

NYSUT Retiree Contiguous E. D. 51-53 (at large) Meeting

RC39 President Peter Herron and RC39 Vice President Judith Holmes attended the annual NYSUT Retiree Contiguous E. D. 51-53 (at large) meeting at the NYSUT Headquarters, October 3-4, 2018. Among the many sessions was a discussion of the very many benefits retirees have by being members of NYSUT. One of the many benefits is retirees do not pay dues. To learn about all the other benefits, go to <https://www.nysut.org/members/retirees/retiree-handbook> to obtain the latest NYSUT Retiree Membership Handbook. While you are on the NYSUT website learn what else NYSUT is doing to protect your well-earned rights and benefits.

There was much discussion on the up-coming elections. One of the best ways for members to help is to volunteer to phone bank with your NYSUT colleagues to support pro-education and pro-labor candidates! To obtain the phone bank schedule and locations go to

<https://www.nysut.org/~media/files/nysut/news/2018/2018masterphonebankschedule01.pdf?la=en> .



At this meeting we learned about First Book. NYSUT is putting First Book in the hands of students with the help of the non-profit organization First Book Inc., and the American Federation of Teachers, a NYSUT national affiliate. Books are made available at low to no cost to high-needs schools and nonprofit programs serving low-income families and kids in need. First Book Inc., obtains new, high-quality books donated from book publishers and through monetary donations from people and companies that support the program.

To get books for a school or program of your choice, visit www.firstbook.org/aft to register. **Do you remember the joy of your first book? Get involved!**

Each time NYSUT gets 2,000 pre-K-12 educators, staff and members to register their names at www.firstbook.org/aft, we get another free truckload of books. Do it today!

A major purpose of the NYSUT Retiree Contiguous E. D. 51-53 (at large) meeting is to give retiree councils an input to the policy decisions of the NYSUT. This is done by retiree councils submitting resolutions that will be sent to NYSUT for policy considerations. Four resolutions were submitted and forwarded to NYSUT. The first resolution involved having retirees better integrated into the decision process of NYSUT. The second resolution requests NYSUT to work with legislators to provide relief to the cap on SALT deductions. The third resolution encourages NYSUT to promote Unionism. The fourth resolution asked NYSUT to work with other state public employee unions to negotiate for a Medicare Part D reimbursement, a permanent reimbursement for Medicare Part B and the surcharge of Parts B and D.

To obtain a copy of the complete resolution report go to the RC39 website, <http://rc39.ny.aft.org/>, and click [2018 NYSUT Retiree Contiguous Meeting Report on Resolutions](#).

NYSUT partners with member retirees and retirees from other groups

Source: NYSUT Retiree Services

Throughout the year, and as elections approach, NYSUT member retirees and retirees from other groups partner in outreach efforts.

Each year, hundreds of NYSUT members retire after long and rewarding careers in education and healthcare. Many NYSUT members remain just as politically active in retirement as they were during their careers; some even more so with new found time to participate in political activism.

NYSUT's retiree councils are a great way to remain active and keep our "day-time army" politically active, strong and motivated. As your members reach retirement age, encourage them to remain engaged and to visit NYSUT's retiree website at: www.nysut.org/retirees.

NYSUT also partners with groups that share our values on important retirement issues like the New York State Alliance for Retired Americans (NYSARA). Just like NYSUT, NYSARA works to ensure economic security, social justice and sound public policy for retirees across the state and nation. NYSUT began working with NYSARA in 2001 to augment our own retiree outreach and activism. NYSUT's affiliation with NYSARA allows all retirees to join NYSARA at no additional cost.

YOUR HEALTH CONNECTION

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

When it comes to increasing your risk for skin cancer, exposure to both UVA and UVB rays are both dangerous. UVA rays do not cause sunburn, so people often think these rays are safer. However, the longer wave lengths of UVA allow these rays to penetrate deeper into the skin, possibly damaging cellular DNA and leading to skin cancer. UVA rays are not blocked by glass, so exposure can occur when traveling in a car. UVB rays are the ones that result in sunburn, which can cause lasting damage to skin cells.

Always protect yourself by using a sunscreen that offers protection from both types of rays. This is usually described as a "broad spectrum" sunscreen. Wear sunscreen whenever you are outdoors (summer or winter), and be sure to apply it sufficiently and evenly.

NYSUT Regional Conference For Retiree Councils 17, 18, 19, 20, 21, 22, 23, and 39

On October 17, RC39 President Peter Herron attended the NYSUT Regional Conference For Retiree Councils 17, 18, 19, 20, 21, 22, 23, and 39 at Woodbury, Long Island. The theme of this conference was "Elections Have Consequences." The conference members were updated on the efforts of NYSUT to elect candidates friendly to public employees and their unions. Many local candidates came to make an appeal for support.

We were encouraged to talk to our friends, neighbors, and relatives about the importance of them voting. We were asked to participate in a NYSUT phone bank. See the article on page one on how to be part of NYSUT's election phone bank. Also, at this conference was a First Book display.



Seniors Out Speaking SOS Medicare Needs You!

Seniors Out Speaking (SOS) is a program created by the Medicare Rights Center, a non-profit organization that helps people on Medicare make the most of their benefits. Volunteers are trained to go out into the community and present programs on various topics about Medicare. On Long Island, NYSUT works with the Medicare Rights Center to provide this service. The Nassau/Suffolk regions are in need of additional volunteers to staff this program. If you are interested in becoming a volunteer, or would like further information, please contact the Nassau County Coordinator, Jay H. Broad: jayh@broad.tc or call (516) 967-4311. Thank you!

Volunteer Opportunities at Medical Rights Center

If you do not live on Long Island you can still volunteer. Medicare Rights Center has several volunteer opportunities to meet varied interests and schedules. No prior Medicare knowledge is required, but a desire to learn about Medicare is essential. Volunteers receive comprehensive training and always have access to staff support to perform their role effectively. For more information go to <https://www.medicarerights.org/volunteer/volunteer-opportunities>.

RC39 needs member participation

RC39 President Pete Herron

The RC39 newsletter is by and for its members. All members are encouraged to submit (email preferred) an article. The article can be a creative writing piece, something on a retiree issue (union, health insurance, pending legislation, etc.), travel, hobbies, volunteer activities, or whatever you think would be of interest to RC39 members.

RC39 needs new leadership. All RC39 deliberations are done by email. Members can request to be placed on the RC39 officer email list. Everyone on the list will be able to participate in all email discussions. Only elected officers will be able to vote. This is a great way to learn what is involved in being a RC39 officer.

You can contact me at rc39pete@optonline.net, or 98 Rocky Point Landing Rd., Rocky Point, NY 11778. Looking forward to hearing from you.

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.



BENEFITS OF UNION MEMBERSHIP AS A RETIREE!

Maintaining union membership in retirement assures access to:

- Member benefits including discounts on things such as cell phone service, rental cars, appliances, and insurance programs. Visit <http://memberbenefits.nysut.org/> for more information
- NYSUT Social Services to help you and your family navigate the system of hospital and elder care as the need arises. Call (800) 342- 9810 ext. 6206, or visit <https://www.nysut.org/resources/special-resources-sites/social-services>
- Social activities such as luncheons, trips, and book clubs
- Support for receiving negotiated post-employment benefits
- A regional NYSUT Retiree Services Consultant
- Publications from NYSUT and Retiree Councils
- Advocacy through NYSUT legislative & political department and VOTE/COPE to protect your earned benefits - social security, pension, health care, etc.
- Membership in NYS Alliance for Retired Americans.

To learn more about retiree councils, local chapters, etc., please visit Forms of Retiree Organization in the NYSUT Retiree Handbook. To obtain a copy go to <https://www.nysut.org/members/retirees/retiree-handbook>.

By staying involved in NYSUT through your local and retiree council you can:

- Participate in volunteer opportunities - book giveaways to students, mentoring, holiday activities, etc.
- Advocate for issues related to education, health care, earned benefits, etc. in your local, state, and federal legislatures by phone banking, picketing, contacting elected representatives and using the NYSUT MAC app <https://mac.nysut.org/>
- Share institutional history with new union members
- Assist with local initiatives
- Help get candidates elected to school board/city council, etc.
- Run to be a member of a local school board/city council, etc.
- Find resources to help get answers to personal concerns
- Share concerns and issues of in-service members with community organizations

PARTICIPATE IN YOUR NYSUT RETIREE COUNCIL 39 AND STAY INVOLVED IN ISSUES THAT WILL AFFECT YOU IN RETIREMENT!!! Visit NYSUT RC39 website at <http://rc39.ny.aft.org/>

For more retiree service information visit <https://www.nysut.org/members/retirees> or call (800) 342-9810 and ask for retiree services.

Retiree Council 39 Board of Directors

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

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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.

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 member@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