



BRTA NEWSLETTER

www.bрта.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: Stephen Parada

Immediate Past Pres: Al Marabella

At Large: Floyd Kruschke, Michael Marszalek, Loretta Peszynski

Board Members: Joel Carter, Carolyn Cardarella, Josephine Cross, Russell Gervasi, Mary Ann Janiga, Clarann Josef, Cynthia Mehary, Ross Monteleone, Sue Nyitrai, Theresa Pope, Peter Riester

Fall Edition

October, 2015

UPCOMING EVENTS

Nov. 30, 2015—Long-Term Care Insurance Workshop, information on page 4

Dec. 3, 2015—Holiday Luncheon at Salvatore's, information on page 6

Dec. 10—18, 2015—Classic Christmas Markets

Feb. 8--16, 2016—Trip to Tropical Costa Rica

Feb. 2016—Winter Luncheon

May, 2016—Spring Luncheon

June, 2016—Trip to South Dakota & Badlands

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

President's Message

Since this is my first message as the new President of BRTA, let me tell you a little about my activities since retirement, especially for those who may not know me. My first elected position was as Membership Vice President of the New York State Retired Teachers' Association (NYSRTA). Following that, I held several offices in Western Zone including President of the Zone. At the same time, I was also 1st and 2nd Vice President of BRTA. During these post-retirement years, I learned much about the issues facing retired educators and seniors in general and worked with many fine people who dedicated themselves to promoting the welfare of this segment of the population.

One of those people is Al Marabella. He was President of BRTA for the last six years and I want to take this opportunity to thank him on behalf of the Board of Directors and the entire membership for his dedicated and tireless efforts to make BRTA a vibrant and effective voice for all retired Buffalo educators. His leadership will be missed but he will continue to serve on the Board as Immediate Past President and Co-chair of the Travel Committee. We are also pleased to have two new members on the Board of Directors, Joel Carter and Mary Ann Janiga. Both volunteered to serve and, in an age when people rarely step forward to serve, this speaks well for the quality of our membership. I would urge other members to follow their lead and volunteer to serve on committees or member-participation activities. Check our website, BRTA.biz, for more information.

Leadership and vigilance by all continue to be a top priority as we face serious challenges to retired educators and all senior citizens. On the national level, a proposed federal budget would repeal Medicare and replace it with a voucher program which would provide a sum of approximately \$6,000 per year to cover ALL medical expenses. Future cost-of-living increases in Social Security would be calculated using a method that ignores the situation of senior citizens and some have even proposed replacing Social Security as we know it with a 401K type plan that would be subject to the volatility of the stock market. On the state level, the law requires that the voters be asked in 2017 whether or not to hold a Constitutional Convention and there is growing public opinion in favor of a "yes" vote, with strong support from Governor Cuomo. While our pensions are guaranteed by law and judicial decision, the constitutional provision exempting public employee pensions from state taxation could be eliminated. On the local level, we are faced with a school board majority which would like to reduce or outsource retiree health insurance benefits.

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

Ballroom, Latin, Swing and Other Styles of Dance—Tara Scime at 716-491-0186 or TMSDance@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

IN MEMORIAM

Mary Alice Brown

Bee A. Fogan

Lucille Higgs

Geraldine Kopher

Louise McCollum

Walter S. Pequet

Edward Stenhouse

Joseph Taibbi

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: 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)

BRTA, Western Zone and NYSRTA will help to keep you informed about the status of these challenges but you can do your part, too, by writing, calling or visiting public officials and making your voice heard.

Hang on tight; this could be a rough ride!

Health News : Vaccinations you should consider

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. This is why, in addition to seasonal flu (influenza) vaccine and Td or Tdap vaccine (tetanus, diphtheria, and pertussis), there are other vaccines to consider.

Why the pertussis (Whooping cough) vaccine is important: Whooping cough is a serious disease that can cause babies to stop breathing. You can help protect babies from whooping cough by getting your vaccine. *If you are a grandparent or come in contact with babies for any reason, you should be immunized.* Whooping cough, which is also called pertussis, is very contagious and most serious for babies. People with whooping cough usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the bacteria that cause the disease. Many babies who get whooping cough are infected by parents, older siblings, or other caregivers who might not even know they have the disease. When babies catch whooping cough, the symptoms can be very serious. Young babies could get pneumonia (lung infection), and many have trouble breathing. About half of babies younger than 1 year of age who get whooping cough end up in the hospital, and a few even die from the disease. Because the disease can make babies so sick, and they can catch it from anyone around them, they need protection.

You should also consider getting a Zoster vaccine, which protects against shingles. An estimated 1 million Americans get shingles every year, and about half of them are 60 years old or older. Additionally, over 60 percent of seasonal flu-related hospitalizations occur in people 65 years and older. Your risk of shingles and post-herpetic neuralgia (PHN) increases as you get older. Shingles vaccine has been used since 2006. Zostavax® is the only shingles vaccine currently approved for use in the United States. This vaccine reduces the risk of developing shingles by 51% and PHN by 67%. It is given in one dose as a shot, and can be given in a doctor's office or pharmacy. You should get the vaccine whether or not you recall having had chickenpox, which is caused by the same virus as shingles. Studies show that more than 99% of Americans aged 40 and older have had chickenpox, even if they don't remember getting the disease. There is no maximum age for getting shingles vaccine. Even if you have had shingles, you can still receive shingles vaccine to help prevent future occurrences of the disease. There is no specific length of time you must wait after having shingles before receiving shingles vaccine, but generally you should make sure the shingles rash has disappeared before getting vaccinated. The decision on when to get vaccinated should be made with your healthcare provider.

Vaccines Help Protect Travelers of All Ages. Travel within the United States or to other countries can be an opportunity to volunteer, work, or relax, but it can also put you or your family at risk for serious diseases. Make sure you and your loved ones are protected with vaccines against serious diseases. Check with your healthcare provider or your travel agent to find out if the area of this country or the foreign country you are visiting needs additional vaccinations.

Pneumococcal vaccines, which protect against pneumococcal disease, including infections in the lungs and bloodstream (recommended for all adults over 65 years old, and for adults younger than 65 years who have certain chronic health conditions).

Hepatitis Awareness: Take CDC's new online Hepatitis Risk Assessment. Answer a few questions and then you will receive personalized viral hepatitis testing and vaccination recommendations.

Who Should NOT Be Vaccinated? Some adults with specific health conditions should not get certain vaccines or should wait to get them. Talk with your doctor to make sure you get the vaccines that are recommended for you. **Talk with your doctor or other healthcare professional to find out which vaccines are recommended for you at your next medical appointment.**

This information is from the cdc.org website.

—JoAnn Meyer

Buffalo Retired Teachers Association

Long-Term Care Insurance Workshop

Monday, November 30, 2015

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: www.insurancemate.com/brtaseminar.html

I cannot attend but I would like more information.

Please send me an informational packet

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
- 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
- How to Maintain Your Estate While Getting the Healthcare You Need
- Review the Benefits and Discounts of the BRTA Long-Term Insurance Plans
- How to Know if Long-Term 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

Monday, November 30, 2015

4:00pm to 5:30pm

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

Program is open to family members!

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.

NEWS SHORTS

Congratulations to John and Judith Augustyniak. They recently celebrated their fiftieth wedding anniversary!

Card Club is alive and well! Interested in playing cards? Card club will meet on November 16th at Friendly's restaurant on Maple Road at 10AM. Call Carolyn Cardarella (689-8838) for additional information.

LOOKING FOR A NEW EXERCISE OPTION?

Zumba Gold is a low impact dance fitness workout. It is perfect for beginners, older adults, or those who need to modify aerobic exercise. Zumba Gold with Jamie Fanara, a licensed instructor, is held on Tuesday and Thursday at 9:15 to 10:15 AM at St. George's Church, 2 Nottingham Terrace (at Amherst Street). The cost is \$5 per class or 10 classes for \$40. Call or text 716-574-9303 for information or registration.



Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend its

BRTA Holiday Luncheon

To be held at

Salvatore's Italian Gardens

6461 Transit Road

Depew, NY

716-683-7990

Thursday, December 3, 2015

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar
Luncheon: 12:15 PM Choice of:
1. Prime Rib au jus
2. Poached Salmon w/ lobster dill sauce
3. Chicken Milanese w/ tomatoes, red onion & shaved asiago
4. Roasted Vegetables w/ Mediterranean orzo
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 Tuesday, November 24, 2015**

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
(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 or No) _____

_____ Meal Choice (Number) _____

Name _____ BRTA Member (Yes or No) _____

Meal Choice (Number) _____

Name _____ BRTA Member (Yes or No) _____

Meal Choice (Number) _____

Total Amount enclosed \$ _____