



Community College Retiree Council 39

Volume 17, issue 2, April 2023

RC 39 is Engaged

RC 39 members are motivated and looking to get more involved.

How do I know?

Several retirees from 3 different NYSUT community college locals have asked me how they can set up a retiree chapter for their local.

Community College VOTE/COPE Coordinator, Frank Frisenda told me that more retirees are giving to VOTE/COPE.

Many CC retirees participated in NYSUT's **Let's make community college funding a priority!** The action in March advocated for the NYS 2023-24 Budget to include increased funding for higher education.

Thank you!

The NYSUT Representative Assembly will be in Albany at the end of April this year and many delegates will be retirees, and I will be representing RC 39 there. This spring I've been working with many other retiree council delegates from K-12, CUNY (Professional Staff Congress) and SUNY (United University Professions) to make sure retirees voices are heard. Resolutions submitted include: Protecting Retiree Health Insurance, Increase the number of Retiree delegates at the RA, Increase the "Union for Life" Program, Support Retirement Equity for all Members

The last resolution is aimed at reforming TIER VI for in service members. It was drafted by several retiree councils to seek legislation to improve pensions for all public employees burdened by this punitive pension tier. We want to help the next generation achieve fair pensions.

I mentioned it in the last newsletter and I need to remind you all that any improvements we make in Albany regarding funding, improvements to the pensions and preserving health insurance benefits is a political process. In order to make changes we have to rely on political action.

As I motioned last time, please consider participating in VOTE/COPE.

Reminder: Our next RC 39 Membership Zoom meeting is May 3.

Time: May 3, 2023 12:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://nysut.zoom.us/j/98991476547>

Meeting ID: 989 9147 6547

One tap mobile

+16469313860,,98991476547# US

+16465588656,,98991476547# US (New York)

I hope to see you at the zoom meeting..

Please email me if you have any ideas and suggestions to help in our efforts to maintain what we have earned!

In Solidarity,

Kevin Peterman

President, RC39

Kevinp50@aol.com

SIDEBAR:

VOTE/COPE - If you are in New York State Teachers' Retirement System (NYSTRS) or the New York State Employees' Retirement System (NYSERS) you can authorize NYSUT to have your pension system "deduct from each of my regular defined-benefit pension payments the following sum (\$ per month) and to forward that amount to VOTE-COPE..." It is easy. All you need to do is go to NYSUT.org and in the upper right corner, click on member login. Once logged in, click "take action" and click on VOTE/COPE.

Then you will see:

[Login to MyNYSUT to learn more or give to VOTE-COPE](#)

This link takes you to a secure login and you can sign up in no time.

I contribute this way and every month, through pension deduction, I give to VOTE/COPE.

For those of you in an ORP (i.e., TIAA) retirement plan NYSUT will have a way for retirees in these plans to have contributions made to VOTE/COPE sometime this year.

If you want, you can make a one-time contribution to VOTE/COPE by using your credit card at NYSUT's secure site. Again, go to NYSUT.org and in the upper right corner, click on member login. Once logged in click "take action" and click on VOTE/COPE. Then select VOTE/COPE Online Deductions.

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RC39 Newsletter Addresses

98 Rocky Point Landing Road., Rocky Point, NY 11778, email: rc39pete@optonline.net.

RC39 Newsletter Committee

Newsletter Editor, **Peter Herron**

Editorial Members, **Charles Clarke, Joyce Gabriele, Frances Hilliard, Phylliss Kurland, Richard Macy, Kevin Peterman, Joan Prymas, Gerald Speal, Patti Tana, Judy Wood**

RC39 Website

Webmaster, **Peter Herron**: Website address: <http://rc39.ny.aft.org/>. RC39 constitution, recent RC39 newsletters and much more are posted on the RC39 website.

Get on the RC39 Email List

In order to receive RC39 notices and early colored RC39 newsletters, email your name, the community college from which you retired, your email address, mailing address, and phone number to rc39pete@optonline.net.

Address Change

Do not let a new address keep you from receiving NYSUT RC39 newsletters. There are four 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. or go to: <https://www.nysut.org/members/retirees/mailling-list>. If you are a snowbird, give Member Records a few weeks notice to change its address records each way.

RC39 Encourages its Members to Attend Regional Conferences

RC39 will pay a member's expenses, up to \$40, for attending a NYSUT in-person regional retiree conference. Check the RC39 website for details.

YOUR HEALTH CONNECTION

By **Frances S. Hilliard, RN, MS**

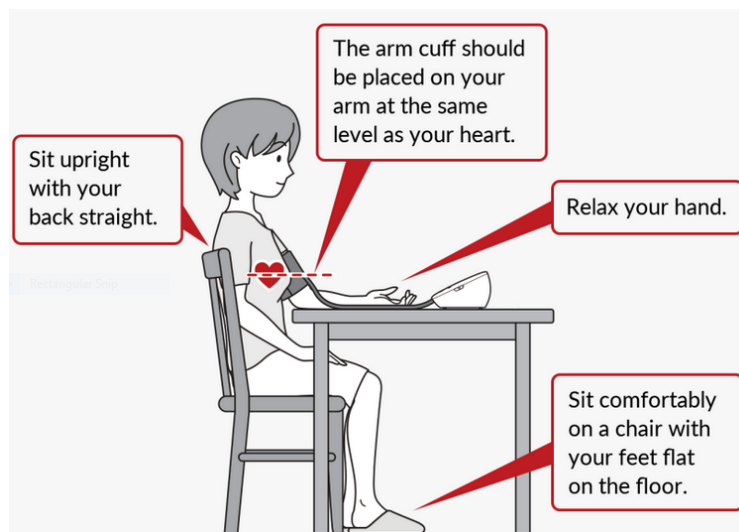
Professor Emerita, Nassau Community College

Home Blood Pressure Readings

Research has shown that the incidence of cardiovascular problems correlates more closely with home blood pressure readings than with readings done in medical offices. Home blood pressure values better represent what is going on most of the time, while you are engaged in your usual activities, rather than during the brief time you might spend in a medical office.

Devices for taking home blood pressure readings vary in their reliability, complexity, and cost (ranging from about \$40 – 100). At a bare minimum, you should select a device that automatically inflates the cuff and records the pressure. Some devices will store readings for 1-2 weeks, but it is always a good idea to keep your own written log. More sophisticated devices send your readings to an app on your smartphone. It is **not** advisable to use a device which has a wrist cuff or finger sensor. Ask your health care provider what device(s) they might recommend, and also ask about proper cuff size. (A cuff that is too small for your arm can give a falsely high reading, while one that is too large can make the reading falsely low.) Bring your home device with you to a medical appointment for your provider to check out. At this visit, office readings can be compared to those of the home device; a variation of less than 10% is considered acceptable. Should the readings vary more than that, influencing factors need to be investigated: is it the device, your technique, or some other factor?

A number of different factors may influence blood pressure readings, such as caffeine intake, a full bladder, or crossing your legs during the reading. Caffeine, smoking, or exercise should be



avoided for at least 30 minutes before taking your blood pressure. You should sit comfortably with both feet flat on the floor, and do not talk or do anything else during the measurement. Position the cuff (according to directions) on your bare arm (**not** over clothing), and have your arm supported by resting it on a flat surface with your elbow at about heart level.

References

American Heart Association video.

https://targetbp.org/tools_downloads/self-measured-blood-pressure-video

Harvard Heart Letter. June 2022. "The Right Way to Check Your Blood Pressure".

www.health.harvard.edu

Retiree Health Care in NYC

Judy Wood, RC39 Vice President

As already reported here, there is a health care plan being presented by the city administration in conjunction with the municipal unions. The MLC, the Municipal Labor Committee, a decision-making body which purports to speak for its members, has voted to move the retirees from Medicare to a private plan run by Medicare Advantage. After several court cases, the administration/union plan has prevailed despite serious and loud opposition. The MLC is very far from a democratic institution, dominated by the two largest unions the UFT and DC37, which represent the large majority of union members. So, what they want is what passes in any voting situation.

I recently attended an in-person meeting run by Michael Mulgrew. There were several hundred attendees, mostly UFT retirees. Mulgrew, a master at running a meeting, handled it all very well and worked to convince us that Medicare Advantage will provide excellent coverage going forward. But it is privatizing versus our own government Medicare. Reason for this - city needs to save money, and asked givebacks from the unions in negotiations. And the retirees are the sacrificial ones who have to give.

This is scheduled to take effect September 1, 2023. go to <https://www.nyc.gov/site/olr/health/retiree/health-retiree-responsibilities-assistance.page>. If one wants to keep Medicare, there are costs for coverage previously covered by the city. There may be opportunities to choose one, and then switch but I'm not 100% clear on that point. In any case, many retirees will make a decision soon.

Losing a Friend, Even a Pet, Hurts

Two members share the recent loss of their long-time pet dog. Patti adopted two-year-old Sadie after Maggie died at 14.

THANK YOU Rascal Nick!

Indeed, you gave me your unconditional love 24/7. In big and small ways you taught me to appreciate and love life more than I had, and I thought I was doing a good job. Well, not good enough. I can say for sure, that I'm a kinder person to all living things than I've been. I look around the world and see such sadness and misery. But, your daily presence always encouraged me and brightened life for me. I always tried to *pay it forward* because of the good feelings you gave to me. You gave me hope for a better world. I can never find the words to thank you enough. Yes, you did give me that proverbial UNCONDITIONAL love along with a hell of a lot of good cheer and hope! *You* actually made *me* very, very HAPPY! I can still see your scruffy face peeking out the lower window of our storm door as you looked outside for me. You HAD to be standing on your back paw toes to be able to look out there for me. Truth? Were you genuinely concerned about me, or did you just want a *treat*? And, you also had no idea of how many times I stared at you as you slept so very soundly. I'd just smile and tell myself how lucky I was to have you in my life.



Lou and Nick

Oh, one last thing. Nick was my "arm candy." No, REALLY! When I carried him I always carried him the same way no matter where we were. He'd kind of straddle my left horizontal forearm. He was the perfect size to carry that way. His legs would dangle down on both sides of my forearm and his body would rest on it. The palm of my opened left hand would be snuggly against his chest. I could always feel his tummy on my arm. And, I could always feel his little heart beating against the palm of my left hand (see attached picture). He seemed so comfortable and safe that way. I can still feel his body, 9 pounds of the greatest joy in my life.

PS: Some times folks would ask me why I had such a small dog. Over time I polished my reply. "*After having a few big dogs in my life, I finally learned that little dogs eat less, poop less and take up a lot less room on our bed!*"

Lou Rupnick,

Professor Emeritus, Suffolk County Community College

To Love a Dog

To love a dog is to know love
is messy
jumps on you with muddy paws
slips you the tongue
while licking your face

strains at the leash
doesn't always come
when called
smothers you
when you want space

acts brave with birds
hides from thunder under covers
nudges you with its nose
rests on your heart
smells all, hears all, never tells.

What Dogs Know

We spend a lifetime learning
what dogs know.
The map of warm light on the floor
as it moves through the day,
sound of a key unlocking the door,
taste of fingertips and cheek,
the pleasure of caress.

Patti Tana, Professor Emerita,
Nassau Community College

To enjoy more of Patti's poems go
to <https://www.pattitana.com>



Sadie



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 Retiree Council 39, along with this completed form to:
 Ms. Joyce Gabriele, RC39 Treasurer, 492 Everdell Avenue, West Islip, NY. 11795-4222

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