Carla Hahn Retires

I want to take this opportunity to thank everyone affiliated with KRTA for all of the opportunities and experiences this job has provided. I am thankful to have met and made so many friends and acquaintances across the state in the past 30 years. I have genuinely enjoyed my employment at KRTA. Most of all, I am thankful I have had the opportunity to work with such excellent quality co-workers. I will miss each of you all dearly when my retirement is official on the 29th of June.

A big thank you for the beautiful purple monogrammed throw that was presented to me at the State Convention. I will cherish each memory as I wrap up in it this winter and remember the many good years.

(Continued on Page 3)

Immediate Past President, Romanza Johnson Honored

President Johnson conducted her last Executive Council meeting on June 4, 2018, after serving an exemplary term. She is pictured above with Tim Abrams, KRTA Executive Director.

Beginning July 1, 2018, Shirley Dick-Wolf will be the 2018-19 KRTA President.

(Continued on Page 5)

Method Used In Biennial Budget Could Jeopardize Retiree Health Care

By Tim Abrams, KRTA Executive Director

The 2018 General Assembly short changed the Shared Responsibility Plan which passed by a unanimous vote as House Bill 540 during the 2010 General Assembly, and this could have dangerous and expensive consequences for retired teachers and their dependents.

You may recall that Shared Responsibility Plan refers to the state law enacted eight years ago when Kentucky’s teachers and the rest of the education community agreed to changes protecting the long term funding of retiree health care for teachers and largely eliminated a $5 billion liability facing Kentucky taxpayers.

The legislation ensures healthcare benefits for Kentucky’s current retired teachers, but also for active teachers when they retire. It’s important because it finally set retiree health care on the path to being prefunded by requiring everyone involved (active teachers when they retire and the rest of the education community agreed to changes protecting the long term funding of retiree health care for teachers and largely eliminated a $5 billion liability facing Kentucky taxpayers.).

(Continued on Page 5)
PERSONALLY SPEAKING . . .

Kimbler-Bourgard

The Kimbler-Bourgard Foundation 2017-18 has been a banner year for the Kimbler-Bourgard Foundation. The generosity of KRTA members is unmatched. The Kimbler Bourgard Fundraiser this past year has added $79,433.55 to the foundation coupled with donations made in memory of Dr. Wagoner, KRTA past executive director totaling $20,021.00. Since July of 2018 contributions toward the fund from individuals, local KRTA associations, and KRTA district associations are well over $100,000. These contributions will insure the continuance of the N.O. Kimbler Scholarship and will launch the benevolence initiatives for retired teachers within the next year.

Historical Background

The N.O. Kimbler Memorial Fund, Inc., was established in 1991. The N.O. Kimbler Scholarship Program has grown to the point where in 2017-18 we awarded one $1,650 scholarship to each of Kentucky’s 17 public community and technical colleges.

In 1928 Caroline Bourgard’s will was admitted to probate in Jefferson County, Kentucky. In the Eleventh paragraph of the Will, Ms. Bourgard made the following bequest:

... that the sum of ten thousand $10,000 dollars be converted into an endowment fund and designated the “Emma Bourgard Fund for Aged, Infirmed and Destitute Teachers” -This fund may be annexed to the fund that is being raised to provide for a ‘Home for Aged Teachers.’ If this project should fail to materialize then the interest shall be used and may be placed in the hands of the Louisville Board of Education for the amelioration of aged and destitute teachers.

In July 2008, Frost Brown Todd Attorneys LLC contacted KRTA about taking responsibility for the funds once the Caroline Bourgard Charitable Trust was dissolved. In April 2009, we were asked to take possession of funds because the Bourgard Trust had been dissolved in September 2008.

In September 2009, a Bourgard Funds Ad Hoc Committee was appointed to determine possible uses of the Bourgard funds including investment options. The Ad Hoc Committee recommended to the KRTA Executive Council that the Bourgard Funds be invested for a minimum period of five years.

In June 2015, another Ad Hoc Committee was appointed to explore the next steps for the Bourgard Fund. At the December 2015 Executive Council meeting, the Council approved the following resolution:

- Place the Bourgard Fund under the auspices of the N.O. Kimbler Memorial Fund, Inc.
- File appropriate paper work with the Kentucky Secretary of State for the N.O. Kimbler Memorial Fund, Inc., to “Do Business As” (DBA) the Kimbler-Bourgard Foundation.
- Initial focus—continue the N.O. Kimbler Scholarships and ramp up benevolence initiatives for retired teachers during the next 3-5 years.
- Utilize Contempo Direct, Inc., to provide fund raising consulting and management services (renewable on an annual basis) to grow the proposed foundation’s investment account.
- Merge the current separate N.O. Kimbler and Bourgard Fund investment accounts. If feasible, initial distribution for benevolence would occur in connection with our 60th (Diamond Celebration) in FY2018. If not, the initial distribution would not occur before FY2020.
- Within the next 2 years establish an Ad Hoc Committee(s) to develop guidelines for distributing benevolence funds.

Current Plans

The past year of fundraising coupled with investment results have grown the Kimbler-Bourgard foundation to over $375,000. It is our intent to continue to grow our scholarship program with our Community and Technical Colleges and fully establish a KRTA benevolence programs. Working for the common good and helping those who need our support are two very important KRTA goals. It has been a tough time for a number of our members and this seems an appropriate time to lay the appropriate groundwork for a KRTA benevolence program.

PRESIDENT’S MESSAGE . . .

“Valuing Our Past, Strengthening Our Present, Building for Our Future”

Adlai E. Stevenson once said, "We can chart our future clearly and wisely when we know the path which led to our present." This profoundly insightful thought led me to my theme as President of KRTA for 2018-2019. As much as I have been involved in the workings of retired teachers at the local, district and state level, I did not really know, in depth, how the organization came to be. Delving into our rich history has brought such gratitude and appreciation for those retired teachers of 1957. Their concerns, worries and questions about the welfare of retired teachers at that time have made it possible for retired teachers today to have a strong voice in legislative issues regarding our pension, cola, and health insurance. The courage they had to take that leap led to the first step toward forming an association whose main purpose was, is, and will be to support Kentucky’s retired teachers. The clarity of their vision is remarkable. The value of their work is immeasurable.

Today, scores of volunteer retired teachers around the Commonwealth are committed to strengthening our association as we continue to diligently work and fight for the benefits we earned as active teachers. The work and progress we make today will not only maintain but sustain and help build for future generations of retired teachers. Please join us during the 2018 KRTA District Workshops this fall. I will share more information with you. Additionally, you will hear directly from Tim Abrams, Executive Director, KRTA Health/Insurance, Membership and Legislative Co-Chairs and TRS Kentucky.

I am honored to stand on the shoulders of those who came before me. I am honored to serve as KRTA President.

Wishing you good health, joy, laughter, God’s grace and many blessings . . .
KRTA PARTNERS . . .

A message from Liberty Mutual Insurance
By Dennis Goebel, Vice President, Liberty Mutual Insurance Company

Burglars Don’t Take Vacations

While you’re away on vacation, the last thing you want to worry about is burglars invading your home and stealing your personal belongings. So before you leave, take these precautions. They’ll help protect your property and give you peace of mind.

- Lock all windows and use dead-bolts on exterior doors. Install security bars on sliding doors to prevent them from being lifted off their tracks.
- Leave a few shades or curtains open to maintain a “lived-in” appearance.
- Set light timers in a few rooms so that it appears people are at home when it’s dark.
- Stop newspaper delivery so that papers don’t pile up at your door.
- Store cash, jewelry and other valuables in a bank safe-deposit box.
- Don’t leave an outgoing message on your answering machine announcing you are on vacation. Lower the volume on the machine and your telephone ringer.
- Install outside lights, preferably with motion detectors.
- If you can afford one, install and activate a security system. Or at the very least, put security system warning decals on doors and windows to deter intruders.

Finally, ask your neighbors to keep an eye on your property and to notify you if they suspect a problem. Even better, ask a friend or relative either to house sit or to stop by daily to collect your mail, put out your garbage, and check that everything’s okay. Don’t forget to exchange the favor yourself.

To learn more about Liberty Mutual Auto and Home Insurance or get a free, no-obligation quote, call David Farmer at 502-429-4504 ext. 51690 or visit www.libertymutual.com/krta.

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(Continued from “Carla Hahn Ret.” Page 1)

At the recent Executive Council meeting, I had a beautifully decorated, delicious retirement cake and a Lowes gift card presented to me.

A special thank you for the many cards, kind words, and variety of gift cards received. I will enjoy using them.

I feel lucky that I have truly loved my job and the people.

Happiness to all. Carla

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Reduce the Risk of Dehydration in Seniors

Seniors are more at risk for becoming dehydrated for many reasons. For instance, they can have imbalances in their fluid and electrolytes, or their sense of thirst can diminish due to prescribed medications. It is important to make sure that your aging loved one is staying hydrated, especially in the warmer months of the year when it is even easier to become overheated and dehydrated.

Signs of Dehydration

There are signs and symptoms that can represent dehydration, and if you notice any of these symptoms, contact your loved one's health care provider or seek immediate medical assistance.

- Muscle cramps
- Dry skin
- Sleepiness
- Dark Urine Color
- Dizziness

Ways to Stay Hydrated

To make sure your loved one is staying hydrated, have them drink plenty of fluids. Because our bodies are 60% water, it makes sense to drink as much water as possible. But sometimes this can lack nutrition and flavor. There are many water enhancers available in stores, or you can create fruit-infused water for your loved ones. Your aging loved one can also stay hydrated and healthy by drinking broths (chicken, vegetable, or beef) and by eating hydrating foods.

Hydrating Foods

Hydrating foods are foods that are made up of at least 80% water, some of which include:

- Tomato
- Cucumber
- Watermelon
- Bell Pepper
- Grapes
- Cantaloupe
- Orange
- Blueberry
- Apple

Comfort Keepers®

At Comfort Keepers®, we understand you can’t be there for your loved one at all times. That’s where we can help. Our compassionate, professional caregivers, called Comfort Keepers®, can provide your loved one with the assistance they need to stay hydrated in the warm months—and year round. With in-home care services our Comfort Keepers can help prepare hydrating foods or create a large pitcher of fruit-infused water for your loved one to enjoy.

For more information on how our caregivers can ensure your loved one is staying hydrated, and to learn more about our other in-home care services contact us at 606.676.9888 or visit www.comfortkeepers.com

References

https://medlineplus.gov/dehydration.html

Please keep your e-mail address updated. Notify us at info@krt.org

Temporary Job Opportunities: Assessment Administrators

We are seeking motivated individuals who are committed to excellence and have experience working in schools with students. Westat is recruiting for the 2019 National Assessment of Educational Progress, also known as NAEP or The Nation's Report Card, for the National Center for Education Statistics, which is part of the U.S. Department of Education.

The position involves conducting assessment sessions with 4th-, 8th-, and 12th grade students using touch-enabled tablets in participating schools across the country. You will work on a team of 2-4 people. This opportunity is ideal for retired educators.

Your duties will include:

- Administer assessment sessions using tablets in schools;
- Prepare the room and set up equipment;
- Check student attendance and read directions aloud to students;
- Monitor the assessment sessions using NAEP tablet;
- Answer student questions using prepared guidelines;
- Collect assessment materials when the assessment is complete;
- Ensure quality control is achieved; and
- Assist in packing assessment equipment.

Westat provides complete paid training, paid time and mileage reimbursement for local driving to and from schools, weekly paychecks with direct deposit, and opportunities for advancement based on performance.

Qualified applicants must:

- Be available to work 20 to 30 hours a week, during daytime hours, when work is available, from January 28 to March 8, 2019; and
- Complete required components of training, including an online course to be completed independently, and a one-day in-person meeting during January 2019.
- Be willing to complete background check requirements, including an FBI fingerprint check;
- Have access to telephone service with a long distance calling feature;
- Have access to computer, broadband Internet connection, and personal, private email account;
- Have a valid (current) driver’s license that is not under suspension and regular access to an insured, reliable vehicle to travel to and from schools; and
- Have a high school diploma or GED.

The following criteria are preferred:

- Prior experience working in an educational setting or working with students;
- Prior experience working in a team environment;
- Excellent verbal and written communication skills;
- Strong interpersonal skills;
- Basic computer proficiency;
- Self-motivated, organized, flexible, and detail-oriented;
- Willingness to travel overnight, if necessary; and
- Be willing and able to lift and carry up to 50 pounds (which included technical equipment) and be able to climb stairs if needed with or without reasonable accommodations.

This opportunity is a part-time, temporary position with limited benefits. For more information, visit www.workNAEP.com and provide your name and email. We will contact you with a link to our online application when it is available. Online applications will be accepted beginning in July 2018.

For more information email NAEPrecruit@westat.com.
INSIDE SCOOP . . .

Progress On New Robert V. Wagoner Building

Our new building will be a little further down the road from the present entrance, and will have a temporary address of 10000 Wingfield Road. The intersection of Wingfield and Bardstown Roads will be relocated, and a traffic light will be added at the new intersection of SouthPointe Boulevard and Bardstown Road to allow access to an $80-million, 363,000-square-foot retail and lifestyle center. The new facility should be ready for us to occupy by July 1, 2018. The greatest improvement will be a larger conference room.

Pictures below show progress on the building.
Gluten Sensitivity-Celiac Disease

by Bill Bergsma

Research shows that gluten sensitivity in some form, including mild gluten intolerance and celiac disease, affects approximately 15% of the US population. If you think of a continuum of gluten-intolerance symptoms, celiac disease is usually at the most extreme end with immediate autoimmune reactions.

What is gluten?

Gluten is a lectin protein found in wheat, all flours, barley, rye and oats. Modern wheat has nearly twice as much gluten as old-time wheat had. The lectins are also in many other food products such as tomato, potato, eggplant, beans, peanuts, soy, milk products and eggs. Gluten can also show up in bread and pasta, and may hide in many other foods, such as cold cuts, salad dressings, beer, ice cream and even licorice.

Fortunately, 95% of the gluten is easily passed through the digestive system. It is the 5% that may stick inside the small intestine that can be treated like a foreign invader. The body’s immune system reacts and sends attacking white blood cells to deal with them. The particles cling to villi, tiny protruding tubes that absorb nutrients, and damage them. Many health problems arise from the poor absorption of nutrients when intestinal villi can no longer absorb the vitamins and minerals needed for good health.

What is gluten sensitivity?

Researchers describe gluten sensitivity as a disorder distinctively different from celiac disease, in part because the intestine doesn’t appear damaged. “Gluten sensitivity is basically a bit of an unknown,” says Stefano Guandalini, MD, director of the University of Chicago Celiac Disease Center. “It’s everything that is not wheat allergy or celiac disease, and yet individuals [with gluten sensitivity] experience adverse events when they ingest gluten.” Besides gastrointestinal symptoms, gluten-sensitive people often complain of fatigue and headaches. Gluten intolerance has a slower onset than celiac disease and may be harder to diagnose due to the broad range of symptoms and causes.

What causes the problem?

Some think it is an unknown gene that causes the attack within the intestinal tract. Another thought is that the overuse of antibiotics destroys the flora in the gut. Having infants eat grains too early, before their systems can digest it, may be a cause. Low-nutritional diets are thought to be possible causes. In his book, Eat Right for Your Type, Peter D’Adamo, MD, suggests that blood types have clues as to which foods are best for each individual. The question asks whether those clues could help avoid digestive problems.

Our heavy use of insecticides, pesticides, genetically modified foods, sugar additives, prescription drugs and even nonfoods that expose us to gluten provide a real challenge. Some researchers found that the sticky lectins grab onto sugar molecules. Since some of these sugars are part of the intestinal tract and are necessary, it would be helpful if decay sugars could intercept the small portion of undigested lectins that stick around the villi. A few products are now available that contain some of these interceptors. The five items used are (1) a specific form of glucosamine that binds to the problematic wheat lectins; (2) Bladderwack, a seaweed that has a sugar called fructose which binds to H-pylori bacteria; (3) okra powder which latches onto those lectins; (4) D-mannose, a fighter against E-coli; and (5) mucins which provide a slippery blanket that doesn’t let the bad lectins cling to the villi. All five of these are in a sense “sacrificial sugars” that clean out the bad lectins by catching and escorting them out of the digestive system before they are attacked by white blood cells. This could be a solution for many people along with avoiding too many gluten-heavy foods in the diet.

What is celiac disease?

Celiac disease is an autoimmune disease in which a person cannot tolerate gluten. If people with celiac disease eat gluten, the lining of their small intestine becomes inflamed and damaged. That hampers the absorption of nutrients and can lead to malnutrition and weight loss. Celiac patients also struggle with distressing symptoms, such as diarrhea, stomach upset, abdominal pain and bloating.

Diagnosing the problem

Until recently it was difficult to diagnose celiac disease because the symptoms are varied and similar to other diseases. There are blood tests specific for celiac disease, but the most accurate test for the disease is a small intestinal biopsy in which several samples of the intestinal lining are taken.

The role of diet

For those with gluten sensitivity, whether mild or severe, a gluten-free diet makes life more liveable. Going gluten free is essential for patients with celiac disease. Though gluten-free diets have become popular recently, Dr. Guandalini warns that sometimes people take this approach to research their sensitivity but then cut out many other foods that are beneficial to their health.

References: Michael Cutler, MD, editor, Natural Health Options; Peter D’Adamo, MD, author, Eat Right for Your Type; Stefano Guandalini, MD, director, University of Chicago; Vikki Peterson, MD, Health Now Medical Center; A Sapone, BMC Medicine; 2011; vol. 9; Anna Wilde, author Anna and Roger Wilde know Healthy food heals; Living Magazine by Martha Stewart, April 2009

Forgetful? Fix It!

6 Steps To A Stronger Memory

1. Learn something

Stimulating the brain helps it develop a resilience that allows us to fight off diseases like Alzheimer’s, says Paul D. Nussbaum, Ph.D., an adjunct professor of neurosurgical surgery at the University of Pittsburgh School of Medicine who has been working with AARP on its brain health program. “Age doesn’t matter,” he says. “We have the ability to shape our brains throughout our lives.”

2. Walk with a friend

Gary Small, M.D., a psychiatrist, calls this a triple threat against Alzheimer’s disease: It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.

3. Sleep

Getting fewer than six hours of sleep a night can raise the risk of stroke, according to research presented at a 2012 Associated Professional Sleep Societies meeting.

4. Eat right

More than half your plate should be filled with green vegetables. Get plenty of fish, nuts and olive oil, and steer clear of refined carbs. A 2009 Columbia University study found that this kind of diet may help ward off Alzheimer’s.

5. Challenge yourself

“The number one memory complaint people have is that they’re bad with names,” says neurologist Majid Fotuhi, M.D., Ph.D. “People need to stop whining and realize they can do it!” His prescription: Memorize three names a day—such as those of an announcer on TV, a person in your company and a player on your favorite sports team.

6. Meditate

Reduced anxiety improves blood flow to the brain. A quick calm-me-down: Inhale for a count of seven, hold for a count of seven, exhale for a count of seven. Repeat seven times.
My daughter, Whitney, who lives in Tampa, FL, has been to 5 continents, too many countries to count and most of the states. I always said I would never fly anywhere and had no interest in actually visiting any place I couldn’t drive.

Then in the fall of 2016, Whitney had to go to a convention near Yellowstone Park. When she arrived, she called and said, “Mama, if God was gonna live any place on Earth, it would be here.” Well, that intrigued me and I said so.

About three months later, she called and said, “It’s arranged; no excuses, you’re going.” So at age 71, I boarded a plane in Nashville and flew to Chicago, then a second plane to Bozeman, MT and viewed the Rockies for the first time. Breathtaking!

We drove to West Yellowstone as our base all week while we drove through all the roads in the park. We saw grizzlies, moose, pronghorns, bison herds, black bears (which weren’t all black), trumpeter swans, white pelicans, bald eagles, great gray owls, wolves in packs, coyotes, and more.

We visited Wyoming and Idaho, where we saw the Grand Tetons still white with snow. Oh yes, Old Faithful erupted right on time.

It was the best trip of my life!

Donna is a KRTA member from Barren County and enjoys painting as a hobby.
AROUND THE STATE . . .

Adair County RTA

New retiree, Marian Grant, as she accepts a gift from Treasurer, Jane Branham, at our quarterly meeting Tuesday, March 20. Adair County Retired Teachers joined active teachers for a rally around our courthouse square, Tuesday, March 22.

Barren County-Glasgow RTA

The BCG Retired Teachers Association held their quarterly meeting on March 8 at Shoney’s. There were fifty-four members and guests in attendance. Important information was presented by Tim Abrams, KRTA Executive Director, and Bo Matthews, Barren County Schools Superintendent. Shown here are Kennedy Gill (front) winner of the local Grandparent Essay Contest. Left to right: Rita Berry, essay contest chairman; Tim Abrams, Robin Shirley (Temple Hill teacher), Bo Matthews, Jon Hall (Temple Hill principal), Amy & Michael Gill (parents), Judie & Junior Pitcock (grandparents).

Bluegrass RTA

A program on retiree insurance benefits was given by Margaret Head Sims at the March 14 meeting of the Bluegrass RTA. The meeting was held at the First Christian Church Fellowship Hall in Paris. Diane Woods is the President of BGRTA. This is the local association of former KRTA Presidents Patsy Rainey and Ernie Trosper.

Calloway County RTA

Romanza Johnson, President of KRTA, at the May 7, 2018, meeting in Murray. (L-R) Front: Janis Hicks, Amy Pittman, Romanza Johnson, Ann Yarbrough, Carlisle Co. RTA. (L-R) Back: Pat Seiber, Marshall Ward, Sandy Anderson, Ken Wolf, and Brenda Call.

Central Kentucky East RTA

Great meeting at Central Kentucky East RTA on Tuesday, February 20. The program was on insurance given by Margaret Head Sims. Meeting was held at Boone Tavern in Berea. Larry Wood is CKE District President.

Fifth District RTA

Outgoing Fifth District Co-Presidents, Faye Shelton (Owen Co) on right and Marie Wright (Shelby Co.) Center were presented outgoing gifts of appreciation hand crafted by KRTA Past President Ed Cook. Debby Murrell, KRTA Membership Co-Chair, is on the left.

Grant County RTA

Grant County RTA met on February 27 for their monthly meeting. Margaret Head Sims shared information on retiree insurance to the group. Lori Flerlage is President of GCRTA. The meeting was held at a nice restaurant and bakery named Beans.

Jessamine County RTA

Margaret Head Sims, Co-Chair for Health and Insurance, spoke to the Jessamine County RTA on March 13 about retiree insurance benefits. The meeting was held at Wesley Manor in Wilmore. Terry Leitch is President of JCRTA.

Lincoln County RTA

Lincoln County RTA met on March 20, at the Lincoln County Public Library. Margaret Head Sims gave the program on Retiree Health Benefits. Peggy Orberson is President of LCRTA.
Kenton County RTA

Kenton Co. RTA observed the 100th anniversary of the end of WWI with a “living history” presentation by member Tim Moore who portrayed German soldier, Paul Baumer, from the novel All Quiet On The Western Front. The meeting was held March 13 at the Gardens of Park Hills and was attended by 96 members and guests. Margaret Head Sims spoke to a record group of attendees on the effect of the Legislative session on the Health & Insurance of KY’s retired teachers.

Marion County RTA

Debby Murrell, Membership Co-Chair for KRTA, spoke at the March meeting. As always Debby had “white cards” in hand!

Monroe County RTA

MCRTA President, Cecilia Stephens and Vice President, Debbie Rush present 5 scholarships to Monroe County High School Seniors who plan on majoring in teacher education. The scholarships were made possible by donations made to the Monroe County retired teacher scholarship fund in honor of MCRTA members that passed away last year.

Muhlenberg County RTA

The MCRFA hosted their annual Christmas party for the clients of the Muhlenberg County Opportunity Center, a sheltered workshop located in Greenville, KY, on December 14, 2017. The group also collected food for the “Hope For All Food Pantry” that serves all of Muhlenberg County.

Owen County RTA

Members of the OCRFA June meeting were happy to have Margaret Sims, KRTA Health and Insurance Chairperson and her husband, Wayne, as guests. Margaret gave a very informative presentation and answered many questions. The Owen County Schools Superintendent, Rob Stafford, gave us an update on the school system. The OCRFA members helped earn a Gold Award and also a Top Membership Award this past year. Members were given packages of GOLDfish and GOLD Foil-Wrapped Kisses!

Pendleton County RTA

PCRTA officers were installed by KRTA Membership/Pre-Retirement Co-Chair, Debby Murrell, on June 6, 2018. Four new retirees were in attendance. Program regarding Membership news, Views, and Actions was presented by Debby Murrell. Left to right President—Janice Polley; KRTA Membership Co-Chair Debby Murrell; Vice-President—Pam Harper; Secretary—Phyllis Kelsch; Treasurer—Cheryl Hughes.

Third District RTA

Tim Abrams, KRTA Executive Director was speaker at the February meeting. Leaders and members from all Second District RTA locals were invited. There were 45 in attendance. Mr. Abrams spoke about the latest developments and issues in the General Assembly, emphasizing the need to keep in contact with legislators.

Webster County RTA

Margaret Head Sims gave the retiree health insurance program at Third District RTA in Bowling Green on February 21. TDRTA is the home district of Romanza Johnson, our KRTA State President. Jan Yonts is the Third District RTA President.
Deceased Retired Teachers
JANUARY, FEBRUARY, MARCH, APRIL 2018

PIKE CO
Lillian Bowling
Delphia Branham
Hannah Fleming
Ruth Hatfield
Lanita Hobbs
Jake King Jr.
Noble Newsome
Neva Robinette
Iva Runyon
Emalene Steele
Warren Tiller

PULASKI CO
Lawrence Bishop
Joseph Richards

ROCKCASTLE CO
Laura Durham

ROWAN CO
Carol Brierty
James Chaplin
J Duncan
Chris Gallaher
Paul McGhee
Garland Moran Jr.
Mona Wagner

RUSSELL CO
Curtis Morris

SCOTT CO
Edward Hubbard
Allie Jones
Wanda Perry
Paul Robbins
Virginia Walker
Patricia Wickline

SHELBY CO
Donald Armstrong
RACHEL Dunsmore
Jane Kabler
Jane Lancaster
William Lancaster
Una Lee
David Minch

SIMPSON CO
Kenneth Metcalf

SPENCER CO
Elizabeth Martin

TAYLOR CO
Weldon Cox Sr.
Pamela Gregory
Charles Harris
Betty Phillips
Cozetta Sprowles
William Willis

UNION CO
Althea Shirley

WARREN CO
Robert Baize
Jenks Britt
Martha Bush
Franklin Conley
Mildred Cundiff
John Foe
Rex Galloway
Jerry Gottlieb
Carrol Gott
Robert Halbman
Charles Higgins
David Hildreth
Jeff Jenkins
Rebecca Leavy
Wei-Ming Lee
Joyce Light
Jean Madison
Dorothy Mann
James Meador
Dennis Minix
Vicky Newton
Elizabeth Oakes
Robert Spiller

WASHINGTON CO
Peggy Curtssinger
Larry Lyons

WAYNE CO
Donna Guffey

WEBSTER CO
Patricia Donahoo

WHITLEY CO
Edna Early
John Fletcher
Clifton Goin
Gerald Hopper
Elizabeth Hoskins

Pascal Benson always seemed larger than life. For starters, he’s the only high school athlete in Kentucky history to be named to three All-State teams in one year. Pascal, a 1956 Henderson City High School alum, excelled at baseball, football and basketball. He was one of the most well-rounded athletes to hail from Western Kentucky. He was a starting lineman for the Wildcats, he received his bachelor’s degree in physical education a UK and a master’s degree from Murray State. He went on to coach baseball and football at Henderson County.

When Henderson began its first Hall of Fame program in 1988, Benson was one of two inductees in the inaugural class.

Pascal is still a powerhouse. He golfs and fishes weekly during summer. He enjoys ballroom dancing. And, until this year, he hunted any wildlife in season.

What makes this astonishing: Pascal is blind. Nearly four years ago, doctors diagnosed him with optic neuropathy, perhaps from all the knocks on the noggin during his high school and college sports career. Pascal’s left eye is completely blind now. Vision in his right eye is down to 20 percent. His peripheral vision is so poor it’s like looking through a straw, which would make a sport like golf seemingly impossible.

“He amazes me,” said Tom Youngblood, who golfs with Pascal at Bent Creek Golf Course in Henderson. “He’s as likely to make a long putt as anyone.

Pascal’s wife of 54 years, Elaine, credits much of his activity to many friends. “If it weren’t for them, he couldn’t play golf,” she said. Golf buddies line him up for his drives, and Pascal widens the fairway, keep track of his ball after the swing and stand behind the hole when he puts.

Laughter roars when Jim Buley recalls the time he asked an already-blind Pascal to drive his golf cart to the next hole. Pascal mowed down a post, broke off five more and tore off across the green dragging about 25 feet of rope behind him. It never occurred to Pascal to use blindness as an excuse.

For the most part, Pascal’s health is excellent. He never needed surgery until a few years ago when he had a knee replaced.

“He did so well and liked his new knee so much that he had the other one done,” said Tracy Benson, Pascal and Elaine’s son. “I believe he was back dancing within three to four weeks after the second knee replacement.”

Tony Royster of Henderson is Pascal’s fishing buddy. Both own property at Buzzard Rock near Kuttawa. During summer, they go out on the lake one or two times every weekend. The two go out about three to four hours at a time. Pascal’s line gets tangled from time to time. Royster lets Pascal try to fix his line, but helps when asked. Pascal can’t dress fish anymore, so Royster takes care of it.

“Fishing is therapy for both of us,” Royster said. “. . . good friendships are good therapy.”

In 2013 Pascal was inducted into the Kentucky High School Athletic Association (KHSAA) Hall of Fame.

Pascal and Elaine are members of the Henderson County RTA in the Second District.

We believe that the biggest issue will be finding those members who need help. Many people find it very difficult to request help for themselves, yet they are very willing to help others.

The Kimbler-Bourgard benevolence initiative will be a program founded by retirees for retirees. Each of us can do something to help each other. Together we are going to make Ms. Caroline Bourgard’s 88-year-old final wish a reality.
FOR YOUR INFORMATION

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Kuips, Quotes & Puzzles

You start dying slowly
if you do not travel,
if you do not read,
if you do not listen to the sounds of life,
if you do not appreciate yourself.

You start dying slowly
when you kill your self-esteem,
when you do not let others help you.

You start dying slowly
if you become a slave to your habits
walking everyday on the same paths,
if you do not change your routine,
if you do not wear different colors or
you do not speak to those you
don't know.

You start dying slowly if
you avoid to feel passion and it's turbulent emotions,
those that make your eyes glisten and your heart beat fast.

You start dying slowly
if you do not change your life when you are not
satisfied with your job, or with your love,
or with your surroundings.

If you do not risk what is safe for the uncertain,
if you do not go after a dream,
if you do not allow yourself,
at least once in your lifetime
to run away from sensible advice.

~ Pablo Neruda

Executive Council Members completing their terms were honored on June 4 at the Executive Council meeting.
Deceased Retired Teachers

JANUARY, FEBRUARY, MARCH, APRIL 2018

“...these immortal dead who live again in minds made better by their presence...”