

After School...

The Newsletter of Minneapolis Retired Teachers

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www.mrti.org

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Find Your Perch ...



Among Friends at MRTI!



We're back with friends and food and programs to stimulate your mind and senses. Last April, this little kestrel and this rather grumpy owl were two of the guest birds brought to us by the U of M's Raptor Center. Check out the list of exciting programs planned for this school year on page 3.

photos by Larry Risser

We'd love to see you at the Eagles Club!



Bill of Fare

October 18 - Beef stroganoff with noodles; apple crisp

November 15 - Meatloaf, mashed potatoes; cherry pie

December 20 - Fried chicken, cole slaw, potato salad; carrot cake

January 17 - Open-faced hot roast beef sandwiches; chocolate pudding

The dining room opens at 11:30


As always, a vegetarian option is available; include the request when making your reservation. No other options are possible.

The lunch price is now \$20.00, which includes the lunch, tax, tip and the program. We happily accept cash or checks.

Phone callers record both names and phone numbers for reservations, which will be checked off at the ticket table. Should you need to cancel your reservation, call **Gayle Marko** by the Friday prior to the meeting or be billed for your non-attendance.

If you have **NOT** been called by **Monday**, a week before the luncheon, and you wish to attend, please call **Gayle** to make a reservation.

952-920-1395



Did You Know...

MRTI contributes to many programs that support Minneapolis children?

Your dues support annual contributions to:

- The Assistance League
 - Mary's Place
- Boys and Girls Clubs of Minneapolis
 - Jeremiah Program
- Harriet Tubman Center
- Big Brothers/Big Sisters of Twin Cities
- People Serving People
- Minneapolis Recreation Development

MRTI supports the effort to control and eradicate the Co-Vid19 pandemic which has cost so many people their lives and their health.

We encourage all members to be fully vaccinated and we ask that, if you have not been vaccinated, be prepared to wear masks and observe social distancing at all indoor MRTI functions.

Fall & Winter Program Schedule



September 20, 2022

Erin & Jay

Cabaret Musical performance



October 18, 2022

Andy Schlauch,
Director

Cafesjian Art Trust Museum



November 16, 2022

David Jones

presents "A History of the
Statue of Liberty"



December 20, 2022

Paul Imholte

A Man and his musical
instruments



January 17, 2023

James Lileks

Star Tribune
Columnist/ humorist



An eagle visits the Eagles Club

Come One ...Come All
to the MRTI Craft Fair!

Are you a crafter? Are you a shopper?
Do you like finding unusual, handmade gifts
and items for your home?

Come to the MRTI Craft Fair on
October 18th. It will be set up in the
Eagles' Club dining room.

Open to all crafters, in previous years we have
had handmade cards, pressed flowers,
knitted and crocheted items of all kinds,
travel clothing and visual arts of all genres.

Contact Marian Anderson at
amazingmarion@gmail.com for
registration and information.

The Scholarship and Grant committees remind you that your contributions to that joint fund send ripples of support to teachers improving their credentials and to students in classrooms throughout the city. Your support inspires and sustains teachers and students through challenging and difficult times. Thank you!



The Story of My Accident - A Cautionary Tale



For those of you who don't know, on January 6, 2022, I fell down a half-flight of stairs in my apartment building, on my way to pick up my mail. I did not hit my head or pass

out and everything seemed to be in working order. When I called out for help, a neighbor came and I asked him to just give me a hand up. When he touched me, I screamed in pain and he called 911.

I was taken to Abbot-Northwestern Hospital where I stayed for 8 days, then to 2 successive rehab centers. I was in terrible pain and found out that I had fractured my pelvis in 3 places – a major accident. Although surgery is usually not done for pelvic fractures, after 4 days of intractable pain they did do surgery, following which I lived on pain pills before being transferred to a rehab center.

I was a mess- couldn't turn over, couldn't eat, couldn't get out of bed and couldn't walk. The first rehab center, Aurora, was terrible except for the fantastic physical therapy. The therapists took me, by wheelchair, to the therapy center twice a day. They taught me to transfer myself from the bed to the wheelchair and back again. Because of CoVid, the dining room was closed so food was brought to my room on a tray. In the 6 weeks I was there, the hot food never arrived hot! They did have a microwave to heat it up, but it was still awful.

After 6 weeks, Medicare decided I wasn't making enough progress to stay at a rehab center and I had to leave. I went to Respite Care at Amira Choice. What a difference! I had a small one-bedroom apartment – still used a wheelchair, but I got myself down to the dining room for meals. Food was cooked to order and very good. Therapy continued through Accent Fairview Home Health Care – not a fancy therapy room, but they came to

my apartment for sessions. I still couldn't really walk and, most importantly, I couldn't do stairs. To be allowed to go home, I had to be able to climb up 9 stairs. After 6 weeks at Amira, I was finally able to do that and I came home in mid-April.

By this time, I was using a walker but I still couldn't really walk. The Home Health Care services I received were invaluable. I am now able to drive and go out with a walker or a cane. Carrying anything up or down the stairs is still a challenge, as is wearing shoes because of foot swelling. I can't believe how much progress I have made, but it has taken 8 months to get to this point.

I learned many things from my experiences.

- Take nothing for granted.
- Don't hesitate to ask for help.
- Nurses are great but the aides do the real work.
- When the orders say that you get a pain pill every four hours, it doesn't mean 3 hours and 40 minutes!
- Take each little bit of progress you make as a real achievement and a very positive thing.

Medicare was wonderful – everything was paid for except \$100 for the ambulance and \$300 for drugs. I did have to pay for 6 weeks of Respite Care, which I am hoping the MRTI Limited Medical Fund will pay for. In total, I was away from home for 100 days. As I write this, in mid-September, I am still not 100% back to normal.

Finally, to all of you who sent a card or flowers, said a prayer, made a phone call inquiring about me and later calls to me, I say a huge "Thank you!" To the MRTI Board members who took over my job managing luncheon reservations for our monthly meetings (something they never expected to do) – another tremendous "Thank You." I returned to my regular "job" for MRTI in time for our September meeting and I am thrilled to be back. I look forward to seeing you at our meetings.

- Gayle Marko

Would you like to help find programs for our luncheons? The Program Committee has openings for new members! If you are interested in becoming a member, contact

Elmer Koch

EandJKoch@comcast.net





SPOTLIGHT ON... A BUSY BOARD MEMBER



Deb Cotton Smith



Deb and Bob pan for gold in Alaska

Born in Minneapolis and educated at Longfellow, Sanford Jr. High and St. Anthony Village High School, Deb Smith can trace her family back to William Cotton, who was born in England in 1614 and came to stay in the Portsmouth, New Hampshire area in 1641. She prepared for her teaching career at the University of Minnesota (BA and MEd) and followed up with a Masters in Library Media Education at Mankato State.

does quite a bit of gardening. Deb also attends meetings and conventions of the DeSoto Chrysler Club with Bob, touring the Midwest in their vintage 1956 DeSoto.

Their travels have taken them far and wide. In addition to visiting their grandchildren (Wolfgang – 21, Veronica-16 and 8-month-old Arlo), they’ve visited every state in the Union, except those in the South East . They visited Hawaii last November and finally added Alaska to the list this past summer, when they took a CoVid-postponed cruise. Internationally, they have visited Germany & Switzerland (Deb speaks fluent German), Norway, Rwanda, and Uganda. Deb brings a wealth of knowledge and experience to the MRTI Board and we are delighted she joined us!

Deb’s career In Minneapolis Public Schools stretched for 24 years, beginning with a .5 Hi-5 position at Longfellow, followed by a .5 Media position at Hamilton. When she got her first full-time Media position, at Wilder, her husband, Bob, whom she married in 1971, suggested that they should take turns making dinner for the family, which now included a son, Jeremy (1975) and a daughter, Stephanie (1978). When Deb took over the Media position at Jefferson Elementary, she found her Media home – and stayed there for the next 17 years. The children are now grown and have their own families, but Bob and Deb continue taking turns making dinner for each other every night.

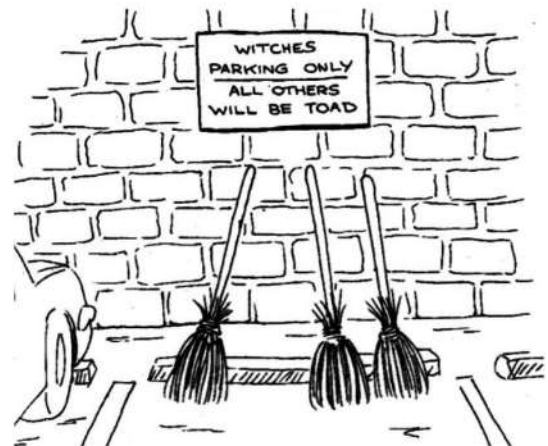
In 1980, Deb and Bob moved to their present home in South Minneapolis. Theirs is only the second family to live in their house, which was built in 1925. They joined the Bungalow Club and began the continual construction and restoration project which is home ownership. (They’re working on the kitchen at the moment.)



In addition to home remodeling, Deb and Bob each have a variety of interests and activities: Deb is a prodigious knitter, teaching Jefferson students in an afterschool knitting program for many years. She knitted these two sweaters for her newest grandchild, Samuel Charles (known as Arlo). She also belongs to a Book

Club, a Retired MPS Media group, MRTI and RTC-59. She sews dresses for the Hope 4 Women’s “Dress-a-Girl” program and

Interested in political activity?
Retired Teachers Council 59 (RTC 59)
“Gathering, Learning and Action ”
October 25, December 6, 2022 &
January 24, 2023.
Meetings will be held at the Local 59
office, 67 8th Avenue NE.
Watch for notices in your email



2022 MRTI Scholarship Recipients



Photo by Larry Risser

YiaKue and Raewyn Kelley celebrated receiving MRTI Scholarships by attending our April meeting with committee members, Pixie Pixler, Sylvia Farrells, committee Chair, and Joanne Lambrecht.

Welcome New Retirees



Photo by Gregory McDaniels

Nine members of the MPS retiree class of 2022 were honored at the September luncheon. Pictured above: Elizabeth Garton, Jeannine McDonald, Patty Fuller, Janet Hannaford, Anita Kangas, Anne Marsnik, Patricia Rydeen, Patty Phillis, Rob Rumpe.

cont. from page

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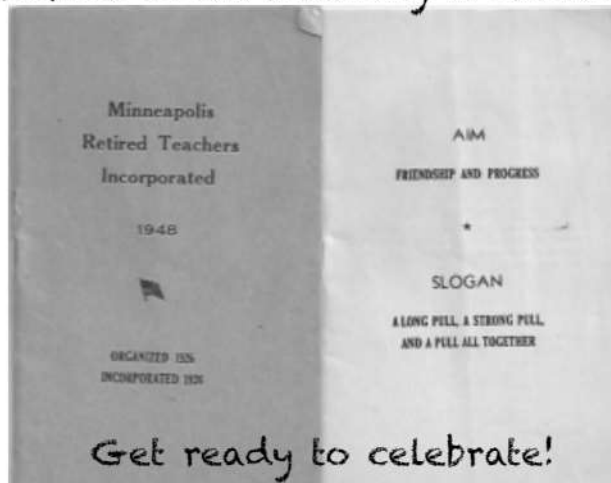
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MRTI's 100th birthday is coming!



Get ready to celebrate!

MRTI Legislative Report

"Our Minnesota State pension and Public Education systems need a Cost of Living increase, not a massive tax cut for the rich."

Please join us in voting for these Committee of 13 - endorsed State Constitutional Officers who control our State Board of Investments:

Governor - Tim Walz. Lt. Governor - Peggy Flanagan
Attorney General - Keith Ellison
Secretary of State - Steve Simon
State Auditor - Julie Blaha

Elections are important! Vote for the Minnesota Senate and House candidates in your district who support public pensions and public education.!

- Ed Andersen
Legislative Chair

Funds are available for medical reimbursement.
Give TRA a call to request an application.

651-296-2409

Limited Medical Assistance Fund
(LMAF) (administered by the Teachers Retirement Association)



Overview	Medical Expenses	Health Insurance Premium Expenses
<p>The Limited Medical Assistance Fund (LMAF) was established in the 1930s through a bequest of a retired Minneapolis teacher.</p> <p>A trust was established to reimburse certain medical costs of retired Minneapolis teachers, and is administered by the Teachers Retirement Association.</p> <p>To qualify for reimbursement, a retiree must have been a Minneapolis Special School District #1 teacher</p> <p>Reimbursements Eligible retirees may request reimbursement for:</p> <ul style="list-style-type: none"> Allowable medical expenses Health insurance premiums (when funds permit) 	<p>Allowable medical expenses, if these expenses are not covered by Medicare or any other form of insurance, include:</p> <ul style="list-style-type: none"> Inpatient or outpatient procedures performed at hospitals, clinics or surgery centers; and licensed nursing care or prosthetic devices. <p>Expenses that are not eligible include: dental care, nursing home care, medication, therapy, glasses, out-patient services, non-medical items.</p> <p>Reimbursements are reviewed and disbursements made twice a year.</p> <p>How To Apply Call TRA to request information. If expenses are determined to be eligible, an application will be mailed to you. Complete and return the application to TRA, along with expense receipts.</p>	<p>(when funds permit)</p> <p>To be eligible for health insurance premium reimbursement, a retiree must meet all of the following criteria:</p> <ul style="list-style-type: none"> be age 65 or older; have retired after May 1, 1974, but before July 1, 1999; and not be eligible for free Medicare Part A coverage. <p>Reimbursements are reviewed and disbursements made twice a year.</p> <p>Contact Us Teachers Retirement Association 60 Empire Drive, Suite 400 St. Paul, MN 55103-4000 651.296.2409 or 800.657.3669 651.297.5999 (FAX)</p>

MRTI Newsletter October 2022
Chris Poppe, editor

Articles, opinion essays and
comments are welcome and
should be directed to:

Chris Poppe

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Our meeting location

Eagles Club #34 American Legion
(On the corner of E. 25th St. & 25th Ave. S)
2507 E. 25th Street
Minneapolis, MN 55406



Plenty of Free parking

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