

THE



GUARDIAN 2012

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ISSUE I

PRESIDENT'S MESSAGE

Hello Fellow Retiree!

As your new HSTA-R O'ahu District President, I would like to welcome you. Although I've been retired for ten years, I still consider August/September the start of a new year. Despite the date change, it's still a time of excitement and anticipation of new beginnings.

In that spirit, I would like to encourage you to become involved in your organization-HSTA-R. Come to our general membership meetings, read our newsletters, run for delegate, state, or district office, visit our website, and stay informed on the latest HSTA-R actions.

Just as the school system has changed, we, too have experienced major changes in our organization. In the past HSTA-R was under the umbrella of HSTA, but as of 2012 we are organized under our own 501 c non-profit status. This difference has resulted in financial and decision making procedures which have impacted the relationship between HSTA and HSTA-R.

New faces on both district and state levels bring new leadership. HSTA-R's newly elected president is Vaughn Tokashiki; and district presidents of Maui, Hawaii, Kauai and Oahu district have also changed. Exciting events are planned for our district, focusing on: **Connection, Communication, and Community.**

First, we want to better connect with new, soon to be retired, and already retired members. In September we will offer a Meet and Greet luncheon to all newly retired members to network and learn more about HSTA-R. Another connection link will be an increased presence at the HSTA monthly meetings.

Second, we hope to improve connections with our members by expanding our communications with all of you. We plan to assess our present member communication system and make appropriate changes. Presently we have budgeted money for an additional newsletter. Also for your planning purpose, in addition to the October general membership meeting (details are contained in the following pages), we have scheduled our Second General Membership to be held at the Waialae Country Club on **Monday, February 11, 2013.**

Our last "**C**" **Community** involves an increased involvement in the community (more information at a later date).

Through **Connection, Communication, and Community**, HSTA-R will be better able to make our retirement years for ourselves and our families the best it can be.

This is the beginning of a new and exciting time as we explore the possibilities and engage the changes. I look forward to meeting all of you. Join us... you'll be glad you did.

Joanne R. Ing
O'ahu District HSTA-R President

GOVERNMENT RELATIONS

BY CAROL NITTA

Aloha and welcome to our 1012 election year. Mahalo to our retirees who have already devoted their time and effort in supporting our candidates for the primary election.

Although the general election seems distant, many races are still critical. Therefore we need to get involved immediately. For list of recommended candidates visit the HSTA-R website www.HSTARetired.org.

Your vote may be the difference in a close election, so be sure to cast your ballot on Tuesday, November 6th.



JULY '12 EUTF REPORT

BY MAE T. KISHIMOTO

Members who are Medicare eligible need to order maintenance prescriptions from CVS Caremark (caremark.com) or call the number on the back of the card.

The CVS representative feels that it is faster to order by phone. The two services (phone and internet) are separate.

If you register by phone, you will have to provide information for payment which is not transferrable to the internet service and vice versa. Therefore if you want both services, you will have to register them separately.

Doctors call 1-877-418-4130 option 2 to order your prescriptions.

The drug transition from HMSA to CVS Caremark and

SilverScript generally went smoothly. 120,000 members were transferred.

Death Validation – be sure to have your family informed to notify the EUTF and ERS of a death of a family member who was enrolled in Medicare Part B. Reimbursement/s should be returned.

If you received a message from the EUTF regarding non-enrollment in Medicare Part B, you will be dropped from the reimbursement list if you don't enroll. 555 messages were sent with less than 50 replies.

Open enrollment will be October 23 to November 13.



NEWS YOU CAN USE!!!

BY: LINDA TAVARES, MEMBERSHIP COMMITTEE

The latest HSTA-R Membership count as of July 10th, 2012 is 5,159. There are about 7000 retired teachers. The count reflects that 70% of retired teachers join our HSTA-R. Oahu, with the largest population, has 3,684 members.

HSTA-R has its own phone number at the HSTA building. The system was down for a few weeks, and we apologize for any inconvenience. The phone number is 808-840-2258, or call

808-833-2711, extension 258. If there is no answer, please leave a message. The system is on 24 hours and is checked frequently.

RSVP*

*Pronounced Re-Sa-Vip

The Honor of Your Presence is Requested
(blah, blah, blah, blah)

HSTA-R O'ahu

General Membership Meeting & Lunch

MONDAY, OCTOBER 29th, 2012

Waialae Country Club, 8:30am - 1:00pm

!!!ATTENTION !!!

ACTION WANTED on page 3

LACK OF ACTION may find you

ALONE & BORED if you don't go ...So GO!

*Be sure YOU are THERE,
Because when YOU are there, there YOU will be*

If you are nearing **Medicare age (65)** or are a recent Medicare subscriber, be sure to let EUTF know so you can get your reimbursement. You need to enroll in Medicare Part B, or you will be dropped from the reimbursement list. There has been a problem with EUTF linking systems. Don't chance it! Make the call. EUTF phone number: **808-586-7390** or email: www.eutf.hawaii.com.



SENIOR DISCOUNTS

Everybody likes a discount and seniors are no different...just ask and you may receive.

Here are a some places that will save you money: Burger King, McDonald's, Chili's, Jack in the Box, KFC, Subway, Taco Bell, and Wendy's. Of course these are just a few examples. If you know of other places, be sure to share it with your fellow senior retirees.

OOPS! REMEDIES

***SPECIAL THANKS TO LINDA TAVARES FOR CONTRIBUTING TO THIS ARTICLE.**

Since the beginning of accidents there have been remedies to counter the *OOPS!* According to Men's Health magazine throughout their lives men tend to be more accident prone than women. This is not about which sex is smarter; men's behavior tends to be more prone than their female counterparts. Regardless, everybody has accidents and with that said, here are just a few ideas and remedies you may want to try...

1. Is your hair dull and unhealthy looking? Try a cup of cool brewed Lipton Tea (for blonde hair, use Chamomile tea) for shiny hair---Pour on your hair after you shampoo (don't try to save the tea for a relaxing drink later on---*blaaaaaaaaach*;
2. Anyone who spends time in the kitchen has received a burn or two, whether it is from splashing oil, or touching a hot pan or grabbing a still hot baking dish. In Hawaii aloe is often the go-to remedy, but you may want to dab a bit of *toothpaste* (not gels) like Colgate or Crest or less expensive toothpaste like Ultra Brite;
3. Do you eat? If you are like most humans that eat to live, chances are you have burned your tongue at least once in your life. Try this: Just a spoonful of sugar (hey, isn't that a song?) may help. Side note: If you are diabetic, go easy; burning your tongue on purpose just for a sweet remedy is a bit silly...Wouldn't you agree?
4. Red wine stains---Spilling red wine on a light colored carpet doesn't have to cause heart palpitations. Pour on table salt (with Morton's when it rains, it pours). Side note...If you are spilling wine, that might be a hint for you to stop swigging the juice;
5. Even retired teachers still get headaches (probably when they flashback to their teaching days). Gatorade has been an effective way to send the pain away, however it is probably not the actual product as much as it's hydrating properties.



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