



# Kansas Association of Retired School Personnel

Volume 51, Issue 2

*The Meadowlark*

February 2016

## WHY DOES ONE DAY MAKE A DIFFERENCE?

*Brilla Highfill Scott*  
KARSP Executive Director



A friend recently reflected, "I remember being 89 and feeling free as a bird and encouraged to do most anything. The next day I was 90, and suddenly people were putting restrictions on me: 'You shouldn't drive your car,' 'You need to wear an alert bracelet,' 'I need to go with you to your doctor's appointment,' ... and on and on. Why should one day make such a difference?"

Somehow our society stereotypes a "senior" by age. Even though we may feel 45 years old on the inside, our age and appearance cause assumptions to be made about what we are capable of doing. I still inwardly cringe when salesclerks or wait staff call me "honey" or "sweetie." I realize I have reached another stage in my life, but I must admit that these tags sound condescending.

I think you'll chuckle at the latest stage in my life. I now have 85- to 90-year-old men stopping to ask if I'm married. Bless their hearts, they undoubtedly need new glasses!

But my friend is correct about our culture, one day does make a difference. No longer are we credited with our capabilities--suddenly we are cast into a stereotypic pool for the aged.

One of my grandfathers was born in 1869. At that time male life expectancy, on average, was 39 years. Today a male child is expected to live to at least 76 years. With these extended years, seniors must impress on the younger generation that one's advanced age does not indicate a lack of abilities.

The positive side of this discussion is the KARSP-member impact on dispelling senior-citizen

stereotyping. Last year, KARSP members volunteered nearly 385,000 hours which equaled about \$9 million in benefit to our state. Our members still are vibrant and capable citizens. Please don't let one additional day of aging determine how you accept and react to an individual.

## OLDEST KARSP MEMBER DIES

Tamsel Rogers, Larned, died August 18, 2015 at the age of 105. She was born on October 14, 1909 in Osborne County.

In 1968 Mrs. Rogers and her husband moved to Larned where they both were teachers. She also served as a principal in the Larned school system.

Tamsel Rogers was a long time KARSP member, and all KARSP members honor her service to Kansas children.

**REMINDER** - When KARSP members reach their 95<sup>th</sup> birthday, they become honorary KARSP members, and never pay dues again. Please let Virgil Funk know when you or someone else qualifies for an honorary membership.

## ARE YOU VOLUNTEERING?

KARSP members have long been proud of the thousands of hours we volunteer each year. Volunteers are always needed, and there is never an end to the work that needs to be done. Are you willing to help KARSP volunteer more hours than last year?

Members are asked to track their volunteer hours for a year. That could be a calendar year or from May 1 to April 30. At the end of your year of volunteering, give that number to the volunteer hours coordinator in your unit. If you are not a member of a local unit, you may

*(continued on page two)*

## Are You Volunteering?

(continued from page one)

send your hours to the state coordinator.

When all the hours are reported, the financial value of those hours are calculated. Then a facsimile check is presented to the Governor. (Recently, he has not had time for KARSP, but we continue to try.)

Local units are encouraged to also present a facsimile check representing the value of the local unit's hours to the city commission or the county commission. We need to get the word out about how much money we save the local government and non-profits in our areas.

Will you do your part?

## FROM THE HARD SEATS

*Dr. Harvey Ludwick  
KARSP Lobbyist*



Nineteen years without a raise! Yes, that's what has happened to retired school personnel receiving KPERS. The 1998 legislature authorized a one time increase of 3% for those who retired prior to July 1, 1997. Since that time retirees have lost over 45% of their buying power. A post-retirement benefit increase is long overdue.

Again this year our KARSP team, Ernie Claudel, Ron Gardner, and I, will be assisting legislators in their understanding of why retirees should have a raise. We will make EVERY effort to explain the need, but WITHOUT THE INVOLVEMENT OF EVERY KARSP MEMBER, next year this article will read "Twenty years without a raise."

Please let the person who represents you in the Kansas Legislature know that KPERS retirees need a raise.

## AN OPPORTUNITY

The Friendly Visitors Program pairs compassionate volunteers with seniors who live alone and need caring and friendly people to visit, call, or lend a hand. The program is provided at no cost for seniors ages 60 and older, enabling participants to continue living independently in their own homes. No church affiliation is

(continued on page three)

*The Meadowlark is an official publication of the  
Kansas Association of Retired School Personnel.*

Bob Grover, President	(620) 343-1072
Kay Schenk, Vice President	(620) 326-5715
Dianne Sisk, Secretary	(785) 749-4601
Gary Price, Treasurer	(620) 860-5101
Carol Bingle, Past President	(620) 278-3015
Duane Anstine, Editor	(620) 662-3733
Brilla Highfill Scott, Executive Director	(785) 232-8788
Virgil Funk, Membership	(785) 233-1916
Harvey Ludwick, Lobbyist	(785) 232-8788



**1-800-258-7041**

**[www.myAMBAbenefits.info/karsp](http://www.myAMBAbenefits.info/karsp)**

New memberships or renewals are \$15.00 per year.  
If you have a change of address, please contact us by  
mail, phone, or e-mail.

KARSP

1420 SW Arrowhead, Suite 100, Topeka, Kansas 66604  
(785)232-8788

[karsp@karsp.org](mailto:karsp@karsp.org) or [membership@karsp.org](mailto:membership@karsp.org)  
or visit us at [www.karsp.org](http://www.karsp.org)



Dependable Benefits. Trusted Partner.

**611 S KANSAS AVENUE, SUITE 100**

**TOPEKA, KANSAS 66603**

**(785)296-6166 OR (888)275-5737**

## Premier World Discovery



2615 190th Street, Suite 200  
Redondo Beach, CA 90278  
Ph: 877-953-8687

**Check KARSP website for tours:**  
**<http://www.karsp.org>**

## An Opportunity

(continued from page two)

required. For more information please call 785-233-6300, extension 1313 or go to [www.catholiccharitiesks.org](http://www.catholiccharitiesks.org).

If you don't live in the eastern part of the state, you may contact Catholic Charities offices near you: Wichita, Dodge City, Great Bend, Garden City, Salina, Hays, or Manhattan.

## PUBLIC RELATIONS COMMITTEE

The KARSP Board of Directors has created a Public Relations Committee. Their task is to compose and distribute news releases for KARSP.

The topics for which they will release news items include the following:

- KARSP Legislative Platform
- Volunteer hours and community involvement of KARSP membership
- KARSP Convention activities with releases before and after the convention
- Scholarships and grants awarded by KARSP
- Other noteworthy news items of KARSP

A brochure has been developed and will soon be distributed.

Members of the committee are Bob Grover, Verneene Forssberg, Virgil Funk, Craig Shove, Ron Gardner, Brilla Scott, and Duane Anstine.

## THINGS TO REMEMBER

- ◆ Have you nominated some deserving person to be inducted into the Kansas Teachers' Hall of Fame?
- ◆ Have you shared with someone still teaching that they can apply for a \$500 KARSP Foundation grant?
- ◆ Have you put the dates of the 2016 KARSP Convention on your calendar? (June 10,11,12)
- ◆ Are you keeping track of your volunteer hours?
- ◆ Have you contacted your legislator about an adjustment to our KPERS checks?
- ◆ Have you expressed your appreciation to our lobbyist and our members of the KCPR team who are working so hard for us?

For strength, we need you!



## VALENTINE'S DAY COMING SOON

How about surprising that special person in your life with flowers on Valentine's Day? By calling 1.800.Flowers, you can get a 15% discount with this discount code: AMBA.

Maybe you would like a nice dinner for two. Check with [www.myAMBAdining.com](http://www.myAMBAdining.com) for discounts at 18,000 restaurants.

Then if you are worn out from all these activities and need a rest, go to La Quinta Inn and Suites for a 15% discount. Call 1.800.531.5900. Use the discount code AMBA.

These benefits and many more are offered by Association Member Benefit Advisors to KARSP members. Check out all the money-saving benefits that are available.

## Premier World Discovery Tours

Have you recently checked the Premier Tours on the KARSP website? Go to [karsp.org](http://karsp.org) and check out the tours that are available from July 28th through November 29th. Here is California Coast information to get you started!

### California Coast, July 28, 2016 (10 days)

*Booking discount deadline: May 31, 2016*

San Diego City Tour  
Old Town - San Diego  
Mission San Juan Capistrano  
Los Angeles/Hollywood Tour  
Walk of Fame, Beverly Hills & Rodeo Drive  
Reagan Library & "Air Force One"  
Santa Barbara & Shell Beach  
Hearst Castle  
Big Sur Coast  
Carmel & "17-Mile Drive"  
2 Nights in Monterey  
Yosemite National Park  
Old Sacramento  
Napa Valley  
Winery Tour & Tasting  
San Francisco City Tour  
Fisherman's Wharf Dinner

Don't forget to "like" KARSP on Facebook! You will stay up-to-date on the latest Kansas Association of Retired School Personnel activities.



## **PREVENTING FALLS**

Each year, one in every three people ages 65 and older falls. The older you are, the greater your risk. In 2009, the fall rate for those ages 85 and older was almost four times that of adults 65 to 74.

Falls can cause serious injuries such as cuts, fractures or head injuries. In fact, over 90% of hip fractures are caused by falls. Falls can also cause fractures to the spine, forearm, leg, ankle, pelvis, upper arm, or hand.

Many people who fall develop a fear of falling, even if they weren't injured. This may lead them to limit their activities. However, by reducing their mobility, they may actually increase their risk of falling.

To reduce your risk:

- Exercise regularly. Work on increasing your leg strength and improving your balance. Check with your doctor before starting an exercise program.
- Check your meds. Ask your doctor/pharmacist if any of your medicines have side effects that could cause dizziness.
- Have your eyes checked. Have your vision checked at least once a year by an eye doctor.
- Work to fall-proof your home. Get rid of tripping hazards. Add grab bars inside and outside the tub and next to the toilet. Add stair railings, and make sure your house is well lit.

Also be very careful of the ice on the sidewalks and streets. Don't get out unless you just have to when the ice is around.