



THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate June 2024

RC 12 Goes to Washington

By Linda Zilka, Social Committee Chairperson

From April 15-19, 49 people spent five jammed-packed days in Washington, DC. After checking into our hotel, we ate dinner at the Western Market. Then, we went to the Eisenhower Memorial and the Lincoln Memorial.

On Tuesday morning, we had a tour of the White House. Lunch was at the Ronald Reagan Building and International Trade Center. A section of the Berlin Wall was there. Some people went to the Old Post Office observation deck. We had a tour of the FBI in the afternoon. Then, we went on to the Kennedy Performing Arts Center, where some took a tour while others went to the museum. Dinner was at the KC Cafe. We saw a performance of *Message in a Bottle*, which was a spectacular dance show. After our performance, we visited Iwo Jima and the Jefferson Memorial.



We met up with Congressman Paul Tonko on Wednesday and had our picture taken. Next, we took a tour of the U.S. Capitol Building including going into the gallery. Lunch was at the CVC Capitol Cafeteria. Some people went to the Botanical Gardens. We then toured the Ford Theatre followed by the Petersen House, where Lincoln died. We had dinner at Central Michel Richard. Then, we went back to the Ford Theatre to watch a performance of *Little Shop of Horrors*.

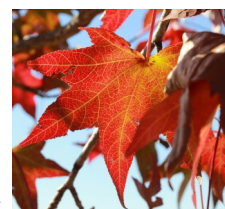
Thursday morning began with a trip to the Smithsonian Museums, and in the afternoon, the Holocaust Museum. We had dinner at the Elephant and Castle. Then, we went to the Air Force Memorial followed by the Pentagon Memorial for 9/11. We finished the evening by seeing the FDR and MLK (Martin Luther King, Jr.) Memorials.

On Friday, we went to the Cathedral of St. Matthew the Apostle where JFK's funeral was held. Pope Benedict XVI and Pope Francis have also visited there. Our grand finale was a trip to the Smithsonian National Zoo. Then, it was time to return home so everyone could rest and recuperate from a very busy trip.

FALL GENERAL MEMBERSHIP LUNCHEON THURSDAY, OCT. 10, 2024

ORIGINS CAFÉ IN COOPERSTOWN, NY

Summer is just beginning but fall is just down the road! Save the date and join us for our annual fall luncheon meeting. See friends, hear informative speakers and enjoy some wonderful, locally sourced food in a plant filled inviting atmosphere. Speakers will be confirmed ASAP and will be posted on the RC 12 website. <https://rc12.ny.aft.org/> The menu will be a seasonal buffet with something for everyone! (To be determined closer to our meeting date).



For more information about the venue and to see samples of dishes served visit <http://originscafe.org>

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To reserve your space, please send a check for **\$28.00** made out to **NYSUT RC 12** and mail to :
Dolores Talmadge, 206 Main St, Ft. Plain, NY

Name _____ Local Retired From _____ Year retired _____

Email address _____ Cell phone _____

NYSUT Retiree Council 12

President's Message

Summer is finally here! For some, that means more time outdoors, more travel, and hopefully, spending more time with family and friends. It's time to take a break, catch up on summer reads, sample new foods at outdoor fairs, and time to try new things. While you are planning that summer barbecue, why not use union-made products? Check out some of the sites below and support fellow union workers! ***

It's also time to pay attention to what is happening in the political arena. Since many people are out enjoying themselves, they may not notice a local board or candidate's statements on issues or proposed actions on local community issues. Things like funding for local community centers, that you thought were safe, may suddenly be brought up to have funding cut. Presidential and congressional races are off to an early start this year, making it one of the longest campaign seasons ever. NYSUT will be holding its endorsement conference differently this year. It will be done online. I'm not sure how local leaders will have their voices heard. If there is a candidate who represents your area and you have strong feelings about it, positive or negative, contact your local PAC coordinator. If you don't know who that is, let me know, and I can provide you with that information.

NYSUT supports candidates of both parties. The biggest consideration when determining support for a candidate is their support of educational issues, union issues and health issues. If candidates support us, as evidenced by their previous votes or public statements of support and by their accessibility to our members and members' concerns, the more likely NYSUT members will decide to support them. It is good to have members on both sides of the aisle that we can count on to support our issues. I encourage you to pay special attention to what candidates are saying about Social Security, Medicare, and Medicaid. There are candidates running for office who classify these as entitlement programs and think that they should be cut or brought up for renewal every 3 – 5 years. This would be disastrous to us since any program that was not voted on to be renewed, would just go away. Imagine that representatives would be able to eliminate our **earned benefits**, that we spent a lifetime working towards, by doing nothing! I will say that part again: these programs are not entitlements, but **earned benefits** that we have contributed toward for our entire working lives. Medicare, Social Security and Medicaid should not be changed. The claim that Social Security will be bankrupt shortly is not true! Please pay attention.

In the fall, you may be asked to help support different candidates. There are a variety of ways this can be done from phone banking, writing post cards, sending text messages and making monetary donations. It's not too early to think about how you will contribute.

And if all that already has you about to hyper-ventilate, I encourage you to take advantage of the free NYSUT Benefits available to you.

- ◊ **NEW: PEER SUPPORT LINE** -- Created in partnership with NYSUT Social Services and Rutgers University Behavioral Health Care, this confidential helpline can provide answers, resources, and empathetic support when you need it.
- ◊ **NEW: PREMIUM CALM SERVICE** -- All NYSUT in-service AND retiree members are provided with unlimited access to the full library of sleep, meditation, and relaxation content at **calm.com** and in the Calm app.
- ◊ **NEW: YOURCARE360** -- All NYSUT members (both in-service and retiree) can utilize this helpful service offering online access to caregiving guidance and answers to many of the questions that confront family caregivers.

Enjoy your summer! Stay active, stay healthy and stay involved! If you have any questions or concerns, please feel free to reach out to any RC 12 officer. Contact information can be found on our website. <https://rc12.ny.aft.org> I look forward to seeing you at our fall luncheon on October 10, 2024!

In solidarity,
Stacey

*** These are just some suggestions to get you started supporting fellow unionists while enjoying your summer picnics and get togethers!

- <https://aflcio.org/barbecue>
- <https://www.allunionpromos.com/>
- <https://www.buyunionmade.com>
- <https://aflcio.org/snacks>

The Outlook

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Staying Alert May Save Lives

by *Jeanne Williams Bennett*, immediate past president of RC 12

A dear teacher friend of mine and an RC 12 member, Maxine Palczynski, was killed in a tragic car accident in Herkimer, NY. Maxine was traveling north on State Route 28 when she slowed down to turn left into her driveway. Another vehicle rear-ended Maxine's vehicle and pushed it into oncoming traffic where it collided with a third vehicle. Maxine was transported to Little Falls Hospital and later to Albany Medical Center where she succumbed to her injuries and was pronounced dead the following day. This tragic accident serves as a somber reminder of the hazards present on our roads.

Maxine died on April 25th. Ironically, April 2024 was designated as Distracted Driver Awareness Month to raise awareness and promote safe driving practices in order to decrease the number of on-the-road-related injuries and fatalities. My father was a driver education teacher, and he always taught: "Even if you're heading home on a route you've traveled for 20 years, stay alert." Current statistics show that three out of ten crashes happen less than one mile from the driver's home.

At Maxine's funeral service, her family requested that in honor and memory of Maxine that we remind people of the importance of paying attention and keeping our eyes on the road while driving. Please share this important message with your family and friends.



Mike Rowan, NYSUT Capital Regional Staff Director with RC 12 board member, Vickie McGowan-Horan at the RC 12 May meeting.

Which Store Has the Cheapest Groceries?



Aiming to get consumers shopping again, some [retailers are slashing prices](#) this summer on thousands of everyday items.

For older shoppers, especially those on fixed incomes, that will be welcome news, particularly when it comes to groceries. Since the pandemic, [food-at-home prices are up](#) 25 percent. More than 9 million older adults face food insecurity, meaning they struggle to access and afford adequate food.

Aldi, Target and Walmart are advertising broad price cuts, including on groceries. But determining which store has the best bargains for you can be difficult without scouring their websites, perusing their aisles and calculating the [unit price](#) to get an apples-to-apples comparison.

An arduous task, to say the least, but one AARP didn't shy away from it. Armed with a list of 30 popular items, we went shopping on **New York's Long Island** to see which store had the cheapest groceries. Here are the results.

The Winner: Aldi



*RC 12
Members*

*On
May 16 at
The Waters Edge
in Glenville*



*For the RC 12
NYSUT*



*Regional Conference
and Spring Luncheon
Meeting*



WHAT ARE YOUR PLANS THIS SUMMER?

NYSUT Member Benefits offers a variety of endorsed programs & services that can help you enjoy today, while planning for tomorrow.



As a NYSUT member, you have access to participate in a number of programs and services endorsed by NYSUT Member Benefits. These products have been carefully cultivated to provide members with quality programs at competitive prices, including insurance programs to help you protect your family; legal and financial plans to help you plan for the future; and shopping, travel & personal services to help save you money.

Member Benefits also offers a number of benefits available free of charge to members such as the premium Calm service, Peer Support Line, Financial Learning Center, and more.

Participation in our endorsed programs features the added protection of having a trusted advocate on your side. Our staff take great pride in stepping in to support members with any questions, concerns, or issues that may arise.

No matter what your plans may be, NYSUT Member Benefits is a great place to start. Explore all that your union membership has to offer!



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.



May/June 2024



Your Risk of Alzheimer's is Lower than you think

Rates of Alzheimer's rates have fallen 13% in the last decade. Things done in the last 50 years to prevent heart disease and stroke may be related to the lower risk for dementia. 75 % of people with Alzheimer's and dementia have problems with the blood vessels in the brain according to Albert Hofmann, the chair of the Department of Epidemiology at Harvard. What can you do?

- 1) Do not smoke.
- 2) Keep blood pressure and blood sugar at healthy levels.
- 3) Get regular exercise which increases the blood flow to the brain.
- 4) Eat more fruit and vegetables. Foods such as spinach and blueberries may protect brain cells from inflammation.
- 5) A multivitamin (not a substitute for a healthy diet) could be helpful.
- 6) Take care of your ears and eyes.
- 7) Focus on mental health. Stress, depression, anxiety and loneliness increase risks for mental decline.
- 8) Put yourself on a regular sleep schedule. Difficulty sleeping boosts risks of cognitive decline.

Save the Date

***NYSUT RC 12 trip to NYC to see "Suffs, the Musical"
August 14, 2024**

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

**NYSUT RC 12 general membership meeting will be at
Origins Café in Cooperstown on
Thursday, Oct 10, 2024**

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

Retiree Council 12 Contribution Form July 1, 2024—June 30, 2025

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

June 2024

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



NYSUT Secretary Treasurer, J. Philippe Abraham was joined by RC12 Board members Cathy Picciocca, Stacey Caruso Sharpe, Dolores Talmadge, Maggie Bouck at the RC 12 NYSUT Regional Conference and Spring Luncheon Meeting

**After The June 2025
RC 12 Outlook
Newsletter
You will only receive
the newsletter by mail
IF
*YOU OPT- IN***

***The details for the process
will be
in 2024-25 Newsletters***