

THE OUTLOOK

Newsletter of the Retiree Council 12

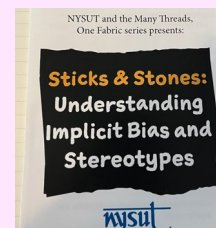
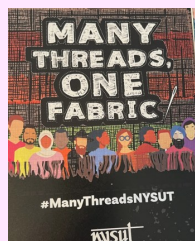
A NYSUT-NEA-AFT Affiliate

February/March 2023

NYSUT RC 12 Winter General Membership Luncheon Meeting Tuesday, March 14, 2023

At the Holiday Inn at 308 N. Comrie Ave, Johnstown, NY

**You may have heard it talked about,
but what do you know about Implicit Bias?**



Come join us as we welcome Nina Tribble and Jaqui Berger, who are retired NYSUT members trained in the Many Threads, One Fabric Program, as they share an **Introduction to Implicit Bias**.

The RC 12 Social Committee Will Be Announcing New Trips

- 9:15 - 9:45 am Registration -- coffee and tea
9:45 - 11:00 am General Membership Meeting
11:00 - 12:00 pm Speakers
12:15 - 1:15 pm Luncheon—Menu below

Your Luncheon Cost: \$24.00 (Morning coffee and tea will be provided compliments of RC 12)

Name _____

Address _____

Email _____ Telephone _____

Lunch entrees are served with a mixed green salad, chef's potato and vegetable, rolls, dessert, coffee, and tea.

Please select your meal/meals

_____ Chicken Francaise (sautéed and finished with lemon butter and white wine)

_____ Broiled Filet of Haddock

_____ Garden Penne Pasta (with garden vegetables, roasted red peppers and pesto.)

Cost of the luncheon is \$24 per person. **Make checks payable to NYSUT RC 12.**

Mail form and check to **Kathlene Lyman, 254 Riverside Place, Alplaus, NY 12008. Deadline is March 10, 2023.**

RC 12 Election Notice

May 11, 2023, at 10:50 am at the Terrace at The Waters Edge, 2 Freemans Bridge Rd., Glenville, NY

Board of Directors (Term: July 1, 2023 – June 30, 2025)

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

Nomination form must be returned by mail or emailed no later than **March 15, 2023.**

*The election will be during the NYSUT RC 12 general membership meeting/ Regional Conference at **The Terrace at the Water's Edge, Glenville, NY on May 11, 2023.** To vote, you must be an RC 12 member in good standing 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, 2023.** Per NYSUT RC 12 constitution: No nominations from the floor nor write-in candidates. **Phyllis VanSteenburgh and Jeanne Williams Bennett, Election Committee Co-Chairs***

President's Message February 2023 Hopefully, everyone had a wonderful holiday season with family and friends and that your new year is off to a good start! It's nice to not have political ads or Medicare Advantage plan ads in our faces. Now, if we didn't see all the pharmaceutical ads targeting us, it might go a long way toward mental health well-being.

Last fall, I took a class at a local community college. It was a great class and something I had wanted to do for a long time. I am so appreciative of the opportunity and to the instructor for a wonderful experience. (In NYS, if you are over 60 years of age, there is a seat in a class, and the instructor approves, you can audit classes at SUNY schools for free. What a valuable treasure this is.) Many SUNY schools also offer outstanding continuing education programs. There are programs about local history, cooking, self-improvement, gardening, using technology, how to sell things using social media, and many other interesting topics. In the start to the new year, there is a lot of emphasis on being healthy. Most people immediately think of being physically active and eating healthy, which are both very important aspects to well-being. Studies have found that being socially active and exercising your brain in different ways is also very important. I encourage you to spend time with friends, make new friends at a local senior program, take a class, and attend programs through local continuing education, through a local library, or even an on-line course. There are many on-line programs offered through libraries, museums, historical groups, churches and local school districts. I encourage you to take advantage of these offerings, learn something new, and help with your mental well-being.

Our next general membership meeting will be held on March 14, 2023, at the Holiday Inn in Johnstown. It's a great way to be social and enjoy lunch out. Our speakers will be from NYSUT and will be speaking on implicit bias, a topic about which I knew little. I attended a session on this and found it very enlightening, and it gave me a lot to think about. I encourage you to join us.

Retiree members have started receiving a letter from NYSUT 2nd Vice President Ron Gross. The letter encourages people to remain active in retirement and points out some of the benefits offered with your NYSUT Union for Life membership. If your local has a constitutionally-recognized retiree chapter, you should be a member of that group in order to retain benefits through NYSUT, AFT and NEA. If you have any questions about this, please feel free to reach out, and we'll help you find the answers. You can email to RC12.NYSUT@gmail.com or call me or any NYSUT RC 12 executive board member.

NYSUT has also sent out a letter to members about VOTE/COPE. VOTE/COPE funds are used to support current and prospective candidates who support our issues and to help NYSUT's lobbying efforts in monitoring current and proposed legislation that could impact our retirement. I have always thought of my VOTE/COPE contribution as an insurance policy to help make sure I retain the benefits of a defined benefit retirement plan along with other provisions that afford us dignity in retirement. You can contribute through sending a check or through pension deduction. I was hesitant about pension deduction but decided to try it. That was six years ago, and I have never had an issue. I highly encourage you to take advantage of this easy way to contribute in helping NYSUT support our members.

With spring just around the corner (no matter what a cute rodent says), I encourage you to be healthy and enjoy the changes and opportunities that a new season brings! ***In solidarity, Stacey***

The Outlook

President Stacey Caruso-Sharpe (518)496-2769
1st VP Kathlene Lyman (518)366-4545
2nd VP Bev Alves
Treasurer Dolores Talmadge (518)993-2854
Secretary Cathy Picciocca (518)922-6025

Immediate Past President

Jeanne W. Bennett (315)895-7063

Past Presidents: Sandra Bliss, Karen Wojcik-Hess, Judy Schultz, Bill Schultz, Don Griffith, and Jim Marquit

Directors

Maggie Bouck - Herkimer
 Margaret Dafeldecker - Schoharie & Otsego
 Theresa Kovian - Fulton & Montgomery
 Vickie McGowan-Horan - Schenectady
 SRP Director— TBD

Newsletter Staff Phyllis VanSteenburgh,
 Carolyn Darkangelo, Jeanne W. Bennett,
 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

Save the Date

A Beautiful Noise – Neil Diamond Musical
 RC 12 Trip March 29, 2023

RC 12 General Meeting at the Terrace at the Waters Edge, Glenville, NY May 11, 2023

Rambling on the Rails in New Hampshire
 RC 12 Trip June 5-9, 2023

The 2023 StateWide Convention
 September 11 - 13, 2023

The Ark Encounter & Creation Museum in Cincinnati + more
 RC 12 Trip October 2-7, 2023



RC 12 Trip to Mount Rushmore

RC 12 Members Doing Something Good

By **Kathleen Aney, Jan Waterbury, and Jeanne Williams Bennett,**
retirees from the former Mohawk Central School District (now Central Valley)

Lewis Carroll said, “One of the secrets of life is that all that is really worth doing is what we do for others.” This is the mantra that Kay Lenarcic followed throughout her teaching career as a second grade teacher and continues to follow in her retirement from the former Mohawk Central School District. As one of the directors of the Herkimer County Hunger Coalition (HCHC) board, founded by her husband, Ray Lenarcic, retired Herkimer College professor emeritus, Kay instilled in the student body the importance of giving back to the community through various school projects. For example, the students collected assorted canned goods for the food pantries in Herkimer County. They also were involved in Operation Candy Cane, which began as an effort to supply warm hats, gloves, and socks to military personnel stationed in Afghanistan. The students also brought in candy to be distributed by the soldiers to the children of Afghanistan. Phone cards were collected and sent to active military so they could call home. At Christmas, the Mohawk elementary students enthusiastically contributed dog and cat food, along with blankets and towels, for the Herkimer County Humane Society. These activities continue today.

In addition, under the umbrella of the HCHC, Kay continues to be involved with a number of projects that benefit the children of the county. Kay coordinated the Gram Lorraine (named for her late mother) Christmas program that gives needy children in our local schools warm coats, four items of winter clothing, and a toy or game as suggested by parents. The Uncle Frank Back to School program provides a backpack, school supplies, and a new outfit for needy children in September. Kay also established an after school tutorial reading program whereby volunteers worked with second graders who were struggling.

In retirement, through the Hunger Coalition, Kay continues to participate in community and military projects including the Feed Our Vets program. The Cpl. Michael Mayne Cookie Corps (named after a soldier from Burlington Flatts who was killed in action in Iraq) collects monthly donations of food and toiletries* from our area which are then transported from Little Falls and Mohawk by volunteers, such as Kay, to the Marine Cpl. Gregory J. Harris Military Courtesy Room at Syracuse Airport. Operation Candy Cane continues today by collecting toys, gifts, and candy for soldiers passing through the courtesy room at holiday time. Additionally, Kay places flags on the graves of veterans at our local cemeteries. The spring cleanup along the NYS Erie Canal trail is another undertaking of Kay’s. Since her retirement in 2007, Kay has been involved in providing weekly hot meals for Shepherd’s Table. Kay spearheaded the efforts in planning and organizing the menus, shopping and preparing the food, acting as treasurer of the group, and publicizing the availability of the free meals. Shepherd’s Table provided fellowship for lonely and needy people, too.

The life that Kay is living truly exemplifies that all that is really worth doing is what we do for others. Kay Lenarcic has touched the lives of so many.

***If you are interested in donating to this project,
please contact KOOKIELADY13@yahoo.com .**



**Kay Lenarcic, thank you for your
commitment to your
community!**

New to Medicare in 2023

Shots for the flu, pneumonia, COVID-19 (initial shots and boosters) and hepatitis B for some enrollees are **free** under Part B and that coverage will continue in 2023.

Shingrix, for example, can run as much as \$200 a dose. Starting in 2023, even if a beneficiary hasn’t satisfied their Part D deductible, that vaccine and others recommended by ACIP will be **free** to beneficiaries.

For Medicare beneficiaries, beginning in 2023 copays for a 30-day supply of any **insulin** that a Medicare drug plan covers will be **capped at \$35**.

Beginning on July 1, Medicare enrollees who take their **insulin through a pump** as part of the Part B durable medical equipment benefit will not have to pay a deductible, and they will also benefit from the **\$35 copay cap**.
<https://www.aarp.org/health/medicare-insurance/info-2023/medicare-changes-in-2023.html>

New York StateWide Senior Action Council Convention and 50th Anniversary

by Jeanne Williams Bennett, immediate past president of RC 12

NY StateWide Senior Action Council's 2022 Convention and 50th Anniversary Celebration was held on Sept. 12 - 14 in Saratoga Springs. Seven RC 12 members were funded to attend. There was a wide variety of speakers, and a number of workshops were offered. Our RC 12 vice president, Kathlene Lyman, was honored for her work as a member of the first StateWide Legislative Action Team. Kathy also serves as secretary of StateWide.

A keynote speaker was Mary Bassett, the NYS Commissioner of Health. Both she and her 96-year-old mother are members of StateWide. At the end of Commissioner Bassett's speech, she took questions from the audience. I submitted the question, "There has been an outbreak of polio in New York State recently. Do seniors need to get vaccinated since many of us were vaccinated many years ago?" Commissioner Bassett's answer was that we do not need to get a new **polio vaccination** unless the polio spread becomes much more extensive.

The following are highlights of some pertinent information that was shared:

- 1) Part B: Medical Insurance** - Over the counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss as of October 2022.
- 2) New actions from the White House**
 - a. Establish a minimum nursing home staffing requirement.
 - b. Reduce resident room crowding by exploring ways to phase out rooms with three or more residents and promote single-occupancy rooms.
 - c. Continue to focus on reducing the inappropriate use of antipsychotic medications.
 - d. Adequately fund inspector activities.
- 3) Financial Liability** - There have recently been instances of family members and friends of nursing home residents being forced to take on financial liability. Under the Nursing Home Reform law, a nursing home cannot request or require that a resident's family member or friend become financially responsible for nursing home expenses. The signature of a family member or friend is allowed only if they are signing for the resident and committing only the resident's money.
- 4) Raising Consumer Voices as the Health System Transforms** - Over the last twenty years, more than forty NYS hospitals have closed. The remaining hospitals have joined large health systems. Often these large systems will downsize the acquired hospital by closing maternity, ICU, psych, and other units directing patients to "hub" hospitals. Nursing homes have been closing, downsizing, and changing ownership. Urgent Care centers and retail health clinics have been assuming an increasingly important role in the health delivery system, but are not subject to review under the Certificate of Need system. In summary: State oversight through the Certificate of Need process is inadequate to serve community needs. The process lacks transparency and consumer engagement. Consumers have little say or no notice when their local hospitals are downsizing, closing, or joining large systems.

StateWide is a grassroots senior advocacy organization working to improve the quality of lives for older New Yorkers and their families. StateWide has a Medicare, Medicare Fraud, and Patient's Rights Helpline at 800-333-4374. StateWide does wonderful work for seniors, and I would encourage you to consider joining and getting involved. For more thorough information about the convention or about the workshops that will be offered in the near future, go to www.nysenior.org.

Retiree Council 12 Contribution Form July 1, 2022—June 30, 2023

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

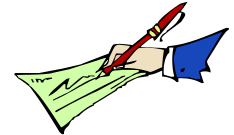
Check this box if there has been a change in your contact information _____

\$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
February/March 2023
<http://rc12.ny.aft.org/>



On the way
to
Mount
Rushmore

These are the contributors of record from Oct. 14, 2022 – Feb. 4, 2023. Your name will appear only once in *The Outlook*. *Please keep track of your contribution as to avoid multiple payments within a year.* **June 2022 Outlook correction spelling -BERARD, Harriet**

“ * “ indicates paid through June 2024. “ + “ indicates paid beyond June 2024

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|----------------------|-----------------------|--------------------------|-----------------------|----------------------------|
| AGRESTA, Joseph | ETKIN, Lois | KEENAN, Mary Lou | RATHBUN, John | ZILKA, Linda |
| ALDI, Barbara* | FOSTER, Jacqueline* | KOSTBAR-JARVIS, Pamela J | REPPENHAGEN, Barbara* | T
H
A
N
K
S |
| ARPIN, Marilyn* | GIACCONE, Jacqueline | LEVERETT, Doris | ROE, Jane | |
| ATWELL, Patricia | GIAMBONA, Geraldine | LUZINAS, Steve+ | ROGERSON, RoyAnn | |
| BLOTHENBURG, Janice+ | GREENFOGEL, Claire | MARRIOTT, Anne R. | SCHERY, Carol* | |
| BOND, Emil* | GREGORY, Patricia A. | McKEE, Patricia | SOMERS, Barbara* | |
| BOYNTON, Pamela | HAGGERTY, Margaret | McKEE, Robert | STEVENS, Linda | |
| BREM, Darcy | HAILE, Linda | MILLER, Anthony | STUFF, Carol | |
| BRICKNER, Pauline | HARTZ, Randee | NAGELE, Nancy | SUBRAMANIAN, T. A. | |
| BURKE, Mary | HERB, Myrna | NIGRO, Barbara | TERRY, Richard | |
| CASTIGLIONE, Carolyn | HERZIG, Connie | OLSON, Joanna | TOMLINSON, Mary Ann+ | |
| COONEY, Nancie | HESSLINK, Kathryn+ | OLSZOWY, Caroline+ | TREIBER, Rochelle | |
| CRAMER, Grace | HOTALING, Kathleen A. | OTTEN, Sandra* | WIERNICKI, Louise | |
| CRISTY, Josephine | HUDAK, Becky* | POLSINELLI, Karen+ | WOERNER, Maureen* | |
| DARKANGELO, Carolyn* | HURTEAU, Marie | PUOTINEN, Margaret | WOJESKI, Marie | |
| DeKALB, Kathleen | JOYCE, Ann | PUTORTI, Richard J. | WRIGHTSMAN, Eileen | |

Check out all your union membership has to offer!

LEGAL SERVICE PLAN

Plan benefits include:

- Crucial estate planning documents (a Simple Will, Health Care Proxy, Living Will & Durable Power of Attorney)
- Free telephone consultations
- Guaranteed maximum fees for specific legal matters

FINANCIAL COUNSELING PROGRAM

Plan benefits include:

- Unbiased objective advice
- Free telephone & virtual consultations
- Assistance with retirement planning, 403(b) savings, college savings, tax planning and more



Learn more by scanning the QR code to the right,
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.