

## Report on the 2016 ED52 Meeting

Joan Prymas, RC39 Treasurer

ED52 Director Rosemary Catanzariti welcomed the attendees and introduced the NYSUT officers who were present. NYSUT President Karen Magee addressed the group and stated the importance of voting down the November 2017 referendum for a Constitutional Convention. Such a convention could threaten retirement security, collective bargaining, environmental protections, health insurance, and services to those citizens in need of government assistance. She also stressed the importance of electing a Democratic U. S. President. She reaffirmed NYSUT and AFT strong support for Hillary Clinton because of her work for public employees, retirement security, and voter rights. Information was presented about the RA subsequently held on April 8-9. Importance of VOTE/COPE was stressed. Changes in NYSHIP insurance were to be rejected.

Legislative updates were given and lobbying reports for the previous two days were very upbeat. A short video presentation on the Friedrichs case in the U. S. Supreme Court was shown. Agency fee or fair share pay is in jeopardy, but things are safe for the time being.

Professional Staff Congress (PSC) made a presentation. Members have been without a contract for six years. We should support their efforts.

Floyd Cameron, Manager of Retiree and Social Services, stated that NYSUT and NYSRTA (NYS Retired Teachers Association) are separate. They will work together when necessary and appropriate, but there will not be a merger.

David Keefe, Trustee and VP of the NYS Teachers Retirement System Board, reported that the retirement fund is well funded. Expected investments will return 7.5%.

Mary Fran Gleason, NYSUT Manager of Publications and Design, stated that NYSUT United, our newspaper, welcomes article submissions and photos from members. Such information should be routed through retiree groups like RC 39 to identify members, dates, and locations, as well as relevant details. To submit obituaries, contact Andrew Watson at [awatson@nysutmail.org](mailto:awatson@nysutmail.org) or call 800-342-9810 ext. 6277.

Once again the meeting was very informative and there were several other presenters.

## Life's Good



Until...



## You Have A Stroke

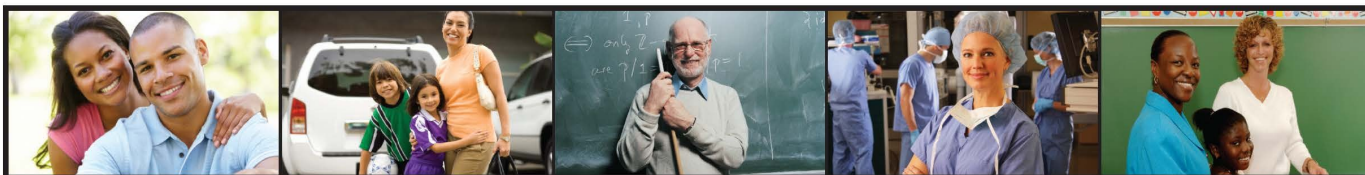
### New Guidelines for Prevention of Heart Disease and Stroke

By Frances S. Hilliard, RN, MS

Recently the American Heart Association and the American College of Cardiology released new prevention guidelines for cardiovascular disease. These guidelines address four major areas: lifestyle, cholesterol, obesity, and risk assessment. All four guidelines recommend that health care practitioners look at each area as well as at the patient's overall health status when making treatment decisions. This means that health care providers need to shift their emphasis from looking mainly at cholesterol levels, and consider other factors such as the patient's age, gender, ethnicity, smoking history, and blood pressure readings.

Statin drugs are a class of medications designed to lower elevated cholesterol levels. These drugs include atorvastatin [Lipitor], pravastatin [Pravachol], rosuvastatin [Crestor], and simvastatin [Zocor]. Typically, they have been prescribed to treat high cholesterol. However, under the new guidelines, statins will be used to prevent cardiovascular disease in patients who do not have a known history of disease but are at significant risk. Anyone ages 40 – 75 with at least one risk factor for cardiovascular disease and at least a 10% chance of heart attack or stroke is being advised to take a statin drug as a preventive measure. The degree of risk is calculated using a tool developed by the Heart Association and the College of Cardiology. [This tool is available on the American Heart association website: [www.heart.org](http://www.heart.org).]

What's the bottom line? First, a healthy lifestyle is always paramount, no matter your degree of risk. Second, your health care provider should be doing a personalized risk assessment in order to reach a treatment decision. Patients and health care providers must work together to decide on the best course of action.



## Save with NYSUT Member Benefits

The NYSUT membership is made up of a variety of diverse professionals within the education and health care industries -- joining together in support of those who depend on them. We salute these men and women for their dedication and the sacrifices they make on a daily basis to help improve the lives of others.

And we are proud to offer you -- the hard-working NYSUT member -- an opportunity to participate in the more than 40 endorsed programs & services offered by NYSUT Member Benefits.

Look to Member Benefits for crucial insurance programs such as auto, homeowners, life, disability, or long-term care insurance. Member Benefits also offers a variety of travel, entertainment & shopping options to help you with everything from daily purchases to those special once-in-a-lifetime excursions.

The following is just a sampling of the endorsed programs & services available to NYSUT members & their families:

- Homeowners Insurance
- Auto Insurance
- Legal Service Plan
- Financial Counseling Program
- Life Insurance
- Vision Plan
- ID Watchdog
- PayCheck Direct
- Car & Truck Rentals
- Wyndham Hotels
- Endless Vacation Rentals
- Buyer's Edge, Inc.



To learn more about Member Benefits-endorsed programs & services, visit [memberbenefits.nysut.org](http://memberbenefits.nysut.org) or call **800-626-8101**.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

May/June '16

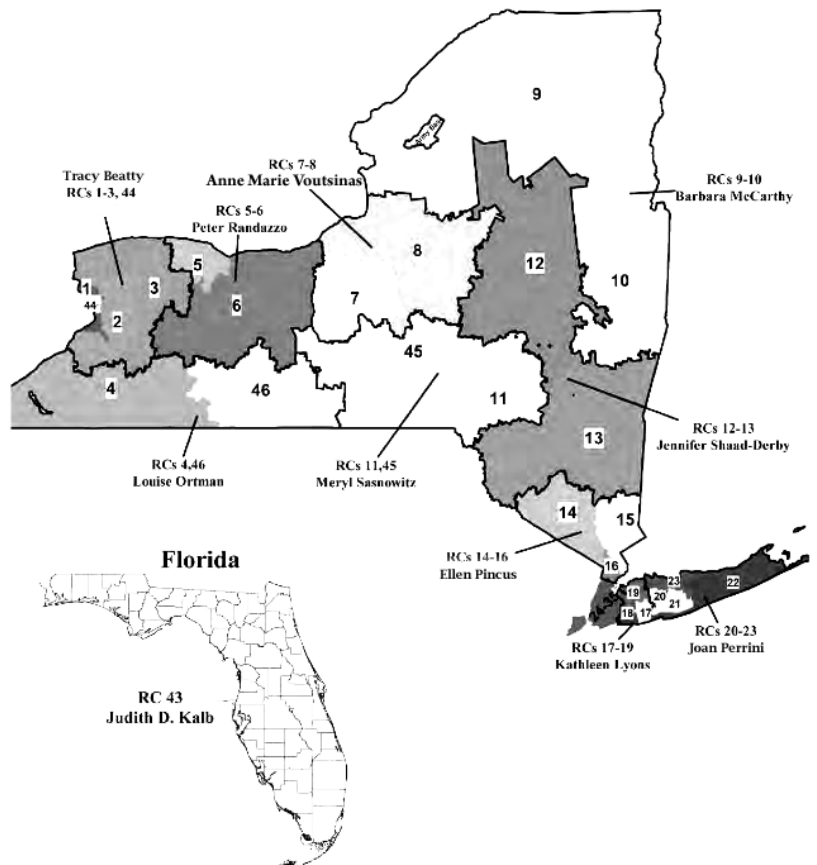
### RC39 Website

Check out RC39 website <http://rc39.ny.aft.org/> where you can read recent NYSUT RC39 newsletters, AFT and NYSUT news releases, and much more.



## RC39 Members are Encouraged to Attend Local NYSUT Meetings

Throughout the year, NYSUT sponsors regional conferences. Attending one of these conferences is one of the best ways to keep informed and to learn how to get involved in protecting your retirement rights. In order to encourage RC39 members to participate in NYSUT activities, RC39 will pay a member's expenses up to a **maximum of \$30** for attending one regional retiree conference per year. To learn about the dates, location, and agenda of conferences in your region, contact the retiree service consultant for your region. Find your retiree service consultant by checking list below and the map on the right. After attending a regional conference, send copies of a short description of the sessions you attended, an official registration form detailing the cost, and copies of any other expenses to Ms. Joan Prymas, RC39 Treasurer, 141 Montgomery Street, Ilion, NY 13357.



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### Retiree Council 39 Board of Directors

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Send your comments, suggestions, and inquiries to NYSUT RC39 Officers, 98 Rocky Point Landing Rd., Rocky Point, NY 11778 or [rc39pete@optonline.net](mailto:rc39pete@optonline.net).



**RC39 Newsletter is looking for comments, suggestions and articles from its members.**



Send your comments, suggestions, or article to Peter Herron at rc39pete@optonline.net or mail to 98 Rocky Point Landing Road, Rocky Point, NY 11778. Your article will be published when space is available. RC39, NYSUT, and AFT news will be given priority.



**Address Change**

Do not let a new address keep you from receiving NYSUT RC39 newsletters. There are three ways to update your address. Contact NYSUT Member Records at 1-800-342-9810 ext. 6224. Send written changes to: NYSUT Member Records, 800 Troy-Schenectady Road, Latham, NY 12110, or e-mail changes to [memberec@nysutmail.org](mailto:memberec@nysutmail.org). If you are a snowbird, give Member Records a few weeks notice to change its address records each way.

**Have you paid your voluntary RC39 contribution for 2016?**

If you have not sent in your voluntary NYSUT RC39 annual contribution, now is as good a time as ever. Just send your check along with the form below to the RC39 treasurer. It is your contributions that enable RC39 officers and delegates to represent you at NYSUT conferences and meetings.

**Retiree Council 39 Voluntary 2015-16 Participation Fee form**

Name \_\_\_\_\_ e-mail \_\_\_\_\_  
 Address \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
 College retired from \_\_\_\_\_ Year of Retirement \_\_\_\_\_  
 Please check amount of your voluntary participation fee: \$25 \_\_\_\_\_ Other \$ \_\_\_\_\_  
 Send your check, made out to NYSUT RC39, along with this completed form to:  
 Ms. Joan Prymas, RC39 Treasurer, 141 Montgomery Street, Ilion, NY 13357