

## **Introduction to RC39 Director-at-large Kevin Peterman**

I retired last year after 42 years at Suffolk County Community College. I was President of the Faculty Association of Suffolk Community College for five years, and involved with the FA for over 38 years. The Faculty Association represents more than 450 full-time and almost 1,200 part-time faculty on SCCC's three campuses. I was the FA's "political point person" and I believe my experiences will help the unique members of RC 39 have a voice at NYSUT. In addition, I want to advocate for retirees to insure we are not forgotten, and we can promote "union values" to help everyone. I was a member of NYSUT's Board of Directors from 2014-19 representing ED 39 – Community Colleges.

Some of you know me, but for those who don't, a little background is in order. In 2005, I received the SUNY Chancellor's Award for Excellence in Professional Service. In 2013 I received the NYSUT award as the Higher Education Member of the Year. Additionally, I was recognized on the national level by The League for Innovation in the Community College as a recipient of the 2013 John & Suanne Roueche Excellence Award. In 2018 the 250,000 member the Long Island Federation of Labor awarded me with its Leadership Award for my work in Suffolk County.

Currently, I am a member of the L. I. Fed's Executive Committee, am a board member of the Urban League of Long Island and serve on Suffolk County District Attorney Tim Sini's *Labor Advisory Board*.

Although recently retired, I plan to stay involved in Suffolk County politics. But I also plan to continue traveling and taking pictures with my wife, Joyce Gabriele.



Kevin Peterman and his wife, Joyce Gabriele

## **Open Director-at-large position filled**

This summer Lou Harmin resigned as a director-at-large. Since the NYSUT printshop was closed, we had no means of mailing a notice or newsletters to members since February. An email notice was sent to all RC39 members for whom we have an email address asking for volunteers to fill this open position. Kevin Peterman volunteered to fill this position. The RC39 Board of Directors, in accordance to the RC39 constitution voted, by email, to have Kevin Peterman fill this position.

The board of directors would like to take this opportunity to thank Kevin for stepping forward to serve the needs of community college retirees.

The terms of all board of directors' positions expire in 2021. A nominating committee will be formed to select candidates for all three-year positions. An election for all positions will be, by mail, in June 2021. If you are interested in serving on this committee or wish to run for office please inform us.

## **Stay in Touch with RC39**

The March issue of the RC39 newsletter had been sent to NYSUT Headquarters for printing and mailing to members. Just before the newsletter was to be printed the Covid-19 pandemic shutdown NYSUT Headquarters and along with it NYSUT printshop. We were able to email the newsletter to members for whom we had an email address. These email addresses were given to us by members when they made a voluntary contribution to RC39. Contributions are not required to be a member of RC39. RC39 does not have member mailing addresses, only NYSUT Headquarters has the mailing addresses of all RC39 members. If currently you do not receive RC39 email notices you can get on the list by emailing us your name, mailing address, college retired from, and your email address. Email this information to [rc39pete@optonline.net](mailto:rc39pete@optonline.net). RC39 never shares its members' contact information with anyone, not even NYSUT Headquarters.

All RC39 newsletters, RC39 constitution, AFT and NYSUT articles can be found on the RC39 website, <http://rc39.ny.aft.org/>.

## Death of the Handshake

Sivia Kaye

Nassau Community College English Department Retiree

The virus has killed more than human victims who succumbed to its cruelty; it has also sounded **the death knell for the handshake**. It died in quarantine at almost 3,000 years old; it had been on life-support since early March of this year.



The custom as practiced today was alive during the Greek era: we can see it on coins and gravestones. The up/down movement would dislodge a dagger that had been hidden up one's sleeve.

There have been many instructional books written about handshakes: "thumb up at right angle. Make full contact, web to web. Two pumps, then drop."

For many years, being **anti hand-shake was fringe thinking**. Dr. Mark Slansky always hated shaking hands, knowing this practice is a "vector for disease." He kept his view closeted until he published a paper in a respected medical journal arguing that shaking hands in a health care setting could quickly spread pathogens. The response of the medical community to his thesis was swift. **They felt that that getting rid of the handshake would erode the doctor-patient bond.**

Today, the world sees things differently. Dr Anthony Fauci recently said: **"I don't think we should ever shake hands again."** The current view is that **any contacts that are made when we're not 6 feet apart are frowned upon**: this includes hugs, high fives, fist bumps, back pats, and shoulder squeezes.

Psychotherapists have been queried to determine what will replace the handshake. Said Dr. Aaron Smith, "There will be much awkwardness as people try to figure out how to professionally welcome someone. *Rational dynamics will* be at play between someone offering a handshake and the other not wanting to touch him."

Neuroscience researchers say that you can see that the areas in the brain —those that are activated when people shake hands— are **the same ones activated during sex**.

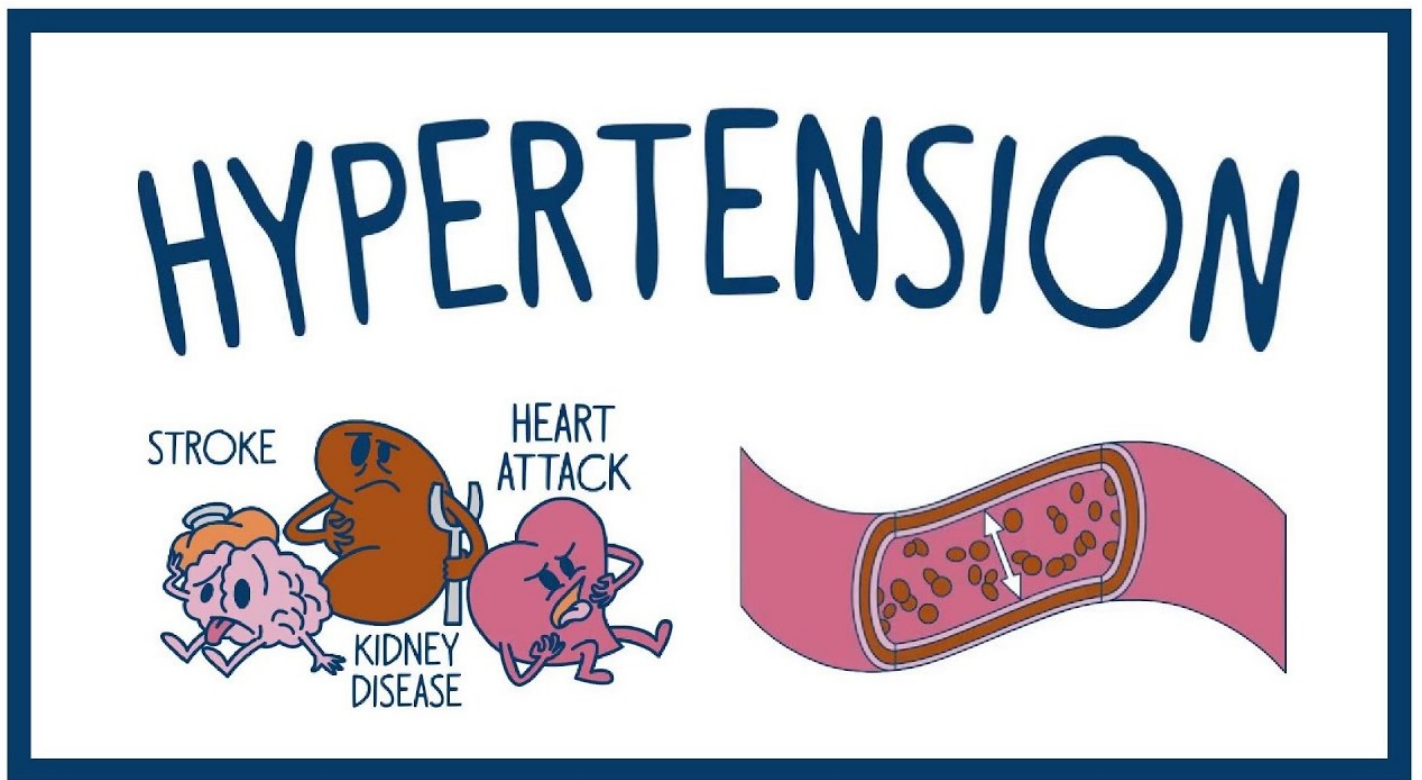
There are many substitutes for the handshake: an elbow bump; a foot tap; a bow; the namaste gesture; the brief nod; tilt of the head; the placing a hand on your heart. Each of these involves choreography of unfamiliar gestures.

To assist you in learning the acceptable greetings, we've included simple drawings.



### Catastrophe Major Medical Plan Highlights

To obtain a copy of NYSUT's Catastrophe Major Medical Plan Highlights go to the NYSUT RC39 website Membership (Member Benefits) page, <http://rc39.ny.aft.org/member-benefits>.



## YOUR HEALTH CONNECTION

### Taking Blood Pressure Drugs at Night

By Frances S. Hilliard, RN, MS

Professor Emerita, Nassau Community College

If you are one of the millions of Americans who take medications to control your blood pressure [BP], you may need to rethink the timing for these drugs. A majority of individuals routinely take their BP medications in the morning, but a recent research study showed definite benefits when the drugs were switched to just before bedtime. Making this change improved BP control, and over the six years covered by this study, those who took their medications at bedtime significantly lessened their risk of heart disease and stroke.

It is so far not clear why taking the drugs in the evening had such an effect, and more research is needed to confirm and explore these findings. However, most medical experts are of the opinion that there is little downside – and perhaps a big upside – to switching these medications to bedtime. Of course, be sure to discuss this change with your health care practitioner before you decide to do it.

*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 about your medical condition or treatment.*

#### References

Harvard Health Letter, March, 2020.



### 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

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**Director-at-large:** Kevin Peterman

**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.



**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 2020?**

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.

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**Retiree Council 39 Voluntary 2020 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

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