

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate February 2024

RC 12 Election Notice

Thursday May 16, 2024 at 10:50 am at the Terrace at The Waters Edge in Glenville, NY

- **NYSUT RC12 Officers -President, 1st Vice President, 2nd Vice President for Legislation, Secretary and Treasurer.**
- **NYSUT Delegates-Two highest are Delegates; next two will be Alternates.**
- **AFT Delegate—The highest is Delegate; 2nd highest is the Alternate.**

(Term- July 1, 2024 – June 30, 2026)

Eligibility to run for position per NYSUT RC 12 membership list.

Nomination forms can be obtained from and returned

to Phyllis VanSteenburgh, pvanst123@gmail.com

117 Easterly St, Gloversville, NY 12078-1111. 518-725-4172

Nomination form must be returned by mail or emailed no later than

March 15, 2024

*The election will be at the NYSUT RC 12 general membership meeting at the **The Terrace at The Water's Edge Glenville, NY on May 16, 2024.** To vote, you must be an RC 12 member and present at the time of election. You are not required to stay for the entire meeting nor purchase lunch in order to vote. Nominations **must be** received by **March 15, 2024.** Per NYSUT RC 12 constitution: No nominations from the floor.*

Health News —

New Treatments for Migraine

Changes in light, sound, temperature, or smell can cause a migraine headache which is very painful and can last for days. Some patients experience **aura**, displayed as bright spots, loss of sight, nausea, flashes, or numbness. This condition happens two to three times more often in women. After menopause, those symptoms can change with the aura appearing, but no headache occurs.

Several new treatments have been discovered recently. These include oral medications, nasal sprays, and injectables, but also neuromodulation and even green light. Here is a summary of these new medications and therapies.

1. **Oral medications** called CGRP such as *Nurtec* block the connection in the brain that can lead to a migraine attack. These can treat an attack and reduce the pain. Recently, the FDA approved *Qulipta* to treat chronic conditions and has been shown to reduce the number of migraines by fifty percent.
2. **Nasal sprays** such as *Zavzpret* can stop a migraine in thirty minutes. This is good for patients with severe pain and quick onset.
3. **Injectables** such as *Ajovy* (self injectable) contain monoclonal antibodies that block the migraine's path in the brain and do not interact with other meds.
4. **Neuromodulation** involves a safe device that works on the nerves to prevent or treat a migraine. Obviously, it cannot be used if you have a pacemaker.
5. **Green Light** exposure for one to two hours can decrease migraine incidents by 2/3's. An example is the *Allay Lamp* invented by the Harvard Medical School which is specifically for migraines.

If you suffer from migraines, discuss these treatments with your physician. (Source AARP Bulletin, Jan/ Feb 2024)

For more information, go to <https://www.goodmorningamerica.com/news/story/migraine-medication-green-light-69000737>

****From Jeanne Williams Bennett: "My neurologist at Bassett is successfully treating migraines with Botox injections."**

President's Message —- HAPPY NEW YEAR! I hope that you had a nice holiday season and were able to connect with and spend some time with loved ones, family and friends! There are many things happening and changes taking place. At our fall meeting, we were told that NYSUT will have a new procedure for the retiree council newsletters. (You are currently reading our RC 12 newsletter, The Outlook.) Apparently, if you want to receive all of the newsletters, which contain current NYSUT information, meeting and trip notices, as well as other informative and interesting information, you will need to **opt in**. We were told that only one newsletter a year will be sent to all RC 12 members **unless you opt in**. I have reached out to NYSUT, but they are still working on the details. As soon as we have more information, we will let you know. I would also like to remind you that updated information, as well as an extended color version of our newsletters, is available on our website. <https://rc12.ny.aft.org/>

We are planning our March general membership meeting to be online this year. The past two years we were hit with massive snowstorms and had to cancel at the last minute. We are hoping that if we plan our meeting online, we won't have to clear snow!!!! We are also changing things up in response to feedback from our fall meeting. We won't have a business meeting, just the speaker. We are currently awaiting confirmation for the speaker and the date. Information will be posted on the website, and an email will be sent to those people for whom we have an email address.

Last fall at the State Wide Senior Action Council convention, we learned about New York State's Master Plan for Aging (MPA) survey. I had not even heard of MPA. I did go online and complete the survey. I think it is important for NY seniors to have input into this process. There is a survey online, and the date by which to complete it has just been extended. The survey is available online at [Master Plan for Aging General Public Survey – Drawing the Blueprint \(ny.gov\)](#). Paper copies are also available at emailing MPA@health.ny.gov. For more information and the survey on the MPA, please visit www.ny.gov/mpa. (You can find the survey by scrolling down on the home page.)

I again encourage you to support the NYSUT effort to Fix Tier 6. If you have not already done so, please sign up to receive alerts and information about this huge undertaking. <https://fixtier6.org/> Fixing this will take several years as it did when Tiers 3 and 4 were eventually fixed. Also, if you are not currently contributing to NYSUT VOTE/COPE, I encourage you to do so. Contributing by using payroll deduction is quick and easy, and you can sign up online. I was nervous when I first signed up, as I am whenever I am dealing with my pension, but I have not had a single issue or error in over seven years now. VOTE/COPE allows NYSUT to participate in the legislative process, to fight for issues that affect us, and to help elect candidates in both parties that support the issues that we value.

The political ads and information for presidential primaries are ramping up. I know many people just want to turn it all off and say, "Wake me when it's over." We **cannot** afford to do this. (Please see the article below.) There is a lot riding on the outcome of this election. No matter which candidates you support, I encourage you to be informed and to not be a one-issue voter. There are many issues that affect our quality of life. Please consider several issues that you believe are important, and then, find out where your candidates stand on those issues. Usually, you can find the candidates' websites, and the answers to your questions can often be found there.

School board elections are coming up in May, and I encourage you to consider running for your local school board. Contact your local association officers, and they can tell you how to get support and direction from NYSUT. If you don't know who the officers are and can't track that information down, please reach out to me, and we can get you the information on how to get NYSUT assistance. If you really don't want to run, consider urging a friend to run or someone whom you think will be an asset to the school board. Then, support them with your time to help them campaign. When community members are not paying attention, board members may be elected who are OK with banning books and not providing services and information to make all students feel welcome in their schools.

For those who volunteer to help make their community a better place, THANK YOU! For those who haven't had the time, please consider helping out in the future with your time or with a monetary contribution! Studies show that volunteering also has positive benefits for those who volunteer!

Be Well!!!! In solidarity, Stacey

The Outlook

President Stacey Caruso-Sharpe (518) 496-2769
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2nd VP Bev Alves
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 Theresa Kovian

Webmaster - Carolyn Darkangelo
Assistant Webmaster - Theresa Kovian
 Darkangelo @nycap.rr.com

Website: <http://rc12.ny.aft.org/>

NYSUT Retiree Services Consultant:
Sheryl Baker Delano

Sheryl.Delano@nysut.org 845-706-6986



NYSUT RC#12 Trip
GLIMMERGLASS FESTIVAL PIRATES OF PENZANCE
 Cooperstown July 22, 2024

Picnic areas and food court available. Includes a presentation before the performance. Orchestra seats: \$108 per person payment is due by April 15, 2024. Please mail your checks, payable to NYSUT RC#12, and contact information to:

Wendy Wilson 19 Woodland Drive Apt.# 50, Cobleskill, NY 12043
Moose123@nycap.rr.com 518-234-3230

Part 3 Our Family Trip to Ecuador

By Carolyn Darkangelo, retiree of Mayfield TA

On our way to the Amazon, we spotted the Cotopaxi volcano erupting. Then, we travelled down the Napo River, a tributary of the Amazon River, in a motor canoe. It was pouring in the “rainforest”! Large trees floated down the river, and the water level was very high. After a fantastic meal of river fish, beans, and rice at the Yarina Lodge, the sky cleared. On our first hike, we observed sunbitterns fishing, noisy stinky turkeys, and black anis. Next, a huge troop of squirrel monkeys arrived swinging through the forest chattering as they travelled. That evening, our hike required rubber boots to navigate the muddy path due to the weeks of rain. Our guide helped us find tarantulas, dangerous cotton caterpillars, cane toads, lizards, a small glass snake, wolf spiders, and tree frogs. We then took a detour around a huge web that had been built across the path by tiny social spiders.

We began another beautiful day by following a path that had been maintained for hundreds of years by the indigenous people. Leafcutter ants and termites were rebuilding their homes that had been flooded out by the heavy rains. The diverse flora included huge strangler figs, curare, walking tree (*moves slowly*), water palms, and cork trees. We spent some time near an immense ceiba tree. The local population believes it has special energy which it sends to plants and animals throughout the forest. During the afternoon, we canoed on a small lagoon near the lodge. I enjoyed observing the scarlet macaws and kiskadees tending their young. Later, we took photos of an Agouti, hummingbirds, and butterflies near our cabin.



The next day, we visited a local school. The teacher commutes hours each day by boat, and the students also travel long distances on the river to attend. The students told us what they want to do after school. Many of the boys want to be soccer players, and they sang a song for us. We left supplies with the teacher. The Grand Circle Foundation had provided money to build a second room at the school. We met a woman named Christina who walked with us to her home. On the way, she harvested items for our lunch and also used her machete to cut down leaves to repair her roof. My daughter, Tina, learned how to prepare fish for the lunch. We also had yucca and plantains. On the way back to the lodge, we enjoyed seeing tamarins, a sloth, a well-camouflaged owl, and a white-eared Jacamar. The most unusual sight was a group of fruit bats under a branch hanging over the river. They looked like sharp teeth. Then, we stopped in the middle of the river to watch the sun set. After dark, we returned to the

lagoon and listened to the rainforest at night. The air was filled with fireflies, and we saw the larvae of the fireflies fluorescing in the lagoon. We heard many frogs and some scary sounds that sounded like predators, but our guide told us the sounds were stinky turkeys protecting their territory.

I hope you have enjoyed this travelogue. Sharing it with you let me experience it all again. It was my favorite trip because we shared it with our daughters, and we had so many unique experiences. Dom and I have another adventure planned for March; we will visit the Canary Islands, Madeira, Senegal, Morocco, and Portugal.



Arriving at the Yarina Lodge on the Napo River



This is Christina our hostess in the Amazon preparing the Agave.



This is our mainland guide, Alfredo. He grew up in the Amazon and he attended university. During his Graduate Studies he worked with the university and other groups to help a group of Indigenous legally retain control of their land.

He quoted his grandfather, “**Everyday starts out as a new Birthday for the rest of your life. When you hold onto anger you ruin your own day.**”

Check out all your union membership has to offer!

Free Premium Calm App for All NYSUT In-Service AND Retiree Members!



- **The #1 app for sleep, meditation, and relaxation**
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Members can explore guided meditations and specialized music playlists to help with stress and focus, mindful movement video and audio, relaxing sleep stories, nature scenes and sounds, specific content tailored for children, masterclasses led by experts, and more.

To learn more about how to create your Calm account and access the premium content for free, visit memberbenefits.nysut.org/free-member-benefits and then click on "Premium Calm Service." From there, you will find detailed instructions on how to create your Calm account along with a helpful Frequently Asked Questions document about the service. You will need your NYSUT ID number to create an account with your email address and password. Your NYSUT ID number can be found on your NYSUT Membership Card or by visiting <https://www.nysut.org/memberid>.

Once you create your free Calm account on your computer, it is recommended that you download the Calm app for your iOS or Android device. After downloading the Calm app for your preferred mobile device, you can then log in with your email address and password to unlock the premium Calm content.



Learn more by scanning the QR code to the left,
visiting memberbenefits.nysut.org,
or calling 800-626-8101.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.

Jan/Feb. 2024

These are the contributions of record received from **members from November 1, 2023 – January 21, 2024**. Your name will appear only once in *The Outlook*. Contributions received after January 21, 2024 will appear in the next issue of *The Outlook*.

Please keep track of your contribution as to avoid multiple payments within one year.

“ * “ indicates paid through June 2025. “ + “ indicates paid beyond July 1, 2025.

ADLER, Virginia	DASHEW, Elaine	HILL, Elizabeth	MILLER, Deborah L.	ROSASCO, Karen
BAKER, Mary K.	DECKER, Joan W.	HOETKER, Susan	MOLLE, Wendy	SABURRO, Frederick
BOGERD, Cynthia	DeCOTIS, Barbara*	HOTALING, Pam+	MORROW, Brenda A.	SALO, Jo Ann
BOUCK, Maggie	Di BLASI, Kathleen	HOUTZ, Margaret	NEVULIS, Robert	SAUTER, Shari
BRADY, Grace Kay*	DUSTIN, Lynne D.*	HURTEAU, Marie	NEWBERRY, Bonnie*	SHAVER, Carol*
BUNDY, David	FARHART, Edmond	INGLESE, Lucille	OLDS, Cathy*	SHISS, Bonnie*
CARTER, Rebecca M.	FASOLDT, Winona*	KARR, Maria M.	OLSON, Joanna	SINCLAIR, Patricia
CASTIGLIONE, Carolyn	FLYNN, Mary Elaine (Mitzi)	KEENAN, Mary Lou	ORAPELLO, Anthony	SMITH, Daryl
CHANDLER, Stuart D.	GAWLAS, Raymond	KOVIAN, Theresa	ORAPELLO, Joyce	SWATT, Rita+
CHRISTOPHER, David C.	GEORGELOS, Nellie	LAMOURET, David	ORTLIEB, Cheryl B.*	STEWART, Willard
CLAPPER, Joan E.	GIFFORD, Paula	LARTER, Carol	OTTEN, Sandra*	TILISON, Dennis
COLLINS, Suzanne	GRIFFIN, Lois	LATTANZIO, Mary P.	PIWINSKI, Janice	TROW, Anne
CORTEZ, Barbara	HAILE, Linda	LENNOX, Judith	REPPPEL, Kerry S.	VanDERWERKER, Donovan
COX, Veronica J.	HAVERLY, Barbara	LESIUK, Kathryn M.	RIELLY, Charles	WATERBURY, Jan E.+
CRISTY, Josephine Y.	HAYES, David*	LETTERON, Ron	ROBERTS, Sondra	WESTERVELT, Gayle Gaetano
DARBY-KING, Chris	HENZE, Sarajane C.	LETTERON, Sylvia	ROGERSON, Royann	WHITEFORD, Gary*
				WIERNICKI, Louise M.

News from Congress

On Thursday, Jan 17th, 2024, the House Budget Committee [approved three pieces of legislation](#) that pave the way for **cuts to Social Security and Medicare**: the Fiscal Commission Act (H.R. 5779), the Fiscal State of the Nation Act (H.R. 6952), and the Debt-to-GDP Transparency and Stabilization Act (H.R. 6957).

The committee approved the Fiscal Commission Act by a margin of 22-12, with every Republican member present and three Democratic members – Reps. **Earl Blumenauer** (D-OR), **Scott Peters** (D-CA), and **Jimmy Panetta** (D-CA) – voting to send it to the full House for consideration. If passed, the bill will create a 16-member fiscal commission to search for ways to reduce the national deficit and “balance the budget.” *From email newsletter from NYSARA (NYS Alliance for Retired Americans) President Barry Kaufmann. You can email Barry and request to be added to the weekly email. president@newyorkstateara.org*

“This fiscal commission legislation is based on the false premise that Social Security is adding to the national deficit,” said **Robert Roach, Jr.**, President of the Alliance. “If its proponents were serious, they could have ensured that measures to increase revenue – not just cuts – would be considered. This legislation is bad for Americans of all ages and the Alliance is going to make that clear to every member of Congress.”

NYSUT Peer Support Line Posting

The Peer Support Line is looking for per diem Educator Support Specialist. Please use the following link to view the posting and have interested members apply, <https://jobs.rutgers.edu/postings/215033>.

All hiring and onboarding questions can be directed to HR at Rutgers University Behavioral Healthcare (not NYSUT).
General program questions can be directed to socialservices@nysut.org.

NYSUT is planning a new procedure for the retiree council newsletters in the future.

Only one newsletter a year will be sent to all RC 12 members by mail *unless you opt in*. If you enjoy our newsletter and would like to continue to have it sent to you by mail in the future, you will be asked to let NYSUT know. We will have more information on this in our next issue. The online version of *RC 12 Outlook* is always available on the website <http://rc12.ny.aft.org/>

Retiree Council 12 Contribution Form July 1, 2023—June 30, 2024

Name _____ County _____
Address _____ City _____ Year Retired _____
State _____ Zip _____ Phone _____ Email _____
Original Union Local _____ You may share my email with AFT and NYSUT _____

I would be willing to work for my fellow retirees in the area of: ___ Legislation ___ Social Committee ___ Newsletter

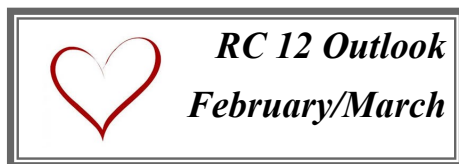
Check this box if there has been a change in your contact information

\$15.00 yearly contribution requested. Send to _____ Amount _____

Dolores Talmadge 206 Main Street, Fort Plain, NY 13339

Make check payable to NYSUT Retiree Council 12.

Any questions, please call (518) 993-2854.



Can you spot the Owl in this tree in the Amazon?

Save the Date

March 18, 2024 NYSUT 9:30 to 10:30 ZOOM

May 16, 2024 , NYSUT RC 12 General Membership Meeting and NYSUT Regional Conference at the Terrace at the Waters Edge, Glenville

***NYSUT RC 12 trip to Cape Cod, Massachusetts June 10-14, 2024**

***NYSUT RC 12 trip to Newport, Rhode Island September 16 - 19, 2024**

***For info, contact Kathy Lyman 518 366-4545.**

For more information, go to <http://rc12.ny.aft.org/>



PLEASE JOIN RC 12 on March 18th 9:30 – 10:30 via Zoom

How to contact your elected representatives so you will be heard.

Join us for an informational session on the best ways to contact your representatives so they will hear you. Our presenter is Lisa Cutler, Director of Communications and Digital Strategy at Alliance for Retired Americans. Lisa has also presented on combatting disinformation online and is a wealth of information about many issues affecting retirees.

To register please email RC12.NYSUT@gmail.com. Write "March 18th session" in the subject line.

Include your name, the local you retired from, the year you retired, your email and your phone number. The meeting link will be sent to you. Hope to see you on Zoom for an extremely informative session.