



BRTA NEWSLETTER

www.brta.biz

brtamembership@yahoo.com

President: Thomas Giambra

Recording Sec.: Stephen Parada

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Corresponding Sec.: Elisa Harting

2nd VP: Renate Yuhnke

Membership Sec.: Linda Parada

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At Large: Josephine Cross, Arnold Harting, Michael Marszalek

Board Members: Carolyn Cardarella, Clarann Josef,
Cynthia Mehary, Theresa Pope, Sara Rodland,
Dolores Scanlon, Guy Schiavi

Winter Edition

January, 2023

UPCOMING EVENTS

Feb. 23, 2023--Winter Luncheon at Sean Patrick's. Info on page 4.

April 15, 2023-- applications for

Scholarships due. Info on www.brta.biz

May 25, 2023--Spring Luncheon at the Columns. Info in April newsletter.

September 6, 2023-- annual meeting and election of officers

Info in August newsletter

December 7, 2023-- Holiday Meeting and Luncheon at Salvatore's Info in November newsletter

President's Message

I hope that everyone stayed safe and warm during the Christmas blizzard. It seems that the storms that we deal with today are much more severe than years ago. There is no doubt that Buffalo will win the award for having the most snow again this year.

It was so nice to see so many of you at the Holiday Luncheon at Salvatore's. I hope that you enjoyed the meal and the chance to socialize with people that you worked with over the years. I need to explain the absence of a bartender for us at the start of the social hour. After the luncheon was over, I was told that the bartender did not show up. That is not the excuse I was given when I went to ask about the lack of bartender. BRTA pays for the bartender. It is part of the luncheon contract. Salvatore's did eventually provide people to work the bar. They also took the fee off the bill. I am sorry for any inconvenience that it caused. Thank you for your generous support of the split club and the donation cans on the tables. The money raised was divided between the Teachers' Desk and St. Mary's School for the Deaf.

I hope that everyone received their health insurance statement from the Benefits Office. The system changed this year. Benefits will no longer be sending coupons to include with your payment. If you pay quarterly, please do not forget the deadline dates for payments. BRTA has no control over this system. Health insurance for retired teachers was negotiated as part of a contract by the BTF. The Board is presently attempting to eliminate this benefit for new teachers. I am grateful that BTF resident, Phil Rumore, has always been a strong supporter to health insurance for retired teachers.

On behalf of BRTA, I wish all of you a happy and healthy 2023.

---Tom Giambra

Benefits Available to
BRTA Members

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

Tonawanda, NY 716-694-4388

Dental Discounts

The North Park Dental Group
716-836-2242

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

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

Faculty Rewards—Discount magazine subscriptions. Go to www.facultyrewards.com and use code 403360

BPO-Call Janet Field at 885-5001 for discount tickets

West Herr Select Vehicle Purchase Plan

Activate benefit plan *before* going to the dealership. Go to www.westherrselect.com or call your *Select Benefit Concierge* (716) 202-3091.

IN MEMORIAM

Nancy Acara

Richard Leggio

Ann Branbiecki

David Martin Leibelshon

Linda Christopher

Jean F. McCracken

Mary Grace Demarse Maureen Mitskoff

Karen G. Genrich

Jerome (Jerry) Schweitzer

Sandra Hall

Jean Smith

Ronald Jakubowski

Reba Thomas

Leon Laffler

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).

**CONGRATULATIONS to the following on their 50th
wedding anniversary:**

Dr. Ron and Maryann Gramza

Barry and Elizabeth Romeo

Frequently Requested Numbers

Website: www.brta.biz Email: brtamembership@yahoo.com

President: Thomas Giambra—877-7796

Membership: Linda Parada—875-3392

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

Newsletter: Elisa Harting—838-3708

Friendly Service: Josephine Cross—636-3014

OUR HEALTH

Was It a Heart Attack or a Cardiac Arrest?

Buffalo Bills player, Damar Hamlin, suffered a cardiac arrest following a hit in the game versus the Cincinnati Bengals on Monday, January 2, 2023. He received CPR on the field and was then taken by ambulance to a critical care hospital. The NFL then suspended the rest of the game. Damar's condition has been the news for several weeks as we all held our breath and prayed for Damar to live

We were all thinking that Damar had a heart attack, but the news keep saying cardiac arrest.

SO WHAT IS THE DIFFERENCE?

Whether it is a cardiac arrest or a heart attack, they are both potentially fatal health emergencies says cardiologist, Demetris Yannopoulos, MD. It is easy to confuse the two since they sound alike and are both medical emergencies.

A heart attack occurs when one of the arteries supplying blood to the heart becomes blocked by plaque buildup. Doctor Yannopoulos indicates that there are over 800,000 heart attacks reported annually in the USA. These may not be necessarily fatal, if treated properly. When a person has a heart attack, they generally have time to recognize that something is happening, such as shortness of breath, pain in the chest, neck, jaw or back. Women may likely have other symptoms. **And there is time to call 911.**

With **cardiac arrest**, the heart completely stops. The body is suddenly cut off from blood and oxygen flow, which can quickly lead to death. Cardiac arrest may be caused by mechanical issues or an electrical disturbance which interrupts the heart's movement. People with sudden cardiac arrest will collapse without warning, lose consciousness, and stop breathing. If not treated immediately, sudden cardiac arrest can lead to death. Survival is possible with fast, appropriate medical care. Cardiopulmonary resuscitation (CPR) using a defibrillator, or even giving compressions to the chest, will improve chances of survival until emergency workers arrive. This may explain the urgency in the case of Damar Hamlin. We are grateful that Damar Hamlin has recovered and is now home in Buffalo to continue his recovery with his family.

Sources: People Magazine News, January 4, 2023, article by Tracey Harrington McCoy; Health and Wellness, M. Health Fairview, Internet Link; Mayo Clinic-Mayo Foundation for Medical Education and Research, Mayo Clinic Healthy Living, and Mayo Clinic.com

Collated and Summarized by Cynthia Mehary

National Regional Theatre Guild

presents

Something Rotten

and

Guys and Dolls

March 10-26

May 5-21

at the Ellicott Creek Playhouse

Tickets \$12-\$17

550 Ellicott Creek

Online at niagaratheatre.com

Tonawanda, NY 14150

Phone: 716-230-2319

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 23, 2023

Social Hour: 11:15 AM Complimentary Fruit Punch & Cash Bar

Luncheon: 12:15 PM Choice of:

- 1. Strip Steak
- 2. Chicken Portofino (chicken with marsala sauce and mushrooms)
- 3. Bruschetta style haddock (haddock with a tomato based sauce)
- 4. Vegetable Lasagna

Luncheon includes Salad, Vegetable, Dessert and Beverage

Cost: \$30.00 for Members - \$35.00 for Non-member Guests

(BRTA subsidizes cost for members)

Payment: **Due by Tuesday, February 14, 2023**

Payable to: Buffalo Retired Teachers Association

Mail to: Mary Agnes Marabella, 2 Steinway Court, Williamsville, NY 14221 (716-635-9530)

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 \$ _____ (If needed, list additional guest(s) on separate sheet)