

Dedicated to the Preservation and Enhancement of the Retiree Benefits of New York State Community College Retirees



Stay informed by visiting RC39’s website.

NYSUT RC39 members are encouraged to visit RC39’s very own website at <http://rc39.ny.aft.org/> . On the HOME page you will be able to obtain recent RC39 newsletters and read articles informing you of national and New York State news on education, workers and retirees. These informative articles are provided by AFT and NYSUT.

The ABOUT US provides four options. ABOUT US option provides two articles, “About AFT” presents a short history of AFT and “AFT Mission Statement” is just what the title says. “Contact us” lists all RC39 officers and an email address you can use to contact RC39 leaders. “New York State United Teachers” has a link to the NYSUT website. If you have not visited the NYSUT website recently, then we encourage you to do so. Here you will find that NYSUT is far more than an organization protecting teachers’ rights.

NEWS presents recent news articles pertaining to the interest of AFT and NYSUT members. “AFT.org” is a link to the AFT website. Here you will find out what your unions are doing on the state and national level.

MEMBERSHIP is where you can get great information on benefits provided to you by NYSUT Member Benefits and AFT Plus member Benefits. These two links are the best places to learn about what NYSUT and AFT provide to you as a NYSUT and AFT member.

ACTION & EVENTS provides a link to AFT’s Legislative Action Center. Here you will find what is going on throughout the nation with respect to education, public employees and retirees.

Identifying Blood Clots/Stroke

A neurologist says that if he can get a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough. Totally reversed? I’m not sure if that is always possible but getting a stroke victim medical treatment as soon as possible makes sense. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Of course you will call for medical help if you see someone having a stroke but will you recognize the symptoms of a stroke?

You may have heard of the three indicators of a stroke but there is at least a fourth. Doctors say a bystander can recognize a stroke by asking four simple questions:

S Ask the individual to SMILE.

T Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently).

R Ask the person to RAISE BOTH ARMS.

T Ask the person STICK OUT YOUR TONGUE!

If she/he has trouble with ANY ONE of these tasks, call an emergency number immediately and describe the symptoms to the dispatcher. Note that if the tongue is crooked or if it goes to one side or the other, then that is an indication of a stroke.

If you see someone having some difficulty THINK **STR**T to remember the four questions. You may save a person’s life or prevent serious brain damage.

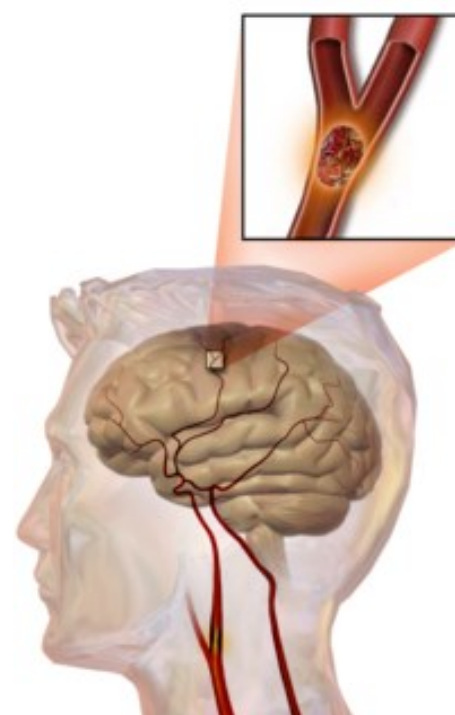


Illustration of an embolic stroke, showing a blockage lodge in a blood vessel.



Food in Film

Ann Fey

There are probably more than a thousand films that include some significant use, large or small, of some aspect of food. Food has often been a comic prop, as in “The Gold Rush” (1925), where a starving Charlie Chaplin boils and eats his shoes, twisting the laces like spaghetti, or uses two forks and some bread to kick up an animated chorus line on his plate. Filmmakers have also used food to signal sensualities: “Tom Jones” (1963) featured a tantalizing, erotic dinner for two in a tavern, a scene later skillfully parodied by Woody Allen in “Bananas” (1971). And food is on the plate in “Chef” (2014), that is, until it’s on the counter and in the paper, when a middle-aged wanna-be-famous gourmet chef and technologically disadvantaged divorced and insensitive dad is chopped from his job at a nice enough early-bird-special type of restaurant after launching an unintentionally public crude social media tweet battle with a famous food critic which goes viral.

Chef Carl Casper is played by director, Jon Favreau. He abandons his gourmet inclinations, goes from sauté to sizzle, glazed to grilled, from frisée to deep fat-fried and hits the road in a food truck. He travels the country: a road trip from Miami to New Orleans and home to California. He goes for market success with sandwiches. The crowds line up at his truck and go wild; their acclaim elevates his sense of achievement not to mention his income. His new aesthetic is pop food, delicious and so desirable.

Chef’s ten-year-old son Percy, played by Emjay Anthony, who accompanies him on his odyssey, is appealing. Nice acting and nice interaction with his dad as Percy pumps the culinary progress with social media actions and information, father and son bond. Dad exchanges cooking skills and work motivation for Percy’s social media help, gives his son a symbolic chef’s knife, promotes him to line chef and promises him a job on the truck after the summer; not to worry –it’s *after* school, not truck-schooled. The mutual education scenes are idealized, (except perhaps when Marvin Gaye’s “Sexual Healing” becomes their sing-along.) Finally, when his journey is over, Carl becomes Chef and partner in a restaurant funded by his former critic. We see an elegant buffet and dance: the occasion of Carl’s remarriage to his ex-wife, who was waiting at home.

All the while, music moves this movie. It’s a large part of the appeal, providing emotional cheerleading ranging through varieties of moods and contemporary styles like Brazilian, rock, Cuban, Mexican, blues, rap, salsa, and country. Visible in theatre audiences even at Tuesday matinees were slight tilting of alternate shoulders, constrained toe-tapping, head tilting and even hip wagging. We are also repeatedly treated to tantalizing food in close-up montages, beautifully styled and composed, cholesterol glistening, clearly delicious.

The restaurant owner who fired the Chef is played coolly by Dustin Hoffman as a financially successful entrepreneur. It’s as if “The Graduate” was influenced by the profit-centered career advice of that gentleman at his graduation party — “business!” (Actually –“Plastics!”) — instead of running off on a road trip down the aisle. Performances by Scarlett Johansson, John Leguizamo, and Sophia Vergara, work excellently, with humor, irony, and fun. The best bit in the film is an improvised-sounding encounter between the Chef and his former wife’s first husband, played by Robert Downey Jr.; it’s a comedic gem. “Chef” is fluffy fun piled on a slice of contemporary society and slowly oozing satire.

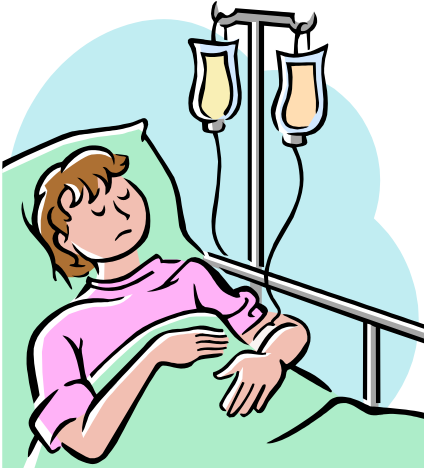
The famous food-centered film “Babette’s Feast” (1987) satisfies on a different level. There is a beautiful dinner, created by the French political refugee who gives all she has to create her artistic masterpiece, transcending the Danish masses’ traditional choices of boiled fish and gruel, allowing if not creating a loving camaraderie among the now aged self-depriving residents of a lonely-looking world. There are telling scenes: the opening with fish drying on a line, the lovely ill-fated ocean-side meeting of a romantic opera singer and a societally dominated young girl, the paternal and ecclesiastic portraiture on the walls and on the souls of the society. Best of all: the slow hand-holding dance around the well outside at the end: more powerful than any contemporary mob-fest. This is a film to see again.

Keep Informed, Sign-up for the NYSUT Listserv

By subscribing to NYSUT Listserv you will have fast and efficient communications from NYSUT and RC39. With issues NYSUT often faces in Washington and Albany, it is imperative that NYSUT can communicate with and mobilize members quickly. NYSUT will collect, maintain and safeguard the actual data. To sign-up go to <http://www.nysut.org/> and go down to “Members” list. Click “Retirees” on this list and then click “Subscribe to the Mailing List.” Then fill out the form and submit.

While you are on the NYSUT website, make sure you obtain a copy of the NYSUT Retiree Membership Handbook. Here you will find that NYSUT offers retirees members many services and benefits, including prepaid retiree membership.

New York State Law requires hospitals to notify patients if they have been admitted as inpatient or observational status.



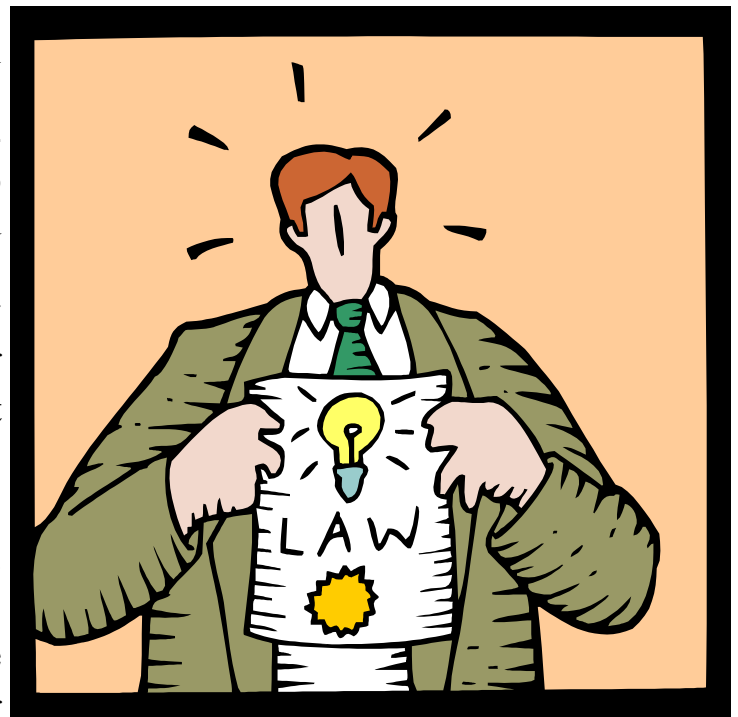
A recently enacted New York State law requires hospitals to notify patients within 24 hours of being admitted whether they are on observation or inpatient status and what the implications are. Medicare regulations states that observation status patients do not qualify for the three-day requirement needed for Medicare coverage of a skilled nursing facility stay. Medicare also pays more for observation status patients for services such as x-ray and lab tests.

Clearly more needs to be done on the federal level, and all retirees are encouraged to contact their congressional representatives to urge them to support the H. R. 1170, Improving Access to Medicare Coverage Act, which is sponsored by Senator Chuck Schumer, D-NY.

Find Your Elected Officials

Politicians listen only if we communicate with them. First we all must keep informed as to issues affecting US. Once informed we all must let our representatives know where we stand on issues. To do this we must know who our elected officials are and their phone numbers.

Do you know the name and phone number of your U. S. house representative? Senator? State Senator and Assembly Member? Governor and Lieutenant Governor? Well here is how you can get the names and phone numbers of all these elected officials. Go to the NYSUT website, <http://www.nysut.org/>. Scroll down the home page to the "Resources" list. Click "Legislative Action Center" on this list. On the left click "Who Are My Elected Officials?" Enter your complete Zip code including the Zip+4 and you will have the phone numbers and names of your senators, U. S. House representative, state Assembly member, state senator, governor and lieutenant governor.



WE ALL PLACE OURSELVES IN DANGER TO ONE DEGREE OR ANOTHER WHEN WE STANDUP BUT WE PLACE OUR CHILDREN AND GRANDCHILDREN IN EVEN GREATER DANGER WHEN WE DON'T.

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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, NY12110 or e-mail changes to 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 2014?

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 2014 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