

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate August/September 2021

NYSUT RC 12 Fall General Membership Luncheon Meeting

Thursday, September 30, 2021 Otesaga Resort Hotel, Cooperstown, NY

2020 NYSUT RC 12 Award of Excellence will be presented to Paul Pecorale

Marcus Harazin, Coordinator Patient Advocates Program, New York State Wide Senior Action Council will speak on "Patient's Rights"

Ron Gross, 2nd Vice President of NYSUT, will introduce himself and share important issues

AGENDA

9:15	9:45 am	Registration - The Oak Room plus coffee and tea
9:45	11:00 am	General Membership Meeting, Fenimore Room
11:10	12:00	Keynote speakers
12:15	1:30 pm	Otesaga Grand Buffet Luncheon, Glimmerglass Room



(We suggest people wear masks, and will be limiting the meeting to 60 people so that we can social distance.)

Your Luncheon Cost: \$26.00 (The cost is subsidized by RC 12.)

Name _____

Address _____

Email _____ Telephone _____

Please make your check out to NYSUT RC 12 and return by September 22, 2021, to

Kathlene Lyman, 254 Riverside Place, Alplaus, NY 12008

The RC 12 Board of Directors has authorized a \$100 donation to Haven House in Fonda. We are asking members to bring personal care products to the September meeting to be donated to the residents of Haven of Hope, who are homeless women and their children.

The Board has also voted to make a \$500 donation to the Kate Mullaney House, a National Historical site in Troy. The building was a former home of Kate Mullaney, an early leader of the first all women labor union. After years of restoration, the building recently suffered severe damage from a car crashing into it.

- The 50—50 Raffle will benefit the Kate Mullaney House.



Save the Date

Sept. 30, 2021	RC 12 General Membership Meeting (fall) at the Otesaga in Cooperstown
March 15, 2022	RC 12 General Membership Meeting (winter)
Apr6, 2022	RC 12 Trip to see Hugh Jackman in "The Music Man" on Broadway
May 12, 2022	NYSUT RC 12 General Membership Luncheon, and Election & NYSUT Regional Conference for RC 12
June 12-18, 2022	RC 12 Trip to Mackinac Island
Sept. 30 -Oct.10, 2022	RC 12 Trip to Mount Rushmore





NYSUT Retiree Council 12

Stacey Caruso-Sharpe, President's Message

Summer is my favorite season. I love getting together with family and friends and enjoying the outdoors. This year seemed especially wonderful with things somewhat getting back to normal after a year and a half of dealing with COVID. Until, suddenly, the virus is back and in a more serious form. Having had the COVID vaccine, I felt protected. But even with the vaccine, this Delta variant is still pretty contagious. Statistics show that over 90% of those who end up in the hospital because of COVID have not been vaccinated. Those who have been vaccinated and are not showing symptoms may still be able to carry and spread the virus. When you take precautions, such as wearing a mask, you do so to help protect the ones whom you love! Think of those who are unable to get vaccinated either because of age or medical conditions. There are still many people who are not in favor of getting the COVID vaccine. I encourage you to stay up to date on all of the latest information by listening to scientific facts and not just opinion.

Because of surging COVID numbers, the Saratoga County Health Department has recently issued a warning that everyone should once again be wearing masks if they are out in public, going into stores, or attending events where there will be a lot of people. Other counties are issuing similar warnings as well. School is starting soon, and the debates are raging about mask requirements and vaccination requirements in schools. The NY State Education Department (SED), using guidance from the CDC and health professionals, recently released guidance for schools. NYSUT President, Andy Pallotta, released the following: "We applaud the State Education Department for stepping in and issuing statewide guidance on reopening schools. As educators, we know that the best place for students to learn is in the classroom. We must do everything we can to ensure every student has access to full-time, in-person instruction this year. That includes ensuring our schools are safe and healthy for students and the people who serve them. We support the recommendations of public health experts and SED to implement universal masking, robust surveillance testing and other measures as part of a layered, holistic approach that ensures the health and safety of everyone in our schools."

With all of that said, we are currently planning our fall meeting to be in person at the Otesaga in Cooperstown on September 30, 2021. I look forward to seeing everyone! If this changes, we will let you know. Please check the NYSUT RC 12 website frequently for updates: rc12.ny.aft.org At this meeting, we will be collecting personal care items to be donated to the Haven of Hope in Fonda. All donations will be gratefully accepted. Also on the RC 12 website will be updates about upcoming trips!

If all the COVID updates aren't enough to keep your interest in the news, we will soon have a new governor, the first female governor of New York State!!! NYSUT is looking forward to working with Kathy Hochul, "as she has long been a dedicated public servant and has shown leadership throughout her career," stated NYSUT President, Andy Pallotta. There are sure to be exciting times ahead.

Since 2016, members with specific certificate titles have been required to register their certificates with the NYS Education Department. SED policy requires members to re-register every five years. Recently, SED clarified how members will do this. SED guidance is found at: <http://www.highered.nysed.gov/tcert/resteachers/registration-reregister-cr-direct.html> Stay safe, be well and practice kindness! We hope to see you in September!

In solidarity, Stacey

The Outlook

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

NYSUT Retiree Services Consultant:
 Jennifer Shaad-Derby (518) 783-7977

Beating the Blues

1. Make a plan for the day. A to do list (not necessarily long) gives you purpose and satisfaction.
2. Eat for energy and slow digestion such as grains, healthy proteins, fruits, and vegetables.
3. Let the light in. Getting sunlight early in the morning tells your body to wake up.
4. Experience nature including woods, gardens, parks or you own backyard.
5. Stay hydrated. Water or herbal tea will avoid an afternoon slump.
6. Take a break from the news especially just before bedtime.
7. Exercise with others . Take a walk with a friend.

Check out what your union membership has to offer!

Member Benefits Discounts & Deals

Below are the most popular vendors that NYSUT members have shopped with using MB Discounts & Deals this past year -- with a potential savings of almost \$900,000! Have you been missing out?

EAT

HelloFresh

Burger King

Subway

Domino's

Jersey Mike's Subs

PLAY

Six Flags Theme Parks

Hersheypark

Sky Zone Trampoline Park

Bronx Zoo

LEGOLAND New York

SHOP

Samsung

Apple

Dell

Lenovo

Advanced Auto Parts

TRAVEL

TripBeat

Great Wolf Lodge

Carnival Cruise Lines

Sandals Resorts

Norwegian Cruise Lines

MB Discounts & Deals offers NYSUT members exclusive access to savings of up to 50% on restaurants, groceries and food delivery, theme park tickets, hotels and flights, oil changes and vehicle maintenance -- with more than 21,000 New York State deals and thousands more nationwide.

You can even refer your favorite local business (restaurant, coffee shop, workout facility, etc.) to join the network and provide NYSUT members with a special discount. Don't miss out... register your account today!

Member Benefits is proud to endorse MB Discounts & Deals along with dozens of other programs and services that may be able to benefit you and your family members. Take some time to explore our website to find out how we can help you make every dollar count!



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. Sept/Oct 2021

Go to <https://epass.ny.gov/home>

Excelsior Pass Plus is a secure, digital copy of your COVID-19 vaccination record. This new pass provides safe access to your vaccination information, and includes vaccine type, site, and date of your vaccination, just like your paper CDC Card. The inclusion of this health information enables interested New Yorkers to have a verifiable record of their COVID-19 vaccination history at their fingertips, for record-keeping and/or usage outside of New York State.

Contributions received after August 14, 2021 will appear in the November issue of *The Outlook*.

(*) indicates paid through **June 2023**.

(+) indicates paid **beyond June 2023**.

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Retiree Council 12 Contribution Form July 1, 2021—June 30, 2022

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Name _____ County _____ - _____
Address _____ City _____ Year Retired _____
State _____ Zip _____ Phone _____ Email _____

Original Union Local _____ You may share my email with AFT and NYSUT _____

My Assemblyman _____ My NY State Senator _____ My US Representative _____

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 .



RC 12 Outlook

August /September 2021

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



New York StateWide Senior Action Council - Patient's Rights Helpline

How it Helped Me – by Kathlene Lyman

Wednesday morning – I had shortness of breath which didn't lessen when I tried to rest. A call to the doctor told us they were not seeing respiratory patients and suggested we go to Urgent Care. As I was getting ready, I knew I wouldn't make it so we called 911. Alplaus EMT's arrived in an instant followed by Mohawk Ambulance. My oxygen level was dangerously low so I was put on oxygen and taken to Ellis Hospital. The ER staff was very thorough, and after several tests, a diagnosis was made. Off to the Cath Lab I went for a procedure.

Wednesday afternoon – I arrived in ICU with all kinds of tubes, oxygen, IV's, monitors, catheter, etc. I was told I had to lie flat on my back for at least twelve (12) hours. It was a sleepless night filled with uncomfortable lower back pain.

Thursday morning - After twelve hours, the Cath set-up was removed, and I was told to lay flat on my back for two more hours. Two hours later, the dressing was changed, and I was told to lay flat for another hour or so! (Total of 15+ hours). Gradually, the bed was raised.

Thursday afternoon – Thanks to my wonderful day nurse, I received a good washing, one escorted trip to the commode, clean sheets and I got to sit in a chair while I awaited my one visitor per day! During Art's visit, I had a painful test done on my legs looking for blood clots.

Overnight Thursday – My wonderful night nurse informed me of the presence of two blood clots, one in each leg. My trips to the in-room commode were escorted as I still had IV's.

Friday morning – My day nurse was the same as the day before! Shortly after breakfast, the hospital case worker left a voicemail for me to call her to go over information. My day nurse informed me that they were going to send me home! Both of us were shocked! She questioned this with the doctor and said that I had just found out I had blood clots in my legs. She offered to call the cardiologist. I let her know I could call the Patient's Rights Helpline as I was familiar with it! I called the case worker, and she wanted to go over my discharge papers! I let her know I was not ready to go home. She asked some questions, including, "Who does the cooking and cleaning at your house?" I let her know that I was still hooked to an IV and that I hadn't even been to the commode by myself. I hadn't even walked around the room or the unit. I let her know I had stairs to climb to enter my house. She said I could fill out a paper to file an appeal. I let her know I could call the Patient's Rights Helpline. Shortly after, my day nurse informed me that I was not going home. I asked if she had to call the cardiologist. She did not. I guess my knowledge of the Helpline worked! I was transferred to another floor Friday night.

Saturday – Another wonderful nurse took really good care of me. He took me for my required six-minute walk around the unit, testing my oxygen level before, during, and after. He went over my 32 pages of discharge papers thoroughly. I was able to walk myself to the restroom without having to call for an escort. Late Saturday afternoon, I went home. I was welcomed by both daughters and one grandson!

I am doing very well. I am thankful for the New York StateWide Senior Action Council. A few years ago, Marcus Harazin, StateWide Patients' Advocates Program Coordinator gave a wonderful presentation at an RC 12 General Membership Meeting on Patient's Rights in the Hospital. **From this presentation and my involvement with StateWide, I am informed. You can be, too. Check out New York StateWide's website at nysenior.org. The phone number for Medicare, Medicaid Fraud and Patient's Rights Helpline is 800-333-4374.**

Editor's Note: Marcus Harazin is the speaker at our Otesaga meeting. Come and learn valuable information!