) Include any special diet prescribed by a physician, food allergies, and complete a nutritional risk assessment.
- 5.) **Immunizations** (Include providers, names of immunization, and date of administration.)
- 6.) **Medications** (Include any prescription medication, over the counter preparations, vitamins, and herbs, with their names, dosages, the reason you take them, and their effectiveness.)
- 7.) **Screenings & Tests** (Include the test, date, result, and the provider. You may include the following: blood pressure, pulse, weight, cholesterol, breast, cervical, or prostate screening, colorectal screening, bone density test results.)
- 8.) **Health History** (You may include information about allergies, operations, X-rays, dental visits.)
- 9.) **Health Insurance Information** (you may want to photocopy your insurance card(s) and keep copies here)
- 10.) **Advance Health Care Planning** (Include a copy of a completed health care proxy and organ donation information.)
- 11.) **Keep Your Record Handy.** The next time you visit a new health care provider, or wonder how you reacted to a past medication, you will easily be able to retrieve the information (even if you are on vacation!) You will be pleasantly surprised to find that you can keep it all together.

# In Case of Emergency REFRIGERATOR CARD

NAME: \_\_\_\_\_ DATE CARD COMPLETED: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TELEPHONE: (    ) \_\_\_\_\_

\_\_\_\_\_ ALLERGIES TO MEDS: \_\_\_\_\_

WHOM TO CONTACT NAME & PHONE #: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

DOCTOR'S NAME: \_\_\_\_\_ MAJOR ILLNESSES: \_\_\_\_\_

DOCTOR'S PHONE: \_\_\_\_\_

HEALTH INSURER: \_\_\_\_\_

MEDICARE #: \_\_\_\_\_ OTHER: \_\_\_\_\_

OVER FOR MEDICATIONS

## MEDICATIONS

CURRENT MEDICATIONS	DOSAGE STRENGTH	HOW OFTEN TAKEN	WHEN TAKEN

**EMERGENCY  
DIAL 911**

ERIE COUNTY SENIOR SERVICES  
858-8526  
LOCAL POLICE DEPT:

\_\_\_\_\_

## **BRTA Golf Outing**

A wonderful day for 71 golfers; a pack of golf balls for each; a few great shots made their mark on the score card. All wore two pairs of white socks in case they got a hole in one!

BRTA would like to thank Steve Polizzi for donating a golf bag to the tournament as a prize. Other prizes given away at the tournament to each foursome included a choice of BRTA golf hat, BRTA golf towel, BRTA coffee mug, or a \$10 gift card to Tim Horton's.

During the steak dinner following the golfing, participants took a chance on four sets of golf passes to the LPGA Championship tournament coming to Rochester in August. Chances also on gift certificates to Home Depot, Loew's, and Panera's. Terry Hills Golf Course donated 4 golf passes to the effort. Proceeds of the raffle drawing go to the BRTA Scholarship Fund.

All golfers thoroughly enjoy the warm sunny day and the friendly competition. Hope to see everyone again next year.

## **Women Teachers Association**

The venerable Women Teachers Association of Buffalo will have its annual membership dinner on Tuesday September 30, 2014. You may remember that your Great Aunt Millie was a member when she was a Buffalo teacher way back when. That is how venerable the organization is. The buffet dinner will be held at the White Elephant at Abbot and Ridge Rds. 4:00 cash bar, dinner at 5:00. Cost is \$30. For more information please contact Mary Lauria at 627-5077.

## **WESTERN ZONE ANNUAL MEETING AND LUNCHEON: A DAY OF INFORMATION AND SOCIALIZATION**

All BRTA members are cordially invited to the Annual Meeting and Luncheon of Western Zone NYSRTA which will be held on Wednesday, September 17 at Salvatore's Italian Gardens. The day will begin with registration at 8:30 AM accompanied by coffee and pastries and will be followed by a presentation by Ken Feltges, speaking on Inspirational Memories of a Career in Teaching. The business meeting will be @ 10:30 am.

During the registration period and during the break between the general meeting and the luncheon, you will have an opportunity to visit the many exhibits that will be available, chat with the exhibitors and pick up information and perhaps even a few "goodies" to take home with you. As in the past, exhibitors will offer financial information and community service opportunities geared to the interests of retired educators.

Additional information can be found on the Western Zone website ([www.wzretiredteachers.org](http://www.wzretiredteachers.org)) or on the Buffalo Retired Teachers website ([www.brta.biz](http://www.brta.biz)).

# *Buffalo Retired Teachers Association*

Invites members & guests to attend

## *BRTA Annual Fall Luncheon*

To take place at

The Marriott Buffalo Niagara

1340 Millersport Hwy, Amherst, NY 14221

689-6900

Wednesday, September 3, 2014

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

Luncheon: 12:15 Choice of:  
1) Roast Pork Loin with Berry Balsamic Glaze  
2) Baked Tilapia with Lemon Butter Dill Sauce  
3) Chicken Breast with Panko & Lemon Herb Marinade

With Salad, Vegetable, Dessert, Soda, Iced Tea, Coffee or Tea

Cost: \$25.00 for Members --\$29.00 for Non-members (BRTA subsidizes members cost.)

Payment: Due by Wednesday, August 27, 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.

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

BRTA Fall Luncheon September 3, 2014  
Cost \$25. Members \$29. Non-Members

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

My Choice for Meal is # \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Guest Name \_\_\_\_\_ Meal Choice # \_\_\_\_\_

Guest Name \_\_\_\_\_ Meal Choice # \_\_\_\_\_