

Retiree Council 39 Election, June 25, 2018

Nominations from RC39 Members and Election Procedure

The RC39 Nominating Committee has proposed a slate of officers and directors-at-large which is included in this newsletter. Open nominations were solicited from RC39 members on April 15, 2018, via email notice. Additionally, members may nominate candidates for office by emailing elections@nysutmail.org or writing:

Elections-attn RC39

NYSUT

800 Troy-Schenectady Road

Latham, NY 12110

Nominees must be RC39 members in good standing, express a desire to run for a stated office, and willing to serve in that capacity if elected. Nominations must include the name of the member making the nomination. The mailing address, email address, and phone number of the member making the nomination, as well as the nominee, are required.

Nominations must be received by 5PM, Friday, June 1, 2018, to be considered for this election. At that time, a ballot will be mailed to all RC39 members. Ballots must be received at NYSUT by 10AM, June 25, 2018, to be counted for this election.

In the event that there is only one candidate who has been nominated to fill a vacant position, the RC39 Secretary shall be directed to cast a single ballot on behalf of that candidate. If no positions are contested, the mail-ballot election shall be deemed unnecessary and shall be canceled by the committee.

Questions may be directed to elections@nysutmail.org or by contacting Greg McCrea, Assistant to the Executive Vice President, New York State United Teachers, 1-800-342-9810 X6557.

Nominating Committee

During the past year invitations have been made in the RC39 newsletter for RC39 members to consider participating in the RC39 Board of Directors' email discussions. This was done in the hopes a few members would be able to ease into a leadership role. As required by the RC39 Constitution, in March a Nominating Committee was established. The RC39 members volunteering to serve on the Nominating Committee are: Maureen Clinton, Joyce Gabriele, Bud Macy, Marilyn McCall, Regina McEaney, and Bob Stone. Open nominations were solicited from RC39 members on April 15, 2018, via email notice to all RC39 members for whom we have an email address.

The Nominating Committee's slate is:
Peter Herron-President, First Delegate to the NYSUT, Representative Assembly and AFT Convention
Judith R. Holmes-Vice President, Delegate to the NYSUT, Representative Assembly and AFT Convention
Shaun Gerien- Secretary, Delegate to the NYSUT, Representative Assembly and AFT Convention
Joan Prymas-Treasurer, First Alternate Delegate to the NYSUT Representative Assembly and AFT Convention
Tim McLean - Director-at-Large
Lou Harmin-Director-at-Large

A short statement on each candidate can be found on page 2, Meet the Nominating Committee's Candidates. A special thanks to the members of the Nominating Committee for volunteering to perform this essential service.

Meet the Nominating Committee's Candidates

Peter Herron: President, First Delegate to the NYSUT, Representative Assembly and AFT Convention.

In 1975 Pete received the SUNY Chancellor's Award for Excellence in Teaching. In 2000 he was honored at the Suffolk Community College Foundation's Salute to Excellence 2000 Celebration with the "Academic Leadership Award for Excellence." Pete retired as an Emeritus Professor of Mathematics from Suffolk County Community College in 1995. He is the founding president of the Retirees Association of Suffolk Community College (RASCC), founding president of NYSUT RC39, served on the SUNY Retiree Services Corps Advisory Committee and SUNY Retirees Newsletter Editorial Committee. He is the web manager of the RASCC, RC39, Tides Beach Property Owners Association, and the Long Island Master Gardeners (LIMG) websites. Pete is the editor of the NYSUT RC39 newsletter. Currently he is the membership chair for RASCC and LIMG.

Judith R. Holmes: Vice President, Delegate to the NYSUT, Representative Assembly and AFT Convention.

Judith is a former Professor of Business Administration at SUNY Rockland Community College (RCC) in Suffern, NY, where she served as President of the RCC Federation of Teachers #1871 for many terms. As union president, she was confronted daily with an anti-union college president and successfully negotiated 12 faculty contracts, maintaining salary increases and health benefits. Judith also served as treasurer of the Rockland County Central Labor Council and was elected the Labor Council Delegate to the 1984 Democratic Convention in San Francisco. During a three-year leave of absence from teaching, she served as Director of Employment and Training for the NY State AFL-CIO where she designed and implemented a statewide employment program for workers affected by plant closings and a Worker Assistance Center whose concept is still in use today by the NY State Department of Labor. She was later hired by the National AFL-CIO as Regional Political Director (NY/NJ) where she coordinated Labor political campaigns for national & state elections. She also worked as an AFL-CIO national staff representative where she coordinated local union and Labor Council activities with organizing campaigns gaining collective bargaining rights for workers. Judith is currently retired and living in Blauvelt, NY, where she participates in activities relating to homeless adults/children and teaches basic computer skills to senior citizens.

Shaun Gerien: Secretary, Delegate to the NYSUT, Representative Assembly and AFT Convention

Shaun Gerien retired from Suffolk Community College in 2015 after serving the college for over thirty-six years. As Specialist - SCCC Institutional Advancement, Gerien provided photographs and video production services for the administration and faculty. Shaun served on the Long Island Bureau as Chief, NPR and WSHU/91.1 and The Associated Press, 1991-2015, and President, NYS Associated Press Broadcasters Association, 2010-2012.

Joan Prymas: Treasurer, First Alternate Delegate to the NYSUT Representative Assembly and AFT Convention

Joan retired from Herkimer County Community College in 2004. Since then she has been involved in the high school music boosters' organization for three years as treasurer, served three terms as RC 39 treasurer, served on the SUNY Retiree Services Corps Advisory Committee, tutored some high school math students, and did some traveling. Joan still does some lobbying in Albany for higher education, in particular, community colleges and retirees. Joan Prymas has been treasurer of NYSUT Retiree Council 39 since its inception.

Tim McLean: Director-at-Large

Tim retired as an Emeritus Professor of Social Science from Herkimer County Community College in 2017. He taught primarily sociology and government for 40 years. He also served in various positions for the HCCC Professional Association including president. Tim currently volunteers for Hospice, the Disabled American Veterans, and the General Herkimer Home State Historic Site.

Lou Harmin: Director-at-Large

Lou earned an AAS from SUNY Canton; BS and MS+ from SUNY Albany. He taught two years at Albany High School and thirty years at Sullivan County Community College, Loch Sheldrake, NY. Lou taught a wide spectrum of business classes. He spent one semester in Toyama, Japan when Sullivan County Community College was first involved in the opening of a parallel college. He served as dean and did all that was necessary to open the new college. Lou also taught Accounting I to English speaking Japanese students. Lou retired in 1996 after 30 years of teaching. In addition to teaching, he also served 8 years as Mayor of the Village of Monticello.

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.

WHAT YOU NEED TO KNOW ABOUT NEW HYPERTENSION GUIDELINES

By Frances S. Hilliard, RN, MS, Professor Emerita, Nassau Community College

Hypertension (high blood pressure) is one of the most common chronic medical conditions, especially in older adults (over sixty years of age). This condition, if not properly managed, is a significant cause of disability and mortality, in particular related to heart disease and stroke.

In 2014, the American Heart Association [AHA] and the American College of Cardiology [ACC] put together a 21-member panel to study the “diagnosis, prevention, evaluation, and treatment” of hypertension. After three years of work, the panel issued new guidelines on hypertension, with particular emphasis on providing management guidelines to primary care practitioners.

The definition of normal blood pressure has not been altered – it remains at <120 systolic (top number) and <80 diastolic (bottom number). However, the previous category of “prehypertension,” which was defined as between 120-129 systolic and between 80-89 diastolic, has been eliminated. Now, under the new guidelines, a systolic reading of 120-129, even with a normal diastolic of <80, is designated as elevated blood pressure. A systolic of 130-139 **or** a diastolic of 80-89 is Stage I hypertension; 140-159 systolic and above **or** 90-99 diastolic and above is Stage II. The goal of treatment is the maintenance of blood pressure at 130/80; adults older than sixty-five may, depending upon certain risk factors, have a goal of 140/90. Each individual patient should be evaluated with the Cardiovascular Risk Calculator to determine specific treatment and target blood pressure. (The Cardiovascular Risk Calculator tool can be found on numerous websites, including the AHA www.heart.org and the Mayo Clinic www.mayoclinic.org)

Lifestyle modifications remain as the mainstay of blood pressure management: lose weight, stay active, follow the DASH diet, reduce sodium intake, limit alcohol use (no more than two drinks per day for men and one or less for women), and don't smoke. Antihypertensive therapy with medications is still often necessary. Drug choice and dosages are very individualized, and modifications are often needed to find the optimum medication regimen – one which controls blood pressure with a minimum of side effects. Individuals with diabetes or with a history of stroke or transient ischemic attack [TIA] are usually treated more aggressively.

This column is not intended as a substitute for medical advice, diagnosis, or treatment. You are urged to seek the advice of a health care practitioner for any questions or concerns you may have about your medical condition or treatment.

REFERENCES

Jeffrey, S. “New ACC/AHA Hypertension Guidelines Make 130 the New 140”. Medscape News, November 13, 2017. www.medscape.com/viewarticle888560

Lin, Kenneth W. “Pharmacologic Management of Hypertension: A New Guideline from ACP and AAFP”. Medscape, January 24, 2017. www.medscape.com/viewarticle874370

Whelton, PK, et al. “Guidelines for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults: A Report of the ACC/AHA Task Force on Clinical Practice Guidelines”. Journal of the ACC, November 13, 2017. www.onlinejacc.org

What happened to the end of SAL PARADISE?

Due to an editorial error in the last issue of the RC39 newsletter the last line of Lou Rupnick's short story SAL PARADISE got cut. Our apologies for the error. One good thing from this error is the number of readers contacting us about what happened at the end of the story tells us that many of you enjoyed SAL PARADISE and want us to continue presenting these kinds of articles. The error has been corrected on the copy posted on the RC39 website, <http://rc39.ny.aft.org/>. If you have not already done so, now you can find what happened at the end of the story.

Retiree Council 39 Board of Directors

President, First NYSUT and AFT Delegate, Newsletter Editor and Webmaster: Peter Herron

Vice President, NYSUT and AFT Delegate: Judith Holmes

Secretary, NYSUT and AFT Delegate: Corita Kong

Treasurer, NYSUT and AFT Alternate Delegate: Joan Prymas

Director-at-large: James V. Brennan

Director-at-large: Shaun Gerien

Send your comments, suggestions, and inquiries to NYSUT RC39 Officers, 98 Rocky Point Landing Rd., Rocky Point, NY 11778 or 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. 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 2018?

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 2018 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