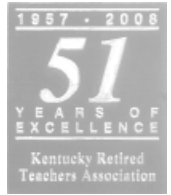




# News

**NRTA**  
AARP's Educator Community



A QUARTERLY PUBLICATION

## Kentucky Retired Teachers Association

*Serving Retired Teachers Since 1957*

VOLUME XXXXIII, NUMBER 3

LOUISVILLE, KENTUCKY

MARCH 2009

### KRTA Convention 2009

KRTA members can look forward to informative, entertaining speakers when the 2009 convention convenes on Friday, April 17, at the Crowne Plaza (formerly Executive West Hotel) in Louisville.

**Jim Miller** will kick off the convention with information about the "Status of Social Security and Health Care Reform: A Look at Mandatory Coverage, GPO and WEP, and Health Care Issues in the Congress."

Miller serves as a consultant to the Ohio Public Employee's Retirement System, the School Employee's Retirement System of Ohio, the Coalition to Preserve Retirement Security based in Washington, D.C., and is associated with Lussier, Gregor, Vienna and Associates, Inc. based in Alexandria, VA. Prior to this he was the former Director of Governmental Relations for the State Teacher's Retirement System of Ohio. He has many years of experience in working with public pension issues at both the federal and state levels.

These issues have included legislation pertaining to pension reform, alternative retirement options, including defined contribution plans, health benefits, board independence, investments, IRS statutes, benefit enhancements, social security reform, SEC issues, and other areas relative to public pension policies.

(Continued on page 8)



**Ken Schulz**  
*Strategic Consultant,*  
**MarketPOINT**

Born to be wild? Born to be mild? No. Born to be a weatherman and **Ken Schulz** was for 33 years with the last 30 years spent as a TV and radio meteorologist for a local station in Louisville. But that career ended and he had to choose between very early retirement, returning to TV and radio in some capacity, or learning a new career.

Early retirement wasn't going to work as gas had just gone to \$4 a gallon and the roof on his house was beginning to leak. Returning to broadcasting was a viable option but when Humana came along and offered him a position, he knew he couldn't and wouldn't turn it down.

He is now preaching the gospel of health and wellness. Staying active both physically and mentally is not only fun but has positive returns in health and the pocketbook. And, if anyone can

(Continued on page 8)

Campbell County High School grad **Steve Flairty** left what he calls "a great teaching job" in 2003 after serving 28 years, mostly as a fourth grade teacher, in the Clark and Fayette County school systems. His reason for leaving? It was the opportunity, he said, to "expand my classroom" via the pursuit of a writing career.



**Steve Flairty**  
*Kentucky Author*

Flairty now has authored two books, with a third on the way. He also works as a senior correspondent for Kentucky Monthly magazine. He believes that good teachers can use their unique professional skills and experiences to help show others the way—long after they mark their last report card and watch the last school bus depart.

His talk, "Expanding Our Classrooms After We've Left the Building," will focus on many of the special people he has encountered around the state in writing his current book, Kentucky's Everyday Heroes. Steve hopes that their uplifting stories will inspire all of us to raise our own lives to higher levels of courage and sacrifice—even after we have "left the building."

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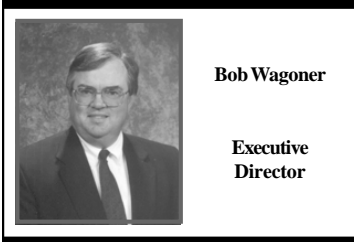
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**News**

## PERSONALLY SPEAKING . . .



**Bob Wagoner**

**Executive  
Director**

### From the Past, for the Present Help for Hard Times

Several weeks ago I ran across an interesting article in one of the state's major newspapers concerning a group formed in 1944 called "The Committee for Kentucky." This organization was

one of the first and most successful public interest groups that have worked to lift our state from the bottom of various national rankings of social and economic progress.

Here are some of the issues that caught my attention:

- In the early 1940s one in four native Kentuckians had left the state for jobs elsewhere.
- One in three Kentucky children received no education.
- Seven of eight never graduated from high school.
- Kentucky had the nation's second highest illiteracy rate.
- Poverty and ill health were rampant.

One of the committee's observations was, "Somehow Kentuckians diverted to politics the social energy which should have gone into improving business, developing industry and extending educational and welfare services." Now, sixty years later, does any of this sound familiar?

Kentucky has made a lot of progress since the 1940s, but other states have made more. We remain near the bottom of many national rankings of social and economic progress, despite six decades of good work by many public interest groups.



**Billy Triplett**  
**KRTA President**

### Time Changes Things Numbers Still Count

There is one factor in our human equation that none can alter; that is, of course, the passage of time. By the time you read this, a new U.S. President will have been inaugurated, a new Congress convened and our Kentucky State Legislature, with its many new leadership positions, deeply involved in concluding another odd year 30-day session. Time could prove

to be on the side of those attempting to solve the many problems which abound in our state and nation if they look down the road far enough to see what actions could be the best for all in the long run (especially our grandchildren) and not just kick the "can" farther down the road for short-term gain or relief.

No doubt, the economic crisis gripping our country has sadly been fueled by three characteristics of the human species—those three being: greed, corruption, and fiscal irresponsibility. Politicians probably get more blame than they deserve, but I would hate to go out on the stump to purport that notion. I wouldn't mind saying this—over the past 25 years we have cultivated a distorted view of what we want versus what we truly need. Therefore, greed must be the driver of corruption which in turn drives fiscal irresponsibility. Let us hope we as a people can overcome these persisting deficiencies.

KRTA has always believed in equity. Never have we been greedy and sought more than an earned share of available and budgeted resources. Since we have in a positive and significant way touched the lives of our populace (legislators included), surely we should rank in the top 25% as possible consultants to our legislators and administrators before they sign off on legislation affecting us. I urge you to continue to keep in contact with your legislators.

As we work at surviving the current economic crisis, have you ever been exhilarated when something turns out "better than you could have imagined."

Over the years at KRTA, I have had that experience time and time again. I attribute it to the synergy that is created when everyone involved in the project gives his or her best; and when it all comes together, the outcome is amazing!

The first time I heard the phrase "unintended consequences" it was used to explain why a legislative action went awry. There was no harm intended at the outset, but the proposal had just not been looked at from all angles . . . Or had it?

Now, when I hear the phrase "unintended consequences" I immediately become skeptical. It may be impossible to predict the outcomes because there are so many variables—but the question I ask myself now is, "Did someone really know the negative impact of a decision, and make it anyway?"

As it relates to legislative action concerning our retirement program (KTRS), I suppose we can always estimate some of the outcomes, but predicting them and actually living with the results are two very different things. Thus, constant vigilance of the legislative process is required of us to prevent "unintended consequences."

Recognizing the seriousness of our current economic crisis, I believe there are some key points to help keep things in perspective. If you are getting a KTRS pension, here a few "Good Things" to remember.

- Your pension has a lifetime guarantee—Your life! You cannot outlive your pension.
- If you selected a joint survivor option for a spouse, he/she cannot outlive your pension either!
- If you consider the general public, only 1 in 4 people has a pension guaranteed for life. You are the "1 in 4." As things go, this makes you a "have" instead of a "have not."
- Your pension fund was not invested in the sub-prime mortgage market, but all investments have been impacted by it.
- Obviously pension fund assets have dropped. In spite of the drop, the funding level of KTRS is still strong—and there is money available to pay your pension.

Everyone is worried and unsettled right now. Stay hopeful; stay positive; remember that retired teachers are resourceful people. If it makes you feel any better, there are many people who would like to be in your shoes—and are not.

Thank goodness for our well organized and competent KTRS board of trustees, executive secretary and staff. Wise and prudent investment practices has softened the potential devastating blows of the harsh economic downturn in which so many have been harmed so severely. Great foresight and use of proper and proven expertise has enabled the Teachers Retirement System to avoid the great majority of the many gimmickries in the investment markets in these troubled times. Thank you, Mr. Harbin and associates!

Please keep in mind that research has shown without question that Defined Benefit Pension Plans best serve retirees and at a lower cost in the long term than does a Defined Contribution type plan. This is especially true when the employer is a governmental agency. West Virginia has offered up a prime example of what can happen to a retirement system by its ill advised venture into a defined contribution plan. It proved to be a disaster, difficult to undo.

Ready for some good news? Apparently our state and local membership committees are to be congratulated for achieving their goal in a record time of only six months. Thanks for the great work **team**—no doubt Virginia is proud of you as are we all. Yes, the numbers do still count. How nice and rounded 26,500 sounds—easy to remember, too! During our Eastern District's Fall Workshop at the beautiful Carter Caves State Park on September 19, I challenged president-elect Ceibert Gilbert to achieve a membership of 27,000 next year. The great work of our people this year surely has placed this seemingly elusive number within our reach. Let us continue the good teamwork.

I hope your district and local are now planning to send representatives to the April State Convention in Louisville and planning to be recognized as gold, silver or bronze achievers in your membership goals. See you there! Best wishes to you and yours.

## Social Security & Pension Watch

**Social Security News.** The 111th Congress has begun. On January 7, 2009, Representative Howard Berman (CA) filed HR 235 in the House of Representatives. HR 235 would repeal the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO) Social Security penalties. On the same date HR 235 was referred to the House Committee on Ways and Means. These two provisions are impacting hundreds of Kentucky's retired educators. To-date a companion bill has not been filed in the Senate.

These Kentucky's Representatives (Ben Chandler, Brett Guthrie, Hall Rogers, Ed Whitfield and John Yarmuth) have signed on as co-sponsors of HR 235. These individuals should be applauded for recognizing the harm the GPO and WEP provisions are causing retired educators. At present, Representative Geoff Davis has not. You can contact Representative Davis through a link on our website ([www.krta.org](http://www.krta.org)).

The Coalition to Preserve Retirement Security (CPRS) reports that President Obama is on record opposing mandatory coverage. It was not an issue that found its way into the debates or into the presidential campaign at all, for that matter - but President Barack Obama's position on mandatory Social Security coverage for state and local workers is a matter of record: he opposes it. At least, he did a few years ago.

In March 2005, then Sen. Obama and 10 colleagues signed onto a letter opposing mandatory coverage that was sent to Senate Finance Committee Chairman Charles Grassley. These senators stated, "We believe proposals requiring the mandatory participation of state and local employees in Social Security would starve public pension[s] of the continued flow of new participants needed to maintain solvency," the letter states. "Such proposals would disproportionately harm America's uniformed employees and place an undue burden on cities, counties, and states. Furthermore, forcing public employees into Social Security against their will does nothing to improve the long-term health of the program." President Obama, of course, will face different pressures as president than he did as a senator, among them the likely need to take the lead in crafting a comprehensive Social Security reform plan. If he serves two terms, President Obama will leave office the year that Social Security's annual revenues start to fall short of expenditures, according to the program's trustees.

Of great concern to opponents of mandatory coverage is that President Obama's choice to be director of the Office of Management and Budget, Peter Orszag, is known to be a supporter of mandatory coverage. In 1998, Orszag, then an aide to President Clinton, told a group of public pension officials meeting with him at the White House that forcing all state and local workers to participate in Social Security was a "no-brainer" because nearly all Americans are already in the program and "besides, we need the money."

Orszag continued to push mandatory coverage when he went to the Brookings Institution, a liberal think tank, advocating the measure in articles and a Social Security reform proposal he co-authored with Massachusetts Institute of

Technology Professor Peter Diamond.

"We hope that President Obama will remember all of the reasons he signed on as an opponent of mandatory coverage once he is in the White House," CPRS Chair Terri Bierdeman said. "None of those reasons has changed. Mandatory coverage would be devastating for public employees and expensive for taxpayers, and it would do almost nothing to solve Social Security's financial problems. It is as bad an idea now as it has ever been."

Mandatory coverage would cost states and localities \$44 billion over five years, while adding just two years to the projected solvency of Social Security, according to a 2005 estimate by The Segal Company.

President Obama's home state of Illinois would be one of the hardest hit, with the five-year cost reaching \$4.2 billion. A 2007 study by the Teachers' Retirement System of Illinois and the Illinois State Universities Retirement System found that mandatory coverage would cost the state's public schools \$3.4 billion over 10 years, an expense that would "almost certainly" result in lower retirement benefits and "would inevitably reduce funds available for education programs and services."

KRTA continues to work closely with the Coalition to Preserve Retirement Security (CPRS) on these important social security issues (i.e., mandatory social security, GPO and WEP). The attacks on public employees' retirement security (i.e., Kentucky retired teachers) remain and are increasing. KRTA continues to work on these issues at the national level with the Coalition to Preserve Retirement Security (CPRS) and the Retired Educators Association Social Security Coalition.

**Pension News.** As financial news for retirees and the soon-to-retire grows worse, it is time for "a wholesale re-examination" of the American retirement savings system, House Education and Labor Committee Chairman George Miller said at a hearing in San Francisco in October.

On October 7, 2008, Representative Miller (CA, D), held a hearing on the impact of the economic crisis on retirement savings in Washington D.C. The Congressional Budget Office testified that American workers have lost more than \$2 trillion in retirement savings on the past 15 months as the stock market's decline decimated 401(k) accounts.

At the San Francisco hearing Miller said it is worse yet: \$1.9 trillion more has drained from public and private pension accounts, according to a new study from Boston College's Center for Retirement Research. For example, the California Public Employee's Retirement System—the largest U.S. public pension fund—has lost more than 20 percent of its value since July 1, 2008, and so might have to force already struggling state and local governments to pay more for retirement benefits.

And Miller said his committee has learned the Pension Benefits Guaranty Corporation—the government agency that insures private sector pension plans—lost at least \$3 billion in stock investments in the past fiscal year.

Regular updates concerning Social Security and Pension issues will appear in each issue of the KRTA News. Look for them.



### Look What's New At Commonwealth Credit Union!

#### Mobile Banking is Here!

1. Home Banking from your cell phone.
2. Web-based mobile banking
3. Safe and secure
4. Works on any data-enabled cell phone
5. Free Service\*
6. Available to all our Home Banking Users

\*Commonwealth Credit Union Mobile Banking is a free service. However, because it uses your phone's data transfer service, there may be a charge from your cell phone provider. Consult your cell phone service plan for details.

#### Four College Scholarships For 2009

In an effort to help even more of young members

realize their dream of attending college, Commonwealth Credit Union's Board of Directors has voted to increase the number of annual scholarships offered from one to FOUR!

So sign up all of your young family members now for credit union membership! That way, when they are ready to apply for the college scholarship they are ready to GO! To learn more about the scholarships, log on to [www.ccukey.org](http://www.ccukey.org) and click on the link.

#### Resolve To Be More In Control Of Your Financial Choices In 2009—Use These Tips!

1. *Resolve to pay yourself first.* Simply take advantage of direct deposit and automatic transfer to designate an amount of money to be regularly taken from your retirement check to build up your savings or pay off a loan.
2. *Resolve to cash in on savings opportunities.* This can be done by saving part of your tax refund or unexpected cash you receive (like the economic

stimulus check). Habits like this really pay off.

#### 3. *Resolve to cut the cost of credit.*

Be a savvy consumer and pay down some high interest debt with that unexpected cash or extra streams of income.

#### 4. *Resolve to be a credit union consumer first.*

Smart money shoppers first look to Commonwealth Credit Union for good deals on financial services. Surveys show that credit unions generally offer more favorable terms than elsewhere on share savings accounts, loan shares and checking accounts.

#### 5. *Resolve not to overpay Uncle Sam.*

We all enjoy receiving large tax-refund checks. However, they generally indicate that you may be donating too much money to the government each payday. Your donation might surprise you!

For more financial advice or upcoming promotions at Commonwealth Credit Union simply log on to [www.ccukey.org](http://www.ccukey.org).



## KRTA PARTNERS . . .



### Going Away? Secure your Home with a Neighborhood Watch

*When you're away, home security depends on a helping hand (and extra eyes).*

Dave Farmer, Agent, Liberty Mutual Group

It's much easier to relax on vacation if you know trusted neighbors are watching your home. Before you leave town, arrange for them to do the following—and don't forget to return the favor when they take a trip:

- Collect any deliveries. Even if you have mail and newspaper delivery stopped, neighbors should watch for packages.
- Park their car in your driveway occasionally (or move your car) so it looks like someone is home.
- Set out your garbage can for normal pickup and put it away afterward.
- Maintain your lawn.
- Keep an eye on your property—and call the police if they see something suspicious.
- Act for you in an emergency. (Leave them a spare key, instructions and codes for your security system and information about how to reach you.)

#### If You Can't Ask a Neighbor for Help

To ease your mind, take the following actions:

- Keep your travel plans quiet.
- Ask a friend or relative to stay at your home while you're gone. If that's not possible, ask someone to stop by your house to check on it once or twice a day.
- Notify local police about your trip. Some communities offer home-watch programs.

#### Before You Go

Complete this checklist to secure your home when you head out of town.

- Arrange to have mail and packages picked up or held.
- Stop newspaper delivery.
- Move cash, jewelry and other valuables to a safe-deposit box.
- Set lights, a radio and a TV on automatic timers to give the illusion that you're home
- Leave your regular greeting on your voice mail or answering machine. Don't announce that you are away.
- Turn off water to the washing machine so hoses won't burst and flood the house.
- Lock all doors. Long dead bolts are best. Don't forget the side garage door and rear doors. Sliding doors should be equipped with special locks (or, in a pinch, place a broom handle or similar item in the door channel).
- Lock all windows.
- Leave curtains, shades and blinds in their normal position.

*Liberty Mutual is the nation's fifth-largest provider of personal lines of insurance products in the U.S. The company sells full lines of coverage for automobile, homeowners, valuable possessions and personal liability insurance. Call Dave Farmer at 1-800-292-2073, ext. 51690, for a no-obligation quote.*

### Filing a Long Term Care Claim: Getting Started

Joseph P. Blanchette, CLTC  
National Health Administrators

*The "Claims Procedures" or "Claims Provisions" section of your policy will clearly outline the proper procedures for filing a claim. Today these procedures are generally uniform across the Long Term Care industry. Older policies may be different and need to be followed closely. Be sure to read them carefully; making notes in the margins and highlighting key provisions. It's better to ask questions now instead of when you are trying to file a claim and are under stress. Here are a few key provisions dealing with filing a claim.*

**Give Formal Notice:** It is your responsibility to give notice of a claim (or possible claim) to the insurance company. Most companies prefer notice even if you are unsure that a claim will actually take place. Depending upon your policy, the initial contact may be allowed by telephone, but formal written notification will also be required. You will be expected to provide such information as: the name of the claimant, policy number, a description of the Long Term Care need or medical condition, current phone number and an address where a claim form can be sent.

**Notify KRTA as Soon as Possible:** If you let KRTA know that a claim is going to be filed, we will notify representatives from National Health Administrators, plan administrators for KRTA, who will work with you during the claim-filing process. They will help you gather and present the information that will be required by the insurance company. An ounce of prevention is worth a pound of cure. Your contact with our office will be kept confidential. For further information contact KRTA's State LTC program manager, Larry Sutherland, toll free at 866-899-5796

**Notify the Company as Soon as Possible:** As mentioned above, once you feel you might qualify for benefits under your Long Term Care insurance policy, you or a family member should notify the insurance company. This helps expedite the process. Company representatives will open a file and mail out the appropriate forms. With newer policies, the insurance company will also assign a care coordinator nurse from your area who will visit you to conduct a needs assessment, develop a plan of care, and help you identify caregiving providers. Older policies may not include this "care coordinator" benefit, which means policyholders must do more of the record keeping. All policies currently offered through the KRTA Long Term Care program include care coordinator services.

**Proof of Loss and Benefit Payments:** Once you have started to receive Long Term Care services, all companies will expect you to provide written proof that you have incurred expenses for covered services that are outlined in your policy. Then, after you have satisfied your policy Elimination Period (waiting period), the company will make appropriate benefit payments to you. Be certain to get record keeping assistance if necessary.

**Benefit Triggers:** Before your claim can be approved, all tax-qualified Long Term Care plans require that you be "chronically ill" and unable to perform at least two "Activities of Daily Living" without substantial assistance from another person. These are bathing, continence, dressing, eating, toileting and transferring from place-to-place. You may also be approved if you require substantial supervision to protect you from threats to health and safety due to severe cognitive impairment, such as Alzheimer's.

**Keep Good Records:** Be an involved consumer. Lest there be any confusion or miscommunication, it is a good idea to ask for the name of the person with whom you or others have spoken, and secure their telephone number and office extension. Write down the date and time of the call along with a brief note about your conversation. Make copies of any forms that you mail to the company. People do make mistakes, so it is smart to stay on top of the claim filing process.

## E-Mail Alert!

Please keep your e-mail address updated!

Contact us at: [krt98@aol.com](mailto:krt98@aol.com)



**FINANCE & INVESTMENT LINE**  
1-800-927-0030

## What Goes Down Must Come Up

Prepared by Raymond James for use by Henry Hensley of Raymond James Financial Services, Inc. (Member FINRA/SIPC)


Managing your investment portfolio is not easy. It requires a constant awareness of market conditions such as the interest rate environment. It also requires an understanding of how a change in interest rates may affect performance of your investment strategies to be able to determine the possible reactions to any change in rates. Then, you have to be able to factor in any expenses related to making or failing to take action. Finally, you must decide upon and take the appropriate action—which may be inaction if your current financial plan is working for you.

**Other People’s Money.** The Federal Reserve is the national bank of the United States. It controls the money supply and thereby affects the cost and availability of money: interest rates and available credit. The U.S. banks borrow money from the Federal Reserve to lend to their customers. The interest rate charged by the Federal Reserve is called the Discount Rate. The higher the Discount Rate, the less money banks are willing to borrow and push into the economy. If too little money is pushed into the economy, consumers and business may have less money to spend on goods and services.

**Current Forecast? Rising Interest Rates.** What goes down must come up. Interest rates just tend to work that way, which has many investors currently reevaluating their investment strategies. A good idea; but, don’t be too quick to make changes. Sure, rising interest rates can hurt some strategies. Other strategies, however, can aid you in managing the risks of rising interest rates, including a laddered bond portfolio. The goal is to identify the appropriate strategies for you.

**Time Lines.** Over time your financial goals, the amount of time you have to invest, and your tolerance for risk will change and so will your financial plan. Today, most investors understand this and realize the value of diversifying their investment assets among stocks, bonds, and cash equivalents. Not only can you diversify across asset classes, you can diversify across investment strategies. The idea, bearing comprehensive financial planning in mind, is to combine and implement the appropriate strategies in the right proportion to insulate your investment portfolio from the impact of rising interest rates.

Investment planning strategies should never be implemented in a knowledge vacuum. Your financial advisor can help you learn how to diversify across investment strategies by choosing and implementing complementary strategies that balance risk and reward within your comprehensive financial plan.



**Using Life Insurance To Minimize Your Tax Burden**  
By Keith Hazelbaker, CFP®, Executive Vice President, North American Life Plans, LLC



Life insurance can play an important role in estate planning. Purchasing life insurance with a single premium can help ensure the greatest amount of your estate passes to your intended heirs and not Uncle Sam, more so than if the funds were alternatively placed in an annuity, CD or money market account.

If you meet any of the following criteria, you may want to schedule a no-obligation review of your life insurance needs—a free service North American Life Plans provides to KRTA members.

1. Do you have money you hope to pass on to loved ones?
2. Do you have a deferred annuity from which you do not plan to take withdrawals or annuitize?
3. Do you have money in various savings vehicles (CD’s, annuities, money market accounts) that is not needed for income?
4. Do you own a life insurance policy that is not performing as expected?

In addition, if you have an annuity, CD or money market account, ask yourself the following questions:

1. Is my money safe—with GUARANTEES?
2. Can I avoid the probate process?
3. Are my interest earnings tax-deferred?
4. Does my current savings vehicle have a guaranteed death benefit?
5. Does my current savings vehicle provide benefits if I am confined in a nursing home or become terminally ill?
6. And most importantly, does it have an INCOME TAX-FREE death benefit?

If you answered NO to any of these questions, call me today at 888-362-1214 to schedule a free, no-obligation review of your life insurance needs. Even if you’ve had some health issues and think you won’t qualify, we can probably still help you.

North American Life Plans is proud to be endorsed by the Kentucky Retired Teachers Association, and I look forward to helping you take advantage of this important member benefit.

If we find you should be utilizing a life insurance policy to minimize your tax burden, I’ll shop all the major carriers to get you the right plan for your individual needs! Call me today at 888-362-1214.

Buckman, Farris & Rakes  
193 S. Buckman Street  
Shepherdsville, KY 40165  
smoore@bfrlaw.com

## Patients’ Rights in Nursing Homes

In the Commonwealth of Kentucky, nursing home patients are entitled to various rights and an uncompromising level of care. Sadly, some residents in some poorly managed nursing homes have faced issues including financial abuse, elder abuse, bedsores, falling accidents, physical and sexual abuse,

negligent care, improper restraint, and concerns about patient discharge. Hopefully, you or a loved one will never have to deal with these types of issues. At the same time, it helps to be aware of the rights Kentucky law provides to nursing home residents.

Kentucky provides nursing home residents with “The Nursing Home Resident’s Bill of Rights,” which is a list of principles and rules in place to ensure that residents receive proper and professional care while in a nursing home in Kentucky. The Nursing Home Bills of Rights are found in Kentucky Revised Statutes 216.515 and 216.520. These statutes provide a number of rights, which are described below.

### Residents’ Rights:

- ❖ Right to be notified in writing of all services available at the nursing home
- ❖ Right to be fully informed of all service charges for which the resident is responsible for paying; right to file complaints concerning charges they deem unjustified to appropriate local and state consumer protection agencies
- ❖ Right to be transferred or discharged only for medical reasons, for his/her own welfare or that of other residents, or for nonpayment – with reasonable notice by nursing home before taking such actions
- ❖ Right to be assisted during stay to exercise these rights; right to voice grievances and recommend changes in policies and services to facility staff and to outside representatives of their choice, free from reprisal
- ❖ Right to be free from emotional and physical abuse and free from chemical and physical restraints, except in emergencies or as justified in writing by a physician for a specified and limited period of time and documented in the resident’s medical record
- ❖ Right to keep medical and personal records private; right to approve or refuse the release of such records to any individuals outside the facility
- ❖ Right to manage the use of his/her personal funds; If the facility accepts the responsibility for managing the resident’s personal funds as evidenced by

(Continued on page 7)



**KRTA Legaline**  
1-800-232-1090

# CONVENTION 2009 . . .

**APRIL 16 - 17**

**Hope to see you!**



**CROWNE PLAZA**

LOUISVILLE AIRPORT

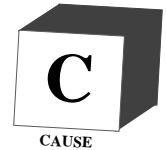
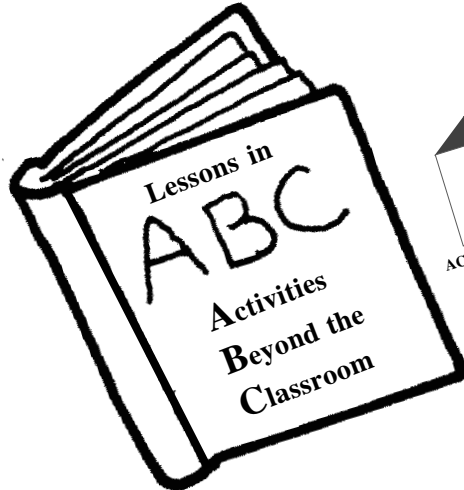
(Former Executive West Hotel)  
Louisville, Kentucky

**Featured Guest Speakers:**

**Jim Miller**  
Coalition to Preserve  
Retirement Security

**Steve Flairy**  
Kentucky Author

**Ken Schulz**  
Humana



## PRE-CONVENTION MEETINGS

**District Presidents' Meeting**

Thursday, April 16  
10:15 a.m. - 1:15 p.m.  
CROWNE BALLROOM B

[ **BUFFET LUNCH** ]  
11:30 a.m.

**Executive Council Meeting**

Thursday, April 16  
11:15 a.m. - 2:30 p.m.  
CROWNE BALLROOM B

**N. O. Kimbler Committee**

Thursday, April 16  
2:45 p.m.  
CROWNE BALLROOM B

**Everyone Please  
Attend the  
President's Reception**

Thursday, April 16  
3:30 - 5:30 p.m.  
ELLIOTT ROOM

**Reception**

**for Members & Guests**  
Thursday, April 16  
Doors open at 6:30 p.m.  
Reception begins at 6:45 p.m.  
CROWNE BALLROOM A

**CORKY RAIBLE TRIO**



**CONVENTION SCHEDULE**

**FRIDAY, APRIL 17**

**Registration**

Thursday, 4/16 - 9:30 a.m. - 6:30 p.m.  
Friday, 4/17 - 8:00 - 11:00 a.m.

**REGISTRATION B**

**Coffee & Donuts**

8:00 a.m.-9:30 a.m.  
CROWNE BALLROOM B/C

**Morning Session**

9:30 a.m.-12:00 noon  
CROWNE BALLROOM B/C

**Luncheon**

12:15 p.m.-2:00 p.m.  
CROWNE BALLROOM A

**Delegate Assembly**

2:15 p.m.-3:15 p.m.  
CROWNE BALLROOM B/C

- ✓ The convention is open to all KRTA members.
- ✓ The number of delegates to the Delegate Assembly is based on the local's KRTA state membership.
- ✓ Reservations must be made for the luncheon by **April 10**.
- ✓ Room reservations must be made by **March 22** (\$75 single and \$85 double, triple, quad occupancy). Call **1-800-626-2708** and tell them you're with KRTA.

## More Convention Activities

- ◆ Standing Committee Reports
- ◆ Resolutions Committee Report
- ◆ Election of 2009-2010 Officers
- ◆ Luncheon Menu includes Stuffed Pork Loin, Mashed Potatoes, Green Beans
- ◆ Membership & Unit Activities
- ◆ Local and District Level Recognition
- ◆ KRTA/AARP Grandparent Essay Contest Winner
- ◆ Door Prizes
- ◆ Entertainment



### 2009 KRTA Luncheon Reservation Form

**\$20 per person**

Please make \_\_\_\_\_ reservation(s) for the Luncheon. My check # \_\_\_\_\_ in the amount of \$ \_\_\_\_\_ is enclosed. Attach a separate list of names to receive tickets for multiple orders.

\_\_\_\_\_  
Name of Person Placing Order

\_\_\_\_\_  
Street and Number

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Area Code

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
County Affiliation

Reservations must reach the **KRTA office by April 10**. Tickets may be picked up at registraton on April 16 or 17. Mail reservation form and payment to:

KRTA  
Mrs. Carla Hahn  
7505 Bardstown Road  
Louisville, KY 40291-3234

**2009 CONVENTION COMMITTEES**

**Resolutions Committee**

Roberta Fugate, Chair  
P. O. Box 545  
McDowell, KY 41647  
606-377-6013

Emma Isaac  
745 KY Hwy. 1107  
Van Lear, KY 41265-8606  
606-789-5973

Donald Miller  
283 Matlock Pike  
Bowling Green, KY 42104  
270-781-1105

**Contact a committee member if you have concerns or suggestions.**

*Thank You!*

**Nominating Committee**

Patsy Young  
418 Ridgecrest Road  
Elizabethtown, KY 42701  
270-765-7964  
pmyoung1@alltel.net

Tara Parker, Chair  
609 Old Station Road  
Frankfort, KY 40601  
502-227-0054  
tapa13@aol.com

Neal Tucker, Chair  
328 E. Young Street  
Morganfield, KY 42437  
270-389-4744  
nealdorris@bellsouth.net

Irene Erskine  
526 Claremoor Avenue  
Bowling Green KY 42101  
270-782-1940  
ierskine@insightbb.com

Larry Morrow  
874 W. Bourbon Road  
Somerset, KY 42503  
606-451-8365  
lmorrow47@charter.net

**Reception Committee**

Fonrose Wortham, Jr., Chair  
7613 Old Salem Court  
Louisville, KY 40242-4026  
502-429-5045

Joyce Cecil  
10409 Forest Garden Lane  
Louisville, KY 40223  
502-426-0399

Jim Hicks  
3715 Stratford Lane #1  
Louisville, KY 40207-4426  
502-897-5845

Marianne Humphries  
6704 Green Meadow Court  
Louisville, KY 40207  
502-894-0332

Shannon Royal  
4516 S. Second Street  
Louisville, KY 40214-1926  
502-366-2250

Melanie Wood  
8605 Shelbyville Road  
Louisville, KY 40222  
502-290-4944

**Operation Energy Save**

*An Idea from NRTA and AARP to Help Individuals Lower Energy Costs*

It may be a tough winter for us all, but it may be especially difficult for those living alone or on a fixed income. Given the financial squeeze so many people are feeling and the high cost of energy, every dollar saved can make a big difference. Far too many people may be forced to choose between food, medicine, and heating their home. Therefore, NRTA: AARP's *Educator Community* wants to share information about **Operation Energy Save**, a new resource that could help to lower energy bills.

**Operation Energy Save** is an online tool where individuals or groups (such as REAs) can help friends and neighbors possibly reduce energy costs in just an hour or so. Please visit the special website [www.AARP.org/CreateTheGood/energy](http://www.AARP.org/CreateTheGood/energy) to find and download the easy step-by-step checklists and organizing tools. The tools walk you through a home energy-assessment and offer simple steps for no-cost or low-cost energy maintenance including daily reminders about effective and efficient energy use.

If you are interested in organizing your REA members to help others, the website also offers an easy Group Organizers Toolkit for that purpose. Once you have helped friends and neighbors with their energy assessment and suggested steps to lower their energy costs, please visit the website and offer feedback on your experience and share your suggestions for future projects.

By using **Operation Energy Save**, friends and neighbors will appreciate your efforts to possibly help them save money. It also offers yet another opportunity for them to see your REA as a caring group of former educators who continue to make a difference in the community.

(Continued from "Patients' Rights..." on page 5)

the facility's written acknowledgment, proper accounting and monitoring of such funds shall be made – including giving quarterly itemized statement to the resident/guardian which details the status of the resident's personal funds and any transactions received or disbursed.

The facility shall also return to the resident his/her valuables, personal possessions, any unused balance of moneys from his/her account at the time of this transfer, discharge from the facility, or in cases of death

- ❖ If a resident is married, privacy shall be assured for the spouse's visits; if they are both residents in the facility, they may share the same room, unless in different levels of care or medically contraindicated and documented by a physician
- ❖ Right not to be required to perform services for the facility that are not included for therapeutic purposes in their plan of care
- ❖ Right to associate and communicate privately with persons of their choice and send and receive personal mail unopened
- ❖ Right to retain the use of their personal clothing unless it would infringe upon rights of others
- ❖ Right not to be detained against his/her will; residents shall be permitted to go outdoors and leave the premises as they wish unless a legitimate reason can be shown and documented for refusing such activity
- ❖ Right to participate in activities of social, religious, and community groups at their discretion
- ❖ Right to visual privacy in multi-bed rooms and in tub, shower, and toilet rooms
- ❖ Right to their choice of a physician
- ❖ If resident is adjudicated mentally disabled in accordance with state law, the resident's guardian shall act on the resident's behalf in order that his rights be implemented
- ❖ Right to be treated with consideration, respect and full recognition of his dignity and individuality, including privacy in treatment and in care for personal needs
- ❖ Every resident and his/her responsibility family member shall have the right to be fully informed of the resident's medical condition

- ❖ Right to be suitably dressed at all times and given assistance when needed in maintaining body hygiene and good grooming
- ❖ Right to access to a telephone at a convenient location within the facility for making and receiving phone calls
- ❖ Resident's responsible party or family member or guardian shall be notified immediately of any accident, sudden illness, disease, unexplained absence, or anything unusual involving the resident
- ❖ Right to have private meetings with the appropriate long-term care facility inspectors from the Cabinet for Health and Family Services
- ❖ Right to have access to all inspection reports on the facility
- ❖ All rights above shall apply in all cases unless medically contraindicated and documented by a physician in writing in the resident's medical record
- ❖ Any resident whose rights as specified above are infringed upon can bring a cause of action against any facility responsible for the violation. The action may be brought by resident or his/her guardian. Resident can recover actual and punitive damages for any deprivation of rights. If resident prevails against facility, he/she may also be entitled to recover reasonable attorney's fees and costs for filing the action and damages. If Plaintiff/Resident loses, then Defendant/Facility may be entitled to attorney's fees

**Facility Duties:**

- ❖ Every facility must post these rights noticeably throughout the facility
- ❖ Facilities must develop a mechanism that allows each resident/responsible party to participate in the planning of the resident's care and encourage residents in the planning of such
- ❖ Facilities shall establish written procedures for the submission and resolution of complaints and recommendations by the resident/responsible party/family member. Such policies shall be noticeably posted throughout the facility; facilities shall prepare a written plan and provide staff training to implement each of the residents' rights herein
- ❖ All facilities shall maintain in their facilities a copy of the most recent inspection report by the Cabinet for Health and Family Services

Should you have any further questions or concerns about any of these rights as listed above, please feel free to contact the KRTA *Legaline* at 1-800-232-1090.



# THE INSIDE SCOOP . . .

## KENTUCKY RETIRED TEACHERS ASSOCIATION STATEMENTS OF REVENUE, EXPENSES AND OTHER CHANGES IN NET ASSETS - MODIFIED CASH BASIS Years Ended June 30, 2007 and 2008

	2008		2007	
	Unrestricted	Percent to Revenue	Unrestricted	Percent to Revenue
<b>REVENUES</b>				
Membership dues	\$ 388,960	94.63%	\$385,560	84.95%
Interest income	23,930	5.82%	21,171	4.66%
Dividend income	15,561	3.79%	12,731	2.81%
Other Income	12,669	3.08%	12,012	2.65%
Net unrealized (loss) gain on investments	(30,108)	-7.33%	22,372	4.93%
<b>TOTAL REVENUE</b>	<b>\$ 411,012</b>	<b>100.00%</b>	<b>\$ 453,846</b>	<b>100.00%</b>
<b>EXPENSES</b>				
	Amount	Percent to Revenue	Amount	Percent to Revenue
Salaries	\$ 142,214	34.60%	\$ 136,427	30.06%
Annual Convention	6,109	1.49%	6,322	1.39%
Committee Expenses	26,187	6.37%	20,275	4.47%
Contract Printing	10,089	2.45%	9,388	2.07%
Depreciation	10,894	2.65%	11,808	2.60%
District Expenses	2,100	0.51%	2,100	0.46%
District Managers Meeting	6,560	1.60%	6,114	1.35%
Employee Benefits	9,804	2.39%	8,857	1.95%
Fall Workshops	7,287	1.77%	5,825	1.28%
Insurance	2,918	0.71%	3,191	0.70%
KRTA News	47,184	11.48%	41,297	9.10%
Legal Hotline Services	18,000	4.38%	17,750	3.91%
Maintenance	25,964	6.32%	25,008	5.51%
Materials and Supplies	11,502	2.80%	10,153	2.24%
Miscellaneous	248	0.06%	274	0.06%
Payroll Taxes	11,331	2.76%	11,119	2.45%
Postage	20,928	5.09%	20,904	4.61%
Professional Fees	9,415	2.29%	9,050	1.99%
Scholarships	16,800	4.09%	15,900	3.50%
Retiree Recognition Reimbursement	2,300	0.56%	3,250	0.72%
Taxes and Licenses	2,676	0.65%	2,702	0.60%
Telephone	2,748	0.67%	2,748	0.61%
Travel	48,330	11.76%	48,115	10.60%
Utilities	2,828	0.69%	2,226	0.49%
<b>TOTAL EXPENSES</b>	<b>\$ 444,416</b>	<b>108.13%</b>	<b>\$ 420,803</b>	<b>92.72%</b>
Increase in Net Assets	\$ (33,404)	-8.13%	\$ 33,043	7.28%
Net Assets - Beginning of Year	\$ 864,092		\$ 831,049	
Net Assets - End of Year	\$ 830,688		\$ 864,092	

Executive Director: Bob Waggoner Date: 1/23/2009

## Membership

by Betty Hester, Membership Co-Chair

Well, you did it again! We're proud to announce that we surpassed the goal set for this year. Congratulations are in order for 34 locals and 2 districts that met or surpassed the goals set by the state membership committee last spring:

Estill	Caroll	Trigg	Bell
Madison	Henry	Marion	Harlan
Montgomery	Owen	Wayne	Laurel
Powell	Shelby	Hancock	Whitley
Mercer	Caldwell	Union	Breathitt
Nicholas	Carlisle	Edmonson	Knott
Fleming	Crittenden	Metcalfe	Leslie
Mason	Fulton	Monroe	Wolfe
Morgan	Lyon		

Districts: Central Ky East and Upper Ky River

## KRTA MEMBERSHIP STATEWIDE BY DISTRICT JANUARY 16, 2009

DISTRICT	POTENTIAL		% - AGE
	MEMBERS	MEMBERS	
Middle Cumberland	1,449	1,312	90.6%
Upper KY River	1,191	1,014	85.1%
Second	2,263	1,890	83.5%
First	2,325	1,924	82.8%
Fourth	2,178	1,751	80.4%
Central KY East	2,004	1,563	78.0%
Fifth	2,071	1,615	78.0%
Eastern	2,178	1,683	77.3%
Third	2,883	2,102	72.9%
Upper Cumberland	1,916	1,390	72.6%
Northern	2,185	1,553	71.1%
Big Sandy	1,673	1,176	70.3%
Central KY West	4,137	2,689	65.0%
Jefferson	5,084	3,076	60.5%
Out of State	3,369	1,637	48.6%
Associate	147	147	100.0%
<b>TOTALS</b>	<b>37,053</b>	<b>26,522</b>	<b>71.6%</b>
<b>MEMBERSHIP TYPE</b>	<b>JAN 18, 2008</b>	<b>JAN 16, 2009</b>	<b>DIFFERENCE</b>
Automatic Dues	20,598	21,280	682
Cash	5,362	5,242	(120)
<b>TOTALS</b>	<b>25,960</b>	<b>26,522</b>	<b>562</b>
Percentage	72.5%	71.6%	-0.9%

(Continued from "Miller" on page 1)

Prior to joining STRS in January 1987, he served as Director of the Division of Educational Services in the Ohio Department of Education. As part of his responsibilities, Miller served as the Department's Washington representative for more than 20 years where he worked on a wide variety of budget and policy issues. His division was responsible for administering federally funded education programs in Ohio. Included was the Adult Literacy Program for which he was inducted into the International Adult Education Hall of Fame for recognition of his leadership in building the literacy program in Ohio and nationally.

In addition to his administrative experience at the Ohio Department of Education, he has served as an English and Social Studies teacher, high school basketball coach, and high school principal. He was also an adjunct professor at the Ohio State University for several years where he taught a graduate course titled "The Politics of Education." His undergraduate and graduate degrees are from Miami University, Oxford, Ohio. He also served in the U.S. Air Force during the Berlin crisis.

(Continued from "Schulz" on page 1)

preach about never being too old to learn new tricks, it is Ken. Remember he went from talking about cold fronts to Medicare Advantage Plans and stand alone Part D Drug Plans within a month.

"To address the dramatic career change I have made," he says, "let me just say that it's not that dramatic. As a TV meteorologist and as a Humana associate, I have talked to audiences on topics that I know are important to them. I have tried to take difficult concepts and make them more understandable and I have surrounded myself with like-minded professionals who are also my friends. Some things never change!"

Ken makes his home in Oldham County with his wife Cindy of 33 years. They have three terrific kids who are no longer kids and, in fact, are having kids of their own. Cindy and Ken are proud grandparents of four.

Life and weather are sometimes unpredictable but never are they boring!



## Madison County RTA



The Madison County Retired Teachers supported EKU students by furnishing a convertible for Homecoming Queen and King candidates in the EKU homecoming parade. Mr. and Mrs. Mike Leaverton used their car and the MCRTA banner to display their members' commitment to education and youth.

## KRTA Members on Tour

The information received in the spring *KRTA News* led this group to the *Beijing City Tour*. It included The Great Wall, The Peking Opera, a Peking Duck dinner, the Forbidden City, the pandas at the Beijing Zoo, as well as shopping in the markets! According to Mary Buck from Hancock County (second row) you could buy four Rolex watches for \$10, ten kites for \$10, leather purses for \$10 and reasonably priced jade necklaces. They visited a silk factory, a pearl factory, and a jade factory. According to The Hancock Clarion, Hawesville, Ky., they were "climbing, walking, and almost crawling as they ascended the Great Wall in Beijing, China."



## KRTA License Plate

Margaret Head Sims of Nelson County presented her concept of a KRTA license plate to the Executive Council in June 2008 and received approval.



If 900 retirees order and pay a one-time fee of \$28 for the license plate, the state will make the plates for us. When the license plates have been made, the local county court clerk's office will notify the retiree. At that time a \$16 payment will be required.

Six dollars will cover the cost of the plate until the next scheduled renewal, and \$10 will go as a tax-deductible donation to the Kentucky Retired Teachers Association (N. O. Kimbler Scholarship Fund) to be used for scholarships.

If interested, you may fill out the form below and forward it with your \$28 check made payable to KRTA. The check will not be processed until 900 orders are received.

**KRTA License Plate Order**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

County of Residence \_\_\_\_\_

Mail to:  
KRTA  
7505 Bardstown Road  
Louisville, KY 40291-3234

# AROUND THE STATE . . .

## FEATURES

### Montgomery County RTA



Betty Von Ledford - Montgomery County

On December 12 and 16 several members of the Montgomery County Retired Teachers Association rang the Salvation Army bell at the Mt. Sterling WalMart. On December 12 they collected \$1,500 for the cause.

### Three Locals Receive Grants for Promoting Financial Literacy

*Julie Uritus, National Grants Manager for NRTA: AARP's Educator Community in Washington, DC, reports:*

I am pleased to share some good news with you! As you may remember from packets that went to all state leadership in September, there were two separate grant opportunities that were made available to local RTA units across the country. One opportunity is a grant-funded program to promote financial literacy with youth.

Early in 2008, NRTA received a grant to partner with retired educators to promote financial literacy skill-building with youth. To do this, NRTA formed an alliance with Junior Achievement to implement our *Mastering Money Management with YOUTH Program* in 2008-2009. We had 32 RFP's submitted for 20 available grants from local level REA/JA partners to deliver K-12 programs in schools in their communities.

**Kentucky has the unique distinction of having three sites submit RFPs and each of those three were selected to receive one of the grants. The three Kentucky locations are Bowling Green, Louisville and Owensboro.**

Over the next few months, the retired educator associations in those areas will be meeting with their Junior Achievement offices to bring volunteers into an additional 36 classrooms, reaching over 800 children who would not have had the opportunity to receive the lessons on money management without this grant.

All the programs will be delivered by the end of the 2008-09 school year. It is our hope that these new local level relationships will continue to build and provide the retired educator volunteers with engagement opportunities beyond the scope of the grant.

REGISTRATION 9:00 a.m. - 9:15 a.m.      KENTUCKY TEACHERS' RETIREMENT SYSTEM      SEMINAR 9:15 a.m. - 1:00 p.m.  
**PRE-RETIREMENT SEMINAR SCHEDULE**

<p><b>March 21, 2009</b> <i>Natural Bridge SRP*</i> Activity Center 2135 Natural Bridge Road Slade, KY 40376</p>	<p><b>April 18, 2009</b> <i>KTRS*</i> 477 Versailles Road Next to Main Bldg Frankfort, KY 40601 <b>50 maximum</b></p>	<p><b>May 2, 2009</b> <i>PINE Mountain SRP*</i> C. V. Convention Center 1050 State Park Road Pineville, KY</p>
<p><b>June 20, 2009</b> <i>Barren River SRP*</i> 1149 State Park Road Lucas, KY <b>100 maximum</b></p>	<p><b>*KTRS provides the coffee. The district should provide for the coffee at other places.</b></p>	

# MISCELLANEOUS INFO

## YOU MIGHT WANT TO KNOW



### Conservative Investments Holding Up Well Under Current Market Conditions

The assets of active and retired teachers are conservatively invested and this strategy is serving the retirement system well in the current market. This conservative approach has been adopted, in part, with the knowledge that approximately 96% of the retirement system's members do not participate in Social Security and therefore their KTRS retirement allowance may be the only retirement plan upon which they will be able to rely.

Under the current economic conditions, all state public pension plans and other institutional investors are experiencing a decline in the market value of their assets, but, under its more conservative investment approach, the decline in the market value of KTRS assets has been less severe. There have been no investments in hedge funds, sub-prime mortgages and their

derivatives, credit default swaps or other leveraged investment schemes that are now experiencing dramatic declines in value. When compared to other public and private plans with assets of \$1 billion or more, KTRS's investment performance has ranked in the top 15% for the last quarter, the top 17% over the last two quarters, the top 26% over the last three quarters, and the top third over the past year.

The independence of the KTRS Board of Trustees allows it to focus solely on the interests of its members. This is the cornerstone principle that has allowed KTRS to earn respectable investment returns within acceptable levels of risk over the long-term while at the same time working to conserve members' assets, even during periods of economic turbulence. A focus on good value, quality, risk control, and low costs prevails in the long run while providing the security our members need. The KTRS Board will never compromise that security by losing sight of these principles.

Reprinted by permission from the *Kentucky Teachers' Retirement System newsletter (Retired Member Edition, November/December 2008, p. 1)*

### Members Should Designate a Beneficiary for their KTRS Account

All active and retired members should designate a beneficiary for their KTRS account. Active members need to file beneficiary designations for both the receipt of the KTRS life insurance benefit and for receipt of their account balance. Retired members need to file a beneficiary designation for the KTRS life insurance benefit. Failure to designate a beneficiary can result in much unnecessary difficulty and expense for a member's survivors, including the need to go through the expense of probate and the appointment of an administrator or executor. Even in those cases these

costs and procedures could otherwise have been avoided. For active members, failure to designate a spouse as beneficiary can result in the loss of valuable spousal survivor benefits. Designation of a beneficiary is by far the best way for you to ensure that your wishes for the distribution of these valuable assets is properly carried out. Please contact the retirement system if you need a beneficiary designation form.

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### Turning Age 65 Soon?

If you are currently enrolled in the Kentucky Employees Health Plan (KEHP), you will no longer be eligible for this coverage on the first day of the month that you turn age 65. To continue coverage through KTRS you must obtain Medicare. Please contact Social Security to enroll in Medicare approximately three months before your birth month. Before your 65th birth month, you will receive information regarding your insurance coverage through KTRS. In this packet of information, you will receive a Medicare Information Form that you must complete. Also you must attach a copy of your Medicare card and submit both to the KTRS office to be considered for the Medicare Eligible Health Plan (MEHP) coverage. Once KTRS approves the submitted information and verifies Medicare Part B enrollment, you will then be enrolled into the KTRS MEHP on the first day of your birth month or the first day of the month following your effective retirement date if you are a new retiree. Please note that upon enrolling in the KTRS MEHP if you were to enroll in a Medicare Advantage plan

other than the KTRS MEHP, your coverage through KTRS will be terminated. Your coverage will also be terminated in the event your Medicare Part B lapses. You would then be eligible to enroll during the next open enrollment by providing proof of Medicare Part B coverage and submitting an enrollment form to this office no later than December 31 for an effective date of January 1. Outside of open enrollment, you will be eligible to enroll within 30 days of obtaining Medicare Part B. If you do not wish to be enrolled in the KTRS MEHP coverage, you must notify this office in writing by the 10<sup>th</sup> of the month **prior** to your birth month or retirement month to decline the MEHP. Failure to do so could result in premiums paid that cannot be refunded and possible delays in obtaining other coverage outside of KTRS.

You can obtain additional information on our website at [www.ktrs.ky.gov](http://www.ktrs.ky.gov).

Reprinted by permission from the *Kentucky Teachers' Retirement System newsletter (Retired Member Edition, November/December 2008, p. 4)*

### Reinventing Retirement: Making Age an Asset in Your Job Search

*Don't worry if you haven't attended school for years or if you've never taken an online course. You don't need transcripts of any kind and the registration process is easy! And if the thought of taking a test makes you anxious, you'll be happy to know that all your quizzes are open book. In addition, AARP and KCTCS are working together to give you the option of attending an on-site Orientation at many KCTCS campuses the week before the online course starts. You'll have a chance to meet some of your fellow students in person, and you'll learn about the differences between traditional and online learning.*

Whether you're already retired, approaching retirement or think you'll never retire, a new course being offered throughout the Kentucky Community & Technical College System (KCTCS) can help you figure out where employment opportunities might fit in your future!

But looking for work is never easy. Making Age an Asset in Your Job Search can help with those special challenges older job seekers sometimes face and direct you to employers who are looking for experienced workers.

You'll find out more about AARP's National Employer Team and the AARP Foundation's exciting new interest and skills assessment tool, WorkSearch. You'll learn how to write age-neutral resumes and be ready for tough, age-related questions at an interview. You'll see how the next phase of your worklife can be even more satisfying than the last!

And because the course is online, the weather and the cost of gas aren't even concerns! Plus, the course is instructor-facilitated, which means you have access to help through a Discussion Area any time you have questions.

KCTCS is offering this special course for only \$42; that's less than half the regular tuition for a similar online course. What have you got to lose? Visit [www.aarp.org/kyjobs](http://www.aarp.org/kyjobs), scroll down to Making Age an Asset in Your Job Search, and register now.

You're just a click away from help in gaining the knowledge and skills you need to be successful in today's workplace!

Submitted by Patrice Blanchard, AARP KY Associate Director

2009 Annuity	May 28	October 29
Electronic Funds	June 26	November 25*
March 27	July 29	December 29
April 28	August 28	*KRTA dues deduction
	September 28	

# FOR YOUR INFORMATION

**KRTA OFFICE**

1-800-551-7979 ~ 502-231-5802 ~ (502) 231-0686 (fax)  
[krta98@aol.com](mailto:krta98@aol.com) (e-mail) [www.krta.org](http://www.krta.org) (web site)

**KRTA LEGALINE**

1-800-232-1090

[smoore@bflaw.com](mailto:smoore@bflaw.com)

Buckman, Farris & Rakes Shepherdsville, Kentucky

**KRTA FINANCE & INVESTMENT INFO**

Hank Hensley 1-800-927-0030

**NHA LONG-TERM CARE INSURANCE**

Larry Sutherland: 1-866-899-5796 or 502-693-3855

**HUMANA DENTAL INSURANCE**

New Applicants 1-866-927-7587

Current Members 1-800-342-5209

**VISION INSURANCE**

KRTA Discount Vision Card Call 1-866-335-0882

**Avesis KRTA Vision Plan**

Enrollment 1-800-466-5102 ~ Provider Questions 1-800-828-9341

[www.avesis.com](http://www.avesis.com)

**AUTOMOBILE & HOMEOWNERS INSURANCE**

Liberty Mutual Insurance Company

425-8450, ext. 51666 (from Louisville)

1-800-430-2482 ext. 51666 (from outside Louisville)

Please mention Client No. 8815 when you call

**HEARING INSTRUMENT PLAN—HEAR IN AMERICA**

1-866-904-0845 or 502-244-5378

**RIPE! for Retirement**

[www.RipeforRetirement.com](http://www.RipeforRetirement.com)

502-326-8962 or [kay@RipeforRetirement.com](mailto:kay@RipeforRetirement.com)

**KY TEACHERS' RETIREMENT SYSTEM**

1-800-618-1687 or [www.ktrs.org](http://www.ktrs.org)

**COMMONWEALTH CREDIT UNION**

1-800-228-6420 or [www.ccuky.org](http://www.ccuky.org)

**COMFORT KEEPERS**

1-877-257-KRTA or [www.comfortkeepers.com](http://www.comfortkeepers.com)

**NORTH AMERICAN LIFE PLANS**

1-888-362-1214 or [khazelbaker@lifeplansllc.com](mailto:khazelbaker@lifeplansllc.com)

## ORDER FORM KRTA MEMBERSHIP PIN

Please send \_\_\_\_\_ pins @ \$2.50 each to

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Enclosed is the check in the amount of \$\_\_\_\_\_.

Send completed Order Form to: **KRTA**  
 7505 Bardstown Road  
 Louisville, KY 40291-3234



# Quips, Quotes & Puzzles

## Soured Dough?

*When you go to buy bread, you wonder which is the freshest; so you "squeeze" for freshness or softness.*

Generally, bread is delivered fresh to stores five days a week. You can tell which day a loaf of bread was baked by the color of its plastic twist tag. (provided you know the manufacturer's code). For instance:

- Monday - Blue
- Tuesday - Green
- Thursday - Red
- Friday - White
- Saturday - Yellow



The colors go alphabetically by color: Blue - Green - Red - White- Yellow, Monday thru Saturday. Very easy to remember. However, there is no industry-wide standard.

The tags serve a purpose besides aiding in keeping the bread fresh once everyone in the family is diving into the loaf. Their colors provide a quick visual reference to the people whose job it is to recycle the stock. Usually, bread is not kept on the shelf for longer than a couple of days.

What to do if you're absolutely determined to have only the freshest bread on your table, now that you know there's a code you're set on using? Contact the manufacturer of your favorite bread and ask what color-coded tag system they use and what their delivery schedule to your favorite store is.

Now, you'll never get stuck with an older loaf, even if you're not much of a bread squeezer.

## Seniors4Kids on the Move in Kentucky!

Generations United's *Seniors4Kids* ([www.seniors4kids.org](http://www.seniors4kids.org)) is a civic engagement initiative that highlights the role older adults play in support of issues that directly benefit children and youth.

Currently, we help adults age 50+ to create statewide networks of volunteers that work to increase access to, and improve the quality of, pre-kindergarten. Joining with our partners, The Prichard Committee for Academic Excellence, we are thrilled to work in Kentucky and hope that you will consider joining us as a *Captain4Kids* or spreading the word about our efforts to your friends and colleagues. The hours and commitment are flexible—it only takes a little of your time!



There are many ways that you can get involved:

- ✓ Join us as a *Captain4Kids*
- ✓ Write letters to the editor or opinion editorials
- ✓ Communicate with state policymakers
- ✓ Participate in advisory meetings
- ✓ Attend events
- ✓ Endorse our initiative through your organization
- ✓ Add our link to your Website
- ✓ Sign up for our monthly e-newsletter

*Captains4Kid* Donna Bailey said it best: "I am never going to have a street or a building named after me, but by trying to improve the education of the children in this state, this can be a lasting legacy for me and all of us." For more information about *Seniors4Kids* or to sign up as a *Captain4Kids*, please contact Wilma (Willi) Walker, Chair of Captains at 859-623-2457.

One of our members is offering "Fun in the Sun:"

- When:** April 3-10, 2009 only
- Where:** Beach resort condo, Ft. Lauderdale, Florida
- What:** 5 star resort; sleeps 6; complete kitchen, bedroom, patio, bath and a half; shopping within 2 miles; beach just across the street; jacuzzi, pool, and sauna
- Cost:** \$675.00
- Call:** Sheri at 502-459-0353 if you have questions & are interested.

# Deceased Retired Teachers

OCTOBER, NOVEMBER, DECEMBER 2008

“. . . these immortal dead who live again in minds made better by their presence . . .”

## IN MEMORIAM

<b>BATH COUNTY</b> Robert Powell	<b>CLARK COUNTY</b> Louise Martin Ernest R White Jr	<b>HART COUNTY</b> Gladys Dodson Joyce Hamilton	<b>MAGOFFIN COUNTY</b> Castle Whitaker	<b>TAYLOR COUNTY</b> Marsha Howard
<b>BOYD COUNTY</b> Leslie Collinsworth Eloise T George Robert W Morrison	<b>CLAY COUNTY</b> Stanley Abner Billie Feltner	<b>HENRY COUNTY</b> Laurence R Jeffries	<b>MARSHALL COUNTY</b> Wilmena Goheen George Leonard Sue Roberts	<b>WARREN COUNTY</b> Curtis L Englebright Ruby Warden
<b>BOYLE COUNTY</b> Ken Snowden Carol Volner	<b>CLINTON COUNTY</b> Janice Groce	<b>HOPKINS COUNTY</b> Blanche Calvert	<b>MCCRACKEN COUNTY</b> Ruby Chambers Judith Garrett Thomas L Somers	<b>WAYNE COUNTY</b> John Stringer
<b>BRACKEN COUNTY</b> Patsy Wilson	<b>CRITTENDEN COUNTY</b> Thomas Decker	<b>JEFFERSON COUNTY</b> Ruth H Alexander Reuven Ben-Avraham Jean P Bornwasser	<b>MENIFEE COUNTY</b> Bernice Campbell Jessie B Hughes Irene B Smallwood	<b>WHITLEY COUNTY</b> Novella Croley Alma Smith
<b>BREATHITT COUNTY</b> Amy Fugate	<b>DAVISS COUNTY</b> Foster Coffey	Anne Brooks Peggy Brown Mary Burks Marjorie Chudacoff Marian I Creech Ruth J Crenshaw Joseph Hall Joseph L Kane Betty Lazear Dorothy N Lindsey Warren E Lowe Elizabeth Majors Harold Russell Ruby Rutter Anna S Scoggins Joyce Stewart Nola Ware Patricia Watkins Ruscelia White Mary Ziegler	<b>MONROE COUNTY</b> Mamie H Wright	<b>WOLFE COUNTY</b> Addie Combs Carl Lacy
<b>BULLITT COUNTY</b> Larry Belcher Ruby Napier	<b>ELLIOTT COUNTY</b> Curtis L Davis	<b>FAYETTE COUNTY</b> Anna L House Lucy Lisanby Geraldine Moberly Sarah Phillips Charles M Reeves Sibyl Saylor Martha A Sparkman	<b>MONTGOMERY COUNTY</b> Gary Smith	<b>OUT OF STATE</b> Ruth Campbell - IN Emma Claxon - IN Edith Cooper - FL Beatrice Coppock - CA Sara Dance - AZ Nolan Fowler - TN Beulah Gearhart - MD Katherine Hoskins - AL Ellen Johnson - KS Elizabeth Keown - TX Cobbie Lee - WV William Lloyd - NC Mona Moughton - CA Samuel Murphy - FL Forest Oakley - YX John Richardson - OH Sallie Shrewsbury - WV Requa Spears - IL
<b>BUTLER COUNTY</b> Mildred West	<b>FLOYD COUNTY</b> Juanita Cox Violet Moore	<b>HARDIN COUNTY</b> Jane Hardwick	<b>MUHLENBERG COUNTY</b> Dorothy L Bibbs Betty G Hill	
<b>CALLOWAY COUNTY</b> William N Cherry Martha Licklitter Franklin Robinson	<b>FRANKLIN COUNTY</b> Mary W Warren	<b>HARDY COUNTY</b> Merle Pyles Arvin Skaggs	<b>NELSON COUNTY</b> Frances Muir	
<b>CAMPBELL COUNTY</b> Elizabeth Danner Mary Pickett Inez Webster	<b>GREENUP COUNTY</b> Judy Dobbins Opal M Ward	<b>JOHNSON COUNTY</b> Merle Pyles Arvin Skaggs	<b>NICHOLAS COUNTY</b> Kathryn Moore	
<b>CARTER COUNTY</b> Geneva M Berry	<b>HARLAN COUNTY</b> Alice R Smith	<b>KENTON COUNTY</b> Mary Butler Jefferson Herald Ena Knuckles	<b>OHIO COUNTY</b> Louise B Stevens	
<b>CASEY COUNTY</b> Estelle Cannon Robert Lay Louvenia S Rigney Beulah Z Wesley	<b>HARRISON COUNTY</b> Samuel Vanhook	<b>KNOX COUNTY</b> Wilma Hinkle	<b>OLDHAM COUNTY</b> Linda Griffith	
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		<b>LEE COUNTY</b> Nancy M Jennings	<b>OWSLEY COUNTY</b> Sherry Gumm	
		<b>LETCHER COUNTY</b> Barbara H Bates Ruby Burkich	<b>PERRY COUNTY</b> Ruby B Allen James F Cornett	
		<b>LEWIS COUNTY</b> Larry Willis	<b>PIKE COUNTY</b> Irene Belcher Juanita J Charles Hazel J White	
		<b>MADISON COUNTY</b> Helen Marrs Jean A Walko	<b>PULASKI COUNTY</b> Ruby Edwards	
			<b>ROBERTSON COUNTY</b> Imogene Hamilton	
			<b>ROCKCASTLE COUNTY</b> James Whitaker	
			<b>ROWAN COUNTY</b> Woodrow W Barber Hazel Nollau	
			<b>RUSSELL COUNTY</b> Jimmy L McFarland	
			<b>SCOTT COUNTY</b> Dixie S Hester Barbara Peyton	

We are sorry to have missed listing Henry Lunsford, Kenton County, who passed away in August 2008.



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JANIE CASLOWE  
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(PUBLISHED QUARTERLY)  
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