



News

Serving Retired Teachers Since 1957



VOLUME LXI NUMBER I

LOUISVILLE, KENTUCKY

JULY 2026

Meet Your 2026-27 Officers



L to R: Ann Porter, Past President
Karen Delaney, Vice President
Meg Judd, President Elect
Charlotte Benton, President

Celebrating Service: Meet KRTA's 2026 Volunteer of the Year, Greg Gierhart

Each year, the Kentucky Retired Teachers Association honors one member whose volunteer service stands out for its impact, dedication, and lasting contribution to their community. This year, KRTA is proud to recognize Greg Gierhart as the 2026 recipient of the Frank R. Hatfield Volunteer of the Year Award.

Greg's decades of service in Calloway County reflect the very spirit of this award—quiet leadership, tireless commitment, and a deep belief in helping others. From leading large-scale food distribution efforts to supporting a wide range of local charities, Greg has made a meaningful difference in the lives of countless Kentuckians.

We caught up with Greg to learn more about what drives his commitment to service, the work he's most proud of, and his advice for others looking to give back.

Greg's story is a powerful reminder that retirement is not an end, but a new beginning for service, leadership, and impact. KRTA is proud to celebrate Greg and all of our members who continue to give back and strengthen communities across Kentucky.

(Continued on Page 6)

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News
A QUARTERLY PUBLICATION



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DECEASED RETIRED TEACHERS

FOR YOUR INFORMATION

QUIPS, QUOTES & PUZZLES

PERSONALLY SPEAKING . . .



Greg Roush
Executive Director

Do You Know Who Your Legislators Are?

Dear Kentucky Retired Teachers,

First and foremost, thank you. Thank you for the decades, hours, and boundless energy you poured into Kentucky's classrooms. You shaped the future of the Commonwealth, student by student, and your legacy lives on in communities across our state.

While your daily routine may no longer involve lesson plans or school bells, your role as an advocate for education and your fellow retirees is more critical than ever. That is why I am writing to you today about a vital yet often overlooked tool for protecting your hard-earned future: knowing exactly who represents you in the Kentucky General Assembly.

As a retired teacher, your pension, healthcare benefits, and the overall funding of the Kentucky Teachers' Retirement System (TRS) are directly tied to decisions made in Frankfort. Decisions regarding insurance premiums and public education funding are not abstract political debates—they directly impact your monthly check and your quality of life. While we have been blessed with continued contributions of fully funding our pension and health insurance, here is why identifying and connecting with your specific State Senator and State Representative is so important:

They Vote on Your Livelihood: Every legislative session, bills are introduced that can alter the landscape of retired teacher benefits. When you know who your legislators are, you know exactly who to hold accountable for those votes.

Your Voice Carries Unique Weight: Lawmakers hear from lobbyists every day, but nothing carries more weight than a constituent who votes in their district. As a retired educator, you are a respected pillar of your community. When you speak, they listen.

Advocacy Requires Speed: Legislative sessions in Frankfort move incredibly fast. When a critical bill comes up for a committee vote, there is often only a 24- to 48-hour window to flood lawmakers' offices with phone calls or emails. Knowing who your legislators are ahead of time allows you to act instantly when your benefits are on the line.

Building Relationships Matters: True advocacy isn't just about calling when there is a crisis. By identifying your legislators now, you can invite them to coffee, attend their local town halls, and build a relationship rooted in mutual respect. It is much harder for a lawmaker to vote against your interests when they know you personally.

If you aren't sure who currently represents your district, finding out is simple. You can visit the Kentucky General Assembly website (legislature.ky.gov) and click on the "Who's My Legislator?" tool or call the legislative message line

You spent your career teaching Kentucky's children how to be active, informed citizens. Now, it is time to use those same civic tools to protect the retirement you so rightfully earned. Please take five minutes today to look up your state legislators, save their office numbers in your phone, and commit to making your voice heard this year. Even if it is simply to handwrite a letter of thanks for their continued support of our pension and health insurance.

Thank you for your continued dedication to the Commonwealth and for standing strong for Kentucky's Retired Teacher Association.

PRESIDENT'S MESSAGE . . .

For Such a Time as This



Charlotte Benton
KRTA President 2026-2027

KRTA will have an officer team of all women leading our association. Thank you for the opportunity to serve you. Your KRTA officers elected for 2026 -2027 are:

President	Charlotte Benton
President Elect	Meg Judd
Vice President	Karen Delaney
Past President	Ann Porter

Along with your officers, each district has elected an executive council member to serve you. We also have an executive director, committee chairs for Health/Insurance, Legislation, and Membership, and three staff members.

If you have concerns or suggestions, please feel free to contact your officers, executive council members, executive director, or the KRTA office

for assistance. I would welcome the opportunity to visit your district or local RTA and speak.

One responsibility of the president is to set attainable goals and suggestions for reaching them. Listed below are personal goals I have set during my term of office:

1. To recruit new members, retain present members, and reclaim former members
2. To build positive relationships with legislators
3. To honor former members for their service and membership by conducting memorial services or celebrations of life

To recruit new members is the responsibility of all our members. You can recruit certain potential members because of your association with them, whether personal or professional. You can make face-to-face contacts, emails, texts, calls, write letters or notes, and just ask them to join KRTA and your local association.

To retain present members, offer interesting programs that appeal to their interests and get them involved in activities, committees, and projects. Encourage them to attend district meetings and the KRTA convention.

To reclaim former members is probably the most challenging. You can get a copy of your nonmembers from the KRTA office. For former members, try to find out why they dropped their membership. You can make face-to-face contacts, emails, texts, calls, write letters or notes, and just ask them to join KRTA and your local association. It may take several people asking before they join.

To build a positive relationship with your legislators, send them thank-you letters, notes, emails, texts, or calls, or make personal visits when they are home from Frankfort or Washington, D.C. Be persistent in contacting your legislators; be

PAST PRESIDENT'S MESSAGE . . .

Let Us Be Grateful for KRTA



Ann Porter
KRTA President 2025-26

Serving as your President this year has been a true privilege. As I traveled across our beautiful state of Kentucky and visited each district, the sights and the people reminded me how grateful I am to live here, to have worked as a teacher here, and to continue serving through volunteer efforts. These visits also reinforced how fortunate we are to have so many dedicated retired teachers who still give their time to help others and support those who are actively teaching today.

One of the highlights of our year was the 2026 State KRTA Convention in April. It was wonderful to see how many local RTAs and district RTAs received well-deserved recognitions. The Volunteer of the Year and the Grandparent of the Year award winners

made me think about how these two awards help us recognize these individuals with an incredibly special tribute. Our motivational speaker was great. After listening to her speech, I am sure Merlyna Valentine motivated everyone to live their lives to the fullest. Of course, I don't want to forget Lisa Petry-Kirk and Ellie Thompson for our trip to the Kentucky State Fair skits, which brought humor to our convention. Congratulations to all these recipients and thanks for all you do for the retired teachers in your counties, district, and state. We are so GRATEFUL for all of you.

This past year has been a time in my life for which I will always be GRATEFUL. I enjoyed traveling around the state and seeing the great things the Kentucky Retired Teachers are doing. I want to thank each of you for making my visits so enjoyable and for all the ideas you shared with me. Hospitality in this group is unbelievable!

KRTA members, please be especially GRATEFUL for the KRTA staff. They work hard every day to keep our organization running smoothly and to use our funds wisely. Thank you to the staff for making my year easier and more enjoyable. Please also thank your county and district leaders and remember that they are volunteers.

You have helped me reach my goals of improving membership, letting others know what you are doing as volunteers in your communities, and getting out to meet legislators and those running for office. Please keep trying to get younger members involved in leadership. Serving as your past president this coming year, I am always willing to visit your locals and districts with my membership Pep Rally.

Yes, I am GRATEFUL for KRTA, and hopefully, I have encouraged you to investigate what KRTA can do for you as a member. Look at what you get for just twenty-five dollars a year. Plus, getting out with other retired teachers and contributing to your mental health adds a smile to your face.

Please keep donating to our scholarship program, the Bourgard Foundation, the Feed Kentucky Program, and the School Supply Projects.

Remember, my favorite saying is from Erma Bombeck, "It is not what you have in life, but what you have done for others." Also, just be GRATEFUL for KRTA and keep those little graters where you can see them as a reminder.

THANKS FOR A GREAT YEAR!

Cathy G. Gullett State Leadership Service Award



Cathy Gullett
2016-17 KRTA President

In 2019 the KRTA Executive Council voted to name the state volunteer leadership recognition award in honor of the late Cathy G. Gullett. Volunteerism was at the core of Past KRTA President, Cathy Gullett. During the first Executive Council meeting that Cathy attended representing the Big Sandy District, she posed this question, "How does this organization recognize their volunteer leaders?"

The award recognizes volunteers who have served as a state officer, a member of the executive council, district president, or a state committee (Membership and Recruitment, Health and Insurance, and Legislative) member for 10, 15, and 20 years. The following people received this honor at our convention.

- Debby Murrell** **20 Years**
Bullitt County—Fifth District
- Rebecca Hudson Brown** **15 Years**
Powell County—Central Kentucky East District
- Charlotte Benton** **10 Years**
McCracken County—First District
- Maggie Napier** **10 Years**
Bullitt County—Upper Cumberland District
- Lue Peabody** **10 Years**
Jefferson District
- Martha Stepp** **10 Years**
Green County—Fourth District
- Ann Upchurch** **10 Years**
Lincoln County Central —Kentucky District

Frank R. Hatfield Volunteer of the Year Nominees

<u>District</u>	<u>Name</u>	<u>Local RTA</u>
Central Kentucky East	Larry Woods	Garrard County
First	Greg Gierhart	Calloway County
Second	Diane Oakley	Webster County
Third	Carol Perkins	Metcalfe County
Fourth	Mary Leslie Davis	Grayson County
Fifth	Tara Mefford	Carroll County
Northern	Charlotte Galloway	Bracken County
Big Sandy	Janice Allen	Floyd County
Eastern	Sandy Wilson	Menifee County
Upper Cumberland	Alice Faye Weiland	Whitley County
Central Kentucky West	Martha Crumbie	Fayette & Bourbon
Middle Cumberland	Connie Armstrong	Clinton County
Upper Kentucky River	Donna Combs	Breathitt County
Jefferson	Tara Parker	Jefferson County

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."
Martin Luther King, Jr.

KRTA PARTNERS . . .



Sarah A. Short, MSW



The Importance of Staying Hydrated

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Warmer weather is a great invitation to enjoy the outdoors and nature.

Staying hydrated is essential for maintaining health and keeping critical bodily functions working properly. Hydration can be a challenge for some seniors because seniors may have a diminished ability to sense thirst, notice changes in body temperature, and may be taking medications that have a dehydrating effect. Keeping a few tips in mind will ensure that seniors stay hydrated and continue to enjoy the activities that bring them joy.

Older adults looking to stay hydrated throughout the day should try these tips to get started. Being dehydrated can cause confusion, headaches, elevated heart rate, muscle weakness, and fatigue. Seniors who think they may be dehydrated should discuss their symptoms with their doctor before changing their fluid intake. Seniors should discuss hydration with their doctor as only a healthcare professional recommend how much water someone needs, and they can also provide guidance and tips on managing water intake.

1. Create a schedule—drinking a lot of water in one sitting can be difficult. However, creating a schedule that accounts for daily activity, physician-recommended intake levels, and the preferences of the senior can help keep hydration on track.
2. Eat water-rich foods—cucumbers, watermelon, apples, and other water-rich produce can help seniors get more fluids at mealtimes. Broth is also a good option.
3. Make water more interesting—For those who don't enjoy drinking water, adding small amounts of juice or flavoring to water can make it less boring. Popsicles are also a great option . . . especially on warm days!
4. Reduce water loss—excessive sweating can contribute to dehydration – keeping inside temperatures at a reasonable level, and being mindful of fluid loss during outside activities, can help seniors stay hydrated.
5. Don't wait for thirst—often, when seniors feel thirsty, they may already be dehydrated.

(Continued on Page 5)



Travel with Collette and KRTA

KRTA Members are invited to participate in safe, affordable group travel. Guests are welcome but must travel with a KRTA member. Itinerary, pricing, and online reservations information are found under book online.

Book Early—KRTA has partnered with Collette Travel to offer customized travel opportunities. Plans include a reserved block of airline seats for each trip. A deposit is required to reserve your seat and to ensure you receive any advertised price reduction. Reservations made after the seating block is filled or after the booking date has passed are subject to availability and a price increase. Prices include round-trip airfare from Louisville Muhammad Ali International Airport in Louisville. Departures from alternate gateways can be requested when booking.

Two Ways to Book Your Trip:

Book Online—Collette Travel utilizes an online reservation booking system. All information and online booking are available at krtat.org, included in the Collette Travel tab. There, you will find the itinerary, pricing, and an online reservation form.

Australia and New Zealand
January 26 – February 9, 2027

Alpine Lakes and Scenic Trains
April 26 – May 5, 2027

South Africa, Victoria Fall, and Botswana
November 2 – 16, 2027

► **Book Direct**—Collette Travel also offers a direct booking number for those who prefer to call, 1-800-581-8942, and refer to the KRTA booking number below:

Australia and New Zealand (Booking #: 1421863)
January 26 – February 9, 2027

Alpine Lakes and Scenic Trains (Booking #: 1421846)
April 26 – May 5, 2027

South Africa, Victoria Fall, and Botswana (Booking #: 1423853)
November 2 – 16, 2027

The Collette Premium Experience

Led by Experts, Evolved by Travelers

► Our local teams are part of the communities you'll explore and know every detail. Traveler feedback shapes how we make the experience even better.

Industry-Leading Service

► From the moment you book, we're here—with a worry-free Travel Protection Plan, Private Chauffeur Service to and from the airport, and 24/7 Emergency Support.

Unmatched Tour Design

► Our regionally based teams design our tours for the modern traveler, breaking stereotypes and creating the most immersive and inclusive tours at the best possible price.

Any questions can be answered by calling Collette Travel at 1-800-581-8942.

(Continued from Page 4 “Comfort Keepers”)

Comfort Keepers® Can Help

Comfort Keepers can provide support for seniors who are concerned about the issue of hydration. Our caregivers can provide transportation to healthcare appointments, assist with meal preparation and planning, and provide support for physician-prescribed hydration regimens. Our goal is to support physical and emotional care goals and to elevate the spirits of our clients and their families every day.

To learn more about our in-home care services, contact your local Comfort Keepers location today. 606.676.9888.



References

Centers for Disease Control and Prevention. “Get the Facts: Drinking Water and Intake.” Web. 2016. FamilyDoctor.org. “Hydration: Why It’s So Important.” Web. 2017. Mayo Clinic. “Dehydration.” Web. 2018. WebMD. “What is Dehydration? What Causes It?” Web. 2019 Healthline – The Causes and Symptoms of Dehydration in Older Adults.



Member Benefit Partner
North American Insurance Services

Retirement should include family, travel, fun-filled hobbies, and trying to experience things on your personal “bucket list”—not financial stress.

While most people spend years planning for retirement vacations, hobbies, and freedom, very few properly plan for the prevention of one of Life’s biggest threats to their Financial “Nest Egg”: long-term care. Conventional Long-Term Care Insurance has changed dramatically over the years, and rising costs and rigid underwriting guidelines have greatly reduced the number of participating carriers and the number of people applying for coverage.

Fortunately, some very valuable tools to address this threat have evolved in recent years. With life expectancy increasing, Life Insurance premiums are lower than they have been in years, and optional Long-Term Care riders are being used to address this concern. In addition, Indemnity plans such as Short Term Recovery Care have been added to provide valuable coverage at greatly reduced premium costs and much more flexible underwriting guidelines.

Flexible and customizable plan options are available because planning ahead isn’t pessimistic—it’s powerful.

Let’s chat for 10 minutes to see what options fit your goals.

KRTA Member Benefit Partner—North American Insurance Services

Jim Curley or Jeff Johnson
502-299-1414 502-553-7630

Proper planning will provide policyholders with:

- More control of your health care choices
- Less pressure on family members
- Protection for retirement savings you worked so hard to build
- Asset protection to help avoid Medicaid spenddown

Effective 7/1/26 all KRTA Delta Vision members will receive a benefit increase from \$130 to \$180 for frames and contact lenses without any increase in premiums.

Regardless of a KRTA Delta Vision member’s renewal date, the benefit increase goes into effect 7/1/26.

If you have any questions feel free to reach out.



Jason Weilage
KRTA Dental and Vision
JSW Agency
502.500.9623
jweilage@jswagency.com

N. O. Kimbler Scholarship 2025-26 Recipients

Technical College

Name

- *West Kentucky Lela Tidwell—Northside Baptist Christian
- *Omitted from the March 2026 issue of KRTA NEWS.

District Grandparent Essay Contest Winners

Districts	Student Name	County	School Name
First	Ruby Lain	Graves	Sedalia Elem.
Second	Kyla Allensworth	Union	Sturgis Elem.
Third	Logan Perry	Barren	Highland Elem.
Fourth	Taylin Moss	Taylor	Campbellville Elem.
Fifth	Zoey Glahn Contreras	Carroll	Carroll Co. Middle
Big Sandy	Austin Hunt	Pike	Valley Elem.
Cen KY East	Addie Hendrickson	Lincoln	Crab Orchard Elem.
Cen KY West	Kingley Mitchell	Robertson	Robertson Co. Schools
Eastern	Shealyn Highley	Bath	Crossroads Elem.
Jefferson	Harper Burnett	Jefferson	Wilder Elem.
Northern	Mia Marie Rupe	Bracken	Augusta Independent
Middle	Jessalynn Russell	Adair	Adair Co. Elem.
Cumberland			
Upper	Preslie Payne	Whitley	Whitley East Elem.
Cumberland			
Upper KY	Lincoln Campbell	Perry	West Perry Elem.
River			

(Continued from Page 1)

Q&A with Greg Gierhart

Q: First, congratulations on being named KRTA's 2026 Volunteer of the Year. What was your reaction when you learned you had been selected?

When Greg Roush, KRTA Executive Director, called me to congratulate me, I was surprised, grateful, and humbled to be honored for the Frank R. Hatfield Volunteer of the Year Award for 2026. I know there are many others who are just as deserving of this prestigious award. To me, it is always a special award when given by your peers, and I thank KRTA for this recognition.

Q: You've dedicated thousands of hours to volunteering. What first inspired you to get involved in community service?

It was my grandmothers who first taught me the importance of service above self, a value they instilled in me from an early age. As a retired educator, I carried that lesson throughout my career, knowing that teachers must go above and beyond to truly make a difference in a child's life. Service becomes part of who you are. It's also what drew me to the Rotary Club of Murray, Kentucky, whose motto—"Service Above Self"—so strongly reflects the values I've lived by.

Q: Much of your work focuses on addressing food insecurity. What motivates you to focus on this issue, and what impact have you seen in your community?

I have been involved with Murray Calloway County Need Line for many years, and it continues to puzzle me that food insecurity exists in our county, region, state, and country. This is especially striking given that the United States produces more food—and wastes more of it—than any other nation. That waste is astronomical, yet much of it could help those who are struggling.

I became especially aware of this when I sponsored a group of students to attend the Kentucky Youth Assembly Convention. They used loaves of bread as a visual to show global food production—representing the United States with many loaves, while some countries had only a few slices. That image stayed with me.

It also reminded me of my grandmothers, who kept gardens and always shared their extra vegetables with those in need. Their belief was simple: no child should go hungry. That lesson continues to guide my work today.

So, I dare to care when it comes to food insecurity.

Q: Your nomination highlights your leadership and ability to bring people together. How do you approach organizing and motivating volunteers?

Throughout my work with Murray Calloway County Need Line and other organizations, I've learned that real impact is never achieved alone. My approach to organizing and motivating volunteers centers on building strong relationships and partnerships. When people feel connected—to the mission and to each other—they are far more willing to step in and help.

That mindset was shaped in part by leaders like Rechelle Turner and Monica Evans, who exemplify how powerful relationship-building can be. They reinforced for me that there are so many people willing to give their time and talents—you just have to create meaningful ways for them to engage.

A great example is Project Sprout, an initiative we launched to provide laundry basket gardens—simple, affordable ways for individuals and families to grow their own vegetables, even without access to land. What began as a small idea quickly grew into a true community-wide effort. We brought together partners including the Hutson School of Agriculture, Walmart, The Stella Market, The Farmers Market, The Murray Bank, Calloway County FFA, and several Murray State University organizations.

Through donated funds, supplies, and volunteer time, we were able to serve a large number of community members. The response was incredible, and we are already planning an expanded Project Sprout 2.0.

That same collaborative spirit drives all of our work. We partner with local schools, businesses, churches, civic organizations, and government entities on initiatives like Tackle Hunger, Stamp Out Hunger, Empty Bowls, and our Christmas box program. These partnerships allow us to maximize resources, reduce costs, and ultimately serve more people in need.

At its core, motivating volunteers comes down to connection and purpose. When people see the tangible impact of their efforts and feel part of something bigger than themselves, they stay engaged. I'm proud to be part of a community like Murray and Calloway County, where that spirit of generosity and service continues to make a real difference.

Q: What has been the most meaningful or rewarding moment from your volunteer work?

There have been many rewarding moments, but the work with the backpack program is especially meaningful to me. Seeing our community come together to provide students experiencing food insecurity with bags of food is incredibly impactful.

Another meaningful moment is hearing directly from those we serve—receiving a simple thank you and learning how much Need Line has helped them.

I also value volunteering at Angels Attic Thrift Shop, which generously donates a portion of its proceeds to Murray Calloway County Need Line. The people there are wonderful to work with, and we are united in a shared mission to help others.

Q: What advice would you give to other retired educators who are thinking about getting more involved in their communities?

Something I learned at the 2026 KRTA Convention really resonated with me. The motivational speaker, Ms. Merlyna Valentine, said it best: "I am retired, but I am not tired." That perfectly captures how I feel, and I know I'm not alone.

I volunteer because it keeps me connected, needed, helpful, and purposeful. I still have a strong desire to serve others, and volunteering allows me to continue living out that purpose. To my fellow retired educators, I would say this: there is something in your community you can do to make a difference—and you will feel better for it.

In addition to my work with Need Line, I'm also involved with another wonderful organization, MKYCares, a group within the Murray Calloway County Community Education organization that raises funds for local nonprofits. Being part of this effort has only deepened my commitment to helping others.

**Greg Gierhart
receives his
Volunteer of
the Year Award
presented by Ann
Porter and Edwin
Cook III**



CONVENTION HIGHLIGHTS

2026 Grandparent Essay Winner Mia Rupe



Mia is a 5th-grade student at August Independent School in Bracken County, Kentucky. Her award-winning essay about her grandfather, Allen Walker, was selected from hundreds of entries across the state.

The Kentucky Retired Teachers Association/AARP Kentucky Grandparent Essay Contest proudly marked its 25th year, continuing a cherished statewide tradition.

The contest was launched in 2001 by an AARP Kentucky

Executive Council volunteer member, Nelda Barnett of Owensboro.

Mia received a \$500 award and a commemorative plaque; Papa Allen Clark received a commemorative AARP award; and Ms. Miller received \$500 to purchase teaching materials. Volunteers and staff from KRTA and AARP Kentucky work for many months to coordinate and select the finalists. In 2026, Mia's winning essay was selected from 162 entries submitted by 77 counties.

Watch Mia presenting her winning essay (video) online, AARP Kentucky Facebook, AARP Kentucky YouTube, or KRTA.org.

Augusta Independent 5th-grade teacher Megan Miller supported her students as they wrote about their grandparents. She encouraged Mia to write about what makes her grandfather so special in her life. "Thank you so much for showcasing this young writer and her amazing essay. I'm so honored that I was able to be a small part of her success," said Miller. An estimated 165 teachers statewide assisted their students in writing an essay about their grandparents.

The annual contest highlights the nurturing relationship shared between grandparents and their grandchildren. "This essay contest is an important way to recognize and support grandparents who make a difference in the lives of grandchildren today," said Gary Adkins, AARP Kentucky volunteer state president.

AARP Kentucky and KRTA value a long history of working together to grow the annual essay contest. Essays are judged on grammar, form, neatness, creativity, expression, and characteristics of the grandparent. Local volunteers from KRTA's 118 Units support the contest, along with a panel of AARP volunteers and KRTA representatives who select the winner.

In Kentucky today, more than 50,000 grandparents are raising a grandchild, often stepping in with love, strength, and sacrifice. This program honors those grandparents for their dedication, while also recognizing the students who share their stories and the teachers who inspire them to do so.



L to R: Allen Walker, grandfather; Mia Rupe; Meaghan Miller, teacher at Augusta Independent School in Bracken County, Kentucky.

Press release and photos courtesy of AARP KY

Convention Awards for Local & District Associations

Local Recognition Awards

Gold

Adair
Bath
Boone
Bracken
Breathitt
Bullitt
Butler
Caldwell
Carlisle
Carroll
Clinton
Cumberland
Edmonson
Etown/Hardin/
LaRue
Fleming
Franklin
Garrard
Grant
Green
Harrison
Henderson
Henry
Hopkins
Johnson
Kenton
Knott
Lee
Letcher
Lincoln

Silver

Lyon
Marion
Mason
McCracken
Menifee
Metcalf
Middlesboro
Monroe
Montgomery
Morgan
Muhlenberg
Nelson
Nicholas/Robertson
Ohio
Owen
Owsley
Pendleton
Perry
Pike
Powell
Shelby
Simpson
Spencer
Taylor
Todd
Trimble
Union
Washington
Webster
Wolfe

Bronze

Barren
Fulton
Graves
Scott
Trigg



District Recognition Awards

Gold

Jefferson
Second District
Third District
Upper KY River District

Silver

Big Sandy District
Central KY East
Central KY West
Eastern District
Fifth District
First District
Fourth District
Middle Cumberland
Northern District
Upper Cumberland

Bronze

No Bronze Awards

Health & Insurance Committee



Sue Ellen Caldwell, Co-Chair

Last year, I became a statistic. It was a Sunday. I was distracted and tripped in my garage. Suddenly, I was one of millions of folks 65 and over who fall each year. I was one of the 1 out of 10 falls that resulted in an injury that restricted my daily activities for a day or more. I was one of the 3 million people who had emergency department visits each year due to a fall. I was lucky not to be 1 of the 1 million hospitalizations due to a fall. I was fortunate that I was not one of the over 300,000 hospitalizations due to a hip fracture or a traumatic brain injury.

Why are people over 65 more prone to falls? The CDC has identified risk factors that contribute to falls. They are:

Lower body weakness

Vitamin D deficiency

Difficulties with walking and balance

Use of medicine, such as tranquilizers, sedatives, or antidepressants. Even some over-the-counter medicines can cause unsteadiness on your feet.

Vision problems

Foot pain or poor footwear

Home hazards such as uneven steps, throw rugs, or clutter.

What can you do to prevent falls? The CDC makes the following recommendations:

1. Ask your doctor to evaluate your risk of falling.
2. Ask your doctor or pharmacist to review your over-the-counter and prescription medications to see if any might cause dizziness or sleepiness.
3. Ask your doctor about your possible need for vitamin D supplements.
4. Get screened for osteoporosis.
5. Do exercises that focus on strengthening your legs and improving your balance.
6. Have your eyes checked regularly and update your eyeglasses as needed. If you wear bifocals or progressive lenses, consider a pair of glasses with only your distance prescription for walking, since some bifocals and progressive lenses can make things seem closer or farther away than they really are.
7. Make your home safer. Get rid of things you could trip over. Add grab bars inside and outside your tub or shower and next to the toilet. Put railings on both sides of the stairs. Make sure your home has adequate light by adding more or brighter light bulbs.

Remember, your Humana Advantage plan has ways to help you prevent falls. I recently had my Health and Wellness Assessment in-home visit. We discussed my fall and how it could have been prevented. We discussed my medications and identified any that could contribute to unsteadiness or dizziness. Activate your Silver Sneakers at a local health center. Ask about classes in Tai Chi, yoga, or other activities that

would improve strength and balance. Check with your local Senior Activity Center. Many of these centers offer free classes geared toward seniors' needs. Register for your free personal safety device and wear it so that if you should fall, you can get immediate medical care. Let's stay safe!

Data for this article were obtained from <https://www.cdc.gov/falls/prevention/index.html>. Check out this website for additional information.

As your KRTA Health and Insurance Co-Chairs, we are both available to assist you with any questions. We are both available to visit your local or district meetings whenever possible.

Contact us at:

Shelia Wilkinson -270-319-2065
sheliawilk@comcast.net

Sue Ellen Caldwell - 502-395-0251
s8caldwell@aol.com



Shelia Wilkinson, Co-Chair

Should I Buy Organic Foods?

Since 1993, the Environmental Working Group has shined a spotlight on outdated legislation, harmful agricultural practices and industry loopholes that pose a risk to our health and the health of our environment.

EWG's 2026 Shopper's Guide to Pesticides in Produce™

The Clean Fifteen™

These 15 items had the lowest amounts of pesticide residues, according to EWG's analysis of the most recent USDA data.

1. Pineapples
2. Sweet Corn (fresh and frozen)
3. Avocados
4. Papaya
5. Onion
6. Sweet Peas (frozen)
7. Asparagus
8. Cabbage
9. Cauliflower
10. Watermelon
11. Mangoes
12. Bananas
13. Carrots
14. Mushrooms
15. Kiwi

The Dirty Dozen™

1. *Spinach
2. **Kale, Collard, and Mustard Greens
3. Strawberries
4. Grapes
5. Nectarines
6. Peaches
7. Cherries
8. Apples
9. Blackberries
10. Pears
11. Potatoes
12. Blueberries

*Spinach has more pesticide residues by weight than any other type of produce.

**More than half of kale samples tainted by possibly cancer-causing pesticide

For more information visit ewg.org/foodnews

Your Safety & Welfare

The Advantages and Disadvantages of Families Going No Contact

In recent years, the concept of “going no contact” with family members has become more widely discussed, particularly in conversations about mental health, trauma recovery, and personal boundaries. Going no contact refers to the decision to cut off all communication and interaction with one or more family members, often after a history of conflict, abuse, or deeply strained relationships. While this choice can be empowering for some, it is also complex and comes with both benefits and challenges.

What Does “No Contact” Mean?

No contact is a deliberate and usually long-term decision to end communication with certain family members. This can include:

- Blocking phone numbers and social media
- Avoiding gatherings or shared spaces
- Ceasing all direct and indirect communication

For some individuals, this step is taken after other attempts—such as conversations, therapy, or setting boundaries—have failed.

Advantages of Going No Contact

1. Protection of Mental and Emotional Health

One of the most cited benefits is the ability to protect oneself from ongoing emotional harm. For individuals who have experienced toxic dynamics, manipulation, or abuse, distancing oneself can significantly reduce stress and anxiety.

- Eliminates exposure to harmful behaviors
- Allows space for healing and self-reflection
- Reduces triggers associated with past trauma

2. Establishing Healthy Boundaries

Going no contact can reinforce a person’s sense of autonomy and self-respect. It sends a clear message about what behavior is unacceptable.

- Encourages healthier relationship standards moving forward
- Reinforces personal values and limits
- Prevents repeated boundary violations

3. Increased Sense of Control and Independence

Many people report feeling freer and more in control of their lives after creating distance from toxic family relationships.

- Freedom to make decisions without interference
- Opportunity to redefine identity outside family roles
- Greater focus on personal growth and goals

4. Improved Relationships Elsewhere

With less emotional energy drained by conflict, individuals often find they can invest more in positive, supportive relationships.

- Stronger friendships and partnerships
- Healthier communication habits
- Increased emotional availability

Disadvantages of Going No Contact

1. Emotional Pain and Grief

Even when separation is necessary, it can still be painful. Family bonds are deeply ingrained, and loss—whether physical or emotional—often leads to grief.

- Feelings of guilt, sadness, or loneliness
- Mourning the relationship that could have been
- Internal conflict about the decision

2. Social and Cultural Pressure

In many cultures, family unity is strongly emphasized. Choosing to cut off family members can lead to judgment or misunderstanding from others.

- Criticism from the extended family or the community
- Pressure to reconcile
- Feeling isolated or misunderstood

3. Loss of Support System

Family often provides emotional, practical, and sometimes financial support. Going no contact can mean losing these resources.

- Reduced help during difficult times
- Fewer shared traditions or celebrations
- Potential financial challenges in some cases

4. Complicated Family Dynamics

Cutting off one or more family members can affect relationships with others within the family system.

- Strained or fractured relationships with relatives
- Forced choices or divided loyalties
- Ongoing tension during shared events

5. Possibility of Regret or Unresolved Issues

Without communication, some conflicts may remain unresolved, leading to lingering questions or regret.

- Lack of closure
- Difficulty processing unresolved feelings
- Uncertainty about whether reconciliation is possible

When Is Going No Contact Considered?

People may consider going no contact in situations such as:

- Repeated emotional, physical, or psychological abuse
- Persistent boundary violations
- Substance abuse affecting family dynamics
- Chronic conflict that cannot be resolved

It is often recommended that such a decision be made thoughtfully, sometimes with the guidance of a therapist or counselor.

A Balanced Perspective

Going no contact is not a one-size-fits-all solution. For some, it is a vital step toward healing and well-being. For others, it may feel too extreme or may create additional emotional strain. In some cases, alternatives like “low contact” or structured communication boundaries may provide a middle ground.

Conclusion

Choosing to go no contact with family is a deeply personal decision that carries both benefits and drawbacks. While it can provide relief from harm and foster personal growth, it can also bring emotional challenges, social pressure, and a sense of loss. Ultimately, the right decision depends on an individual’s circumstances, values, and needs.

AROUND THE STATE . . .

Big Sandy District RTA

Big Sandy RTA met in March and Magoffin County was in charge of the program. Two students from Magoffin County High School and members of the Mountain Arts Center, Kentucky Jr. Opry Pro performed for the group. Sophia McFarlan sang "Wild Horses" and "Tennessee Whiskey" while Luke Wireman accompanied on his guitar.



Congratulations to Sophia who has recently won the Allie Davis Scholarship. Allie's grandfather, Gene Davis, a Floyd County RTA member was at the meeting and got to meet her.



First District RTA



Receiving Gold Awards for KRTA Local Recognition were Carlisle, McCracken, Lyon, and Caldwell Counties.

Receiving a Silver Award for KRTA Local Recognition was Calloway County.

Receiving Bronze Awards for KRTA Local Recognition were Fulton, Graves, and Trigg Counties.

First District RTA met Thursday, April 23, 2026, at the Sirloin Stockade in Murray.

Greg Gierhart, Calloway County, was recognized as the First District and KRTA's Frank Hatfield Volunteer of the Year recipient.

Eric Fields of the Kentucky State Police presented the Safety from Scams program. He said that scammers like to target people aged 50 and older.



Henderson County RTA

Henderson County Retired Educators gathered mints and baskets and distributed them to all 14 schools and the Central Office for May the 4th Teacher Appreciation Week and State Testing support.



Hopkins County RTA



Susan Weatherford presents Garrett Ball with certificate

Garrett Ball, a fifth grader at Pride Elementary School in Madisonville, Ky., was recognized at the Hopkins County Retired Teachers Association on Thurs. March 12, 2026, for his essay about his grandmother, Bonnie Ball.

Susan Weatherford, Second District President and Vice President of HCRTA, presented Garrett with a certificate and a \$50 check. In addition, Garrett, his mother, Lauren Ball, and his teacher, Kelly Gates, were treated to lunch at Brother's BBQ. A gift card from Brother's

was sent to his grandmother, who was unable to attend today's meeting. Garrett will be recognized at a Hopkins County Board of Education meeting in May.

Jefferson County RTA



Over 100 JCRTA members attended the May 14, 2026, meeting where they celebrated year-end accomplishments.

Marilyn Puckett presented a plaque and a check to the grandparent of our Grandparent Essay Contest winner.

Myra Fugate presents two \$1,000 scholarships to two JCPS seniors who plan to major in education.



(Continued from Page 10)



Donna Wiseman presents our own KRTA Representative, Tara Parker, with the District Volunteer of the Year Award!



Shelia Carson-Smith celebrates their three awards from the KRTA convention.

This is the first year JCRTA has won the Gold Seal Award!

Johnson County RTA

Johnson County RTA had a real treat at their latest meeting. The AARP Grandparent of the Year Essay Contest winner, Jaxton Marshall, read his winning essay. His essay was about his grandmother, Latonya Taylor-Rowe, who is a KRTA member. Also in attendance was his great-grandmother, Janet Taylor, another KRTA member.

Congratulations, Jaxton! He received money and a certificate from the local RTA.

Pictured are four generations: Janet Taylor, Katy Marshall, Latonya Taylor-Rowe, Jaxton Marshall, and Tom Salyer, JCRTA President.



Kenton County RTA

A senior at Erlanger Lloyd High School, received the KCRTA Scholarship on May 12 at the luncheon at Summit Hills Country Club.

Those members attending also observed a ceremony honoring those educators we have lost this past year. Dr. Roy Meyer played the violin while the names were read.



KCRTA President, Pat Workman, presents a \$600 check to KCRTA Scholarship winner Alison Gonzalez Gutierrez

Muhlenberg County RTA

The Muhlenberg County Retired Teachers Association met on March 11, 2026.

Gary Adkins, from AARP, gave a presentation on Fraud and Scam Prevention. The presentation included statistics on scams, types of scams, how to recognize fraud, how to react to potential scams, and how to protect yourself from future fraudulent attacks.



Nelson County RTA



(L to R) Amy Gjerstad—NCRTA President, Penelope Sekulski, Grandparent Essay Winner, Mikki Rogers—NCRTA Secretary, Janean Minter—Fifth Grade Teacher Cox Creek Elementary

NCRTA Delegates to the KRTA State Convention: Martina Amshoff, Miki Rogers, Susan Santa Cruse-Rogers, Amy Gjerstad, Kim Whitley, Cara Blackmon

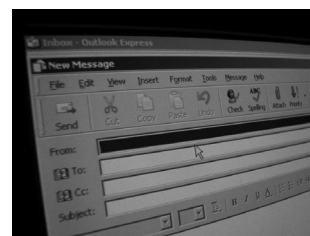


Paducah/McCracken County RTA



March 26, 2026, was a special meeting for McCracken County RTA. They enjoyed reading the AARP KRTA Grandparent Essay by Jackson Manning, a fifth-grade student at Concord Elementary. Jackson honored his grandparent, Calvin Manning, writing about “Why His Grandparent Should Be Grandparent of the Year.”

He wrote his county-winning essay for an assignment in Cristie Wooten’s 5th-grade class. Ricky Turner was recognized as Volunteer of the Year.



Keep your email address and phone number current at the KRTA office.

Call 502-231-5802 or email KRTA.org with the correct information.

Taylor County RTA

The Taylor County Retired Teachers Association recently recognized two outstanding local students for their accomplishments in the AARP Grandparent Essay Contest. Cali Wills was named the winner for Taylor County Schools, while Taylin Moss of Campbellsville Independent Schools earned honors at both the school and county levels. Both students were recognized for their heartfelt essays celebrating the wisdom, love, and lasting influence of grandparents. Members of the Taylor County Retired Teachers Association were proud to honor these students and remain committed to supporting opportunities that connect generations and highlight the importance of family, education, and community.



L to R: Jennifer Fitzpatrick, Taylor County Intermediate School Principal; Cody and Morgan Wills, Cali's parents; Susie Wilson, Cali's Grandmother; Cali Wills, Taylor County speech winner; Taylin Moss, Campbellsville Independent winner and county winner; Tammie Creason, Taylin's Grandmother; Jessica Lile Campbellsville Independent Intermediate School Assistant Principal; Madison Davis, Taylin's teacher; and Patty Evans, TCRTA President.

Wolfe County RTA



Ann Porter, KRTA Past President, was the guest speaker at the Wolfe County RTA meeting on Thursday, May 21, 2026.

Around the State Submission Guidelines

If your association would like to be featured in Around the State, please submit your information to brenda.meredith@krtta.org. The next deadline is September 15, 2026. Photos should include a brief description of the activity and the names of the individuals shown.

KRTA Dues Increase

We hope you are enjoying your membership in the Kentucky Retired Teachers Association and take pride in the impact we continue to make together, protecting your hard-earned retirement benefits and serving communities across the Commonwealth. Because of your support, KRTA has remained a strong and effective voice for retired educators, delivering advocacy, resources, and meaningful local engagement.

On behalf of the Executive Council and Delegate Assembly, we want to share an important update regarding our annual membership dues.

After careful consideration and in response to rising inflation-driven costs, our leadership has approved a modest adjustment to ensure we can continue to serve you at the level you expect and deserve. Effective July 1, 2026, annual membership dues will increase from \$20 to \$25.

This \$5 increase will help us maintain the strength of our advocacy efforts in Frankfort, continue delivering timely updates and resources, and protect the programs that support Kentucky's retired educators. It is important to note that this is the first dues increase since 2008, reflecting our long-standing commitment to keeping membership affordable.

We understand that many of you are also managing the impact of rising costs, and this decision was made thoughtfully and with great care. Our goal is simple: to protect the future of KRTA and ensure we remain a strong, effective voice for retired teachers across the Commonwealth.

ADD (Automatic Dues Deduction) members do not need to take any action. The \$25 deduction will occur in November as usual. Cash members will receive an invoice of \$25 due July 1, 2026.

Thank you for your continued support, your service to Kentucky's students, and your ongoing commitment to this organization. If you have any questions, please do not hesitate to reach out.

TRS Receives Full Funding for 2026-2028

The Teachers' Retirement System of the State of Kentucky (TRS) will receive full funding in the 2026-28 biennial budget approved recently by the General Assembly. This includes about \$2.24 billion over the two years to meet the actuarially required contribution for the Retirement Annuity Trust, which is separate from education appropriations of about \$1.07 billion that come to TRS in salary contributions. The two years of the budget will be the 11th and 12th straight years of full or nearly full annuity funding.

The budget also includes \$213 million for the state's statutory contribution for both years for under-65 group health insurance under the 2010 Shared Responsibility law.

"The recently approved state budget is a victory for the retirement security of Kentucky's current and retired public school teachers," Executive Secretary Gary Harbin said. "We greatly appreciate the continued full funding in these appropriations. They help ensure that the dignified retirement educators earned during their careers will be provided. They also help keep TRS, now at more than 60% funded, moving on the path toward full funding as projected by the actuary."

Be sure to check out KRTA Executive Director Greg Rouch's article on page 2 for information on how to contact your legislators and thank them for their support.

(Continued from Page 2 “For Such a Time as This”)

tactful and positive.

To honor former members for their service and membership, conduct memorial services or celebrations of life, as often as you wish, at least annually, on the local and district level. You may obtain a list of your local and district deceased members from the KRTA office. You may have your own script to use. I have a script I can send to you, if you wish.

Here are some addresses, phone numbers, and email addresses. I hope you find them helpful.

Stay Connected With KRTA.

Send us your email address

Notify us at info@krta.org

Charlotte Benton, KRTA President

3705 Apperson Road, Kevil, KY 42053

Cell 270-564-4469 Home 270-462-3406

cab@brtc.net

Kentucky Retired Teachers Association

7800 Leaders Lane

Louisville, KY 40291

Phone: (502) 231-5802 or 1-800-551-7979

info@krta.org



Action Needed Now:

Submit Updated Officer Forms for 2026-27 Handbook Distribution

To keep the 2026–27 Local President’s Handbook on schedule for July distribution, each association must submit its updated officer forms as soon as possible. Prompt action will help ensure the handbook reaches local leaders without delay.

The required forms are available now on KRTA.org under the Local/District Resource tab. Please complete and return them right away so we can prepare the handbook for mailing.

Remember, new forms must be submitted every year, even if your association’s officers have not changed. Completed forms may be mailed or emailed to info@krta.org. Thank you for responding promptly and helping us meet this important deadline.

2026 FALL WORKSHOP SCHEDULE

<u>DISTRICT</u>	<u>DATE</u>	<u>PLACE</u>	<u>CONTACT PERSON</u>
Fifth	Thurs. Aug. 27 9:00 AM (ET)	Shelbyville Conference 219 7th Street Shelbyville, KY 40065	Dawn Scroggins 60 Monroe Lane Campbellsburg, KY 40011
Jefferson County	Fri. Aug 28 10:00 AM (ET)	Audubon Country Club 3265 Robin Rd. Louisville KY40213	Vicki Lete 1016 Falcon CT New Albany, IN 47150 502-386-2555
Central Ky East	Mon. Aug 31 9:00 AM (ET)	Boone Tavern 100 Main St. Berea, KY	Janis Barton 1084 Amberley Way Richmond, KY 40475 606-246-2313
Central Ky West	Tues. Sept 1 9:00 AM (ET)	Clarion Hotel 1950 Newtown Pike Lexington, KY 40511	Lisa Petrey-Kirk 5001 Chaplin Rd Willisburg, KY 40078 502-680-0740
Northern	Wed. Sept 2 9:00 AM (ET)	Triple Crown Country Club 1 Triple Crown Blvd. Union, KY 41091	Brenda Montgomery 174 Klee Rd Falmouth, KY 41040 859-462-3805
Eastern	Thurs. Sept 3 9:00 AM (ET)	Morehead State University Student Center Ballroom A	Ann Porter P.O. Box 88 Washington, KY 41096 606-584-2510
First	Mon. Sep 14 9:00 AM (CT)	Kenlake State Park 542 Kenlake Rd Hardin, KY 42048	Charlotte Benton 3704 Apperson Rd Kevil, KY 42053 270-564-4469
Second	Tues. Sep15 9:00 AM (CT)	Moonlite Bar-B-Q 2840 Parish AV Owensboro, KY 42301	Susan Weatherford 290 College Dr Madisonville, KY 42431 270-836-7641
Third	Wed. Sep 16 9:00 AM (CT)	GRREC 230 Technology Way Bowling Green, KY 42101	Cecilia Stephens 59 Tooley Ridge Rd Tompkinsville, KY 42167 270-256-0195
Fourth	Thurs. Sep 17 8:30 AM (CT) 9:30 AM (ET)	EC3 200 University Dr Elizabethtown, KY 42701	Shelia Wilkinson 1301 Burns Rd Radcliff, KY 40160 270-319-2065
Middle Cumberland	Mon. Sep 21 8:30 AM (CT) 9:30 AM (ET)	First Baptist Somerset 128 N. Main Street Somerset, KY 42501	Tishana Cundiff 11181 South KY 501 Liberty, KY 42539 606-303-1132
Upper Cumberland	Tues. Sep 22 9:00 AM (ET)	Pine Mountain State Park 1050 State Park Rd Pineville, KY 40977	Paula Adams/Sherry Skaggs 340 Greers Chapel Road Harrogate, TN 3775 423-869-8496
Upper Ky River	Wed. Sep. 23 9:00 AM (ET)	LKLP Community Action, Inc. 412 Roy Campbell Dr. Hazard, KY 41701	Karen Griffith 20 Twin Cedar Rd Jackson, KY 41339 606-568-0113
Big Sandy	Thurs. Sep. 24 9:00 AM (ET)	Ramada by Wyndham Hotel 624 James Trimble Paintsville, KY 41240	Bernard Wicker PO Box 1715 Paintsville, KY 41240 (606) 791-4016

All workshop start times are local time. Registration (except Jefferson) begins 30 minutes prior to start time. Registration at Jefferson begins 1 hour prior to start time.

Deceased Retired Teachers

JANUARY, FEBRUARY, MARCH, APRIL 2026

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

ADAIR CO		BREATHITT CO		CASEY CO		Mossie	Bunch	FULTON CO		Bruce	Swanson	Marian	Harvey
Kermit	Grider	James	Mullins	Marion	Murphy	Terry	Carr	Cynthia	Terrett	Irmgard	Williams	Julia	Hatcher
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Joseph	Parnell	BRECKINRIDGE CO		Daria	Capps	Harriet	Dalcin	Joan	Glass	Helen	Heilman	Susan	Hickman
ALLEN CO		Theresa	Richards	James	Cochran	William	Elam	GARRARD CO		Linda	Purvis	William	Hoke
Evon	Buckta	BULLITT CO		Mary	Foor	Milton	Evans	Charlotte	Feldman	Henrietta	Smith	Claudia	Houston
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Rose	Napier	Carolyn	Campbell	Levi	Peterson Jr	Oresta	Hale	GRANT CO		HOPKINS CO		Sr	
ANDERSON CO		Joseph	Eames	Nell	Ritzheimer	Brenda	Holmes	Connie	Maddox	John	Hood	James	Inge
Connie	Crask	Betty	Foushee	Jane	Robinson	Elaine	Howard	GRAVES CO		Edna	Talley	Dona	Jarvis
Cozette	Hanks	William	French	Wayne	Thomas	Garnette	Jude	Brenda	Sheets	Linda	Turner	John	Little
Peggy	Warner	Vonnie	Gaddie	Patricia	Valente	Michael	Kasongo	Gene	Turner	Linda	Vancleve	Donald	Lockhart
BALLARD CO		Don	Hettich	Joy	Wilson	Sarah	Kelsay	GRAYSON CO		JACKSON CO		David	Mahoney
Jo	Cooksey	Tracy	Hord Jr	CLARK CO		Virginia	Liddle	Russell	Dennis	Charles	Hillard	Joan	Marx
BARREN CO		Clara	Newman	Virginia	Bingham	Sharon	Little	Lucy	Dennison	JEFFERSON CO		Mary	McAlister
Martha	Boyd	Roberta	Taylor	Betty	Dudley	Valinda	Livingston	Carlton	Lee	Forest	Able	Elizabeth	McPhee
Billy	Bruce	Emma	Waddell	Sylvia	Elliott	James	Mastin III	Ema	Sapp Jr	Jeanne	Andriot	Ann	Mehling
Peggy	Burris	BUTLER CO		Edward	Prichard Jr	Jo	Mathews	GREEN CO		Jim	Austin	Linda	Miller
Nancy	Cornwell	Marlene	Hetrick	Joyce	Ratliff	George	McCormick	Louie	Lyle	Jametha	Baxter	Leona	
Peggy	Emberton	CALLOWAY CO		Donald	Spargo	George	McKenzie Jr	William	Patterson	George	Bolus	Montgomery	
Rebecca	Pedigo	James	Broughton	CLINTON CO		Mary	Meece	GREENUP CO		John	Bottorff	Michael	Morgan
BATH CO		Krista	Cooper	Phillip	Groce	Julie	Mullins	Betty	Deskins	Loren	Bowling	Sherrie	Morgan
Carleia	Riddle	John	Gingles	Paul	Young	Iona	Noger	Dottie	Graham	Denette	Brown	Gail	Mortimer
Arnold	Stacy Jr	Steve	Givens	CRITTENDEN CO		Helen	Paul	Robert	Kouns	Mary	Brown	Ray	Myers Jr
BOONE CO		Elinor	Hall	Bonita	Hatfield	Charles	Piker	Judy	Ledford	Larry	Burke	Shirley	OBryan
Bonnie	Beverage	Johnny	McDougal	DAVISS CO		William	Prewitt	Cathy	Pennington	Stephen	Cain	Carolyn	Oldham
Naomi	Burchett	Charles	Outland	Sherry	Benson	Wallace	Rice	John	Stephens	Jean	Carrroll	Annie	Roberts
Shari	Cook	Martha	Pitman	John	Dunn	Thomas	Shelton	HARDIN CO		Sharon	Caster	Charles	Semple
Guy	Crocetti	John	Randolph	Bettye	Embry	Joan	Stafford	Ada	Avery	Larry	Childress	Laura	Short
Karl	Feltman	Bobby	Toon	Deborah	Hendrix	Autry	Stephens	Carolyn	Brown	Anthony	Clemons	Rebecca	Skinner
Jerome	Harwood	Edward	West	Doris	Keith-Clark	Wanda	Vice	Gloria	Brown	Anna	Cole	Marilyn	Sommer
Vester	Mahan	John	Yates	Shirley	Manley	Jeffrey	Walker	Linda	Hayes	Doris	Colgate	David	Staten
Charles	Patton	CAMPBELL CO		Charles	Roby	Thomas	Welch	Zackie	Johns	Shirley	Collier	Elizabeth	Stokes
Mary	Rechtin	Fred	Allen	Wanda	Sons	Barbara	Woosley	Nina	Jones	Stephen	Collins	Johnnie	Strong
Wilton	Rose	Jo	Allen	Gertrude	Stone	FLEMING CO		Linda	Lee	Mary	Cook	Donald	Talley
BOURBON CO		Marlene	Evans	Janice	Vick	Joan	Cox	Alana	Meadors	Marcia	Corn	Elizabeth	Thornberry
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Robert	Force	Jeanette	Johns	Nancy	Forderhase	Mary	Murphy	Barbara	Taylor	Joyce	Davidson	Doris	Watters
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Jean	Case	Melody	Burgess	ESTILL CO		Janet	Barnes	Sue	Williams	Linda	Eversole	Steven	Winebrenner
John	Erwin	CARROLL CO		Hoover	Niece	Jerome	Bohman	HART CO		Barbara	Fitzner	Larry	Wingfeld
Virginia	Robertson	Claudia	Way	Glynnna	Noland	Chung	Lee	Carol	Huber	Alice	Funchess	Roger	Yates
Pauline	Wall	CARTER CO		Sherry	Rogers	Judy	Lee	Rebecca	Melloan	James	Gatewood	JESSAMINE CO	
BRACKEN CO		Donna	Elliott	FAYETTE CO		Marcia McGowan-McNear		HENDERSON CO		Donald	Gilbert	Marcia	Miller
Jennie	McGee	Brenda	Hughes	Barbara	Abshire	Constance	Morgan	Bobby	Chaney	Julia	Grider	Nancy	Owen
Ronald	Reule	Willis	Johnson	Carolyn	Barnett	Betty	Smith	Robert	Mulcahy	Ann	Groth	Norma	Rose
		Patricia	Bissmeyer	Judy	Bolin	Judy	Wright	Judith	Pullum	Rosellyn	Hamblen	David	Underwood-Sweet
		Rowena	Bolin					Douglas	Schuessler	Lyla	Hammack		

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If your local association would like to include a memorial service during a meeting, please contact the KRTA office to request your county's list of members who have passed away during the past year. Having this information can help you create a meaningful time of remembrance and pay tribute to those whose lives and service have left a lasting impact on your community.



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FRIDAY 8:30 AM - 2:00 PM

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www.krtadentalandvision.com

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KYRx Coalition 855-218-5979

Silver Sneakers 888-423-4632

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MD Live (Virtual Care) 888-673-1992

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KYRx Coalition 855-218-5979

Living Well Promise 866-681-6758 (CastLight)

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TEACHERS' RETIREMENT SYSTEM OF KY

800-618-1687 or www.trs.ky.gov

Quips, Quotes & Puzzles

Puzzle: The Great Staff Lounge Snack Heist

Last Friday, someone raided the staff lounge and “borrowed” snacks from four veteran teachers. No one is mad—just highly entertained—and determined to figure out who took **what**, **why**, and **what** they left behind as an apology.

The teachers involved are:

Mrs. Harper, Mr. O'Malley, Ms. Jenkins, and Coach Turner

The stolen snacks are:

A granola bar, a pudding cup, a bag of pretzels, and a chocolate bar

The “apology gifts” left behind were:

A sticky note that said “Oops”, a half-deflated balloon, a coupon for 10% off office supplies, and a single peppermint

Each teacher claims they took the snack for a different, very teacher-specific reason:

“I had bus duty,” “I forgot my lunch,” “I needed stress relief,” and “I was grading until 9 PM.”

Use the clues to figure out who took which snack, why, and what they left behind

Clues

The teacher who left the **half-deflated balloon** did **not** take the **pudding cup**—they said pudding was “too much commitment.”

Ms. Jenkins did not take the **granola bar** because she insists granola is “just birdseed with branding.”

The teacher who needed **stress relief** took the **chocolate bar**. Obviously.

Coach Turner did **not** leave the **peppermint**; he said that it was “far too fancy.”

The teacher who had **bus duty** left the **sticky note**.

Mr. O'Malley took the snack belonging to the teacher who forgot their lunch, but he did **not** forget his own lunch.

The **pretzels** were taken by someone who left behind the **office-supply coupon**, claiming it was “basically currency.”

Answer Key (humor intact)

Mrs. Harper – Took the pudding cup – Because she forgot her lunch – Left the peppermint
 Mr. O'Malley – Took the granola bar – Because he had bus duty – Left the sticky note
 Ms. Jenkins – Took the pretzels – Because she was grading until 9 PM – Left the office-supply coupon
 Coach Turner – Took the chocolate bar – Because he needed stress relief – Left the half-deflated balloon