

Know Your KEA-Retired Executive Committee:

Jon Henrikson, President
(606) 633-7958
jthenrikson@hotmail.com

Patricia Bingham, Vice-Pres.
(606) 337-5990
fsdir@hotmail.com

Jim Sproul, NEA Director
(606) 546-2828
jgsproul@barbourville.com

Gayle Greer, Secretary
(859) 873-4400
gdgreer190@windstream.net

Sondra Baker, Minority Seat
(859) 559-8702
sondrabaker@windstream.net

Fred Hester, KEA Board
(859) 485-4025
ppjh13@aol.com

Meet the KEA-Retired Board of Directors on page 7

KEPAC WELLSTONE TRAINING: A CALL TO ACTION

by Artie Marx

Paul Wellstone was a two-term U.S. Senator from the state of Minnesota. He served in the Senate from 1991 until his death in a plane crash in October of 2002. Senator Wellstone's wife and daughter also died in the crash. His sons, David and Mark, were not involved in the accident and today carry on their father's legacy as co-chairs of the Wellstone Action nonprofit group.

Sen. Wellstone was professor of political science at Carleton College.

Today his ideas are demonstrated in the training sessions held all around the world set forth from "Wellstone Action."

KEPAC has offered these training workshops in Madisonville and Lexington this year. I was privileged to attend these two workshops along with other past colleagues in education.

The training offered plans of action through lecture, video and role playing. Topics covered included: Contacting constituents in

a meaningful manner, Developing a media strategy, Building a base as you get ready to run for an office, Successful lobbying, Working a volunteer program, Getting the voters out as well as voter education, door-knock experiences, action planning, leadership development.

Thank you, KEPAC, for sponsoring a very helpful program.

Jack Conway, candidate for US Senate, participated in a recent Wellstone Action training hosted by KEPAC. NEAPAC has endorsed Conway after recommendation from KEPAC.



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PRESIDENT'S COLUMN**WELCOME BACK TO KEA-RETIRED**

*Jon
Henrikson*

A new school year begins and you're not going back, except maybe as a substitute or in some other limited role. But you are still a member of KEA and we want you to remain "active" in the KEA family.

You may be "just retired" and may not even know until today that you are a member of KEA-Retired. Welcome to retirement and to KEA-Retired!

In 2006 KEA delegates voted in a program known as "continuous membership," increasing active dues to pay for lifetime membership in KEA-Retired and NEA-Retired for all retiring active members — both teachers and ESPs — so that you would not have to pay any retired dues to remain in the KEA-NEA family.

Or maybe you are a "veteran" KEA retiree who still pays annual KEA-Retired dues or bought life membership in KEA-Retired as a pre-retired member. Welcome back to your KEA-Retired!

KEA believes there is

more strength in a united family of active and retired teacher and ESP members, and college student program members as well.

KEA-Retired is the fastest growing group within KEA, within NEA-Retired, and within all Kentucky retired educator groups—we have almost a thousand new members each year.

**KEA-Retired has
lobbied hard to save
retired teacher health
insurance and to keep
our pension systems
actuarially sound.**

We are a fairly new organization that has a statewide board of directors and an annual member meeting at KEA in April. We have active organizations in most KEA districts. Contact a member of the KEA-Retired Board to find out how you can be more involved.

We are beginning to form KEA-Retired local associations and are exploring the option of having retired members continue to be members of KEA local associations.

We publish this newsletter

several times throughout the year, and we are starting an e-mail edition that will provide a more timely and "newsy" newsletter.

We also send out action e-alerts, especially during the legislative sessions, and we are part of the KEA website. To receive these electronic messages, you need to have access to a computer with Internet, and we need your e-mail address. You can register by completing the form on page 8.

KEA-Retired has lobbied hard to save retired teacher health insurance, and to keep our pension systems actuarially sound and health insurance intact. At the national level we are working hard to repeal the Social Security offsets that unfairly reduce the Social Security benefits we and our spouses have earned.

Because we believe in a strong united family of educators, we are active in recruiting active members for KEA and working with future educators in the KEA Student Program.

Once again we welcome you to your KEA-Retired and invite you to stay involved in the KEA-NEA family.

SUPPORT KEPAC

Contributions are being collected for Kentucky Educators Political Action Committee (KEPAC). Join KEPAC today, and help elect leaders who support public education. Our retirement systems and health insurance are in the hands of government officials. We must elect those who support our issues. This year's contribution for retirees is: Certified: \$26, Classified \$13. Send check made to KEPAC to 401 Capitol Ave., Frankfort KY 40601. To learn more, go to www.kea.org and click on "Political Action."

WIN A TRIP!

KEA-Retired members who are not board members can win trips to association conferences. All you need to do is send a postcard for each conference you are interested in attending with your name, address and the conference preferred to: KEA-Retired, 735 Executive Park, Louisville KY 40207.

Deadline is Nov. 26. Expenses will be reimbursed up to \$600 when attendee turns in a voucher with receipts. A written report is required as a follow-up to any reimbursement conference attended.

If you have questions, call 877-893-3205.

2011 conferences:

Mid-Atlantic Leadership Conference, January 28-30 in the Washington D.C. area

NEA-Retired East Regional, March 25-27, Pittsburgh

NEA-Retired Annual Meeting, June 26-28, Chicago

SPECIAL SERVICES AVAILABLE FOR SOME HEALTH CONDITIONS

Informed Care Management (ICM) is the ActiveHealth® disease management program that actively engages you and your doctor in your healthcare decision making process.

This unique disease management program for people with chronic conditions is designed to help you better manage your life and actively work with doctors to improve your care.

Through ICM you'll have access to a Nurse Care Manager who will act as your personal health coach. He or she will utilize a unique set of data, educational resources and technology to help you understand and manage your condition. ICM is available for many different conditions such as diabetes, hypertension, COPD, chronic lower back pain, arthritis and others.

Contact Humana at the Customer Service phone number on your ID card (1-866-396-8810) if you feel you might benefit from the program.

Humana will complete an assessment to see if you do, in fact, qualify for participation. If you do, your Nurse Care Manager will have a conversation with you then

send you follow-up letters.

Information you supply will be compiled with your claims data and continuously scanned for opportunities for better care. If an opportunity is found for you, your Nurse Care Manager will contact you to discuss the details and answer any questions you may have.

KEA-Retired board member, Doris Morton, recommends ICM. She has been registered with the program and has been pleased with the service and the information she has received.

Information for this article was supplied by Grace Dotson, Kentucky Teacher Retirement System.

**Check out
HumanaActiveOutlook.com**

**Click "Local Events"
to find healthy events
taking place in your area.**

**Featured are:
Wellness programs
Expert health information
Special offers
Healthy recipes
Interactive tools
Games and more**

KENTUCKY RETIREES STAY ACTIVE ...



All KEA-Retired Directors were present for the board meeting Aug. 3 at Fifth District office in Louisville. Pictured (front from left) are Leo Lyvers (4th), Vice President Pat Bingham, President Jon Henrikson, Secretary Gayle Greer, Minority Rep Sondra Baker, KEA Board Fred Hester, (back from left) Zella Wells (EKEA), Carole Collinsworth (UKREA), Bob Young (NKEA), Joyce Dotson (5th), Doris Morton (3rd), NEA Director Jim Sproul, Linda Darnell (MCEA), Joan Crowder (2nd), Ann Walls (JCTA), Becky Wright (Central), Penny Robinson (UCEA), Arletta Kennedy (1st) and Barbara Reeves (KESPA). Kennedy, Lyvers, Wright and Young are new members, while Crowder, Dotson, Darnell and Robinson were reelected during district balloting over the summer.

Sue Clark, Janet Cartmell and Debbie Herdt were among the 18 KEA-Retired/Central District members who helped prepare bags for new Fayette County School employees and new KEA members.



KEA-Retired members throughout the state attended KEAC Wellstone Training Sessions. Barbara Young (center) of First District worked with other KEAC contributors to master political strategies. (See related story, page 1.)



Members at the NEA-Retired Annual Meeting posed with award plaques won by KEA-Retired: (front from left) Joan Crowder, NEA-Retired President Barbara Matteson, Jim Sproul, Penny Robinson, Sara Brady, Ann Walls, (standing from left) Linda Darnell, Joyce Dotson, Pat Bingham, Gertrude Whitman and Harold Wilson.



Arletta Kennedy considers a colleague's comments during a KEAC Wellstone Training Session. (See related story, page 1.)

HIGHLIGHTS FROM NEA ANNUAL EVENTS IN NEW ORLEANS

Delegates Explore 'Turning Hope Into Action'

by Fred Hester

The theme at NEA this year was "Turning Hope into Action" with an emphasis on things every member whether they are retired, student, teacher or ESP, can do to make a difference.

Thousands of members filled out postcards with their ideas for the reauthorization of the Elementary and Secondary Education Act. President Van Roekel will deliver the cards to the U.S. Department of Education. A call was made to each state to develop plans for a "Day of Action" to send a message to their members of Congress who vote on ESEA. The President's message was a call to collective action.

Our own Helen Cottongim from Boone County gave a touching and humorous account of her life as a school bus driver, mother and educator. Helen was named National ESP of the Year. Helen's

speech was thought by many to be the main event of the assembly. She gave an outstanding presentation!

Other addresses were given by President Van Roekel, Executive Director John Wilson, American's Greatest Education governor Award winner Maryland's Martin O'Malley, Teacher of the Year Sarah Brown Wessling from Iowa and Friend of Education Award winner Dr. Diane Ravitch from New York University.

Kentucky delegates attended daily caucuses to discuss the business of the convention. The usual business of NEA included elections, 4th of July Celebration, legislative agenda, resolutions, standing rules, constitution and by-laws and 99 new business items. The 2nd Annual Bourbon Caucus event was enjoyed by all.

Each day we asked Kentucky delegates to donate to

NEA-Retired's main fundraiser for the Fund for Children—the quilt give-away. The suggested donation was \$5. Last year, 89 KY delegates donated \$697. On the last day, we had only \$492. Our goal is to always raise a little more money each year. Near the end of our caucus, JCTA member Joyce Mayes donated \$123 to bring the total to \$688. Kentucky President Sharron Oxendine had told me earlier that she wanted to contribute when we arrived at the convention center. When I talked to Jim Sproul, I mentioned that if Sharron would donate \$10, we would break last year's record by \$1. Jim said, "Sharron will donate \$10!" and he began to fill out the paperwork with the \$10 amount listed for Sharron. In the last hour for donations, Sharron put us over the top at \$698! Way to go delegates!

12 ATTEND NEA-RETIRED ANNUAL MEETING

KEA-Retired members Jim Sproul, Joyce Dotson, Joan Crowder, Linda Darnell, Sara Brady, Ann Walls, Gertrude Whitman, Harold Wilson, Penny Robinson, Pat Spillman, Patti Hester and Fred Hester attended the NEA-Retired Annual Meeting in New Orleans this summer. Members participated in "Outreach to Teach" at Belle Chasse High School. Student NEA members, NEA Retired and others helped paint, prepare bulletin boards, and brighten the school. It looked beautiful when NEA members left after a hard day's work.

The Annual Meeting began June 27 with greetings and remarks from KEA-Retired President Barbara Matteson, NEA President Dennis Van Roekel, Past NEA President Dr. Mary Hatwood Futrell and NEA Vice President Lily Eskelsen. Tom Curran was reelected as Vice President. A wonderful "Get Acquainted Reception"

was held and a fabulous banquet and intergenerational dance was enjoyed with NEA Student members.

Workshop topics included: The Top Ten Things We Should Do to Make Growing Older Easier, Member Benefits, Medication Management, Fighting to Preserve Pensions, Social Networking, Myths and Realities Concerning Sex for Life, Campaign 2010 and State Retired Presidents' Workshop.

Kentucky again won first place in membership for having the highest *percentage* of retirees joining KEA-Retired. Kentucky also won second place for having the second highest *number* of retirees joining KEA-Retired. Continuous membership has served us well.

We hope you will be with us next year in Chicago, June 26-28.

NOMINATIONS DUE FOR KEA AND NEA EVENTS

The KEA Delegate Assembly will be in session April 6-8, 2011, in Louisville. Nominations are open now, so if you are interested in serving, complete the KEA Delegate Assembly Nomination Form and return it to KEA-Retired no later than Nov. 5. Delegates are eligible for reimbursement up to \$300 when vouchers are filed.

Nominations are also open for delegates to the NEA Representative Assembly which will take place in Chicago, June 30-July 5, 2011. KEA-Retired will send at least five delegates this year, including the president who serves by virtue of the

office. Send your NEA Representative Assembly Nomination to KEA-Retired by Nov. 5. Delegates are eligible for reimbursement of expenses up to \$700 (in addition to state delegate stipend provided by KEA) for attendance of the NEA Representative Assembly. In return for reimbursement, delegates must attend all sessions of both the Retired Annual Meeting and the NEA Assembly, plus any retired delegate caucuses. A written report is required to be sent with your voucher to the KEA-Retired office. Receipts are required for any item costing \$10 or more.

KEA DELEGATE ASSEMBLY NOMINATION FORM

CLIP & MAIL TO: KEA-RETIRED, 735 EXECUTIVE PARK, LOUISVILLE KY 40207

Name: _____ SS #: _____

Address: _____

City: _____ State: _____ Zip-code: _____

Email Address: _____ Home Phone: (____) _____

Member nominating delegate: _____ Phone: (____) _____

Signature of delegate candidate: _____

Biographical statement (30 words, max.): _____

NEA REPRESENTATIVE ASSEMBLY NOMINATION FORM

Name: _____ SS# _____

Address: _____ KEA-Retired District: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Home Phone: _____

Signature: _____ Date: _____

My signature indicates that I understand and accept the attendance and stipend policy required of KEA-Retired delegates to the NEA Representative Assembly.

Statement to be included on ballot (limit 30 words): _____

STIPEND POLICY:

If elected, the delegate will have expenses reimbursed up to \$700 by KEA-Retired in return for attendance at all delegate business sessions and retired caucus meetings.

**Complete & return this form by Nov. 5 to:
KEA-Retired Delegate Elections
735 Executive Park
Louisville KY 40207**

YOUR KEA-RETIRED LEADERSHIP

Barbara Reeves, KESPA
270-256-3896
reevesbus@wildblue.net

Arletta Kennedy, First
270-851-7700
arlettaK@bellsouth.net

Joan Crowder, Second
270-881-7683
lwjc@comcast.net

Doris Morton, Third
270-843-9603
jldamort@aol.com

Leo Lyvers, Fourth
502-331-9575
leo.lyvers@att.net

Joyce Dotson, Fifth
502-633-6216
joyce.dotson@insightbb.com

Becky Wright, Central
859-576-9433
lcw2010@windstream.net

Ann Walls, JCTA
502-969-6033
annw802130@aol.com

Linda Darnell, MCEA
606-678-5453
Linda50Darnell@yahoo.com

Bob Young, Northern KY
859-689-7121
young.robert3@insightbb.com

Zella Wells, Eastern KY
606-789-1306
zwells@suddenlink.net

Penny Robinson, UCEA
606-598-3660
pennymn@aol.com

Carole Collinsworth, UKREA
606-362-8989 cell
606-668-6206
carolec@mrtc.com

DISTRICTS: NEWS & NOTES

FIRST DISTRICT meeting dates will be Sept. 20 for organizing and retaining members; Nov. 16 for a legislative reception; Feb. 21, 2011, for updates; May 16, 2011, for elections. Meetings will take place at the Paducah KEA office. First District officers are President Arletta Kennedy, Vice-President Barbara Young, Secretary Diane Dodson, Treasurer Sharon Bray, Past-President Lana Blish.

SECOND DISTRICT helped the Madisonville KEA Office by preparing 1000 bags for potential new members and helping put together local association packets. During the spring, SDEA-Retired conducted a membership campaign and signed up 55 new members. Officers are President Joan Crowder, Vice President Jim Harris, Secretary Marsha Andrews, Treasurer Becky Brown, At-Large Member Ginger Simpson. Upcoming meeting dates are Sept. 14, 10 a.m., Madisonville KEA Office; Dec. 14, 10 a.m., Madisonville KEA Office to meet with legislators; March 14, 2011, 4 p.m., Madisonville North Hopkins High School library; May 3, 2011, 4 p.m., MNHS for election of officers.

MIDDLE CUMBERLAND meeting dates will be Sept. 2, Ruby Tuesday's, Somerset, 1 p.m. for the Newly-Retired Teachers luncheon; Dec. 2, Beaumont Inn, Harrodsburg, 1 p.m. for Christmas dinner with spouses; April 6, 2011, KEA-Retired Annual Meeting and MCEA-Retired Meeting, Louisville, 1 p.m.; June 2, 2011, Light House Restaurant, Wisdom Dock, Albany, 1 (Somerset time) for election of MCEA-Retired officers. Other events: Aug. 26, Meeting the Greens, 9:30 a.m. (Somerset time); Oct. 12, Fairchild's Bed & Breakfast, Monticello, 10 a.m. Contact President Nita Faye Perdue (606-370-2049) for more information or to make reservations.

CENTRAL DISTRICT is beginning the year with a new retired board member, Rebecca Wright. The first Central District meeting will be held at the KEA Office, 1050 Monarch St., Lexington, on Tues., Sept. 14, 5:30 p.m. Dinner will be provided. Jon Henrikson, president of KEA-Retired, will provide updates on health insurance benefits for retirees. Please mark your calendars for meeting dates in 2011: Jan. 18 at 1 p.m. and May 10. During the beginning of this school year, the active, retired and FCESPA members have been busy recruiting new members for FCEA and FCESPA. To date 112 new members have joined.

DEADLINE
for the next issue of
TODAY / TOMORROW
is Dec. 10.

Send articles & photos to:
Gayle Greer, Secretary
190 Balsam Court
Versailles KY 40383
or
gdgreer190@windstream.net

NEWSLETTER MOVES INTO ELECTRONIC AGE

KEA-Retired is sending this edition of TODAY/TOMORROW through the US Postal Service to all members as usual. However, as an experiment we are also sending a copy to our members registered for E-Alert. We would like to move to sending this newsletter electronically to those who are online. (Members not online will continue to receive TODAY/TOMORROW through regular mail.) By receiving your newsletter electronically, the information you get will be current and up-to-date. If you have not yet registered, use the form below.

E-ALERT SIGN-UP FORM

Sign up for E-Alert! Send this information to KEA-Retired, 735 Executive Park, Louisville KY 40207.

NAME _____ Phone # _____

ADDRESS _____ CITY/STATE/ZIP _____

E-MAIL _____

KEA DISTRICT (Retired from) _____ (Live in if different) _____

The following information will also be helpful: US CONGRESSIONAL HOUSE # _____ SENATE # _____

Thank you for your help! KY LEGISLATIVE HOUSE # _____ SENATE # _____

KEA-RETIRED MEETINGS OPEN TO ALL

All members are invited to attend KEA-Retired Board meetings at the KEA-Retired office, 735 Executive Park in Louisville. Upcoming meeting dates are listed below:

October 5, 2010
 December 7, 2010
 February 1, 2011
 April 5, 2011
 June 7, 2011
 July 26, 2011
 October 4, 2011
 December 6, 2011

ANNUAL MEETING: April 6, 2011

KEA
 401 Capital Ave.
 Frankfort, KY 40601

KEA-Retired
 735 Executive Park
 Louisville, KY 40207

Phone: (877) 893-3205
 Fax: (502) 893-8751
 Email: adukes@kea.org

We're on the Web!
www.kea.org

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 Members of KEA-Retired*

