

Everything You Ever Wanted to Know About Drug Interactions!

If you missed the October meeting, you missed a very important message delivered by retired pharmacist **Alan Katz** on drug interactions. "No two people are alike and drugs interact differently in each person," he began with the zeal of a missionary. Interactions are of two types - both good and bad. And, drugs have side-effects. Information on these are presented to patients with each



prescription, usually in small print. Some people read them, but most don't. Of those



sometimes have the same effect as a drug because the patient expects them to. When in doubt,



one such drug is Fosamex. Tranquilizers and pain meds change one's reaction time - best not to drive when using them. Some drugs work best in the AM,

who do read them, there are 2 types - those who react with the certainty that they have those symptoms and those who say, "No, I don't have those." Our minds can do a lot to us. For example, placebos

check with your doctor. "When taking meds by mouth," Dr. Katz says, "drink water first!" Senior citizens especially need to lubricate their stomachs to prevent pills from attaching to the stomach wall. Water is the best liquid for taking meds. Do NOT use grapefruit juice! If directions say, "Take on an empty stomach, be sure to do that. Some meds attach themselves to food and you get no absorb-

some in the PM. Follow directions. And, it's best to be consistent - take the same way and at the same time every day. If you missed this presentation, all is not lost! Not only did Dr. Katz provide a website to visit - https://www.drugs.com/drug_interactions.html - he left his email address - amkatz4909@aol.com - in case anyone has questions. He promised he'll answer!

November 1st Meeting

Time: 11:45 AM

Place: Deicke Auditorium
5701 Cypress Road
Plantation



(1 block off Broward at Royal Palm)

Program: "Diabetes A-Z"
Dr. Patricia Welch Dittman

Bring to meeting:

- Potluck Dish to Share
- Boxes of individual drink mix for our troops
- Kids' books for Literacy
- Box tops & labels for education
- Aluminum pull-tabs
- Cell Phones & Eyeglasses



President Carol Roland welcomes new members Pam Williams, Val Proffer, Earthalene Perry, and returning member Gloria McCoy at the October meeting.

President's Corner

I hope you enjoyed our October BCREA meeting as much as I did. The decorations that **Sallie Sherwood** and her hardworking committee arranged welcomed us to the beginning of Halloween season. Our guest speaker, **Alan Katz**, provided interesting and important information concerning drug interactions, and members provided appetizing and abounding food for our enjoyment. But most of all, I enjoyed the opportunity to see old friends and even meet a few new ones. If you were unable to attend please come to our November meeting for such camaraderie is truly the core of BCREA meetings.

Carol



President-Elect's Corner

DIABETES AWARENESS MONTH.

To know the ABC's is a metaphor for knowing the basics of anything. Then moving alphabetically from ABC to Z provides us with knowledge beyond the basics. For a disease such as diabetes that has become more and more prevalent, the notion of "raising awareness" is not far-fetched. A complete and thorough knowledge of its existence and hope for its eventual cure, is so important to the millions of Americans whose lives are challenged daily.

We are so fortunate to have a nationally Certified Diabetes Educator in our district who can help us better understand what living with diabetes demands of us and those whom we love and support. **Dr. Patricia Welch Dittman** works at Florida Atlantic University as an adjunct professor and coordinator of Nurse Health Care Outcomes. She will present to us "Diabetes A-Z."

Thanks again and kudos to **Alan Katz** for the enlightening presentation on "Drugs Interactions" at our October meeting.

Lillian



Social Committee

Chairman: **Sallie Sherwood**
954-629-3712 matildatwo@aol.com



Thank you to everyone who helped to make this an exceptional beginning to the new season of BCREA. The luncheon table was covered with delicious items that satisfied everyone's taste buds. There were some favorite recipes returning and some new additions making their first appearance. Everything presented was enjoyed and quickly disappeared. Please remember that we will try to provide you with clean and gently used take-home containers for any leftovers. If you have usable containers that you would like to donate, please hand the items to one of your Social Committee

members. As a reminder, please remember that we are able to provide any necessary serving utensils - we do not want your spoons, etc to become lost as the table is cleared. If you would like to identify the type of your dish or its ingredients, we will provide food tags and pens at the end of the beverage table. Simply pick a card up, write on it, then place it near your food on the buffet table or hand it to a member of the Social Committee Team. Hopefully, we will see everyone on November 1st, which just happens to be WORLD Vegan Day!

Sallie

FREF

Chairman/Trustee: **Anne French**
954-561-1719 Afrench@hotmail.com



FREF Grant for Practicing Educators Available

Do you know a current teacher who has an idea they want to do for their students but the project needs a little money? The **Marie Grant Practicing Educator Grant** may be just right for them.

This grant from the Florida Retired Educators Foundation (FREF) is for \$1,000. The application is due **February 15, 2019**. The application is available <http://www.frea.org/foundationfref/practicingeducatorgrant.html>.

I will bring the application to the next BCREA meeting. The grant projects funded have been varied - from a Robotics club to wobble chairs for Autistic students to musical instruments. This variety is testimony to the creativity of teachers and their dedication to their students. The \$1,000 boost provided by FREF has certainly made a difference in the lives of children in these schools.

Passages



Happy Birthday to our
 Birthday Club
 (members over 85!)

- Helen King 11/07
- Martha Pipes 11/06
- Runette Williams 11/06
- Mary Perfect 11/13
- Mary 'Betty' Weber 11/17
- Mary Dunavent 11/20
- Dorothy Johnson 11/21



Congratulations

Winifred Graham
 Terri Sullivan



Thinking of You
 Madeline Martin
 Arline Ziller



In Memoriam

Beverly Yates

Membership...

Chairman: Susan Lochrie
 954-525-8503 or slochrie@bellsouth.net



A Thank you to all of you who have sent in your membership renewal.
 We are recruiting new BCREA members by sending information in the mail to recent retirees. Remember to invite your friends who are retired educators to a meeting. Another reminder has been sent to you if you have not renewed for 2018-2019, Please send in your payment by October 31 to be listed in this year's Membership Handbook.
 A membership form can be downloaded from the website <http://browardrea.org>
 It should be mailed with a \$50. check payable to BCREA and mailed to

BCREA Membership
 PO Box 30533
 Ft. Lauderdale, FL 33301



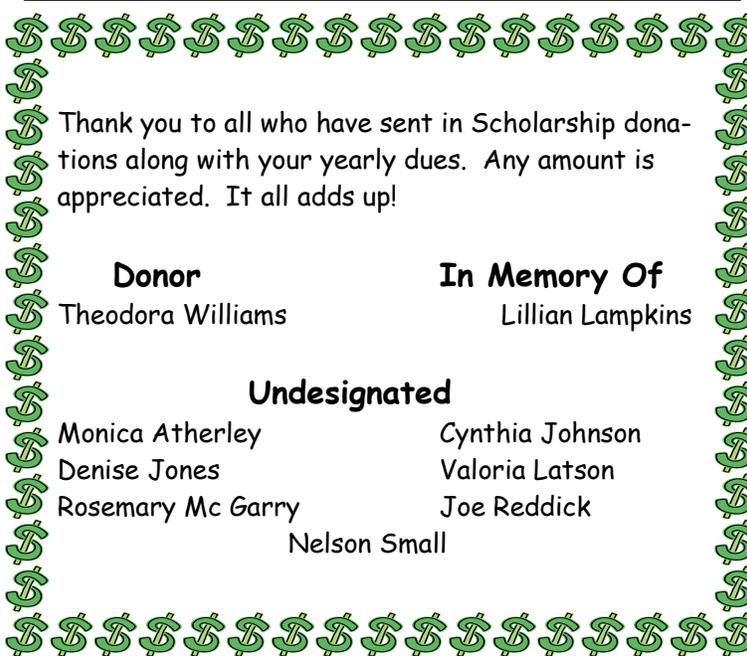
Welcome New Members



- | | |
|-----------------|-------------------|
| Monica Atherley | Ellen D'Angelo |
| Linda Justin | Vinette Kerr |
| Elizabeth Mann | Gloria McCoy |
| Clara Neeck | Earthalene Perry |
| Val Proffer | Margaret Rhorbach |
| Joni Schachere | Melissa Schultze |
| Nelson Small | Theresa Sullivan |
| Martha Williams | Pam Williams |

From the Treasurer

Marelise LeClerc
 954-962-7343 Flsun1@comcast.net



Thank you to all who have sent in Scholarship donations along with your yearly dues. Any amount is appreciated. It all adds up!

Donor

Theodora Williams

In Memory Of

Lillian Lampkins

Undesignated

- | | |
|-------------------|-----------------|
| Monica Atherley | Cynthia Johnson |
| Denise Jones | Valoria Latson |
| Rosemary Mc Garry | Joe Reddick |
| Nelson Small | |

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 With Orchestral Ensemble
 Featuring the Dillard Choral of
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 Including Holiday Favorites:
 "Ding Dong! Merrily on High" "We Three Kings"
 "Silent Night" "God Rest Ye Merry Gentlemen"
 John Rutter's "What Sweeter Music"
 and other familiar selections

ALL PERFORMANCES: \$5/STUDENT, \$15/ADVANCE TICKETS
 \$20/PERSON AT THE DOOR • CHILDREN 12 & UNDER FREE
 ADVANCE DISCOUNTED TICKETS AVAILABLE
 FROM ANY MEMBER OF THE CHOR. OR FROM OUR WEBSITE
 NOVASINGERS@NOVA.EDU • NOVA.EDU/NOVASINGERS
 (954) 683-8866 • (561) 272-2112

NOVA SOUTHEASTERN UNIVERSITY Florida PRESENTS
NOVA SINGERS
 HOLIDAY PERFORMANCES

NOV 30, 2018 • FRIDAY 8:00 pm
 St. Matthew Catholic Church
 542 Blue Heron Drive
 Hallandale Beach, FL 33009

DEC 2, 2018 • SUNDAY 4:00 pm
 St. Paul Lutheran Church
 701 W Palmetto Park Road
 Boca Raton, FL 33486

DEC 4, 2018 • TUESDAY 7:30 pm
 St. Sebastian Catholic Church
 2000 Marietta Drive
 Fort Lauderdale, FL 33316

DEC 7, 2018 • FRIDAY 8:00 pm
 Sunshine Cathedral
 1480 SW 9th Avenue
 Fort Lauderdale, FL 33315

Nova Singers Holiday Performance Schedule

Community Service /Directory

Chairman: Darcia Drago
954-977-7247 dardra@att.net



Handbook/Directory

The 2018-19 handbook will go to press immediately following the November meeting so please report any information changes now. Committee chairs also need to give me a list of their current members now. Handbooks will be distributed in December & will be mailed to members who are "shut-ins" or live out of county.

Community Service

At our November meeting we will collect individual powdered drink mix for our troops overseas. Thanks for supporting our projects throughout the year & for turning in your volunteer hours. If you live out of area, please e-mail or "snail mail" me your hours so we can include them in our annual report to FREA. *Darcy*

Information Services

Chairman: Kathlyn Barno
954-581-4731 BB9214@aol.com



The day of decision has arrived. By the time you see this, I am sure, some of you will have voted and the rest of us are all prepared to do so. We know that this is an important event and would not shirk in doing our patriotic duty. After the tragic events that happened in Broward County this year we know that it is necessary to make our voices heard. Sadly many of our young people are not aware of this. This is where we can help. Urge all young people with whom we come in contact, to register to vote, become knowledgeable about the issues, then go to the polls and vote. I talked with several young people who told me that they did not vote because their vote didn't count and that "they" already de-

ecided who was going to win.. How tragic that is! I tried to explained that many people have died to give them the right to vote and that it was their duty to vote. Our democracy depends on it. After we have voted and weighed the pros and cons of the results, our thoughts and actions will be focused on the upcoming holiday season. The great shopping season is about to begin. It is also the season for thieves and scammers to visit South Florida. These people are always looking for ways to make easy money. The Federal Trade Commission says that scammers used the telephone 70% of the time to contact victims. Three of the most frequent scams are **Cont' on page 5** →

Friendship

Chairman: Marsy Smith
954-962-6433 smithmarsy@aol.com



It was great seeing everyone at our first meeting! If you were not able to join us, we hope you can join at the November meeting. During the year, if you know of a member who is ill or who has suffered a loss, please let me know so I can send a card on behalf of BCREA. *Marsy*

Bea's Bytes... Thanks to Dr. Katz' warning, I have already started taking a drink of water before I take my pills! **Madeline Martin** was attacked by a cat and had to have stitches in her arm. **Julia Penley's** granddaughter was married in a lovely outdoor ceremony in Colorado with the Rocky Mountains as background. Congratulations to **Winifred Graham** and new member **Terri Sullivan** who both became grandmothers of new baby girls!



Winners of the Scholarship Fundraiser were **Nancy Howell**,



\$20; and \$10 each: **Mary Ellen Fowler**, **Karen Avery**, and for the 2nd month in a row, **James Etta Warner!** Flowers were won by new member **Pam Williams**, and **Diane Texter**.



And that's the last byte for November! *Bea*



Proposed Revisions to BCREA Standing Rules

We will be discussing and voting on these changes at our November meeting
Under Responsibilities for Expenditures

D. General Assembly:

Current:

Travel is paid for the delegates when traveling by car at \$.56 per mile based on AAA mileage. If delegate uses other types of transportation (such as bus or airplane) the reimbursement is based on the mileage for a car. The association will pay for the registration and banquet ticket for up to seven delegates. FREA will pay the hotel room bill for the number of delegates in accordance with unit membership.

Proposed:

Travel is paid for the delegates when traveling by car based on the standard federal reimbursement rate chart. If delegates use other types of transportation, such as bus or airplane, the reimbursement is based on car mileage. The association will pay for registration and banquet tickets in accordance with unit membership; FREA will pay the hotel bill for the number of delegates in accordance with unit membership.

F. Programs

Current:

Speakers and performing groups at regularly scheduled meetings may be given an honorarium not to exceed \$150 from Association funds with prior approval of the Board.

Proposed:

Speakers and performing groups at regularly scheduled meetings may be given an honorarium not to exceed \$100 from Association funds, with prior approval of the Board

BCREA VOLUNTEER REPORTING FORM

Name _____
(Please Print)

Month _____, 20____

Volunteer hours working with adults _____
(persons who are non-family members;
this also includes literacy hours)

Volunteer hours working with youth _____
(Persons 25 years of age or younger;
This also includes literacy hours)

Bring this to our next meeting, e-mail it to me at
dardra@att.net or mail it to me at:

Darcia Drago
4346 Carambola Circle North
Coconut Creek, FL 33066

Kathlyn, Cont' from page 4

(1) Someone says they are from the IRS and that if you don't send money for back taxes you will be put in prison. (2) Someone in your family is in trouble and needs money right away. You should send it right away but don't tell

anyone. (3) You have won a prize but must send money to receive it. Hang up on such calls and then report them to the Federal Trade Commission. The number is **1-877-382-4357**.

Be safe. Happy Thanksgiving.

Kathlyn

Happy Thanksgiving 

The cost of BCREA Newsletter is underwritten by



Call (954)468-2728 or Online at BSCU.org

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- DATED MATERIAL -
PLEASE DO NOT DELAY

Scenes from the October Meeting



Kate Alexander created this skull cake for the Halloween theme! It was delicious!

Doris Cotnoir and Rosetta Watkins admire the colorful witch that greeted guests!



This is a "Lotto tree" - created by Anne French to raise more \$\$ for scholarships at the District 10 meeting!



Our Literacy winner Kerah Richards was awarded 2nd place in the state competition!



Looking Ahead... Diane Texter says, "Out with the boas and in with Hawaiian Leis for the February Luncheon."