



September 2012

The 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



President's Message

Welcome from a vibrant, fun, and meaningful organization! As we embark on a new school year, we are always looking for ways to increase our membership, stay current with proposed pension reform initiatives, and seek to maximize our influence in the community. We encourage your help by offering a few suggestions about how each of you can help our organization grow and reach out to gain more potential members.

Legislative Contacts

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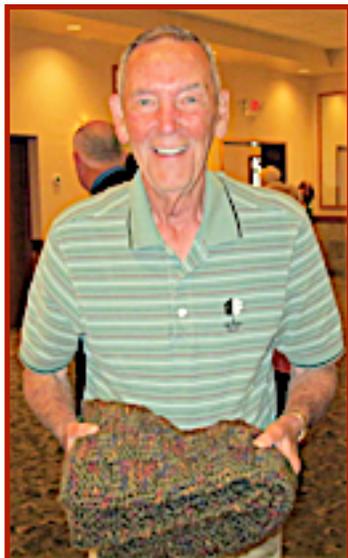
1. Watch your mailbox for a 2013 membership form which should be arriving soon. Please take a moment to fill it out and return it with your dues—the sooner, the better.
2. We hope that you will become actively involved in AARTA by attending lunches, plays, and ball games, but these are definitely not requirements for membership.
3. This is a really important time for us to have as many members as possible so that we can let our legislators know that we represent a large number of voters. Numbers really do count in Springfield; the more members we have, the more legislators will listen to us.
4. Please encourage retired teachers that you know who are not members to join AARTA. People who taught in districts outside of southern Kane County who live in the area are welcome to join our group as well. If both you and your spouse are retired teachers, it is important that you both join AARTA. In fact, all spouses are encouraged to join us—they benefit from our pensions also.
5. As a member, you will receive five issues of *The Reader* throughout the year and be kept up-to-date on legislation that directly affects retired teachers.
6. Join now to support the work of the many volunteers who are actively working for you to protect your pensions and other benefits.

Bob Lyons, an IRTA representative to the TRS system, recently quoted an old adage in an e-mail to association presidents: "No one's life, liberty, or property is safe while the legislature is in session." He goes on to say, "Before voting in the November elections, you need to know if the candidates from your district favor or oppose diminishing your pension benefits, including health care." AARTA, in connection with IRTA, will help you in deciding which candidates will vote with a truly open mind, and will listen and show care and concern for all who are included in their decisions. Hope to see you all at our October Meeting!

Ron Nickerson, President



Blanket ~~A Banner Year~~



We collected **sixty-six** lap blankets at our June meeting—an all time record. How wonderful! Because we had so many blankets, we were able to distribute them to five senior centers: Aurora Rehabilitation Center, Batavia Rehabilitation Center, Jennings Terrace, Elmwood Terrace Health Care, and Countryside Care Center.



Thank you to *Yvonne Hollingsworth, Faith Jones, Lesley & Joe Beary, Pat Patterson, Marilyn Wolf, Kendra Nohl, Jan Essex, Mary Kirner, Mary Jane McFee, Ann Luker, Dotti Matson, Judy Bianchetta, Carol Hatcher, Lynn Harrison, Concetta Baltz, Pauline Thomas-Brown, Margie Hardy, Beth Petit-Conover, Mary Hauge* (from the Big Rock Library) and *Barb Zillgitt* for contributing blankets. A big thank you also to *Ann Luker* for helping to deliver them.



We will be collecting lap blankets again at our June 2013 meeting. They may be made of any washable material and may be crocheted, knitted, quilted or made of fleece. Directions for making fleece blankets will be available at each of our lunches. Wonderful step-by-step directions can be found online—just google “no sew fleece blankets.”



The blankets should be approximately **30-36 inches wide and 36-48 inches long** and made of **washable material**. You may use any pattern you choose. Please join us in this important outreach project. It's fun and a great way to serve our communities.



If you have questions, contact Barb Zillgitt — 630-896-2451 or barbzillgitt@earthlink.net.



Thank you very much for the donation of blankets. They are so pretty. We gave them out to the residents right away and they loved them. Thank you for thinking of us. Your generosity is greatly appreciated.

*Dana Olivo--Activity Director
Joy Chanthavens--SSD
Batavia Rehab Center*

Our residents greatly appreciate the lap blankets. [They are] perfect for this weather. The AC is too much for a number of our ladies and the lap blanket is just the right size for comfort.

As a non-profit organization, we are grateful for donations like yours that provide for our residents. Thank you so much for thinking of Jennings Terrace.

*Sincerely,
Diane Beukelman
Director of Development*

HEALTH NOTES from FAY WILSON

In Remembrance

Thomas Garrey, November 24, 1938-May 29, 2012, taught math at Batavia High School as well as coaching baseball, football, softball and basketball.

Barbara Adkins, April 23, 1928-July 3, 2012, taught math in several schools in West Aurora and retired as the chair of the mathematics department of West Aurora High School.

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.

West Nile Virus



Everyone 50 and older is at a higher risk for developing WNV through mosquito bites. Therefore AVOID them by:

- staying indoors at dusk, dawn, and early evening
- wearing long sleeves and long pants when outside
- applying an effective repellent (20%-30% DEET) sparingly (even on clothing) and carefully
- checking door and window screens for holes
- eliminating all standing water regularly

This will be a concern until we have a good freeze, so as always, stay healthy.

Our skin, the largest organ of the body, keeps all the other required parts of our bodies in place. What a job! In addition and very importantly, the skin protects us from infection. If we have a cut, sore, or insect bite, however, bacteria can get into our skin and spread to deeper tissues. Cellulitis is caused by the two most common bacteria: streptococcus and staphylococcus. The chance of a more serious staphylococcus infection called methicillin-resistant Staphylococcus aureus (MRSA) is increasing. If untreated, the infection can spread to the blood or lymph nodes. This can be fatal!

Older adults and people with diabetes or a weak immune system can get cellulitis WITHOUT a break in the skin. Also, some people are at risk for infection by other types of bacteria. They include people with (again) weak immune systems and those who handle fish, meat, poultry, or soil without wearing gloves.

Symptoms of cellulitis in the beginning are warm, red, swollen and tender skin in the infected area. As the infection spreads, more serious signs are fever, chills, fatigue, muscle aches and pains and swollen glands.

Cellulitis can occur anywhere on the body, often occurring on the legs, face and arms in adults. In children, it is found on the face or around the anus. If cellulitis occurs on the face, a dangerous eye infection can result.

Risk factors for cellulitis:

- cracks or peeling skin between the toes
- history of peripheral vascular disease
- skin wounds, including those from recent surgery
- insect bites and stings, animal bites, or human bites
- ulcers from certain diseases (such as diabetes, vascular disease)
- use of corticosteroid medications or medications that suppress the immune system

Most of the time, treatment involves antibiotics taken by mouth (the full prescribed amount) and close follow-up with the doctor. You may need to be hospitalized if you become very sick, the infection is not responding to antibiotics, the immune system isn't working well (due to cancer, HIV, etc.), you have an infection around the eyes, or you require antibiotics through an IV.

My fellow AARTA members, a word to the wise. We must be especially vigilant about this disease. We are quickly approaching "older adult" status AND may suffer from diabetes, peripheral arterial disease, or have a weakened immune system. We are susceptible! We must take precautions. We need to keep our skin moist with lotions or ointment, check the skin on our feet and legs regularly, and wear appropriate, protective clothing/equipment when participating in work and sports. We WILL keep our skin smooth, soft, glowing and healthy!!! Welcome Back.

Sources: Medline Plus, May, 2011
MayoClinic.com, Aug. 2011
WebMD Medicine Reference from Healthwise, Feb. 2011

Join IRTA for just \$2.00 a month.
Contact the IRTA at www.irtaonline.org.

2012 Scholarship

Remember —

This year our lunch meetings will begin at 12:00 noon.



Get a Ride —
Give a Ride

If you need a ride to the AARTA lunches, we may be able to help you. Call Meg Safarik, 630-896-7274, who may be able to match you with a driver.

If you are able to provide a ride for someone or would be willing to coordinate rides, let Meg know. Your help would be greatly appreciated!

Jaely Pratt, our most recent scholarship winner, wrote to thank us for this gift. She will be attending Waubensee Community College and studying to be an ultrasound technician. Jaely wrote that the scholarship was “*both a blessing and a breath of fresh air*” because she wasn’t certain she would be able to afford college. She concluded her letter by saying, “*Thank you for going above and beyond the call of duty and thank you for making a big impact in my life. I hope that one day I can meet each and every one of the wonderful hearts behind this amazing association to personally thank each for giving more than just money but faith and reassurance in myself.*”*

Each year, \$1000 from our dues is used to provide a scholarship to a student from our area who will be attending a community college. This fund is administered by the Community Foundation of the Fox River Valley. Additional gifts from our 50/50 raffle at each lunch and from individual donations go toward the \$10,000 needed to become an endowment fund. Currently we have close to \$4000 toward that goal. Take a look at our page on the Community Foundation website: www.communityfoundationfrv.org.

*Jaely’s complete letter may be found on our website.

Visit our website and
make it one of your favorites!

www.auroraarearetiredteachersassociation.org

JOIN US — AARTA IS ON THE MOVE!

SIGN UP TODAY!

WEDNESDAY, NOVEMBER 21 – DRURY LANE OAKBOOK



Lunch & Show
Ticket
\$42.75

Make check payable to:
Arlene Hawks
930 Garfield Avenue
Aurora, IL 60506

Reservations due by
October 2
Payment due by
October 15

630-896-6001 or 630-254-7283

Names: _____

No. of tickets: _____

Meal Choice: Salmon Tilapia
Vote Pork Chicken

Please note: Vote for one fish choice or one non-fish choice. The choices with the most votes win. All meals include salad, main course, dessert and beverage.

Go-to People

If you need to contact someone from the AARTA to share information or solve a problem, here are the people that can help:

Change of address: Sue Fitzsimons, 630.896.7419

Change of email address: Meg Safarik, 630.896.7274

Legislation: Jerry Lubshina, 630.896.0029, or Linda Allison, 630.355.0690

Lunch reservations: Ann Luker, 630.466.4705, or Joanne Hughes, 630.292.4416

Membership questions: Sue Fitzsimons, 630.896.7419

For a **membership form**, contact Sue or go to our website:
www.auroraarearetiredteachersassociation.org

Missing Readers: email: Meg Safarik, 630.896.7274; US mail: Barb Zillgitt, 630-896-2451.

Newsletter items, Warm Fuzzies, scholarship fund: Barb Zillgitt, 630.896.2451; barbzillgitt@earthlink.net

Programs: Arlene Hawks, 630.986.6001; Dick Schindel, 630.898.1307

You may also contact us by email at aurorardtchrs@hotmail.com.

Casino Trip



Where: Diamond Jo Casino in Dubuque, Iowa

When: Tuesday, October 30, 2012

Departure: Parking lot, Orchard Rd & Indian Trail, **8 a.m.**

Return: Approximately 7 p.m.

Transportation: Rockford Coach

Cost: \$10/person, which includes transportation and lunch.

Requirements: We are required to stay 4 hours at the casino and *we must have 35 attendees* to make this go!

Please detach and return the bottom portion **on or before**

Friday October 12. Each person attending must submit their name, address and date of birth. Make checks payable to **AARTA.**

Send to: Dick Schindel, 784 Morningside Ave., Aurora, IL 60505

Questions: Call Dick at 630 921-1307

Name _____ Birthdate __/__/____

Name _____ Birthdate __/__/____

Address _____ City _____ IL.

Number attending _____ Amount enclosed _____

FYI — There will be a second pickup at the DeKalb oasis on Rte. 88.

Pictures from Our June Lunch

Kevin Trudeau entertained us with songs to go with our Route 66 theme.



Minutes from Our Last General Meeting

June 5, 2012

President Ron Nickerson called our general luncheon meeting to order at 11:30 A.M. on June 5, 2012, at Gaslite Manor in Aurora. The Pledge of Allegiance was recited along with the singing of "God Bless America." Ron talked about the current pension reform and the need for all of us to contact our legislators.

Meg Safarik had a Route 66 quiz for us, and she introduced Kevin Trudeau, who gave a delightful program about Route 66, including songs and a slide show. Ron talked about Jaely Pratt, our 2012 scholarship winner, but unfortunately, Jaely was not present at our meeting. He spoke of possible reduced rates for Fox Valley Park District's Vaughn Center. However, we must have a minimum number of enrollees to qualify.

The secretary's report was approved, and Meg reported that there is \$6,300 in the treasury. Jerry Lubshina and Linda Allison both gave a legislative report, and Jerry thanked us for telephoning and e-mailing. Suggestions and ideas from all of us are welcome. Sue Fitzsimons has volunteered to help all of us with "Voter Voice". Yvonne Hollingsworth spoke of increasing membership and urged all of us to connect with possible members. Dick Schindel talked about the upcoming Cubs and White Sox outings. He would like to have a possible casino trip in the fall.

Barb Zillgitt presented the "Warm Fuzzies" (50 blankets) and thanked those individuals who participated in this worthy project. At this time blankets will go to Jennings Terrace and Aurora Rehabilitation Center. It was reported that we have \$3,505 in our scholarship fund with the Community Foundation. We are trying to get this fund to \$10,000 to be endowed. The 50/50 raffle and adjournment ended our meeting.

Respectfully submitted,
Margaret Nickerson, Secretary

Literacy Volunteers of Illinois is looking for volunteers to tutor incarcerated youth through their Jump Start program. If you would like more information on the program, go to their website (www.lvillinois.org) or the AARTA website.

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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. We have saved lots of money 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.

Thank you for your help.



September

Anne M. Paul	2
Joanne Hughes	3
Geraldine Nikula	4
Ernie Poochigan	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
Roy Libner	18
Dotti Matson	20
Allene Champen	21
Sandy Young	22

Susan Davis	23
Ron Nickerson	25
Lesley Beary	26
Arlene Flynn	27
Dot Sullivan	27
Carol Hatcher	28

October

Mary Malone	3
Faith Jones	6
Jim Toynton	10
Marilyn Ruby	14
Concetta Baltz	22
Pam Erschen	22
Katherine A. Jackson	22
Wendy Balog	28
Dale Hultgren	28
Ann Lawrence	29
Joan Thompson	30

November

Kendra Nohl	1
Identa Austin	2
Anna Sanford	3
Barbara Worthington	4
Maureen Granger	6
Joann Morr	6
Alison King	10
Joanne Cryer	11
Jo Rydland	11
Kay Flodstrom	12
Pauline Scharf	14
Gloria Jones	16
Rosa Jackson	26
LaVerne Taylor	30



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: *Bill Spence*
Retirement Education: *Yvonne Hollingsworth,*
Pamela Colwell
Sunshine: *Dorothy Ellis*
Directory: *Dennis Erford, Tom Griffith*
Reservations: *Ann Luker, Joanne Hughes*

Lunch dates for 2012-13

October 2, 2012
 December 4, 2012
 February 5, 2013
 April 2, 2013
 June 4, 2013

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 on the first Tuesday of January, March, May, September and November.

LUNCHEON RESERVATIONS

Program: Chinese New Year
Where: Gaslite Manor, 2485 Church Road, Aurora
When: Tuesday, October 2, 2012, 12:00
Price: \$15.00
Reservation due date: Friday, September 21, 2012



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 \$ _____

A New Year — Chinese Style

Meet and greet newly retired area teachers and renew old acquaintances by celebrating AARTA's new year in the Chinese style. We'll be enjoying a Chinese buffet lunch as well as Chinese music and dance on October 2.

This year, our meetings will begin at 12:00 instead of 11:30. The cost for the meal and program is \$15.00.

Because of construction work, it is best to take Farnsworth/Kirk to Corporate Blvd. west; then go north on Church Road. There are white signs on Farnsworth, Corporate Blvd. and Church Road to direct you.

Make your reservations now—and bring a guest—we're a friendly bunch!



[Menu](#)
Chinese New Year's
Buffet