



# BRTA NEWSLETTER

[www.brta.biz](http://www.brta.biz)

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President: Charles Peszynski

Recording Sec.: Dolores Scanlon

1st VP: Thomas Giambra

Corresponding Sec.: Elisa Harting

2nd VP: JoAnn Meyer

Membership Sec.: Linda Parada

Treasurer: Stephen Parada

Immediate Past Pres: Al Marabella

At Large: Floyd Kruschke, Michael Marszalek, Loretta Peszynski

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

Winter Edition

January, 2016

## UPCOMING EVENTS

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

**Feb. 18, 2016**—Winter Luncheon at Sean Patrick's. Information on page

**May, 2016**—Spring Luncheon

**June 7-13, 2016**—Trip to South Dakota & Badlands

**June 14, 2016**—Don Guerra Golf Tournament at Terry Hills. Information on page 2

**June 21-July 4**—Alaska Cruise and Land Tour

**September, 2016**—Fall Luncheon

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

**December, 2016**—Holiday Luncheon

## President's Message

As we begin a new year, this is a good time to make some positive resolutions to improve our lives as well as a time to evaluate our physical and financial health. On the positive side, our pensions are guaranteed by the New York State Constitution and we did receive a COLA in October (although only the minimum 1 ½%). However, there is the possibility that there will be a Constitutional Convention if the legally-required referendum passes in 2017. Therefore, we must work together with ALL public employee organizations to educate the public about the disastrous effects upon pensioners and the state economy as a whole that removal of the pension guarantee by a constitutional convention would have.

Many of our members are also concerned about the future status of their health care coverage. We have been reassured by the BTF that each of us is entitled to health care coverage as provided for in the contract under which we retired. In simple terms, coverage for life. But the new Receivership Law is raising some real concerns. This law gives the Superintendent the power to make changes without input from the school board or the union, including the right to void or change provisions of the teacher contract. At this point, the Superintendent is focused on lengthening the school day and year and making faculty changes without taking seniority into consideration, so there is no real reason to be anxious about health care coverage. Furthermore, the BTF and NYSUT are challenging the Receivership Law in court as a violation of the Taylor Law. It may be some time before all issues involved are resolved but pay close attention to developments as they unfold.

Lastly, on a positive note, I hope this New Year finds you in good humor and good health and I wish you continued good health, joy and peace in the year ahead. Happy New Year!!

—: Charles Peszynski

Benefits Available to  
BRTA Members

**Long-term Care Insurance; BRTA Discounts on Long-term Care Insurance:** 1-800-655-4899

**Eyewear Discount**

Eyewear Unlimited: 716-834-3511  
Niagara Labmasters, Inc.  
Niagara Falls, NY 716-297-9115  
Gary Optical  
Lewiston, NY 716-754-255  
Boulevard Optical  
Tonawanda, NY 716-694-4388

**Tires and Service**

Discounts at Dunn Tire

**Dental Discounts**

The North Park Dental Group  
716-836-2242

**Vital Savings by Aetna**—Mention membership when you are inquiring about discount programs designed to help you save on dental or pharmaceuticals. 1-877-MY-VITAL (1-800-698-4825) or [www.vitalsavings.com](http://www.vitalsavings.com)

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

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

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

***IN MEMORIAM***

**Bruce Alesse**

**Janine Ann Block**

**Judy DeBasy**

**Adam Dzimian**

**Elizabeth Flood**

**Eugene Gawel**

**Louise McCoullum**

**Sharon Lee (Pysz) Misner**

**Kenneth Ruof**

**Charles L. Sodaro**

**Patrick John Wells**

**Edward Stenhouse**

**Jean Werick**

BRTA would like to acknowledge the passing of those teachers who served the children of Buffalo. If you would like to have someone included in the "In Memoriam" listings, please notify Josephine Cross (636-3014).

**NEWS SHORTS**

**Card Club** is alive and well! Interested in playing cards? Card club will meet on January 18th at Friendly's restaurant on Maple Road at 10AM. Call Carolyn Cardarella (689-8838) for additional information.

The **2016 Don Guerra Golf Tournament** has been scheduled for Tuesday, June 14, 2016 at Terry Hills Golf Course in Batavia. Shotgun start begins at 12:30 pm and includes 18 holes golf with cart, lunch at the turn and a steak dinner after golf. Cost is \$75 per golfer. Contact Steve Parada at 716-472-0277 or [srada48@yahoo.com](mailto:srada48@yahoo.com)

Frequently Requested Numbers

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

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

**Membership:** Linda Parada—875-3392

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

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

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

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

## Health news: Memory

You have a vivid memory from your past exactly like it was—or do you? Emotions can affect our memory of an event. So can a nap! Eye witnesses to crimes are considered unreliable these days because their memories are not reliable and can change over time. We may think our memories are like looking at a video camera replay, but they are not. Learning and memory are such fascinating subjects. Science is really in the infant stage of understanding how we do learn and remember but the research is exploding. I would guess that all of you who read this know of someone who has some type of dementia and we all worry we might get it, or are even beginning to get it. So what do we know now and is there anything we can do to delay memory problems? The answer is not a lot and maybe. Research also seems somewhat contradictory. For example, some say that exercise and mental training help (**The Huffington Post** | Rebecca Klein | Posted 04.15.2013), and another says that exercise does not seem to help but mental training does (**Cynthia R. Green, Ph.D.** Clinical psychologist and brain health/memory fitness expert; Founder, Memory Arts; Author, 'Total Memory Workout'). As I researched for this article on line the amount of information that is out there was overwhelming. Here is some of it:

**The Huffington Post** | Rebecca Klein | Posted 04.15.2013

Bad news for adults hoping to prevent mild cognitive decline: a recent review of published research has found that drugs, herbal products or vitamin supplements do not help block the condition.

The review, conducted by St. Michael's hospital, studied randomized clinical trials involving about 25,000 patients. Researchers found no strong evidence that "pharmacologic treatments such as cholinesterase inhibitors ... herbal supplements such as ginkgo ... or vitamins and fatty acids such as vitamin B6 or omega-3 fatty acids," improved cognitive functions in healthy adults, according to a press release. This contests previous ideas that some supplements may help improve memory and prevent cognitive decline.

While researchers also found that mental exercises, such as a computerized training programs, could help prevent the condition, they found little evidence that exercise helped. The idea that exercise has no impact on memory also refutes prior studies.

**The Huffington Post: Art Markman, Ph.D.** | Posted 04.04.2012 | **Healthy Living**

Art Markman, Ph.D., is Annabel Irion Worsham Centennial Professor of Psychology and Marketing at the University of Texas at Austin, and director of the Masters Program in the Human Dimensions of Organizations.

Most of us assume that our memories are going to get worse as we get older, and so age must be the reason that we forget after the age of 55. It is true, of course, that there is a general cognitive decline starting in your 20s. And your memory will get a bit worse as you age. But unless you have suffered brain injury, those declines are not precipitous. Indeed, there is some evidence that your beliefs about your memory abilities are at least as important to your ability to remember as any changes in brain function.

Since the research suggests that training is helpful I looked at what is available on line and if there is anything available in this area. Locally what I found that any training was related to research and care for dementia patients and those diagnosed with various brain disorders. Everything else seems to be on line but that does not mean there is nothing locally. I just may not have found it through a Google search.

**Cogmed Working Memory Training®** is a computer-based solution for attention problems caused by poor working memory. Together with qualified teams around the world, Cogmed offers a training solution for all settings, combining cognitive neuroscience with innovative computer game design and close professional support to deliver substantial and lasting benefits to users. Solutions include easy-to-use software and personal support. You can also attend a free webinar to learn more from a Cogmed representative

**Lumosity.com** is on-line games to enhance memory. The first part is free and then you can pay for more in depth games. The doctor of a friend who had a "mild" stroke recommended he join this.

**Memoryrate.com** is a UCLA online memory test and the site says it will email you your confidential results. I took the free test and got the results. It then advertised a book for \$4.95 "**2 Weeks to a Younger Brain**" by **Dr. Gary Small and Gigi Vorgan**

To summarize, while exercise may not help with your memory, computer training may. However, we also know that exercise helps you with many aspects that enhance your quality of life, like balance and flexibility and has other health benefits like overcoming mild depression. So don't give up on it even though you really, really may want to! Be well!

—JoAnn Meyer

# Buffalo Retired Teachers Association

Cordially Invites Members & Guests to attend its

## *BRTA Mid-Winter Luncheon*

To be held at

### **Sean Patrick's**

3480 Millersport Highway  
Getzville, NY 14068  
716-636-1709

**Thursday, February 18, 2016**

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar  
Luncheon: 12:15 PM Choice of:  
1. Filet Mignon  
2. Fresh Char Grilled Salmon w/dill sauce  
3. Chicken Cordon Bleu  
4. Vegetable Lasagna  
Luncheon includes Salad, Vegetable, Dessert and Beverage

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

Payment: **Due by Tuesday, February 9, 2016**

Payable to: Buffalo Retired Teachers Association

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

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

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

Please list your name and the names of all other persons included in the enclosed payment

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

Address \_\_\_\_\_ BRTA Member: Yes \_\_\_ No \_\_\_

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

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

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

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

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

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