

2022-2023 Officers

President	
Susan Thurman	386-2555
1134 Blackthorn Road	
Louisville, KY 40299	
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Sahara Myers	245-0781
2nd Vice President	
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Marilyn Puckett	935-7002
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Debbie Dunn	541-1865
KRTA Representative	
Tara Parker	226-0219
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Ann Marie Hafling	690-3358
Community Liaison	
Donna Wiseman	228-7733
Insurance	
Lue Peabody	767-9328
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Sheila Carson-Smith	262-2686
Legislation	
Beth Dowdell	641-5667
JCRTA Membership	
Marilyn Hazard	499-2716
Necrology/ Remembrance	
VACANT	
Nominating	
Melanie Wood	290-4944
Scholarship	
Myra Fugate	807-8517
Technology	
Ken Draut	592-8049
Trips and Tours	
Martha O'Bryan	426-5394
KRTA/AARP Essay Contest	
Jill Ginsburg	939-6219



Susan R. Thurman
JCRTA President

A Message from the President

Happy summer! I hope you are enjoying the luxuries of the season –fresh fruits and vegetables from the garden, vacations, picnics, or even just time away from the normal routine. For me, the change of pace in the summer is still as appealing as it was when I was a kid on summer break!

Even though I loved summer, I always looked forward to beginning each new school year. With the start of school just around the corner, JCRTA is also looking forward to kicking off a new season of interesting and informative programs!

Our next JCRTA general meeting is possibly the most important of the year. The meeting is scheduled for **Friday, August 26, 2022 at 10:00 a.m. at Wildwood Country Club**. You may also see this meeting advertised or referred to as the **KRTA Fall Workshop**. That's because our program features various speakers from the Kentucky Retired Teachers Association. Attendance is open to all retired teachers.

Why is this meeting so important? This meeting is significant because it is our best opportunity of the year to learn about the status of our pensions and retirement benefits! Dr. Tim Abrams, Executive Director of KRTA will give an update on the overall status of KRTA. Dr. Gary Harbin of TRS (Teacher Retirement System) will provide an in-depth look at our finances and projections for the future. Golden Hale, KRTA President, will outline what's going on with KRTA across the state. KRTA representatives from healthcare, legislative, and membership will offer updates and share about new and current programs.

In addition, many KRTA partner organizations will be represented at this meeting. Did you know KRTA partners with numerous organizations to bring our members free or discounted services? Most of the partners focus on healthcare, insurance, and lifestyle benefits. Many partner representatives will be available at the KRTA Fall Workshop to answer questions and provide handouts about their services.

I want to personally extend an invitation to each of you to attend our upcoming JCRTA general meeting/KRTA Fall Workshop on **August 26**. I think you will discover it is time well spent.

Sincerely,

Susan Reynolds Thurman

JCRTA Newsflash!



- **JCRTA General Meeting/KRTA Fall Workshop**
Friday, August 26, 2022, 10:00 a.m.
 - *Location: Wildwood Country Club, 5000 Bardstown Road, 40291*
 - *Registration begins at 9:00 a.m.*
 - *Lunch reservations due by Friday, August 19, 2022*
 - *Cash/check donations to be collected for JCPS school supply drive*
 - *Masks are optional, but strongly encouraged*
- **Have you paid your \$10 JCRTA dues?** *Make checks out to JCRTA, mark dues in the memo line, and send to Mary Perry, 640 Circle Valley Drive, Louisville, KY 40229*
- **Next JCRTA General Meeting—Tuesday, December 6, 2022, 10:00 a.m.**

From the Desk of the First Vice President

Sahara A. Myers, 1st Vice President

Did you know that women are at a higher risk for Alzheimer’s than men? According to an article in the AARP newsletter on the subject, “Women are far more likely than men to suffer from Alzheimer’s — and not just because women live longer”. This is particularly concerning especially for those of us who are retired and may not have outside activities or responsibilities to help us exercise our brains. I think it was last year that we invited representatives from AARP Kentucky to talk to us about ways to increase our brain health. Activities such as dancing, listening to music, learning new skills, engaging in more social activities, increasing our exercise, and getting enough sleep are a few ways to keeping one’s brain sharp and functioning at optimum capacity.

My parents are still living, at the young ages of 85 and 89. My mother is a retired teacher and my father is a retired pastor. By the grace of God, they both are still functioning relatively well and are still in their “right minds”. Dad still keeps his lawn immaculately manicured by mowing it at least twice a week with a PUSH MOWER, not a self-propelled! Mom says she gets her exercise by walking to the mailbox. But one thing they both try to do is work on word puzzles. They can be found on many afternoons, sitting in the shade of the garage...keeping an eye on the neighborhood...sipping tea and doing their puzzles. When I call to check on them, they usually say, “Oh, we’re just sitting out here doing our puzzles.”

It’s not only important to exercise our brains in our latter years, but much earlier than we may have previously expected. According to Lisa Mosconi, the Director of Alzheimer’s Prevention Clinic at Weill Cornell Medical College, negative changes can happen in our brain years, sometimes decades before the clinical symptoms occur. This is also concerning but, we can start making changes in our brain habits NOW to promote the growth of new brain cells and improve the connections between them.



I have been trying to improve my brain by doing a variety of puzzles. If you have a cell phone (I was told we don’t call them smart phones anymore) you also probably have access to puzzles and games that have either been pre-loaded or that you can download yourself. Most common games are some forms of Solitaire or

Sudoku. I have an app from AARP called Staying Sharp. It challenges you to build healthy brain habits in 15 minutes a day...no this is not a paid advertisement. I like Scrabble and

WordScapes. These two games require you to unscramble letters to make words. I sometimes learn new words in the process. I have also gotten hooked on WORDLE. This is a relatively new game. The object of this game is to guess a 5-letter word in 6 tries. You’re not given a starting word. You have to come up with your own strategy. Some people start with the same word every time. I like to let my mind give me the starting word. There is an app version as well as a New York Times version. You can go on the NYT website to access a daily new game. I have friendly competitions with family and friends. Try it, it’s really fun!

It’s important to keep in mind that our brain health is important. We were and some of us still are teachers. We know the value of using and maintaining our brain power. Let’s continue to find ways to improve not only our physical health but our brain health as well.

Our next meeting will be August 26, 2022. Not only will we hear from our state representatives of KRTA, but we will also collect money for our Annual School Supply Drive. You have been awesome in your willingness to share in the past. For the foreseeable future, we will continue to collect monetary contributions. I will have pre-addressed envelopes available for you on each table. You can help by bringing your “pre-addressed: CHECKS! We aren’t asking for a specific amount, but think about what you would have spent for individual school supply items and bring that amount with you. If you cannot attend the general meeting, you can send your donation to Mary Perry, Treasurer, 640 Circle Valley Drive, Louisville, KY 40229. You will make your check to JCRTA putting JCRTA School Supply Donation in the memo. Thank you and see you soon!

Community Liaison

Donna Wiseman

If you heard our guest speaker’s message at our last meeting its time to “relaunch,” Time to get involved again. If you need to find places to target, I have added three new opportunities on the website: Locust Grove, Thomas Edison House, and CASA. Please, go to the website to find all the information you need to get involved with these organizations. There are opportunities to fit every schedule and available time. Several members have offered to volunteer for the JCRTA staff, please know we have not forgotten you. We will call on you as needed.

Trips & Tours for 2022

Martha O'Bryan

A visit to Shaker Village at Pleasant Hill

The Jefferson County Retired Teachers will be taking a day trip to Shaker Village at Pleasant Hill in Harrodsburg, KY on Monday, Sept. 19, 2022.

We will depart from Southeast Christian Church, 920 Blankenbaker Pkwy. at 8:30 AM (you may leave your cars there for the day). We will return around 4:00 PM.

- 10:00 AM–11:00 AM: Historic Village Tour - a guided walk thru the property. This introductory program provides context for the Shakers and the history of Pleasant Hill. Guests will discover how the Shakers' beliefs influenced their community, and how concepts such as family, equality and devotion are relevant to us today.
- 11:00: Shaker Music Program
- 11:00 AM–3:00 PM: Lunch on your own and exploring Shaker Village.
- 3:00 PM: Depart for home.
- 4:00 PM: Drop off at Southeast Christian Church.

Cost \$123 per person.

Full payment is due by August 10, 2022. The minimum number of passengers needed for this trip is 25. A full refund will be given, if this number is not reached.

Make checks payable to "Miller Transportation" and mail to 8309 National Turnpike, Louisville, KY 40214.

Branson, Missouri

October 10-14, 2022

We're on the Road Again - Our fall trip will take us to Branson, Missouri, Live Music Show Capital of the World. We will enjoy 6 musical shows. The highlight will be the "Branson First Family of Entertainment" with the Presley's Country Jubilee - the most requested show in Branson! In addition, there is plentiful shopping and dining along the beautiful waterfront of Lake Taneycomo.

Please sign up today! Cost per person is \$550 based upon double occupancy.

The minimum number of passengers needed for this trip is 35. A refund will be given if this number is not reached minus \$75 sign-up fee.

Final payment for this trip is Aug. 3, 2022.

Go to JCRTA.org for more information!

If you have any questions, please contact Martha O'Bryan at 502-426-5394 or tennisbridgemom@gmail.com

From the Desk of the Second Vice President

Pam Gooch

A big shout out to Waggener High School for having 6 retired teachers at our May General Meeting Luncheon. Congratulations! They were able to reconnect with each other, hear an inspirational speaker and stay up to date on their retirement benefits. Added advantages when you get together at our Jefferson County Retired Teacher Association meetings. Reach out to colleagues to join you at the next meeting in August. This is our special workshop meeting hosted by our state Kentucky Retired Teacher Association. It is packed full of great information. Vendor partners will also be there to answer any questions you have about your benefits.

JCRTA Membership

Marilyn Hazard

Thank you, for the renewal of your membership for this current year (2022-2023). If you know of anyone that isn't a member; please, share all the benefits of joining JCRTA. You can share that one benefit is to protect our pension! Remember, if your address or phone number changes, just send a note to TRS in Frankfort. I look forward to seeing everyone at our next luncheon in August.

Thank you,
Marilyn K. Hazard

KRTA Representative Report

Rick Tatum

The last KRTA Executive Board Meeting was held June 6, 2022 at the KRTA Office.

Tim discussed that most Districts are having their District meetings in the near future as well as the three major committees of KRTA which are Membership, Health and Insurance, and Legislative. Suggested that all Districts need to check to make sure their listing of officers for each of these positions is up to date so they can be included in the upcoming meetings.

Ed Cook reminded all Board members to insure that each District had a Volunteer of the Year nominee to represent their District so that we could recognize these people for their hard work in their communities.

Cecil Gilbert, Jr., AARP Representative thanked the Districts for their participation in the Grandparent Essay contest and encouraged all Districts to begin working early to select a nominee from their District for 2023. Also reminded the Districts that AARP can provide a variety of programs of interest to Local and District groups for their meetings. Just call AARP to get a listing of those programs.

It was also recommended and approved that KRTA renew their Communication Services Contract, Legaline Contract and Legislative Advocates contract for 2023. The Board approved renewing these contracts.

The KRTA Board also approved giving a \$1,650 scholarship to each KCTC site from the N.O. Kimbler Fund for 2022-23.

The Membership Committee is establishing a new category for those who have been retired for 10 or more years and have never joined KRTA. This will lessen the impact on Membership numbers for each District of those retirees who have never joined the organization. Current membership numbers, as of the meeting date, are 31,636.

It was decided by the Board to leave it up to each District to determine if they wanted to invite political candidates to their fall workshops. Tim also reported that all District Workshops but two had been finalized for this fall.

The Board also approved the current Treasurer’s Report and the 2022-23 Tentative Budget for KRTA.

The Board recessed for an Executive session in which they evaluated the performance of the KRTA Executive Director. The evaluation comments were very positive and the board members were well pleased with his performance.

President Kelley called the Board Members back into session and reviewed the evaluations from the spring KRTA Conference. The evaluations were positive, helpful, and will assist the Board in planning next year’s conference.

Rick Tatum
KRTA REPRESENTATIVE

Congratulations 2022 Retirees!!!

April

ELAINE M ETTER
MARTHA K LAFFERTY

May

NELDA MARIE C HARPER
DEBRA B HAWKINS
DAVID J MIKE
CHERYL A NELSON
CHERYL K NEWBERN
ROSEMARIE F PANTESS
ANN C ROBERTS
CHRISTINE F SIEBERT

June

DIANE E ASHBY
ELIZABETH J BILLER
KAMALA H COMBS
ROLANDAN L FINCH
RITCH FYFFE
ELEANOR F HAWKINS
HEIDI G HEISS
MICHAEL T NEUTZ
LEIGH M ONEAL
LISA Y PARROTT
DORIS V PENDLETON
ROBERT D ROYAR JR
MARY L RUMSEY
DONNA R SHAKE
DONNA K SMITH
TIMOTHY W SPRINGER
TANYA L STAMPER
DENNIS B WACHTER

We celebrate your retirement by inviting you to be our guest for lunch on Friday, August 26, 2022. Be sure to send in your special invitation to Pam Gooch, 13804 High Trail Court, Louisville, KY 40299.

JCRTA Scholarship Recipients

Myra Fugate

CONTINUING EXCELLENCE IN EDUCATION

As teachers, we recognize the value of great educators. During our careers, we applauded those who were dedicated to the success of all their students, and we held out a helping hand to those who were taking the first steps into the educational field. Now, as retirees, we have the unique opportunity to extend our support for future teachers – through scholarships.

The recipients of the 2022 Jefferson County Retired Teacher Scholarships will enhance the excellence in instruction that we cherish, each one bringing special talents that will benefit many years of students.



Laksita Prasanna will be attending the University of Louisville as a mathematics major. While living in India, she participated in the highly-ranked Cambridge Curriculum, receiving top scores in mathematics and statistics. But it was not until she was enrolled in Eastern High School that

she found her true passion—teaching. Unfortunately, the majority of her high school education took place during the pandemic. However, that circumstance also provided her with an insight into her own talents. So many of her fellow students began to fall behind with on-line instruction, but Laksita, via computer, assumed the responsibility of coaching small groups of students helping to keep their mathematics skills on par. Laksita got her first glimpse of how she could change the lives of other students, and she realized her true passion, teaching.

Madison Conn will be attending Western Kentucky University as Special Education teacher. She found her life’s path at an early age through her dancing classes. Madison was the student whom the teacher always chose to help with those who just couldn’t get the right steps. With gentle and imaginative instruction, she brought those somewhat awkward little dancers into the spotlight. Madison continued to use her dancing skills by volunteering to perform for the Special Needs Benefit, nursing homes, and any venue that would bring joy to an audience, and, at the same time, strengthen her passion for the care of those who need her. At Eastern High School she received the 110% Award, the Character Award, and the Most Inspiring Award.



On May 23, 1st Vice President Sahara Myers presented the Jefferson County Retired Teachers Association Scholarships to these outstanding examples of the future of education. The passion for teaching and educational advancement will continue to endure through young educators such as these. The Jefferson County Retired Teachers Association is honored to be a part of their future careers.

New Retiree Phone Callers

Barbara Jacobs

Before every JCRTA meeting the new Jefferson County retirees from that quarter receive an invitation to attend an upcoming JCRTA general meeting. Also included with the invitation is an information sheet about JCRTA and KRTA membership. Then a group of JCRTA volunteers calls each new retiree to make sure they got the invitation, to congratulate them, to answer any questions they may have, and to encourage them to attend the meeting. This is JCRTA’s first contact with the new retirees, so it is an important step in helping new retirees become familiar with our organization.

A big thank you is given to the following volunteers who have recently been making calls to new retirees - Nancy Sheffield, Rosemarie Sprawls, Theresa Crawford, Donna Wiseman, Anne Lindauer, Joyce Redd, Eunice Payne, Bea Jones, Cynthia Sullivan, and Carol Kennedy. Your hard work is greatly appreciated!

There is always a need for more callers. If you would be interested in volunteering to be a phone caller to new retirees please email Donna Wiseman, our Community Liaison, at dwisema4@gmail.com.

Insurance Update

Lue Peabody

2022 Teachers' Retirement System (TRS) Insurance

If you hear or receive information that says, "You need more coverage!" Say, "NO!"

If you (and/or your spouse) are enrolled in the TRS Medicare Eligible Plan (MEHP), enrolling in another Medicare Advantage plan will **cost you more money** and "TERMINATE" your TRS MEHP coverage.

Your TRS MEHP is a Medicare Advantage Plan through United Health Care and Express Scripts. Other Medicare Advantage Plans are often advertised as Part C or Part D prescription drug plan. Retirees may think they are enrolling **only** in a dental and/or vision plan. Most of the time this coverage is part of another Medicare Advantage plan. For additional information or if you have questions, please call **TRS: 800-618-1687 or 502-848-8500.**

MEHP members remember to take advantage:

- HouseCalls in-home assessment reward for a VISA reward card of \$50. To find out more about this program, call **866-447-7868.**
- Annual Wellness Visit rewards is \$25. To report your completed annual physical or wellness visit, sign in or register at **medicare.uhc.com/retiree** and select the **Health & Wellness** tab. Or call **Renew Rewards Customer Service at 1-888-219-4602, TTY 711.**

KEHP members remember to take advantage:

- The Living Well program is administered through WebMD. Earn up to \$200 in rewards for well-being activities that encourage healthy behaviors. Spouses can earn \$100 in rewards.
- For questions regarding covered services, providers, or networks, call KEHP 888-581-8834.

GENERAL MEETINGS

Wildwood Country Club

Friday, August 26, 2022 10:00 AM
 Tuesday, December 6, 2022 10:00 AM

BOARD MEETINGS

KRTA Office

Tuesday, Oct. 11, 2022 10:00 AM

Registration and time to visit vendors 60 minutes prior to meeting.

Friday, August 26, 2022

Wildwood Country Club, 5000 Bardstown Road

Registration: 9:00 A.M.
 Meeting: 10:00 A.M.

Limited handicapped parking and golf-cart shuttle is available

Menu

Salad, CHICKEN ALFREDO, Rice, Stir-Fry Vegetables, Rolls and butter; Coffee, Tea, Soda; DESSERT

Meeting: Friday, August 26, 2022

Please detach this form and return it to:

Pam Gooch
13804 High Trail Court
Louisville, KY 40299



New retirees as listed in this newsletter must send in the special invitation to qualify for a free lunch.

Name: _____ Telephone No.: _____

School Table Reservation: _____

I am enclosing \$ _____ for _____ reservations at \$20 each.

E-mail _____

Reservations deadline for a meal is Friday, August 19, 2022. Make your check to JCRTA. No telephone or walk-in reservations will be accepted.