

## Report on the ED52 Meeting March 5-6, 2019

Joan Prymas, RC39 Treasurer

After a welcome and introductions, Peter Savage, NYSUT Senior Legislative Representative, gave an update including 6,000 bills passed in two months by the current legislature in Albany. He gave credit to retirees for getting back to the NYS Senate and stopping the Constitutional Convention. He also noted several changes in the electoral process including early voting, voting by mail, and only one primary day, the 4<sup>th</sup> Tuesday in June. He also mentioned the Red Flag Bill for safety from school shootings, firearms only for SROs, the Child Victims Act, the Dream Act, and LGBT issues. In addition, a coalition of CSEA, PEF, and NYSUT want to increase the pension COLA using the first \$21,000 as opposed to the first \$18,000. NYSUT is asking over \$2 billion in aid for K-12 and similar increased aid for SUNY, CUNY, and the community colleges.

This talk was followed by a very interesting and informative APPLE workshop led by two people from the Albany Apple Store. There were also remarks by NYSUT President Andy Pallotta and Patrick Lyons, Director of Constituency Programs and Services before and during dinner.

The next morning began with an update from Paul Pecorale, Second Vice President. He talked about a health insurance problem involving NYSHIP and Aetna at Bayshore. It should be noted that not everyone has

Medicare Part B reimbursed. GERALYN O'Reilly has created a Retiree Leadership Resource Kit available on the NYSUT website. This link has much helpful information on retiree issues. It was suggested that councils certify elections, draft a conflict of interest policy, not accept gifts of \$250 or more, and attend retiree meetings.

Dean Waters, NYSUT webmaster, spoke about setting up a Retiree Council website. We have one and everyone should check it out: <http://rc39.ny.aft.org>.

Ani Shahinian, NYSUT Social Services Specialist, spoke about her office's personal consultation for members and their families including referrals and resource finding. She stressed that Medicare doesn't pay for long term care and spoke about the many requests that her office fields. Contact information: phone (518) 213-6000 ext. 6041 or (800) 342-9810, email [ashahini@nysutmail.org](mailto:ashahini@nysutmail.org). She promises to call back the same day or the next day at the latest.

Michael Sprague, Senior Consumer Frauds Representative for the NYS Attorney General's office talked about a variety of scams, phone, internet, and door-to-door. The red flags for scams are: (1) hook-grab your attention right away, (2) trust- believe what they're telling you, (3) deadline-hurry you along and isolate you. If you're contacted by phone, hang up. Always verify. Call the agency or

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RC39 President Peter Herron will be attending the 2019 Local and Retiree Council Presidents Conference on May 3<sup>rd</sup> at the Empire State Plaza, Albany. The conference seminars will focus on the current and relevant topics that address the needs of NYSUT various constituencies.

President Herron will join RC39 Secretary Shaun Gerien and RC39 Treasurer Joan Prymas at the NYSUT Representative Assembly on May 3-4 at the Albany Capital Center. Herron and Gerien are elected RC39 NYSUT delegates and Prymas is an elected RC39 alternate delegate. The RA will consider resolutions submitted by the NYSUT Board of Directors or any local or retiree council. Resolutions will be organized by topic and assigned to appropriate resolution committee. NYSUT convention resolutions committees include: Civil and Human Rights, College and University, Educational Issues, Health Care and Workplace Safety, Legislative/Political Action, Organization, and Pension and Retirement.

## Report on the RC43 Regional Conference Feb. 5, 2019 Palm Gardens, Florida

Louis Harmin, RC39 Director-at Large

NYSUT Retiree Service Consultant Judy Kalb, RC43 President Deb Peterson, ED 52 Director Rosemary Cantanzariti, and ED51-53 At-large Director Florence McCue welcomed attendees and discussed some of the current issues impacting retirees in Florida and New York.

Patrick Lyons, NYSUT Director of

Constituency Programs and Services, outlined the many programs and services NYSUT provides for its members. The best way to learn about these services and programs is to visit the NYSUT website, <http://www.nysut.org/>.

Ani Shahinian, NYSUT Social Services Specialist, spoke about her of-

office's personal consultation for members and their families including referrals and resource finding.

Diana Lindsay, NYSUT Member Benefit Coordinator, said the best way to learn of all the benefits provided by NYSUT is to go to the NYSUT website to obtain the Group Plans and

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In the two years since its launch, the 70-member NYSUT Women's Committee is making its mark within the statewide union.

Scores of women walked under its banner at women's marches statewide, the group raised nearly \$1,000 for disaster relief in Puerto Rico and the U.S. Virgin Islands through committee merchandise sales, and a mentoring toolkit for younger members is in development. The committee also launched a series of "HERstory" feature articles highlighting inspiring NYSUT women and hosted a commit-

tee booth at the 2018 NYSUT RA.

Chaired by NYSUT Executive Vice President Jolene DiBrango, the NYSUT Women's Committee has four main goals: encourage more locals to develop in-house women's committees; educate female members about the work of the union; highlight women-specific issues, including inequalities in pay, health care and education; and involve more union women in leadership roles.

Delegates to the 2017 NYSUT Representative Assembly made the group a permanent, standing committee fol-

lowing the success of "Speak Up, Stand Up, Step Up," the first NYSUT Women's Conference in 2017. You can learn more about that first meeting of the Women's Committee in our report and accompanying PowerPoint presentation.

#### **Get Social!**

Follow the committee on Twitter @NYSUTWomensComm, join the conversation at #NYSUTWomen, and keep an eye out for the NYSUT Women's Committee Facebook Group, currently in development.

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bank directly. Scammers usually ask for payment by wire transfer, gift cards, green dot cards, vanilla cards, or Pay Pal. Consider these red flags. Ask for any offers to be sent in writing. The Do Not Call list doesn't work for political, charity, or scam calls, only legitimate companies.

Report scams to postal inspectors for mail scams and 1C3.gov for internet scams. File a police report if you've fallen for a scam. Never give

your social security number on the phone. Use your credit card when buying online not your debit card. You have 30 days to report a credit card fraud. If you get a suspicious email look at the address. Don't click on any links. Look at the body of the email for misspellings and too good an offer. Never do a handshake deal with contractors. Insist on a written contract. Watch your credit report and always reach out for help if you think you've been scammed. Call the NYS Attorney General's Hotline: (800) 771

-7755 or file a complaint online at [www.ag.ny.gov](http://www.ag.ny.gov).

Finally, our ED 52 Director, Rosemary Catanzariti, asked for updates from the participants. In higher ed news, 57% of instructors are part time at SUNY, and when there are budget cuts, education programs are cut the most. Another interesting fact is that the national poverty level is 15.2% but in NYS it's 15.4%. Also, believe it or not, Ithaca is the poorest city in the state: 50% of its residents live at or below the poverty level.

### **RC39 Website**

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

## YOUR HEALTH CONNECTION

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

At least 45% and up to 75% of the human body consists of water, with the exact level dependent upon factors such as gender, age, weight, and body composition (muscle holds more water; fat holds less). Water is an essential nutrient and does many things in the body: regulates internal temperature, facilitates cellular processes, helps eliminate waste products, and lubricates joints.

A general rule of thumb for adequate water intake is “8x8” – drink an 8-ounce glass of water 8 times a day. Many foods, such as soups, fruits, and vegetables, also provide water. The body needs more water when we exert ourselves physically, if we are ill (particularly with a fever), or if the weather is hot/humid. Older adults in particular often don’t drink enough water, partly because they may not experience thirst.

Here are some hints to help in maintaining adequate hydration:

- Don’t rely on being thirsty to prompt fluid intake.
- Carry a bottle of water with you wherever you go.
- Ask for water when you eat out.
- If you feel hungry, drink fluids. (Your body sometimes mixes up the sensation of thirst for hunger.)

Take your pills with a full glass of water.

### Urine Color Chart

Urine Color	Possible Meaning
Clear	Good hydration, overhydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-Colored	Severe dehydration

## NYSUT RC43 Regional Conference, Feb. 5, 2019. Palm Gardens, Florida

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Services portfolio.

Willian Cea, Florida Alliance for Retired Americans Representative, discussed issues FLARA advocates for such as: Fair Trade, Medicaid, Medicare, Social Security, and Florida legislative issues.

David Keefe, Trustee and Board NYSTRS board.

President of the NYS Teachers Retirement System, said the system is financially very strong, better than most state retirement systems. He said NYS Retirement Plans meetings are very long and it has been difficult to get retirees to volunteer to serve on the

Patrick Lyons, NYSUT Director of Constituency Programs and Services, said the recent Supreme Court decision on agency fees will have an impact on union membership. We must continue to build strong unions by maintaining membership rolls.

### 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](mailto:rc39pete@optonline.net), or 98 Rocky Point Landing Rd., Rocky Point, NY 11778. Looking forward to hearing from you.

### 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:** Shaun Gerien

**Treasurer, NYSUT and AFT Alternate Delegate:** Joan Prymas

**Director-at-large:** Lou Harmin

**Director-at-large:** Tim McLean

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. 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 2019?**

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 2010 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