



# BRTA NEWSLETTER

[www.bрта.biz](http://www.bрта.biz)

[brtamembership@yahoo.com](mailto: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: Stephen Parada

Immediate Past Pres: Al Marabella

At Large: Floyd Kruschke, Michael Marszalek, Loretta Peszynski

Board Members: Carolyn Cardarella, Josephine Cross, Russell Gervasi, Clarann Josef, Cynthia Mehary, Sue Nyitrai, Theresa Pope, Peter Riester

Fall Edition

August, 2016

## UPCOMING EVENTS

**September 7, 2016**—  
Fall Luncheon at the  
Millennium Hotel.  
Information on page 8.

**September 21, 2016**—  
Annual Western Zone  
meeting at Salvatore's  
Italian Gardens.  
Information on page 4.

**Sept. 22—Oct. 3,**  
**2016**—Discovering  
Poland

**October 26-28,**  
**2016**—annual  
convention of  
NYSTRA at Turning  
Stone Resort and  
Casino, Verona, NY.  
For information, see  
President's message.

**December 1, 2016**—  
Holiday Luncheon.  
Information in  
November newsletter

## President's Message

I hope that everyone is enjoying the warm, sunny weather we are having in Western New York and the many festivals, concerts and other outdoor activities that are possible only during this time of the year. We could use a bit more rain but, with watering every other day, my flowers, shrubs and vegetable garden are doing well. Soon, though, fall will arrive along with several major events.

First of all, there is the BRTA "aren't you glad you don't have to go back to school luncheon" which will be held on Wednesday, September 7<sup>th</sup> at the Millennium Hotel. This is our annual meeting where we welcome all new retirees and bring our members up to date on the activities of BRTA. September is also the beginning of our membership year, so bring a fellow retiree who is not a member to the luncheon and invite them to join BRTA. The annual dues are only \$12 and we would be happy to have them on board. You can find a luncheon reservation form elsewhere in this newsletter.

Secondly, there is the annual meeting of the Western Zone of NYSRTA which will be held on September 21<sup>st</sup> at Salvatore's Italian Gardens. The featured speaker will be Barry Kauffman, President of NYS Alliance for Retired Americans. I heard him present at the NYSUT Retiree Regional Conference this past May and he had a great deal of useful information for seniors. You can make reservations with Gail Niparts at 716-699-2866.

Thirdly, there is the Annual Convention and Conference of NYSRTA which will be held once again at the Turning Stone Resort and Casino in Verona, NY on October 26-28. Western Zone is entitled to 38 delegates but at this time there are still five delegate positions available. If you are a NYSRTA member and would like to be a delegate – or alternate – contact Western Zone President Doris Kirsch at (585) 457-3315 for further information.

—Continued on page 3

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, NY 716-297-9115  
Gary Optical  
Lewiston, NY 716-754-255  
Boulevard Optical  
Tonawanda, NY 716-694-4388

**Tires and Service**

Discounts at Dunn Tire

**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](http://www.vitalsavings.com)

**Ballroom, Latin, Swing and Other Styles of Dance**—Tara Scime at 716-491-0186 or [TMSDance@yahoo.com](mailto:TMSDance@yahoo.com). Mention your BRTA membership and receive a discount.

**Faculty Rewards**—Discount magazine subscriptions. Go to [www.facultyrewards.com](http://www.facultyrewards.com) and use code 403360

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

***IN MEMORIAM***

**Bertron Carter**

**Robert Alan Davis**

**Gertrude Krawitz**

**Henry “Fred” Klee**

**Maria Maida**

**Clyde B. Murphy**

**Parmalier Murphy**

**Candice Pawlweski**

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).

**BRTA Golf Outing**

The BRTA Dan Guerra Golf Outing on June 14, 2016 was a success with 58 golfers enjoying a great day for golf. We hope to have a greater turnout next year. The weather was sunny with mid-70’s temperature and everyone had a great time. Golfers enjoyed a steak dinner after golf, with door prizes issued to everyone. Chairman Steve Parada would like to thank Arnie Harting, Ross Monteleone, Larry Veronica and Tom Giambra for their help.

Frequently Requested Numbers

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

**President:** Charles Peszynski—631-3717

**Membership:** Linda Parada—875-3392

**Luncheons:** Loretta Peszynski—631-3717

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

**Newsletter:** Elisa Harting—838-3708

**Friendly Service:** Josephine Cross—636-3014

## **President's Message** (continued from page 1)

Last, but by no means least, we have an important election coming up on November 7<sup>th</sup> and most of the attention is focused on the presidential race. By the time you receive this newsletter, both the Republican and Democratic National Conventions will have concluded and the candidates officially nominated. I hope you paid close attention to the proceedings of the conventions and will continue to follow the campaigns until Election Day arrives. Think carefully about the positions the candidates take on the issues most relevant to retirees and seniors such as social security, Medicare, health insurance, prescription drug costs as well as tax policies and education policies. Remember that congressional seats and numerous local offices will be on the ballot, too, and they impact our lives as much as does the office of the President. In any event, get out and vote – it is our right and privilege!

—Charles Peszynski

CONGRATULATIONS AND BEST WISHES are extended to Percy and Loretta Howell.

They have celebrated their 60th wedding anniversary.

## **2016 Scholarship Winners Announced**

The awardees submitted are

Julia Ziaja is from City Honors School. City Honors does not rank their students but Julia's GPA is 3.99 out of 4.0. She is a member of City Honor's Baccalaureate Program, an academically challenging program with international curricula and a National Honor Society member. Julia participated in the Roswell Park Cancer Institute in conjunction with Canisius College Science Camp. In school level sports she participated in the Crew and Track teams. Julia's aim is to become a nurse practitioner and work in the under-served communities where she hopes to "champion health care delivery to decrease the disproportionate burden of chronic disease and premature death on our most vulnerable populations" – (her wording).

Alexa Reardon is from School #156, Fredrick Law Olmsted where she ranks third in her graduating class. She has varied school and community activities. She is the co-president of the National Honor Society, and received Mastery in Math Award, a member of the volleyball and swim teams, and she works with her community serving at spaghetti dinners. In addition to her studies and busy activities, Alexa has time for fun, winning The Buffalo City Tennis Championships 2 years in a row. Alexa's future plan is to attend the University at Buffalo School of Pharmacy and was awarded a Provost Scholarship.

Selena Diaz is from McKinley High School studying in the Career and Technology Program in Aquatic Ecology and ranks 9<sup>th</sup> in a graduating class of 200. Selena will receive the Buffalo Retired Teachers Scholarship in memory of Josephine Slacer for demonstrated highly motivated qualities including perseverance, community awareness, and leadership. Her community service is diverse. Selena participated in the River Keepers Clean Up programs, deer check point stations for hunters, Iroquois Wildlife Refuge, community food drives and as a soup kitchen volunteer and is in the JROTC program. She represented her community in an Hispanic Veterans 5K run, a chosen participant in Remembering Indiana Hunt-Martin World War II Veteran, and Angelo Del Toro Puerto Rican Youth Leadership Institute. Selena is a proud member of her community and hopes to attend college and become a community activist.

—Clarann Josef, chairperson

# NYS Retired Teachers Association Western Zone

Cordially invites members and guests to attend

**The Annual Meeting and Luncheon**  
**Wednesday, September 21, 2016 at**  
**Salvatore's Italian Gardens**  
**6461 Transit Road, Depew, NY (683-7990)**

Program to include Guest Speaker **Barry Kaufmann**, President of NYSARA

8:15-9:15 Registration and Vendor Exhibits; Coffee & pastries available  
9:30 Barry Kaufmann... **Challenges Facing Seniors and How to Solve Them**  
11:00 General Membership Meeting preceded by Cheese and Fruit Display  
12:00 Luncheon with Board Meeting to follow

## Luncheon with Salad, Potato, Vegetable, Dessert, and Coffee or Tea

Choice of:

Prime Rib	\$29.95
Salmon with Lobster Dill Sauce	\$28
Chicken Milanese (with Panko, Tomato, Red Onion & Asiago Cheese)	\$24
Roasted Vegetable Plate with Mediterranean Orzo	\$24

**Reservation Deadline: Friday, September 9, 2016**

**Checks Payable to:** Western Zone NYSRTA. **Mail to:** Michelle Claus, 6313 Kast Place,  
Hamburg, NY 14075

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

**Western Zone NYSRTA Annual Meeting, September 21, 2016**  
**\$29.95 for Prime Rib, \$28 for Salmon, \$24 for Chicken or Vegetarian**

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

Address \_\_\_\_\_ NYSRTA member? Yes No

Local Unit \_\_\_\_\_

E-Mail address \_\_\_\_\_

Meal Choice \_\_\_\_\_

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

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

If you would like to reserve a table of 10, please contact Michelle Claus at 649-3844

With whom would you like to sit? \_\_\_\_\_

## Health News by Jo Ann Meyer

In the last BRTA Health news, I presented an article on a “successful hospital stay”. Someone told me they found the information not only helpful but had put it in a folder they have ready with other important information ready to go with them if they have to go to the hospital. I thought that was an excellent idea and wanted to pass it on to you. Having that checklist as well as the list of medications, emergency contacts and doctors information should go in the folder too.

I recently consulted an orthopedic surgeon for knee pain and found out I have a torn meniscus for which I will have arthroscopic surgery. The meniscus is a C-shaped piece of tough, rubbery cartilage that acts as a shock absorber between your shinbone and thighbone. It can be torn if you suddenly twist your knee while bearing weight on it. It can also be torn because of osteoarthritis. I found out I have osteoarthritis and will most likely face partial or total knee replacement in the future. Since I know these are common problems for people of a certain age I wanted to find out more about it and share the information.

### *What is a knee replacement surgery?*

Knee replacement, also called arthroplasty, is a surgical procedure to resurface a knee damaged by arthritis. Metal and plastic parts are used to cap the ends of the bones that form the knee joint, along with the kneecap. This surgery may be considered for someone who has severe arthritis or a severe knee injury.

Various types of arthritis may affect the knee joint. Osteoarthritis, a degenerative joint disease that affects mostly middle-aged and older adults, may cause the breakdown of joint cartilage and adjacent bone in the knees. Rheumatoid arthritis, which causes inflammation of the synovial membrane and results in excessive synovial fluid, can lead to pain and stiffness. Traumatic arthritis, arthritis due to injury, may cause damage to the cartilage of the knee.

The goal of knee replacement surgery is to resurface the parts of the knee joint that have been damaged and to relieve knee pain that cannot be controlled by other treatments. (<http://www.hopkinsmedicine.org/healthlibrary>)

When your knee doesn't respond to medications and treatments, knee replacement surgery is an option. There are two types of replacement surgeries: total knee replacement and partial knee replacement. Total knee replacement comprises more than 90 percent of today's procedures.

### *Total Knee Replacement (TKR)*

The traditional method for repairing a damaged knee is a total knee replacement surgery. Since the first operation in 1968, doctors have dramatically improved the procedure. In fact, advancements in medical technology have led to precise and highly functional artificial knee implants that nearly duplicate the way the human knee moves—and are custom fit to your body. A TKR is now among the safest and most effective of all standard orthopedic surgeries.

During a TKR, the surgeon removes the surface of your bones that have been damaged by osteoarthritis or other causes and replaces the knee with an artificial implant that is selected to fit your anatomy. A surgeon uses special surgical instruments to cut away the arthritic bone accurately and then shape the healthy bone underneath to fit precisely into the implant components.

The American Academy of Orthopaedic Surgeons reports that 90 percent of TKR patients experience a dramatic reduction in knee pain and benefit from improved mobility and movement. Most patients are able to resume daily activities. However, it's critical to set proper expectations and avoid high-impact activities such as running and skiing. Moderate use of your artificial knee will increase the odds that the implant will last for many years. About 90 percent to 95 percent of TKR implants continue to work well 10 years after the operation and about 85 percent still function effectively after 20 years.

Be aware that there are risks associated with a TKR. These risks include infection that could result in additional surgery, blood clots that could lead to stroke or death, and continued knee instability and pain. A TKR also requires an extended rehabilitation program and home planning to accommodate the recovery period. You should plan on using a walker, crutches, or a cane immediately after surgery.

In addition, implant loosening or failures can occur—especially if misalignment occurred between the implant and the bone during surgery or afterward. Although these failures are uncommon, and usually occur in the weeks following the original surgery, they would require a return to the operating room for a revision surgery. During this procedure, the surgeon removes the failed implant, once again prepares the bone, and installs a new implant.

One recent study found that more than 95 percent of patients report that they are satisfied with the outcome of their total knee replacements one year after surgery—the highest rate for any type of major orthopedic surgery. Other studies have found that 92 percent of patients believe they have made the right decision. ([www.healthline.com](http://www.healthline.com))

## News from the Women Teachers Association of Buffalo

The Women Teachers Association of Buffalo was created over 100 years ago. Originally it raised money to help support retired Buffalo Public School women teachers whose retirement income was extremely limited. Today it's purpose is to raise money for scholarships for BPS students and to socialize with other Buffalo teachers both active and retired. Dinner meetings often have an interesting speaker with an educational component. Last year we had a speaker from the Historical Society who spoke about the Pan Am Exhibition and one from the Albright Knox about women in paintings and we also had a wine tasting at Illio di Paolo's (which is planned again this year, back by popular demand). Membership is open to Buffalo women teachers and guests are always welcome at our events. We are also making an effort to be more active on Facebook (Women Teachers' Association of Buffalo) with news and events. So, please join us.

—Jo Ann Meyer, Corresponding Secretary, WTA

### Women Teachers Membership Dinner

**Tuesday, October 4, 2016**

**Curly's Grille**

**647Ridge Rd.**

**Lackawanna, N.Y. 14218**

**Time 4:30 P.M. Buffet Dinner at 5:30 P.M. — Cash Bar**

**R.S.V.P. by Tuesday, September 27, 2016**

**Dinner and Dues \$35.00, Membership only \$25.00**

**Current members: Invite a Buffalo Teacher (working or retired) to join WTA and  
receive a sheet of tickets for the basket raffle**

**We are asking our members to donate a basket for our raffle.**

~~Proceeds from the Basket Raffle/Share the Wealth and Scarf sales~~  
**will benefit our scholarship Fund**

**Our charitable organization is the Kathleen Mary House, a home for victims of  
Domestic abuse. Please bring one roll of paper towels, a package of toilet paper or  
A cleaning product.**

**Mail Check to: Mary Lauria, 1888 Micaela Ct., Lake View, N.Y. 10485**

**Name** \_\_\_\_\_

**Phone#** \_\_\_\_\_

**Membership dues with dinner \$35.00** \_\_\_\_\_

### Travel Update

We are offering a bus trip to Montreal and Quebec City in the summer of 2017. Many have requested no-fly trips. This has been very popular in the past with good food and great sights rivaling some European destinations. However, bus trips need a minimum number of attendees, unlike other Collette trips where one or a hundred will go. We hope this trip will be successfully attended.

The trip to Cuba is still being finalized with airlines finally getting gates in Havana. Before trips to Cuba were all by Charter and required at least an extra day or two in Florida before the departure for Cuba. With airlines having gates now, there will be direct flights from major U S cities.

If there is or are some trips not offered but members have a desire to see, please let me know at [almarbs@gmail.com](mailto:almarbs@gmail.com) or at 716-635-9530. Also, I have cards to allow members discounts on other excursions not offered by BRTA. Please contact me for further information.

—Al Marabella

### Volunteers Needed

Canopy of Neighbors is a non-profit organization whose mission is to create new pathways to aging well and independently in community. We are part of a national movement of “villages” that mobilizes volunteers and resources in order help people age gracefully in their community. Our service area encompasses the Elmwood/Delaware and close surrounding neighborhoods of Buffalo.

The Canopy of Neighbors office works closely with members/volunteers to organize a varied and rich schedule of activities that keep people in touch with peers and a vibrant city life. Our dedicated volunteers are available for transportation to medical and social appointments; and other requests such as help with technology, flipping mattresses and more. Membership dues, personal donations, grants and corporate sponsorships enable us to continue to help our vibrant city dwellers age in community.

At its core, Canopy is a set of relationships and a network of connections that help sustain confidence and energy as our members encounter the many challenges of aging. The more diverse the backgrounds, the more there is to explore and share together. Each and every social activity and helping service is an opportunity to strengthen and extend the social fabric of our wonderful city. We welcome new volunteers who are looking to make a meaningful contribution on their own schedule. Even one ride to a medical appointment makes a huge difference in someone’s life.

Please join us by becoming a member, donor, volunteer and/or corporate sponsor. We look forward to meeting you and making you part of our Canopy family! Contact us at 716-235-8133 or [sasha@canopyofneighbors.org](mailto:sasha@canopyofneighbors.org) for more information. Visit us at [www.canopyofneighbors.org](http://www.canopyofneighbors.org).

### BRTA ANNUAL MEMBERS—YOUR MEMBERSHIP IS UP FOR RENEWAL

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 it, or need another form, please contact Linda Parada at 875-3392.

# Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend its

## *BRTA Fall Luncheon*

To be held at

### **The Millennium Hotel**

2040 Walden Avenue  
Cheektowaga, NY 14225  
716-681-2400

**Wednesday, September 7, 2016**

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar  
Luncheon: 12:15 PM Choice of:  
1. Sirloin Steak over onion grass  
2. Herb Crusted Salmon Filet w/horseradish sauce  
3. Chicken Marsala w/fettuccine noodles  
4. Vegetarian Pasta  
Luncheon includes Salad, Vegetable, Dessert and Beverage

Cost: \$25.00 for Members - \$30.00 for Non-member Guests  
(BRTA subsidizes cost for members)

Payment: **Due by Monday, August 29, 2016**

Payable to: Buffalo Retired Teachers Association

Mail to: Loretta Peszynski (631-3717)  
149 Scamridge Curve  
Williamsville, NY 14221-5212

**N.B. No cash refunds given after reservation deadline**

**Please detach and return lower portion. Keep the top 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) \_\_\_\_\_

New Retiree: Yes \_\_\_ NO \_\_\_

Name \_\_\_\_\_ BRTA Member: Yes \_\_\_ No \_\_\_

Meal Choice (Number) \_\_\_\_\_

Name \_\_\_\_\_ BRTA Member: Yes \_\_\_ No \_\_\_

Meal Choice (Number) \_\_\_\_\_

**Total Amount enclosed \$ \_\_\_\_\_**