



THE CLARION

December 2020

The Newsletter for Retired Educators
Maine Education Association Retired Vol. 133, No. 2

MEA-Retired
69th Annual Meeting
and Convention
May 6, 2021

Plan now to attend

From our President



Kay Grindall

Thank you to all who attended our annual meeting in October. Your vote enabled us to complete business and issues that needed our attention for some time now.

A special thank you to our officers who met often to discuss issues and make alternate plans. A big word of appreciation goes to our affiliate presidents, vice presidents, and officers who creatively kept your county meetings going over the summer and autumn months.

You shared important information and provided opportunities for socialization in spite of Covid-19 restrictions. Many of you took advantage of our beautiful, sunny days and met outside with chairs and tables socially distanced.

Others chose to use Zoom for your summer and fall meetings. Though it is not the ideal, at least we are able to see each other and socialize a bit and learn what is happening in our affiliates.

Further, many of you found you actually enjoy the

See President, Page 2

MEA-Retired moves to Delta Dental

By Marilyn Hylan, Chairperson
Ad Hoc Healthcare Committee

Members of MEA-Retired will soon be moving to Northeast Delta Dental, America's largest and most experienced dental insurance provider. Subscribers don't have to do anything to make the transition. The existing plan information that is on

See Dental, Page 13

Pre-retirement seminars on Zoom

By Bob White
Pre-Retirement Coordinator

MEA-Retired Pre-Retirement program brought together active educators from all over the state to present information on the retirement process for more than 35 years.

My first experience was in 1989 as I prepared for retirement in 1991. For a token \$10 registration fee, we spent Saturday at the Ramada Inn in Bangor listening to various speakers who presented much information needed to initiate the retirement process. The fee included a sit-down lunch.

The 2019-2020 Pre-Retirement season began with plans to hold six statewide seminars led by Committee members Carl Bucciantini of Greene, Ed Nunery of Cumberland Foreside, and Mike Smart of Veazie.

Two seminars were held last March and then Covid-19

See Pre-Retirement, Page 11

Business, recognitions at annual meeting

By Rheba Michaud
Convention Coordinator



Rheba Michaud

The 68th annual meeting of MEA-Retired was held in a hybrid format with 57 unified members in person at the Best

Western Hotel in Waterville and on Zoom. Several guests also attended.

Members as far away as Arizona and Colorado logged into the meeting on Zoom.

President Kay Grindall called the meeting to order with only a small glitch of the

audio not being on for the Zoom people. After that, all went smoothly.

MEA President Grace Leavitt shared greetings and encouragement from MEA. She noted that business continues with many Zoom meetings around the state as well as with NEA.

Jan Cerabona of Eliot was presented with the 2020 "Honorary Membership Award." After her biography was read, we know she has been involved at the local, state, and national levels for many programs.

At the national level in 2014, she participated in the "Outreach to Teach" project which combined efforts of students with active retired

teachers.

This national program resembles our statewide Day of Caring program she initi-



(L to R): Jan Cerabona of Eliot was presented with the 2020 MEA-Retired Honorary Membership Award by President Kay Grindall.

ated in 2010 in Maine. For ten years Jan has been the driving force encouraging all affiliates to do a Day of Caring for their region.

She received the 2019

See Annual Meeting, Page 10

Happy New Year!



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Legislative Update



By Crystal Ward
Legislative Liaison



Holiday greetings to MEA-Retired.

It's November 11, 2020. The national election is over and counting the legal ballots is the lingering monumental task.

Each state has its own voting laws and regulations. The timetables for counting and certifying elections in each state can be different. Several states have absentee, mail in, military, and provisional ballots to count.

These ballots can take a longtime to process. No state election officials have reported widespread voter fraud, including Maine.

Have you wondered how on **one ballot** the votes for senators, representatives, and local candidates are fraud-free. BUT on the same ballot the votes for the president and vice president are filled with widespread voter fraud and inconsistencies??

Think about it. We will

inaugurate a president and vice president at noon on January 20, 2021. In Maine, there is a Democratic majority in the Senate and House.

In Washington, the U.S. House is a Democrat majority. The U.S. Senate is unknown, because there will be two U.S. Senate seats in a run-off election in Georgia in January. Work continues on the Heroes Act to determine a new coronavirus aid bill. Hopefully, there will be aid to states, or the Maine State Budget will have a giant monetary hole.

The U.S. Supreme Court heard a suit to remove the Affordable Care Act (ACA) which would adversely impact over 120,000 Mainers healthcare Insurance. No

more bills to report because there will be a new (130th) Maine Legislature in December and in Washington in January.

A major concern will be protecting MainePERS pension, maintaining health insurance, advocating for earned Social Security benefits, Medicare, Medicaid, Social Security Offset and education.

Please wear a mask and/or shield, wash hands often during the day, and practice self-distancing to help control the spread of Covid-19.

Get a flu shot. They are free with Medicare. Stay inside when possible this winter and be careful walking when you have to go out. A fall can happen so quickly and without warning. Stay safe.

Board Briefings

By Gary McGrane
MEA Board of Directors

The MEA Board members were encouraged to become involved in the election process and to be sure to vote!

Aside from these efforts I have been making personal contacts with other educators around the country via text. More than 240 participated in this NEA event and we made over 500,000 text messages in real time. Basics were to have respondents make a plan to

vote. We were also asked to attend Uniserv Director meetings.

The Board participated in a worldwide effort to organize public and private employees. This was a five-part interactive presentation known as "Strike School" presented by Jane McAlevy.

We were also asked to sign up for Maine Frontline/Warmline which is an opportunity to help educators in today's challenging classrooms. This Maine Education Support Program is a six-hour, completely voluntary, training to equip us to provide Psychological First Aid (PFA) to active educators.

We can refer them during a crisis with a Check-In (six days a week) with a team of professional healthcare providers. Retired educators around the state are invited to become involved. See the article on Page 3 of the October *Clarion*.

Most recently, I attended a demonstration in Portland advocating for fair health insurance coverage as promised by the University of Maine System. During

Finally, as you recall, at the MEA-Retired September Board meeting, I distributed letters and nomination forms to our affiliate leaders asking them to nominate candidates

for our annual Leadership Awards. Please take time to speak with your leadership team to nominate someone from your affiliate to be recognized at our annual meeting and convention in May. Please send the nomination form, a biography, and photo by December 1.

President, from Page 1

convenience of attending meetings in your own homes and staying connected in spite of distancing and the goal of staying safe and away from potential of spreading the virus.

Your diligence to remain active and interactive and "keep on keeping on" is truly exemplary. Thank you.

We had record-breaking attendance and participation at our Zoom pre-retirement

seminars. How amazing to learn how very quickly 100 participants had registered for each of the three sessions.

We have had a busy summer, and our fall season did not slow down one bit. Our leaders remained diligent to do whatever is possible to implement programs and activities.

Undoubtedly, the convenience of Zoom has enabled programs and events to proceed and provide meaningful connections among our

members.

Speaking of connections, many of us have not seen family or friends who live out of state for nearly a year. We know that Christmas will be very different this year. Hosting a virtual Thanksgiving and Christmas will be very interesting.

I wish you a meaningful, memorable Christmas season like no other before. We look forward to all that another new year holds for us.

Be safe and stay healthy.

The Clarion is published bimonthly by Maine Education Association Retired. Readers are encouraged to submit feature stories, news articles, notices of events and activities, and opinions of statewide interest by the tenth day of the month preceding publication. Please send to our editor.

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UMS continues to battle insurance injustices

By Jim McClymer, Ph.D.
AFUM President

“An injury to one is an injury to all”

The recent assault by the University of Maine System (UMS) on our earned benefit, retiree health insurance, reminds us all that these benefits are not benevolently gifted upon us. These benefits arose through our unions and are protected by our unions.

Yet unions, as existing separately from us, are not and never have been enough. A union is not just something you pay into, it is our collective will, we are the union.

There are many times when passive union membership is enough; but during times like these, the members need be ready to advo-

cate for the good of all.

As members of MEA-Retired, you know this. You live this.

The three MEA unions have or are about to file for arbitration on this issue. We know that scheduling and resolving an issue through arbitration is a slow process and will not occur until the new year. Other actions are pending and should be announced soon.

Please continue challenging the UMS narrative that this is welcomed by retirees. Tell members of the Board of Trustees. Tell the campus leadership, the newspapers, and our legislators.

While some retirees may see lower short-term expenses, it will not last if your healthcare needs increase. The loss of group insurance means the risks, instead of being shared by all, are now being taken on precariously by individuals.

Risks include substantially higher drug costs, restricted access to providers, higher hospitalizations, and more. When UMS initially provided a summary of the current group plan, they omitted skilled nursing home care information.

A retiree points out that our current group plan covers the first 20 days, followed by

a \$100 co-pay. Not per day, total. AON advantage plans cost well over \$100 per day after 20 days.



Jim McClymer

Still think you are getting a good deal? If the UMS/AON plan were any good, would UMS have gone to such extremes to hide the process from us and the public?

Even when this issue is settled, we need to remember that we have learned the limits of the ethics of the Board and UMS. We encourage members who have compelling stories to be prepared to share your experiences.

Election time: MEA-Retired delegates

Will you step forward . . . Please don't wait!

Maine Education Association Retired has the following delegate openings for unified members:

MEA-RA: May 22-23, 2021, Marriott Sable Oaks Hotel, South Portland

- FOUR delegate seats (3-year terms)
- FOUR alternate delegate seats (3-year terms)
- THREE alternate delegate seats (2-year terms)
- THREE alternate delegate seats (1-year term)

Application Deadline: January 21, 2021

NEA-Retired Annual Meeting: June 29-30, 2021, Denver, Colorado.

NEA-RA: July 2-6, 2021, Denver, Colorado

MEA-Retired President and President-Elect will attend as well as the following:

- FOUR delegate seats (1-year term)

Application Deadline: January 21, 2021

NEA-Retired Members for Life who are exempted from unification are not eligible to run for these positions; however, they may vote for candidates.

Notice of Intent Forms to be a candidate will be available in December on

the MEA-Retired's website at www.mearetired.org.

Interested folk may also contact Terry Gordon at MEA headquarters at tgordon@maineea.org or 1-888-622-4418, Ext. 2218. Forms will be mailed to those who request them.

Only ballots for contested elections will be mailed to MEA-Retired members in February. Unopposed candidates will be declared elected by the MEA Elections Committee.

MEA Elections information will be updated on the website in early December. Delegates and alternates to the MEA-RA will receive a notice of their status next month. If his or her term is not yet expired, they will need to respond that they will be a delegate or alternate to the 2021 MEA-RA.

Notice of RA delegate vacancies will be sent to local affiliate presidents in late December. Ballots for these elections will be due back to the MEA Augusta office by early March.



Elections conducted by MEA at the Representative Assembly this year will be for MEA President, MEA Vice President, and MEA Treasurer.

The updated deadlines and further information will be available on the MEA website—www.mea.org.

Why be a delegate to these representative assemblies? Delegates learn so much about the process of MEA and NEA lead-

ership, protocols, opportunities, and awareness of what is happening around the state of Maine as well as in our nation.

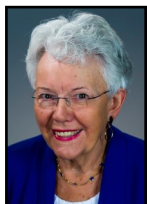
We make new friends. Invariably, we learn so much from other delegates as well.

We hear what other states are doing and how they conduct their programs; i.e., growing membership, improving communications, initiating volunteerism opportunities, providing socialization among members, and so much more!

Join our team today!

Share your Covid stories

By Sarah Borgman
NEA-Retired President



Sarah Borgman

I bring you greetings from NEA-Retired and hope you are doing well. We are looking for stories about what our retired members are doing to help others during this Covid era.

These stories can be structured in different ways:

1. We pick a theme (e.g. environmental activism or racial justice) and feature several retired members who are doing this kind of work in a significant, impactful way. What themes would be of high interest among members?

2. If there are several members doing interesting, but unrelated, things, we can do a roundup of three or four unrelated stories about member activism.

3. We profile one person who is doing something extremely innovative and interesting. It has to be really rich in order to hold a story on its own.

It shouldn't be that they organized a conference or attended an event, but that they developed a program to help others in their community or were able to make a significant difference in people's lives in some way, or similar.

We focus on larger topics that are not directly related to education, but of interest to retirees—such as the recent story on brain health. Then we interview members for the story. All ideas about topics are welcome.

Thank you in advance for your help.

Mid-Coast holds legislative candidate forum

By Molly Smith, Vice President
Mid-Coast Ret. Educators Assoc.



The Mid-Coast Retired Educators Association (MCREA) held an open forum before elections for candidates running for seats in the Maine State Legislature. The event was held on Zoom and moderated by Peg Newberg of Harpswell.

Members heard from ten candidates who shared their personal histories, political experiences, accomplishments, and aspirations. They also answered questions on a number of topics fielded by the audience.

The following candidates participated in the forum:

Holly Kopp (R) and Eloise Vitelli (D) from Senate District #23—Sagadahoc County and Dresden;

Mattie Daughtry (D) and Brad Patterson (R) from Senate District #24—Brunswick, Freeport, Harpswell, North Yarmouth, and Pownal;

Poppy Arford (D) and Fred Horch (Green Independent) from House District #49—part of Brunswick;

Joyce "Jay" McCreight (D) from House District #51—Harpswell, West Bath, and part of Brunswick;

Toni Jo Bashinsky (R) and Denise Tessler (D)—House District #54, Topsham;

Seth Berry (D) from House District #55—Bowdoin, Bowdoinham, and most of Richmond

Some of the issues discussed were of particular concern to retired educators. These included the federal issue of repealing the Social Security Windfall Provision Act (WPO) introduced in 1983 as an effort to prevent double dipping.

State, county, and municipal employees

receiving public pensions in 26 states (including Maine) are penalized by having the Social Security benefit the employee paid in reduced by two-thirds of the pension they receive upon retirement.

The repeal of the Government Pension Offset (GPO) a statutory provision in the same 26 states which affects benefits paid by the Social Security Administration. The (GPO) reduces spousal Social Security retirement benefits in situations where the spouse did not pay Social Security taxes on their employment earnings.

Both provisions can discourage individuals who have had previous careers from entering the field of education. Some educators who move to Maine having worked in states not subject to either the WPO/GPO are unaware of these penalties until their retirement.

Both of these provisions have long been considered an unfair penalty on retired employees with government pensions.

The Cost Of Living Adjustment (COLA) that is calculated in Maine at a different rate for retired educators versus retired state employees and creates a reduced benefit for educators.

The current burdens and financial impact on the state, municipalities and the active and retired educators are related to the Covid-19 Virus. There was a general consensus among candidates for the need for bi-partisanship. The focus should be doing what is right for our children and communities by reaching across party lines.

If you are a retired educator and worked in or live in the Mid-Coast area, we encourage you to join us. We are currently meeting virtually using Zoom technology and can assist you in setting that up. All you need is access to a phone, tablet or computer or telephone.

Please contact your membership chairperson, Corley Anne Byras at corleybyras@gmail.com or phone 207-213-6880.

Resolutions Committee Report

By Sue Grondin, Chairperson
Resolutions Committee

The Resolutions Committee has created a template for action items, and Pam Partridge has posted it on the MEA-Retired website. Check out mearetired.org.

This form is for the proposal of an activity to be accomplished by an individual or the MEA-Retired organization. All proposals will be reviewed by the Resolutions Committee, the Executive

Committee and the Board of Directors before presentation at the annual meeting.

Proposed changes to action items and resolutions were accepted in the business segment of our recent annual meeting held October 15. A new action item also passed.

A proposed resolutions form is posted on the MEA-Retired website for individuals, affiliates or committees

to submit a philosophical statement for consideration.

After review by the Resolutions Committee, Executive Committee, and Board of Directors the proposed resolution will be presented at the annual meeting for discussion and action. We welcome input from our members and affiliates.

The submission deadline is March 5, 2021.

Androscoggin

Androscoggin Retired Educators Association (AREA) continued its Day of Caring Backpack Project for 2020.

Changes were made to adhere to safety and Covid-19 guidelines. Backpacks were delivered to the Lewiston Superintendent's office to be distributed to all public

schools. Visitors are not allowed inside schools these days.

AREA purchased small backpacks for kindergarten students. Smaller sizes of backpacks were provided for five elementary schools and larger sizes for the high school, middle school and Impact Academy. The retired educators wanted to do

what they could to help students have a positive education experience.



Day of Caring activities impact schools statewide

Cumberland

The Cumberland County Retired Educators Association usually connects with a local school to learn how we can help a classroom or library for our Day of Caring project. Because of the restrictions and new guidelines of the pandemic, this type of project was not feasible.

We supported a local district for a number of years through the Maine Locker Project.

At each meeting, our members brought in cans of vegetables, beans, soups, chicken or tuna, pasta, rice, microwaveable meals, macaroni-cheese and granola bars.

One of our members delivered these goods to Heather Whitaker, a Gorham Middle School teacher, who was in charge of the project.

Students could then take these food products home, so that they would have something to eat over the weekend—in case parents were not home or were unable to provide meals for them over the weekend when they were not in school.

Due to the pandemic, when students were not attending school in person, the food was picked up. We decided to support this program by supplementing our Day of Caring money, and we sent a donation of \$300 to Heather for her to purchase needed food items.

She wrote a very kind response, "Your gift of \$300 is greatly appreciated, and it helped not only the children, but their families as well."

Franklin

This year members of the Franklin County Retired Educators Association (FCREA) are "caring" for the Cushing School in Wilton. This is an elementary school.

We spoke with the principal of the school to determine what his staff thinks would be the most beneficial project to help them.

In the past we have obtained math materials, or special 'stashes' of goodies for new teachers.

Acknowledging the challenges of school during the current pandemic. We asked for whatever the teachers feel might be the most useful and helpful for their classrooms. We usually deliver after school has been in session five to seven week.

Kennebec

Members of the Kennebec Retired Educators Association (KREA) gathered at the Belgrade Central School early on August 25 to assist teachers with many tasks as they prepared for the opening day of school.

The Pre-K to Grade 5 school has 20-25 teachers, specialists, and remote educators serving about 220 students—in person and remote learning.

Always mindful of the

requirements of Covid-19, we knew this would be a different experience. For example, students typically share supplies; this year, they will be given a plastic box filled with their own crayons, pencils, markers, stapler, erasers, sticky notes, scissors, highlighters, etc.

Many teaching materials for student were laminated so that they could be cleaned after each use. Teachers returned with more jobs—photocopying, collating, stapling, cutting, etc.



Members of KREA filled tote boxes with school supplies for students to start the first day of school.

Knox

Once again the Knox County Retired Educators Association (KCREA) made plans to implement their Day of Caring project. They chose to help teachers and students at the Appleton Village School.

We found out that the physical education teacher was looking for help to incorporate a disc golf course into his Life-

See Knox, Page 6

KREA invited teachers and staff to morning coffee and donuts and to lunch. As our day ended, we wished them well as they faced the new year with the changes imposed by Covid-19 guidelines.

Chena Bean of Sidney is in her ninth year teaching Grade 5. She says, "Prepping my classroom this year was a bit more overwhelming than usual. The retired educators helped with laminating, cutting, and putting name tags on binder clips for student cubbies.

"I am thankful that they gave their time to support us. The donuts and delicious lunch they provided were so great and much appreciated. Thank you!"

KREA members participating in the day's activities were Kathleen Choate, Linda Ellis, Phil & Linda Sprague, Larry Given, Marc Poulin, Marshalyn Baker, Carl Daiker, Phil Gonyar, Jeff & Karen Malnick (visiting family from Connecticut), and Kay Grindall.

Knox, from Page 5

long Activities Unit. It is a perfect activity for the year 2020.

This activity enables his students to be outdoors where physical distancing is easily accomplished.

The membership of KCREA came through, once again—above and beyond expectations. We were able to

collect \$200 worth of school supplies. The NEA grant of \$100 for our Day of Caring project supported the disc golf project. We also collected donations of \$235 to support the disc golf.

Appleton Village School students and teachers were most grateful for the assistance and supplies.

Kudos to the KCREA membership!



Teachers at the Appleton Village School gathered to accept school supplies and donations to for the disc golf program. KCREA President Bob Jean (center) presents a donation to physical education teacher.

Penobscot



Penobscot County Retired Educators Association decided to donate money to a local school. Vice President Mike Smart presented a \$200 check to Mike Arell of the music department at Veazie Community Schools. The funds will help refurbish/clean/purchase music equipment for their K-8 school music program.

Piscataquis

Members of Piscataquis County Retired Educators Association (PCREA) are pleased to participate in another annual MEA-Retired Day of Caring project in the schools in our area.

We gave \$50 to five different schools. We give the money to the school nurse, and she buys nutritious snacks for students who need them.

We know that in these difficult days of Covid-19, many families are in need of food and more students than ever come to school hungry.



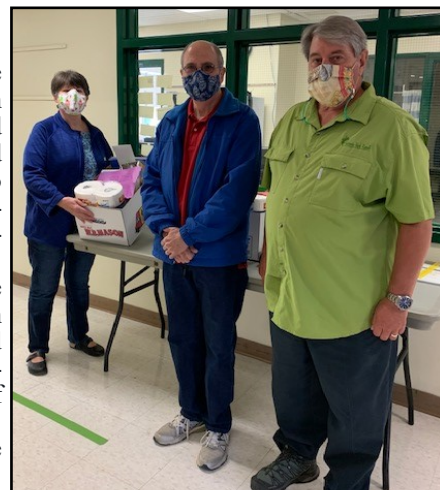
(L to R): Courtney Arcaro, school nurse of SeDoMoCha School, received a check from PCREA President Rheba Michaud to provide snacks for hungry students.

Somerset

Members of the Somerset Education Association Retired (SEAR) collected monetary donations to purchase school supplies for Canaan Elementary School.

The supplies were purchased by Joan Laney, treasurer, and Anna Wilber, secretary. Three boxes of supplies—pencils, crayons, markers, glue sticks, etc.

President Pam Partridge, Vice President Ron Wilber and Anna Wilber delivered the school supplies and a check or \$100 for the school library.



Somerset Education Association Retired members Anna and Ron Wilber present school supplies and a monetary donation to Canaan Elementary School Principal Steve Swindells on the right. The donations are the annual Day of Caring project.

Washington



Members of the Washington County Retired Educators Association met at the Blue Bird Restaurant in Machias to prepare deliveries of supplies to local schools. (L to R): Barbara Maloy, Ruth Chaffey, Nancy Willey, Hazel Hammond, Gwen Strout, and Dawn Noonan. (Betsy Fitzgerald took photo.)

Retired special education teacher, Vicki Amoroso of Rumford, has sewn over 500 masks for friends, family, and more recently for students at Rumford Elementary School (RES) in RSU 10.

In March, she began making masks for her immediate family as the state set up guidelines for the citizens of Maine.

Finding a variety of cloth designs she liked, Vicki decided to make masks for special occasions like Fourth of July or for family members who had a particular interest golfing, fishing, and going to the beach.

Fans of the Red Sox and Patriots received masks. Vicki found Green Bay Packer material and sent masks to her relatives in Wisconsin and Michigan. She donated Red Sox and Democratic Party patriotic masks to the Oxford County Democratic Party to help raise money.

As summer ended and a return to school meant masks for everyone, Vicki connected with her elementary school principal and secretary. She made and donated masks for all Pre-K to Grade 4 students and staff—including kitchen and custodial personnel.

Most recently, she made Halloween masks for everyone to wear during their Halloween activity day on Friday, October 30. Also, Vicki has been making masks for her great granddaughter's teacher and classmates at the Dirigo Elementary School in RSU56.

Vicki says, "I flew home from Fort Myers, Florida, on February 27, and I saw only one person wearing a mask. This was because the seriousness of Covid-19 was just being brought to our attention in the news. "Once it became apparent that wearing masks would be

a major factor in stopping the spread of the virus, I decided to dust off my 50-year-old sewing machine and get busy!"

Her masks are double-layered cotton with a slit in the back to insert a filter, and a metal nose strip for a close fit. She chooses a variety of fabrics and colored elastic to make the masks more attractive.

She refers to her mask themes as "collections." So far, she has made around 500—probably more.

She mentions that most children likely have at least one mask because they are required to have one on in order to go to school, her donation allows students to have an extra mask available. This way they can stay safe while socially distancing during school hours.

She feels very "fortunate to be retired and have the time to sew. She said, "We

"Covid Comfort" keeps on giving

By Sue Grondin, Chairperson
Resolutions Committee

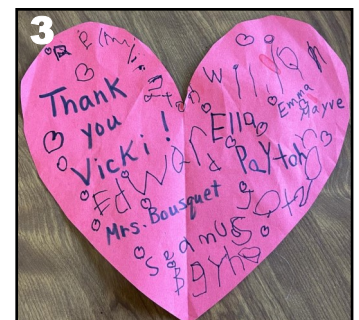
all support each other in different ways, and this is my way of helping out my school and the teachers and staff who are working so hard to provide instruction—in person and virtually in safe environments."

She plans to make some for Christmas stocking stuffers and hopes "I won't have to make an Easter collection. But only time will tell!"

Another very busy MEA-Retired educator stepping up in these tough times to show support for their community and schools—where our hearts remain long after we retire.

Thank you Vicki!

(1) Stephanie Dowland, Samantha Perron, and Kayla Coulombe, Grade 3 teachers at Rumford Elementary School, sport their new masks. (2) Kindergartener Peyton is Vicki's granddaughter and chose a Halloween mask. (3) Kindergarten students sent a special "Thank you" note to Vicki.



York

Members of the York County Retired Educators Association (YCREA) participated in the Day of Caring, a statewide school and community service project sponsored annually by MEA-Retired.

YCREA donated school supplies and a gift of money to the Biddeford Intermediate School. They send special thanks for the support of Staples Store in Newington, New Hampshire, as they donated items for this annual school project.



York County Retired Educators Association member Bill Soucy presents school supplies to a faithful worker at Biddeford Intermediate School. The donations are part of YCREA annual Day of Caring project.

Volunteer!



SMILE
"Seniors Make It
Look Easy"



By Lucy Bisson, Lewiston

Having spent four years at Rivier College in Nashua, New Hampshire, Anita Denis wondered what she would do after graduation: What shall I do now with my history and French degrees?

Teach, of course.

As it so happened, the superintendent of Tiverton Schools in Rhode Island was looking for a teacher with just such credentials! Thus, a



Anita loved teaching a variety of social studies courses to high school students at the Seoul Foreign School in South Korea.

long, exciting, and varied teaching career was born.

Anita has always had a taste for political affairs. From the beginning of her career, she has tried to instill in her students the love and responsibility of “being involved.”

While in Tiverton, Rhode Island, she introduced the “Model Legislature” program. This education project strives to assist students in connecting classroom learning to real-

world knowledge of how our government process works..

The educational simulations of the legislative process are unique experiences for students to interact on the function and issues facing our federal, state and local governments.

While implementing this program in her school, she became involved with the statewide program and learned how to prepare students and coordinate student-led conferences.

Soon Anita became bored with the humdrum of curricula and duties required of a teacher in Tiverton. Wanting to spread her wings and explore the world beyond our borders, Anita started by traveling to Europe for the first time..

She decided to investigate becoming an educator in another country. This way she could combine her love of international travel and her love of teaching and sharing her knowledge with young people in foreign countries.

A letter to her Congressman brought her information she needed about the International Schools Services. This organization finds placements for American teachers in overseas classrooms.

So, in 1973, she learned of a teaching position at the American School of Tarbela, Pakistan. She would be teaching social studies and French.

While on her second overseas assignment in Lisbon, Portugal, Anita found her “home.” She discovered that she loved everything about living in Portugal. She found friends who became “family”, a lifestyle that she could embrace wholeheartedly and enjoy the comforts she found.

Anita learned the Portuguese language and after having returned again and again, she purchased an apartment in 1987. Since

that time, she has spent as much time there as possible. Since her retirement, she has wintered in Portugal with her feline friend, Mickey.

While teaching in Portugal, Anita began working with the Model United Nations (MUN) and escorted students from her school to the MUN in The Hague, Netherlands.

She continued her in-



(L to R) Mr. Joao Cambao, Anita, Ida Coutinho, and Adelina Cambao have been friends in Portugal for over 30 years, Joao manages her apartment when she is not there.

volvement with MUN when she went to teach in Ethiopia. She implemented local MUN programs for the Addis Ababa foreign schools there.

Soon, she was hired by the International School of Kenya to bring this program to students in Nairobi. For nine years she ran the East African MUN program which expanded to 15 schools at the UN headquarters in Nairobi.

The objective of this program was to train students to be leaders in the four-day program in which they imitated the work of the United

Nations as representatives of countries.

Anita still stays in contact with one of her first students in the program in Nairobi who has been working in the Department of State since his graduation from Georgetown University.

She continued to work with this program at other schools in Kuwait, Bahrain, and Seoul, South Korea, until

she retired.

Anita remains active in the Lewiston area exercising at the YWCA pool several times a week. She travels to various parts of the world with friends and retired educator colleagues in the Lewiston-Auburn Senior College program.

During “pre-Covid,” Anita was also very involved with the Lewiston Senior Citizens participating in many of their activities, programs, and trips. She hopes to resume her international travels once Covid-19 is under control. She still has her apartment in Portugal.



Anita and her teaching colleague took a group of students to attend the Model United Nations conference held at the International School of Beijing in China. They visited the Great Wall while there.

First grade educator Rebecca Cole of Windham is the newly appointed member to the National Education Association (NEA) Board of Directors representing all educators in Maine—active and retired. She was elected to the three-year term by the delegates at the 2020 MEA-RA in May.

Rebecca is the president of the Sebago East Shore Educators Association and serves on the MEA Board of Directors. She has also been a delegate to MEA-RA and NEA-RA.

The NEA Director serves as a liaison between MEA



Rebecca represented MEA at the 2019 RA in Houston and shared a moment with former NEA President Lily Eskelsen-Garcia.

Board of Directors and the NEA Board of Directors. They create the budget, shape positions on policies and procedures, and guide aspects of the NEA-RA.

Rebecca has been a very energetic, enthusiastic, well-respected teacher while main-

taining a strong commitment to being a voice for students and educators through her roles in her local association and at MEA.

A former colleague and administrator, Caroline McCormack, describes Rebecca as “a teacher passionate about student success who embodies all the qualities that make an exceptional educator—including a positive, nurturing spirit and a commitment to best practices that help both students and fellow educators succeed.”

Jani Cummings worked with Rebecca and serves on the Board of Education. She says, “When we both taught first grade and had to make an uneasy dance of collaborating, consolidating from two towns into one district, Rebecca was generous with her time, ideas, and passions that when you come to her empty, you leave filled up.”

She also said, “Rebecca’s support of all teachers is legendary. She has been a determined guardian of the contract to ensure all parties adhere to its terms.”

Rebecca chose teaching because “I was fortunate to have many marvelous teachers—especially during my years in primary school. The community the teachers created in the classroom, their love and care for every student, and the ways they cele-

brated events important to young children made this path very appealing.

She continued, “I was (and am) a voracious reader, and I remember my kindergarten teacher, Adrienne (Gallant) Dunn asking me to read a Thornton W. Burgess book to another child who was not yet reading. I loved feeling that I was helping my friend, and I still feel that same joy when one of my students makes those connections and discovers they, too, are readers.”

Her daughter Emma is in her third year teaching high school biology. She and her twin sister have been wonderful teachers—assisting in their Mom’s first-grade classroom and helping their younger brother with homework.

She says, “They may not have been professional educators, but I have to say that my grandparents were all wonderful teachers. My paternal grandfather was the pastor of the Newry church. He was gentle and kind, deeply devoted to his family, with a quiet, clever sense of humor.

“My grandmother always put family first, making every event special and memorable with music, food, and special handmade gifts. My maternal grandparents taught all of us to appreciate life’s

Meet our NEA Board member

By Beth Guy
Cumberland Cty. Ret. Educ. Assoc.

small moments and that any job—no matter how big, small, or unpleasant—must be done with integrity.

My involvement with the Association began somewhat by default, when a retiring building rep came to my room, deposited a pile of materials on my desk, and said, “You have to do this!” Later, I became vice president and am now in my third term as our local president. She says, “Advocating for every single person in our education communities, from the classroom level to nationally and even globally, will always be my passion and motivation.”

The focus on advocacy has led to her role as one of five facilitators here in Maine for NEA’s “Leaders for Just Schools” curriculum. They work closely with colleagues from all over the country in promoting social and racial justice, as well as meeting with local districts and discussing equity issues in schools.

2021 Convention Booklet Deadlines

February 1: Leadership Award Bios & Photos

March 1: MEA-Retired Officers and Committee Chairs Reports

April 1: Necrology Reports

Necrology Note: Names of all deceased educators who contribute to the education of students—bus drivers, custodians, cooks, secretaries, coaches para professionals, teachers, principals, superintendents

April 1, 2020, thru March 31, 2021

Please send to kay_grindall@yahoo.com.
Mail to 23 Hilltop Drive Oakland 04963



If you are a member of MEA, MEA-Retired, and NEA-Retired, for just \$5 or \$10 per year you can also be a member of your county affiliate!

Call Lisa Collins at 207-888-3856

Annual Meeting, from Page 1

Excellence in Volunteer Leadership Administration as part of the Governor's Award for Service and Volunteerism Program.

Jan has a winning smile and a caring attitude. She goes the extra mile for service for many people and projects. Congratulations to this amazing lady for all her dedications to the students and professionals of Maine!

A memorial ceremony recognizing all deceased members of the retired education community was presented by Immediate Past President Corley Anne Byras.

She especially remembered and read short bios of former MEA-Retired President Tom Moore of Bingham and former NEA-Retired President Tom Curran of Raymond, as they both passed during this year. She lit candles for all deceased retirees and presented a white rose for each.

She also honored our active teachers who are dealing with unprecedented challenges in today's classrooms.

Susan Grondin of Lewiston, chair of the Resolutions Committee, presented the action and philosophical items for a vote. After minimal discussion, they were passed.

Next, Phil Gonyar presented the amendments to bylaws for a vote.

The meeting was very organized and adjourned early. The in-person group gladly visited with colleagues and friends while waiting for lunch with their masks on.

Pam Partridge of North Anson was registrar and her flexibility in recording changes in attendance plans right up to the day before the meeting was amazing.

We appreciate the work and attention of Larry Given of Litchfield, our "Zoom Monitor," and Marc Poulin of Skowhegan, our "Room Monitor." The men were helpful in counting votes and maintaining connections.

Retired educator Lorraine Bowdoin of Winslow is a unified member and Kennebec Retired Educators Association as well. She

attended the annual meeting.

She said, "I was very impressed at how well the hybrid meeting was conducted. Obviously, much time was spent to ensure the meeting would run smoothly to connect those on Zoom with those in the room. I am so pleased to see that MEA-Retired continues to conduct business in spite of restrictions."

Lorraine also commended hotel staff member, Liane Hatch. She commented, "Liane very graciously accommodated our every request. In fact, I sat and talked with a friend for some

time during and after lunch. We were invited to 'relax, finish your lunch, and stay as long as you would like.'"

Mary Ayers of Strasburg, Colorado, and Caribou attended the meeting via Zoom. She commented on her virtual experience: "It was wonderful to be able to participate virtually in the MEA-Retired annual meeting. Since moving away from Maine about two years ago, I have missed the camaraderie that I experienced over the years at the annual gatherings in Augusta. What a terrific way for me to be actively engaged with my MEA-Retired fellow members!"

Plans are progressing well for our 69th annual meeting to be held on May 6, 2021. Plan to join us. More information will be included in the February *Clarion*.



(1) Immediate Past President Corley Anne Byras of Augusta conducted a memorial service recognizing retired educators who were deceased during the past year. (2) Many of our members and guests chose to join the annual meeting on Zoom. (3) Parliamentarian Phil Gonyar of Waterville introduced some revisions to our bylaws that required votes.



Sam's Club Updates

Membership Category	New Card	Renewal of Card
PLUS (\$100)	\$10 gift card \$20 off the first purchase of \$40 or more	Free chicken
BASIC (\$45)	\$25 gift card	No rewards



Now that election season is in the rearview mirror, AARP Maine is enhancing its efforts to help keep members safe and informed. Work is well underway on the 2020 - 2021 "State Issues" platform, which will inform the legislative and outreach work.

In-person AARP events have been canceled nationally through the end of 2020. However, even though in-person events are not possible, there are still many ways to connect!

Planning has begun to expand the virtual offerings already provided to help community members stay connected and involved. For a complete

listing of virtual events visit this very informative website: <https://states.aarp.org/maine/join-us-for-our-free-upcoming-events>.

The world is rallying to combat the spread of COVID-19. People are looking for guidance to better protect themselves. But lurking in the shadows are scammers seeking to take advantage of this opportunity to steal money or sensitive personal information.

Know there is currently no vaccine, treatment or cure for the disease caused by the coronavirus. Hence, any claim of such a claim is fraudulent.

Consider products that claim they protect against coronavirus to be dubious at best. Carefully scrutinize any new investment opportunity related to a vaccine or cure. Maintain a critical eye and ear to someone who is trying to dupe you into buying something that is not secure or legal or in existence.

Your best bet is to stay up to date with new information and guidance through local, state and federal government sources. Let me remind you that all legitimate, bona fide government emails and websites end in ".gov." <https://states.aarp.org/maine/scams-covid-19>.

Stay in touch with family

AARP is always watching out for our seniors

By Carl Bucciantini, AARP Liaison

and friends especially during the holiday season. Join a local senior group.

AARP Maine is looking forward to continuing its advocacy on behalf of the 50+ community in 2021.



Pre-Retirement, from Page 1

struck! As you well know, life drastically changed; and seminars in Skowhegan, Auburn and Ellsworth were cancelled.

To accommodate those who had registered for these three cancelled seminars, Erin Noyes and Lisa Collins of the MEA offices in Augusta and Caribou, respectively, sent the information packets.

Realizing that relaxing the Covid-19 restrictions was not in the foreseeable future, we faced a daunting task of switching the face-to-face program to a virtual venue.

We held a Zoom planning meeting with our planning committee, MEA personnel, and our presenters, to plan three statewide sessions in the fall and three in the spring. Each session would be delivered in two consecutive evenings from 5 - 6:15 p.m.

Carl Bucciantini hosted the first meeting which opened with a welcome by Kay on behalf of MEA-Retired. David Jones presented the MainePERS segment.

The second meeting on the next evening was hosted by Ed Nunery who presented materials in the packet the

participants received in the mail. Sharon Beaulieu presented information on the MEA Benefits Trust and the insurance program. An agent from Horace Mann made a short presentation on the WEP/GPO Social Security program.

The dates of the spring sessions will be announced in *The Maine Educator* and in email messages from MEA.

Copies of documents relating to each session were mailed to registrants so they could follow along with the presenters. The host handled questions submitted in the chat box and passed them on to the speakers at opportune times.

Recording the sessions was not allowed under current MEA governance policies.

Carl Bucciantini composed an online survey to which participants responded. The feedback was very positive and some excellent suggestions were given that we were able to implement immediately to help make the evenings more productive.

Heidi Corliss, a RSU22 Choral Music teacher wrote,

"If you are considering retirement in the next five years, this program gives an incredible amount of information."

George Shabo teaches music in Grades 3 through 8 in Old Orchard Beach. He said, "Thank you, MainePERS! You made me feel as though I mattered!"

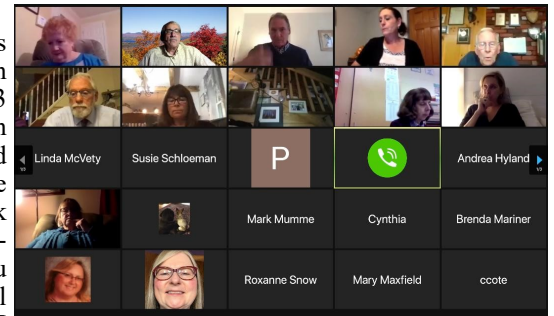
Overall, the program was well received. The chat box was very convenient to relay questions to the speaker who answered to the satisfaction of the participants.

Lori Littlefield, a K-5 teacher in Gorham, described her experience in these sessions: "Informative, great pace, balance of new information, and questions answered. Thank you!!"

As Chair of the Pre-Retirement Committee, I thank everyone for the work they did, their thoughtful suggestions and their commitment to meet the challenges inflicted on us by

Covid-19. You responded and enabled the new online platform to work so well.

Happy New Year!!



Attendees joined a pre-retirement session on Zoom.

MEA-Retired is here for you!

Executive Committee Meeting
December 7, 2020, 9:30 a.m.
Zoom Online Venue

Executive Committee Meeting
March 1, 2021, 9:30 a.m.
Best Western Hotel, Waterville
and Zoom Online Venue

Board of Directors Meeting
April 5, 2021, 9:30 a.m.
Best Western Hotel, Waterville
and Zoom Online Venue

Questions? Suggestions?
Please contact us today!

MEA-Retired members remain active

By Jan Cerabona, Chairperson
Community Participation Committee

Given the divisive and distancing circumstances of the past six months, I am amazed and excited to report that all counties have turned in their reports of volunteer hours.

Obviously, our retired educators continue to give back to their communities and schools. I am sure part of this is the need to get out, socialize, and give time and talent to others in need.

A total of 69,294 volunteer hours have been reported for this year—from April 1, 2019, thru March 31, 2020. (We know that this is not the actual number; many people volunteered and did not report or did not record all their hours.)

The current monetary wage rate of the volunteer hours is published by *Independent Sector* in April. I found that the comparable national hourly rate was \$25.93 and the State of Maine rate of hourly wages was reported at \$23.62.

With that understanding of computations, our members provided service to

the equivalent of \$1,636,744.28 to the residents of Maine and \$1,796,793.42 on a national basis.

As always and more important than ever, our members volunteer to help others and make a difference wherever possible. They work diligently every day and with a S.M.I.L.E.—“Seniors Make It Look Easy.”

Instead of a paycheck, our faithful retired educators are remunerated with a heartwarming “Thank you.” Or a smile of appreciation. Or a thumbs up indicating “You made a huge difference in my life! Thank you!”

Members recognized for volunteerism are as follows: Jackie Strong, Androscoggin; Robin Barker, Aroostook; Mary Wescott, Cumberland; Margaret Huff, Franklin; Deb Holmes, Hancock; Larry Given, Kennebec; Jennier Woodward, Knox; Karen Obryan, Mid-Coast; John Kimball, Oxford; Judith Frost Gillis, Penobscot; Carolyn Williams, Pisco-

taquis; June Nickerson-Hovey, Somerset; David Smith, Waldo; Mary Alice Look, Washington; and Nick Cerabona, York.

We all know that in order to help others, we must be sure we take care of ourselves as well. This is becoming more important every day and I am noticing that every year we are seeing increases in the numbers of exercise hours being reported. Franklin County reported the highest percentage (75 percent) of members turning in their exercise hours.

Members recognized for exercise hours are as follows: Barbara Jabaut, Androscoggin; Helen McConnell, Aroostook; Luch DeRoche, Cumberland; Pat LaVerdiere, Franklin; Deb Holmes, Hancock; Larry Given, Kennebec; Beth Chamberlin, Knox; Ellen Durgin, Mid-Coast; Ethel LaCourse, Oxford; Lynne Carlisle, Penobscot; Nancy Grant, Piscataquis; Ron LaFratta, Somerset; David Smith, Waldo; Gwen Strout, Washington; and Joseph Yuhas, York.

Spread the Word! Buy yours today!

Great gifts for retired friends, auction items, Christmas, birthdays!

Maine Educator



Retired



Long-sleeved Denim Shirts @ \$35
Navy Blue Hats @ \$13
Red, Iris Blue Tee Shirts @ \$21
Red, Ultramarine Golf Shirts @ \$29
Sizes: S, M, L
Sizes XL & XXL: Add \$2
Sizes XXXL & XXXXL: Add \$4
Lapel Pins @ \$10

Name _____ Email _____

Mailing Address _____ City _____ State _____

Zip _____ Tel. _____ Affiliate _____

Qty.	Item	Size	Color	Unit Price	Total Cost
	Sizes XL, XXL: Add \$2 Sizes XXXL, XXXXL: Add \$4				
	Total Remittance				

Questions? Contact Rena Kearney at rkearney@ainop.com or 207-429-9041.

Prices include tax and postage/handling.

Make checks payable to MEA-Retired and mail to Rena Kearney, PO Box 377, Mars Hill, ME 04758.

(Items produced by Cushman's Embroidery, Presque Isle, ME)

Delta Dental, from Page 1

record will be easily transferred directly to Delta Dental.

There are two exceptions to the automatic transfer: (1) Those members wishing to make a change to their existing dental plan, or (2) members wishing to enroll in the dental plan for the first time. The appropriate forms will be available in the coming weeks.

Northeast Delta Dental is a local company doing business in Maine. Subscribers will have access to the largest network of local dentists.

Further-
more to
ensure
members
have the
most choices,
the dental
benefits



Northeast Delta Dental

plan includes enhanced network offerings with access to both Northeast Delta Dental's large premier network as well as the PPO network.

We all agree that science continues to show the strong connection between good oral health and overall health. MEA-Retired also selected Northeast Delta Dental due to their enhanced benefit pack-

age which includes the "Health through Oral Wellness®" program.

HOW®, for short, is a unique wellness program that is focused on each person's unique oral health needs. Using their clinical risk assessment tool, if your dentist determines you are at risk for either gum disease or cavities, you can qualify for extra preventive benefits available through this plan.

This is important, as over 90 percent of systemic diseases have characteristics found in and around the mouth that can be detected during an oral exam. By adding choice and flexibility, MEA-Retired hopes to make it even easier for you to maintain good oral health and protect that important smile!

See Pages 14 and 15 for more details of this dental plan—including the costs at the bottom of Page 15. If you have questions, do not hesitate to contact our MEA liaison, Lisa Collins, at 207-888-3856.



Happy Birthday, Maine!

Chickadees and whoopee pies...
Dense white fog and cobalt skies...
Skiing down black diamond trails...
Or on the bay with wind and sails.

Stately pines and rugged rocks...
Old Bean boots with thick wool socks...
The calls of loons on a summer night...
Silent snow when the world turns white.

Blueberry fields in the summer sun...
Weirs on the creeks where the alewives run...
Lobsters and clams on a beach with a fire...
Soaring eagles that circle higher.

Added together it's a state of mind—
It's a state of perfection...and I think you'll find
That though life is simple, it's never plain—
It's the way it should be...
Happy Birthday, Maine!

By Sue Shaw
Hancock County Retired Educators Association

Membership, from Page 16

Retired Membership Chair for several years before Paul took over that statewide position. She was chair of the AREA Membership Committee for many years.

She organized a team of letter writers and phone callers who were able to recruit over 500 retirees to join AREA and stay enrolled.

Like good health, strong membership requires ongoing, enthusiastic action. We cannot take it for granted. With the holidays coming, consider giving a gift of membership to a retired friend. Offer to pay his or her dues for a year. You will soon see that when they enjoy all the benefits of belonging they will

renew year after year.

As a member they would enjoy the opportunity to access health and dental insurance benefits, participate in organized volunteer opportunities, to socialize at lunches. Additionally, members can save money by taking advantage of discounts offered by businesses to members.

My wish to all of you is that you stay well, especially in these challenging times of restrictions of Covid-19. We will all be creative as we anticipate celebrating the holidays with masks and distancing. Stay safe and healthy.

Happy Holidays!



Paul and Leola Bouchard of Fort Kent are pictured at our 2016 state convention when Paul was presented with the 2016 Honorary Membership Award. They have served in many capacities in AREA and in MEA-Retired where Paul was a former president. They were membership co-chairs and implemented initiatives that significantly increased membership in Aroostook as well as statewide.

Here are some Important Reasons to Smile...

IMPORTANT ANNOUNCEMENT: Beginning February 1, 2021, MEA-Retired will partner with Northeast Delta Dental to offer our members important dental benefits, including access to Northeast Delta Dental's "Cadillac" network platform: "Delta Dental PPO Plus Premier"!



Who's Smiling Now? We Sure Hope it is YOU!

MEA-Retired has chosen to offer dental benefits through Northeast Delta Dental, not only because they are America's largest and most experienced dental insurance provider, but also, as a local company doing business in Maine, you will have access to the largest network of local dentists. And, to ensure you have the most choice, your dental benefits plan includes enhanced network offerings with access to both Northeast Delta Dental's large premier network as well as the PPO network.

PROTECT YOUR SMILE POWER!

With science continuing to show the strong connection between good oral health and overall health, MEA-Retired also selected Northeast Delta Dental due to their enhanced benefit package which includes the Health *through* Oral Wellness® program. HOW®, for short, is a unique wellness program that is focused on each person's unique oral health needs. Using their clinical risk assessment tool, if your dentist determines you are at risk for either gum disease or cavities, you can qualify for extra preventive benefits. This is important, as over 90% of systemic diseases have characteristics found in and around the mouth that can be detected during an oral exam. By adding choice and flexibility, MEA-Retired hopes to make it even easier for you to maintain good oral health and protect that important smile!

SOME ADDITIONAL EXCITING PLAN HIGHLIGHTS*

- No Waiting Periods for coverage
- Annual dental max increased to \$1,350 for all members; "Double-Up Max" benefit enables members to double annual max to \$2,700*
- Diagnostic & Preventive covered at 100% with NO deductible
 - Includes your cleaning, exams, and X-rays
- Basic and Major Restorative benefits included*
 - New: dental implant coverage included
- Access to the largest network of providers both locally and nationally through the Delta Dental Premier® and Delta Dental PPO™ networks
 - 83% of dentists in Maine and 80% of dentists nationally participate in Delta Dental's network

*Please read your Outline of Coverage for more details.



Outline of Coverage Delta Dental PPO Plus Premier Network

MEA - Retired
Group Number: 63266



Northeast Delta Dental

Read Your Dental Plan Description Carefully—This Outline of Coverage provides a very brief description of the important features of your dental benefits plan. This is not the insurance contract, and only the actual policy provisions will control. The Dental Plan Description itself sets forth in detail the rights and obligations of both you and your insurance company. It is therefore important that you READ YOUR Dental Plan Description CAREFULLY! Not all time limitations and exclusions are shown herein. Benefit percentages shown are based on the actual charges submitted up to the Maximum Allowable Charge for participating dentists, or Delta Dental's allowance for non-participating dentists.

Office Visit Copayment: N/A			
Diagnostic / Preventive (Coverage A)	Basic Restorative (Coverage B)	Major Restorative (Coverage C)	
<p>No Deductible</p> <p>DIAGNOSTIC: Evaluations twice in a 12-month period; this includes periodic, limited, problem-focused, and comprehensive evaluations.</p> <p>X-rays (complete series or panoramic film) once in a 5-year period</p> <p>Bitewing x-rays once in a 12-month period</p> <p>X-rays of individual teeth as necessary</p> <p>Brush biopsy once in a 12-month period</p> <p>PREVENTIVE: Two cleanings in a 12-month period</p> <p>Fluoride once in a 12-month period to age 19</p> <p>Space maintainers to age 16</p> <p>Sealant application to permanent molars, once in a 3-year period per tooth, for children to age 19</p> <p><i>Note: Expenses incurred for covered Diagnostic and Preventive services do accrue to your annual maximum.</i></p>	<p>RESTORATIVE: Amalgam (silver) fillings; Resin restorations</p> <p>ORAL SURGERY: Surgical and routine extractions</p> <p>ENDODONTICS: Root canal therapy</p> <p>PERIODONTICS: Periodontal maintenance (cleaning)</p> <p>Note: Cleanings are limited to two in a 12-month period; these may be routine (Coverage A) or periodontal (Coverage B), or a combination of both.</p> <p>Treatment of gum disease</p> <p>Clinical crown lengthening once per tooth per lifetime</p> <p>DENTURE REPAIR: Repair of a removable denture to its original condition</p> <p>EMERGENCY PALLIATIVE TREATMENT</p>	<p>PROSTHODONTICS: Removable and fixed partial dentures (bridge); complete dentures</p> <p>Rebase and reline (dentures)</p> <p>Crowns</p> <p>Onlays</p> <p>Implants</p>	<p>Calendar Year Deductible per Person/Family: \$50/\$150</p>
<p>Delta Dental Pays: 100% No Waiting Period</p>	<p>Delta Dental Pays: 60% No Waiting Period</p>	<p>Delta Dental Pays: 50% No Waiting Period</p>	<p>Calendar Year Maximum: \$1,350 up to \$2,700 per Person with Double-Up MaxSM Health through Oral WellnessSM program included (please see reverse for details)</p>

Monthly Rates: Retiree = \$51.98, Retiree + 1 = \$88.55, Retiree + 2 or more = \$139.43

OOC 010120



Membership Matters: “Walk the walk”

By Ben Paradis, MEA-Retired Membership Chairperson
Aroostook Retired Educators Association



The ground crackled under my feet as I walked across the U.S. Post Office parking lot on a cold November morning in Fort Kent. The shadow of the flagpole stretched down Main Street as a low autumn sun beamed unsuccessfully in trying to thaw

the ice in the puddles.

While exiting the building after mailing a birthday package to one of my grandsons, I spotted two figures cornering from Hall Street into Main Street.

It was Paul and Leola Bouchard out on their daily walk, their breaths steaming up the crisp air. Paul and Lee both have had medical issues that they are hoping will not recur if they stay fit.

Both of them recognize that good health is not just a state of being, but an act. We need to continuously work to maintain a state of good mental and physical health and well-being.

Paul is also my mentor who years ago encouraged

me to become involved with the Jaycees and then to join MEA and NEA. As my local president, he arranged for me to attend the NEA Convention in Portland, Oregon, in the early seventies.

Maine joined up with Massachusetts that year to charter a jet to fly us out of Boston to Portland. It was almost full. It was important for the smaller states to have lots of delegates to offset the larger states in establishing an equitable constitution.

Paul was also the one who encouraged me to become involved with MEA-Retired by asking me to take his place as chairperson of the Membership Committee. He claimed he wanted to slow down a bit.

Ha! He is still quite ac-

tive, serving as a director in the Aroostook Retired Educators Association (AREA) and as an MEA-Retired delegate to the MEA-RA in May.

Leola also served as MEA-

See Membership on Page 13

NEA-Retired Annual Meeting NEA Representative Assembly

6/29–7/6, 2021 – Denver, CO
6/29–7/6, 2022 – Dallas, TX
6/29–7/6, 2023 – Orlando, FL

Give a

Gift

NEA: \$35
MEA: \$28
MEA-Retired: \$15
Affiliate: Dues vary

Join us
Today!!

MEA-Retired

Membership