

THE TRUSTEE

June 2021

It's the end of one of the least imaginable of school years. It is the continuation of a global pandemic for which many were warned, but few were prepared as science was challenged by rhetorical politics. And, it will probably happen again as viruses mutate. We see it yearly with the subtypes of influenza. It's the novel, previously uncirculated virus subtypes that grow from epidemics to pandemics. In the last decade, we have experienced SARS, the swine flu, and Covid19 and, previously, in the last hundred years, the Hong Kong flu (68-69), the Asian flu H2N2 (57-58), and the Spanish flu (18-20). In between, there was MERS (camels), Ebola(monkeys), Avian flu (H5N1), and HIV (humans).

THE BEGINNING OF SUMMER

Is your status up to date for your healthcare coverage? The Trust must be notified of any and all changes in your membership status, including, but not limited to address, marriage, legal separation, divorce, child custody, births, deaths, age (dependant children turning 26), dependants, disability, active/retired, and any condition affecting special programs, such as diabetes, prenatal, infertility, and weight loss.

New prescriptions? Existing prescriptions? Always check to see if a Brand Name Rx is available through CanaRx by going to KTFMeds.com for a listing of available drugs. Maintenance Brand Name drugs available through CanaRx (no co-pay) but obtained through ProAct, subject to a double co-pay penalty (\$120).

Open enrollment for 2021-22 is available this month (June). If you need information, contact Kathy at the Trust Office (kathy@ktffrustfund.com or (845) 338-5422). Changes in medical/dental coverage: due to Trust by June 30.

RETIREE NOTICES

The purple retiree dental vouchers for the first half (semi-annual) premium have been mailed. The vouchers and payment are due to the Trust Office by June 30. Update a new address with the Trust or the voucher may not reach you.

PART B Medicare reimbursements (June): District owes: \$891(\$148.50/mo.2021); \$57.60 (short \$9.60/mo.2020); \$300 (\$25/mo.2018, if not yet received).

KRTF hard copy newsletters mailings are being phased out in favor of email delivery as of September. To stay informed, members should forward to Bruce Cobb at cobbyguy@gmail.com: Their name, email address, and an alternate contact address. If you don't have an email, contact Linda Monfette, 186 Alda Dr., St. Remy, NY 12401; (845) 338-9455.

TICK SEASON

While the focus has been on Covid, you may have become complacent about other health risks. The deer ticks abound this year. They survived a mild winter and are, seemingly, everywhere. Ticks are the leading cause, next to mosquitos, of disease in the U.S. As many as 300,000 people will be treated for Lyme Disease this year from a bite and the injection of saliva by the blacklegged tick. 95% of the cases occur in 14 states, but the only state without a report of Lyme Disease, is Hawaii. It is most common in children 5-15 and in adults 40-60. Risk of

infection is greatest from May to August. Any time you go walking or hiking or biking, check yourself, your children, and your pets for ticks. A flea/tick collar for pets is available.

The spirochete bacterium from an infected tick can corkscrew its way from the bloodstream into soft tissue tendons, joints, and bones affecting the heart and nervous system as little as 4-24 hours after the bite. The symptoms mimic other maladies and the bite may go unnoticed. One telltale sign is a red bullseye rash that develops around the bite, appearing between 3-14 days. See a doctor immediately if it appears. Not everyone who gets Lyme Disease gets a bullseye, so it's a lucky indication for early intervention.

The deer tick, so called due to its attachment to deer for transportation is the blacklegged tick. It is tiny and difficult to see. Nymphs are even smaller, the size of a poppy seed and are translucent. It has two year life cycle. Adults mate and lay eggs in the soil in the fall and spring and hatch into larvae, and feed on deer, mice, birds, or you until they become adults in the fall and the cycle begins again.

To stay tick-safe, stay out of overgrown areas, wear light colored clothing, shower after being in nature, tuck pants into socks so they can't crawl up your leg, wear high rubber boots, long sleeves, and long pants, and use a repellent that contains at least 20% DEET.

To remove a tick, use a tweezers to firmly grasp the tick near its head and close to your skin. Do not twist or turn the tick, but pull gently upward until it comes free. After removing the tick, clean the area with rubbing alcohol, an iodine scrub, or soap and water. Disinfect the tweezers and wash your hands.

This, and more information on Lyme Disease can be found at the website of the American Lyme Disease Foundation.

Trust website: www.ktftrustfund.com | Trust Summer Hours: Mon-Thurs 10-3

IN MEMORIAM:

Shirley Adin | Priscilla Clausi | Richard Stigbert