

AARTA

Reader

Aurora Area Retired Teachers' Association

Over 50 years of working for retired teachers in Kane County to . . .

- * use our influence for the passage of favorable legislation in Springfield, Illinois and Washington, D. C.
- * improve our communication channels for more effective member participation
- * keep our membership informed of current Teachers' Retirement System changes

UPDATE ON STATE PENSIONS

By the time you read this, we may already have a pension law.

At this time, The House has passed Madigan's Bill 62-51. The bill would require active teachers to contribute 2% more of their earnings to TRS, delay retirement to age 67, and accept less generous cost-of-living increases. The state would guarantee its required contributions every year.

RETIREES would keep the 3% compounded COLA received up to now, but future COLAs would be 3% of \$1000 per year of service or \$800 for a retiree receiving Social Security. Only one representative from our area voted against this bill.

THANK YOU REPRESENTATIVE LINDA CHAPA-LAVIA FOR TRYING TO PROTECT OUR PENSIONS.

This bill was sent to the Senate to consider.

In the Senate, SB 2404 — the Cullerton Bill as amended with a compromise with THE WE ARE ONE COALITION (the unions), will be considered this week. It provides two options for active teachers and two options for retired teachers.

OPTION A FOR RETIREEES is:

1. No change to 3% compounded COLA except the COLA is subject to a staggered two year freeze.
2. Receive retiree healthcare access

OPTION B FOR RETIREEES is :

1. No change to compounded COLA
2. No retiree healthcare access.

The bill also includes a pension stabilization fund and a guarantee that the state contributions would be made on schedule.

**THE IRTA OPPOSES
BOTH OF THESE BILLS**

Respectfully submitted by Jerry Lubshina

President's Message

After attending retirement parties and inviting retiring teachers to join the AARTA, it has made me think about what a vibrant organization we have. Yes, we have many age groups represented, but when we get together, we all realize that we have had a common lifetime of working with children and giving them the best that we had. It is important for us to share these times and experiences among ourselves because of the understanding and friendships we have developed over the years. It should give us comfort to know that we have all come from a professional family, and now we can get together and have a good time, or offer ourselves to volunteer in any number of activities which make our community a better place to live. We still are impacting lives for the betterment of our society. I cannot help but feel that AARTA exists for this kind of camaraderie and nurturing and helps us feel a part of something "bigger than ourselves." We certainly welcome all retirees to join us in this adventure!

Again, as I have said before, to make this group happen, it takes dedicated and hard working people, doing their jobs efficiently and effectively, to make our organization as strong as it is today. Whether it is planning luncheons or trips, keeping our people informed of legislation affecting us, keeping us informed of health issues, or looking for ways to attract new members, we have many hard working members who make us run smoothly. One of our officers will be honored in Springfield this October at the IRTA convention for the dedication and service she has performed over the years for AARTA.

Meg Safarik, our treasurer for over seven years, will be honored from AARTA as having been a faithful and energetic officer who goes far beyond her duties to help move the organization forward. She does many jobs for us, like creating and keeping up our website, e-mailing *The Reader*, helping plan our luncheons and many more. Her positive attitude reflects on all of us and makes us stronger. We appreciate and thank her for all she has done for us!

Please feel free to invite a friend and attend our next luncheon meeting on June 4, at 12:00 Gaslight Manor. We will be incorporating a Polynesian theme, and we are sure you will feel transported to a dreamy, South Pacific Island.

Ron Nickerson



Warm Fuzzies Help

Remember to bring your lap blankets to our June meeting. We are looking for people to help deliver them to area senior centers in June — it only takes a short time. If you would be willing to take some to one center in Aurora or Batavia, let Barb Zillgitt know. This is a positive community outreach program, and your help would be greatly appreciated.

Blankets:

- **may be made of any washable material**
- **may be tied, knitted, crocheted or quilted**
- **should be approximately 30-36 inches wide and 36-48 inches long**
- **will be collected at our meeting in June.**

IRTA Foundation

Recently, members of IRTA received address labels and more from the IRTA Foundation which is the charitable arm of the IRTA.

The foundation provides financial assistance to older retired members who are receiving very small pensions, provides active teachers with grants, gives scholarships to future teachers, and provides ombudsmen who advocate for nursing home residents.

Of course, all of this takes donations from IRTA members — the foundation is not supported by our dues. The AARTA donates \$15 to the foundation in memory of each of our deceased members. Please consider making an individual contribution to this worthy cause also.



As of May 1, we had \$6,712.70 in our scholarship fund. \$1500 of this will be used for our 2013 scholarship; the rest will be put toward an endowment fund of \$10,000. This means that we are half way to becoming an endowment fund!

ASK

(AARTA Supports Kids)



February 28, 2013

The staff and students at McCleery Elementary School would like to express our gratitude for your generous donation of school supplies. The enthusiasm and energy displayed when the supplies were made accessible was quite a thing to behold. A number of our families are not able to provide school supplies for their children and your support has enabled those children to have the things they need. These supplies will help our students become better prepared for educational success. We appreciate the support you have given to our school and thank you again for your generosity.

Cherie G. Esposito
Principal



Second grade students at Hermes Elementary School in East Aurora were thrilled to receive over 700 boxes of crayons, rulers, glue sticks and pencils that were donated by our members in April.

We are so very grateful for the lovely gift of school supplies for our school. Thank you to all of you who collected all of the supplies and the three who brought them to Hermes!

The children were so excited to receive new materials at this time of the school year. We have enough to share with the children in summer school!

Again, thank you for this lovely blessing.

Warmly,

Mavis DeMar
Principal — Hermes

You might want to stock up on **Crayola Crayons** (box of 24), rulers, pencils and glue sticks during the summer sales for our 2013-2014 ASK projects.

HEALTH NOTES from FAY WILSON

In Remembrance

Beverly A. King, February 6, 1926 - March 16, 2013, taught at Nicholson Elementary School in Dist. 129 for 25 years.

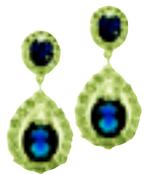
Barbara Morrow, April 19, 1930 - May 2, 2013, taught for over 23 years at Freeman Elementary School in Dist. 129.

If you know of the death of anyone who has ever been a member of AARTA, please contact Barb Zillgitt (barbzillgitt@earthlink.net or 630-896-2451).

AARTA remembers each of these members with a \$15 donation to the IRTA Foundation and with contributions to our scholarship fund with the Community Foundation.

The IRTA is offering free 2013 memberships to current nonmembers who agree to have \$2.00 deducted from their pensions each month for continuing membership beginning in January 2014. Forms will be available at the June lunch and on our website.

By joining IRTA, you are able to connect with VoterVoice which keeps you informed of legislative issues and allows you to easily contact your legislators.



I don't want to brag or make anyone jealous or anything, but I can still fit into the earrings I wore in high school.

— Author Unknown

Obstructive sleep apnea is when the throat becomes obstructed (closes off) during sleep. The result is an apnea (breathing stops). The muscles that stiffen and open the throat tend to relax during sleep. For most people this does not cause a problem. For people with OSA, the muscles relax too much, and the airway narrows to the point that breathing becomes restricted. This pattern of opening and closing can occur dozens or even hundreds of times during the night and cause an arousal from sleep. These arousals can be so brief that they may not be remembered in the morning.



There are risk factors that may contribute to the development of OSA or make existing OSA worse. These include:

- structure of the upper airway (enlarged tonsils, smaller than normal jaw, or tissue in the back of the throat blocking the airway)
- weight (overweight and have a lot of weight around the neck)
- age (as you get older, OSA may worsen even without weight changes)
- sex (OSA is more common in men, but women, after menopause, have almost the same risk as men their age)
- body position (OSA is often worse when sleeping on the back)
- alcohol (consumed near bedtime can further relax the muscles in the back of the throat and worsen OSA)
- pain medicine (such as narcotic analgesics can worsen OSA)

Warning signs of OSA are:

- loud snoring
- a snoring pattern (interrupted by pauses, then gasps is a sign that breathing stops and restarts)
- excessive sleepiness or fatigue during the day (especially during sedentary activities)
- restless, non-refreshing sleep
- trouble concentrating, forgetfulness, or irritability during the day
- mouth breathing during sleep and waking with a dry mouth
- morning headache

Since OSA only happens while sleeping, your breathing needs to be monitored at a sleep lab. You will need to spend the night where a sleep technician will monitor your breathing, brain waves, heart rate, muscle tone, and body position. OSA is a serious medical problem. If left untreated, the frequent stops and starts in breathing, arousals from sleep, and repeated drops in oxygen level put a tremendous strain on the heart. This can lead to hypertension, heart attack, stroke, and/or coronary artery disease. Excessive sleepiness due to OSA can increase the risk of falling asleep when driving a motor vehicle.

There are many treatment options available for OSA. Your doctor will decide what is best for you. Some of the factors to consider are the severity of the sleep apnea, other medical problems you may have and your age. Treatments include:

- Continuous Positive Airway Pressure (CPAP) This consists of a machine that delivers air into your upper airway via a mask that fits over your nose.
- Oral Appliance Therapy (oral devices similar to mouth guards that are worn while you sleep)
- Position Retraining (attempts to help you change your sleeping position)
- Surgery (surgeries involving tissue in the back of the throat or problems in the nose)
- Weight loss (it can cure sleep apnea or reduce the severity)

Source: Suburban Lung Associates, Naperville, IL, February 20, 2013

SUMMER REMINDER!!! Wear sunblock of at least SPF 30.

Have the best and healthiest summertime ever!



RSVP

The Retired & Senior Volunteer Program (RSVP), www.cns.gov, sponsored by Senior Services Associates,

is in the business of recruiting individuals 55 plus looking to serve others through volunteerism. Our job is to match the skills of these individuals with agencies and people in need of assistance. Just a few of the assignments currently on file: friendly visitors, transportation assignments, clerical, and meals on wheels helpers. We look for something that fits your schedule and matches your skills and interests. With the assistance of our funders, we are able to provide volunteers with excess liability insurance, recognition events, and reimbursement for meals and mileage where applicable.

Call Kathy Bjerrum at 630-553-5777 for information on how you can get started.

Readers of the news magazine, *The Week*, were asked to create names for math anxiety which causes actual physical pain. Here are the results:

- fibromyalgebra
- arithmia
- pi-graine
- percentile dysfunction
- add nauseum
- digit-itis

Reprinted in *Readers' Digest*, April 2013



A garden is a thing of beauty and a job forever.

— *Author Unknown*



Batter Up!!

WHAT: Kane County Cougars vs. Cedar Rapids

WHEN: Monday, August 12, 2013 - Game time is 6:30 p.m.
Pick up tickets at Will Call at the Ball Park

WHERE: Cougar Stadium (Third Bank Ball Park) in Geneva on Kirk Road

COST: \$5/ticket Reserved Seat along the third base line

Who's Invited? All are welcome!! We have a block of 50 tickets. Ask family and friends. You can't beat fun at the ole ball park!!

Return to Dick Schindel, 784 Morningside; Aurora, IL, 60505. Checks payable to Dick Schindel. Must have entire payment by Friday, June 28, 2013.

Questions? Call Dick Schindel 630-921-1307



(return bottom portion to D. Schindel)

Kane County Cougars vs. Cedar Rapids

Name _____ Phone # _____

Address _____

Group: AARTA ___ Lions Club ___ Teachers ___ Friends/Family ___

of Tickets _____ Amount Enclosed \$ _____

Return to D. Schindel, 784 Morningside, Aurora, IL 60505 by Friday, June 28, 2013. Questions? Please call 630-921-1307

Total of 50 tickets will go fast!!! Join us for a fun outing at a fun venue!!

There are a few tickets available for the Cubs-Brewers game on June 27. Contact Dick Schindel if you'd like to purchase some.

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Every time you buy something or recycle ink cartridges at **Office Depot**, anywhere in the country, you can help lower printing costs for AARTA. Since August 2012, we have saved close to \$300 in printing costs by using coupons and our reward cards.

Just let the clerk know our account number which is listed above. We will get money back—and it's all legal.

Minutes from Our Last General Meeting

April 2, 2013, AARTA Luncheon held at Gaslite Manor

IRTA Legal Defense Fund

Attention fellow AARTA members! Because there are so many pension plans which will change current benefits, our board has voted to send \$750 to the IRTA Legal Defense Fund. We feel this is important as almost all current plans could be construed as against the Constitutional protection of current benefits. We also encourage all members to send their own contributions as the legal fight could be long, arduous, and costly. We encourage everyone to become involved in protecting benefits for all of us.

Please send contributions to:
IRTA Legal Defense Fund, 620 N. Walnut St., Springfield, IL 62702.
Make checks payable to IRTA with the memo: Legal Defense Fund.

In appreciation for all your help and anticipated contributions,

Ron Nickerson,
President, AARTA

The meeting was called to order at 12:00 p.m. by President Ron Nickerson. We began with the Pledge to Allegiance and the singing of *God Bless America*. Ron introduced Marilyn Foster, IRTA Regional Director. Dave Frerich from the Heartland Blood Bank spoke of the need for volunteers for this organization, and Shari Ransford (their marketing director) was introduced.

Meg Safarik introduced Angelo from Basil's Restaurant, who gave an informative program to us about olive oils.

Ron reminded us about the legal defense fund and our opportunities for volunteering — literacy (via Jan Oncken), CASA, and Kiwanis. We are now adding \$500 to our scholarship fund so that the scholarship is now \$1500. Meg reported that we have \$7,590 in our treasury.

Yvonne Hollingsworth reported on the change from our certificates to licenses. She has the handouts with her concerning this information. Pam Colwell thanked everyone for bringing their school supplies to this meeting. They will go to Hermes School in East Aurora this time. At our October meeting supplies will go to a Batavia school.

Jerry Lubshina reported on our March 18 district IRTA meeting and the state of our pensions. Marilyn Foster also spoke about pensions and reminded every member to give \$10 to the legal defense fund.

Barb Zillgitt reminded us about our lap blanket project to area nursing homes. Dick Schindel spoke to us about the Cubs trip to Milwaukee on June 27. The White Sox trip is currently sold out, but there will be 50 tickets available for an August 12 Kane County Cougars game. The price is \$5 each, and people should contact Dick if interested. Our June program will be Polynesian dancers. We concluded with the 50/50 raffle.

Respectfully submitted,

Margaret Nickerson, Secretary

Directory Updates

Jennie Campbell
308 Bolder Hill Pass
Montgomery, IL 60538
630-897-2330

Joan Jividen
576 Sudbury Circle
Oswego, IL 60543
630-715-9887

Glenda Peck
922 Oak St.
Sugar Grove, IL 60554
630-740-6110

Marjorie Chadwell
2408 Lorton Pl.
Davenport, IA 52803
563-355-7558

Sherene & William Lyons
43W542 Thornapple Tree Rd.
Sugar Grove, IL 60554
630-466-7351

Mark Proctor
737 Queens Gate Circle
Sugar Grove, IL 60554
630-466-7674

Belinda Demski
685 Western Dr.
North Aurora, IL 60542

Marjorie Milton
802 S. 7th St.
St. Charles, IL 60174-3944
630-377-304

Susan Vilches
724 Hartfield Drive
North Aurora, IL 60542

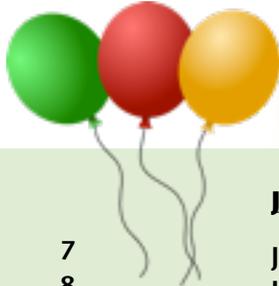
Patricia Galligar
3515 Wolf's Crossing Rd.
Oswego, IL 60543
630-554-2891

Susan & Gary White
162 W. Pleasant View Dr.
Oswego, IL 60543-9442
630-554-3210

New Contact Information

Senator Linda Holmes
76 S. LaSalle Street, Unit 202
Aurora, IL 60505 Phone
630-801-8985
Fax: 630-801-8987.

April Luncheon



Happy Birthday!

May

Pam Colwell	7
Betty Lou Smith	8
Robin Hedrich	9
Marlin Mittag	17
Joan Olson	21
Val Petkus	21
Clare Vignola	23
Barb Nothnagel	24
Bob Nelson	28

June

Maribelle Neal	7
Marilyn Shoger	7
Sharon Waters	8
Donna Oleson	8
Virginia Albertino	10
Shirley Ellsworth	10
Ted Clauser	12
Diane Janglis	13
James Skelley	17
Esther Lindahl	21
Pat Patterson	22
Linda Allison	23
Barb Zillgitt	24
Arlene Hawks	27
Julie Rogers	27

July

Jane Sweeney	1
Laura Eileen King	2
Kathy Gough-Bjorseth	4
Karen Hart	6
Marilyn Shoger	7
Pauline Easley	8
Bonnie Carey	10
Jan Martin	10
Mary Hauge	16
Patsy Peterson	17
Clare Toynton	20
Judy Vargas	21
Judy Stone	23
Mary Hinterlong	25
Grace Hines	28
Carol Foster	29

August

Nan Phillips	2
Marilyn Fortman	5
Bill Spence	10
Lois Freiheit	11
Connie Diederich	15
Meg Papadolias	16
Barb Fox	20
Sue Fitzsimons	22
Willie Etta Wright	30

September

Anne M. Paul	2
Joanne Hughes	3
Geraldine Nikula	4
Ernie Pouchigan	5
Larry Solomon	5
Gayle Robinson	6
Margie Engberg	7
Mary Ann White	8
Dorothy Ellis	9
Carolyn Kerkla	16
Mary Cassidy	17
Judy Rhoads	17
Judy Bianchetta	18
Randy Cue	18
Ray Libner	18
Dotti Matson	20
Allene Champen	21
Martha Womack	21
Sandy Young	22
Susan Davis	23
Ron Nickerson	25
Lesley Beary	26
Arlene Flynn	27
Dot Sullivan	27
Carol Hatcher	28

If you would like to have your birthday listed in The Reader, send your information to aurorartdchrs@hotmail.com or contact Barb Zillgitt at 630-896-2451.

AARTA Board of Directors and Committee Chairs

President: *Ron Nickerson*
Secretary: *Margaret Nickerson*
Treasurer: *Meg Safarik*
Immediate Past President: *Maureen Granger*
Foundation Services & Welfare: *Kirk Harding*
Health Information & Protective Services:
Fay Wilson
Legislative: *Linda Allison, Jerry Lubshina*
Member Benefits: *Marlin Mittag*

Membership: *Sue Fitzsimons, Tom Griffith*
Newsletter: *Barb Zillgitt*
Program: *Arlene Hawks, Dick Schindel*
Public Relations:
Retirement Education: *Yvonne Hollingsworth, Pamela Colwell*
Sunshine: *Dorothy Ellis*
Directory: *Dennis Erford, Tom Griffith*
Reservations: *Ann Luker, Joanne Hughes*
Scholarship Liaison: *Maureen Granger*



Board meetings are held at 9:00 a.m. on the first Tuesday of January, March, May, September and November at Jennings Terrace, 275 S. LaSalle, Aurora.

General luncheon meetings are at 12:00 on the first Tuesday of February, April, June, October and December at Gaslite Manor, 2485 Church Road, Aurora.

Newsletter items are due by noon on the first Tuesday of January, March, May, September and November. Send them to barbzillgitt@earthlink.net.

LUNCHEON RESERVATIONS



Where: Gaslite Manor, 2485 Church Road, Aurora
When: Tuesday, June 4, 12:00
Price: \$15.00
Reservation due date: Friday, May 24, 2013

Last name that begins with the letter A through L -

Send a check made out to AARTA to: **Joanne Hughes, 243 S. Randall Road, Aurora, IL 60506**

Last name that begins with M through Z -

Send a check made out to AARTA to: **Ann Luker, 1978 Fay's Lane, Sugar Grove, IL 60554**

Number of reservations _____	Number of VEGETARIAN MEALS _____
Name _____	\$15.00
Name _____	\$ _____
Total \$ _____	

June Luncheon



Be sure to send in your reservations for our June 4th luncheon which will transport us to Polynesia. You will also get a chance to see all the blankets we will be delivering to senior centers, and have a chance to buy AARTA t-shirts and sweatshirts to wear to all the AARTA events.



Remember that our lunches are open to everyone; so bring a friend or two to join in the fun.



Menu

Salad – spring greens
Italian Bread
Pulled Pork with Fruit
Salsa
Coconut Rice
Broccoli
Pineapple Sorbet
Coffee, Tea – Cash Bar