

THE TRUSTEE

March 2019

FIRST RESPONDERS

The Trust maintains a local office to provide services to members of the Kingston Trust Fund.

The office is shared with the Kingston Teachers' Federation. So, why do some members continue to seek out information and to utilize their employer, the district, as the first responders for questions and concerns regarding their Trust health coverage? Why wouldn't you inquire and seek knowledge from the entity that actually operates the service and has your best interests in mind? Is it the traditional parochial attitude of being dependent on your superiors in the pecking order? Is it to seek a position of comfort within the system that seeks to maintain the status quo? Many trust those in authority, but always verify and trust those who are charged with the responsibility for the service.

The Trust is a program chartered under the Kingston Teachers' Federation. The Kingston Trust Fund is not a school district program. It is a self-funded benefit created to serve its members. If any member has a question or inquiry about their Trust medical or dental coverage, including Medicare, the responsible entity, the first responder, is the Trust. If any members seek answers from any other parties, they do so at their own peril. We represent the plan, the members, and the rules governing each. If you make a wrong decision based on information from another source, we may not be able to correct it. For concerns about your health coverage, trust the Trust.

In this 75th anniversary year of the Kingston Teachers' Federation, they are your first responders for contractual issues. With health coverage, your go to first responder is the Kingston Trust Fund.

BRAIN HEALTH

Three out of five Americans will develop a brain disease in their lifetime, so it's important to keep a healthy brain to address the risks of Alzheimer's and Dementia. According to heart.org, declines of the brain start in the 20's. A ProActive article indicates the strong influence of genes, but notes researchers have found that smart lifestyles may slow, prevent, or reverse negative effects on the brain.

- Physical Exercise: improves blood flow and memory by stimulating changes in the brain that enhance learning, mood, and thinking. Balance, coordination exercises, and 30 minutes of aerobic exercise 5 times a week are recommended. This is a reason why yoga is popular.
- Food & Nutrition: Stress, due to lifestyle and environmental factors, causes oxidation in the brain as we age. Anti-oxidant foods, like fruits and vegetables, especially green veggies, eaten as 4-6 small meals during the day keep blood sugar levels consistent.
- Sleep & Relaxation: The abnormal protein associated with Alzheimer's is beta-amyloid plaque. Sleep, and even meditation, reduces a buildup of the protein in the brain. A regular sleep schedule and a bedtime ritual, such as taking a bath or writing in a journal, reduces stress and relaxes you before resting for the night.
- Medical Health: Take charge of your health. Control and reduce the risky aspects of living; diabetes, obesity, depression, high cholesterol, and smoking. It may take some willpower, so maybe find a support group to work with on these issues Ask your doctor.
- Social Interaction: Sometimes, you hang out with the wrong crowd, and, maybe, it's you! Social interaction helps to exercise the brain and to slow memory loss. Indulge in stimulating conversation (maybe limit topics on politics and religion) by joining a club, volunteering, or having a weekly repeating schedule with friends.
- Mental Fitness: Like your body, your brain benefits from exercise. It improves brain function, promotes the growth of new brain cells, and may reduce the risk of developing dementia.

Watch TV game shows, do word puzzles, and play strategy games to stimulate the brain. Meditation and breathing exercises are both relaxing and stimulating. The brain is 75% water and uses 20% of the oxygen in your body, so feed it with hydration, breathing exercises, and nutrition.

IN MEMORIAM: Karla Goffredi | Kathryn Sorensen | Mildred Kirschenblum | Jean Graber