

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate

November 2025

NEW YORK STATEWIDE SENIOR ACTION COUNCIL, INC.

By *Kathleen Lyman*, retiree from Niskayuna

New York StateWide Senior Action Council works to improve the lives of seniors and their families through education, advocacy, and coalition building. Members are activated to address challenges to the future of Medicare, Social Security, Medicaid, and Aging Services.

Their 2025 Convention was held in Saratoga Springs in October. The theme was, "The New Look of Aging". This article will focus on some of the many issues addressed at the convention.

NEW YORK STATE MEDICAL AID IN DYING ACT

It has passed in the state legislature and is waiting for Governor Hochul to sign it into law. You are encouraged to call Governor Hochul at 518-474-8390 to urge her to sign this bill (A136/S238) into law. The bill is not about ending life but about shortening death. An organization that provides great information on this is **Compassion and Choices**.

(NY@compassionandchoices.org)

NEW YORK STATE MASTER PLAN ON AGING

New York State does not sufficiently fund unmet needs for older Americans to age with dignity in their community of choice. StateWide will be calling for an increased commitment from Governor Hochul to fund needed resources. Currently, one in five New Yorkers are older Americans. More than one-third of all New York households have residents age 65 or older. The population of New Yorkers age 65 or older in 2023 was 18.6% of the population.

STATEWIDE LEGISLATIVE ACTION TEAM

To become a member of this team, attendance at six training sessions is required. All sessions are done on Zoom. The next sessions will be held January to June, 2026. Each is held on the third Thursday of the month at 3:00 pm. It is hosted by StateWide's Public Policy Committee. Skills addressed include Organizing in Your Community, Techniques for Effective Local Advocacy, and Reseeding StateWide's Grassroots Efforts for the Future. Extensive resources are provided. The first session is January 15, 2026, at 3:00 pm. Visit <http://www.nysenior.org> (continued on page 2)

Alps and Dolomites Adventure Part 2

By Carolyn Darkangelo, retiree of Mayfield TA

We left Switzerland and headed to Bolzano, Italy, travelling past beautiful apple orchards, vineyards, and a tree full of stork nests. There was extensive railway construction for high-speed trains as Italy prepares for the 2026 Winter Olympics in Milan and Cortina. On the way, we toured the City of Monza, which is known for the Grand Prix and cancer research. We saw the famous Iron Crown, a circlet of gold and jewels fitted around a central silver band, in the Chapel of Theodelinda within the Monza Cathedral. This crown was used for coronations in the Lombard Kingdom and Holy Roman Empire. The chapel walls are filled with frescos, vibrant colors, and intricate details. They are considered masterpieces of international Gothic painting in Italy by the Zavattari, a family of Milanese painters. They tell of the story of the Lambardy Family and especially Queen Theodelinda, who reigned for 39 years.

Hotel Greif, a lovely hotel in the large Walther Square in the center of Bolzano, is dedicated to a twelfth-century South Tyrolean troubadour and was created from four 500-year-old buildings. Each room was designed by a contemporary artist. From our window, we saw the Gothic cathedral, children playing in the fountain, and three different cultures (Italian, Tyrol, and Ladin) melding together. When Mussolini conquered this area, he changed every town's German name to a new name in Italian, and all the towns were given Italian names. This part of Italy was created after WWII. Every community is now known by two names. Bolzano (Italian) is also known as Bozen (German). The buildings from Mussolini's era are austere, but the rest of the vibrant city is a mixture of historic medieval buildings in the old town with modern and contemporary designs. The next day, we took a cable car to the town of Ritten and then took a 4-mile hike through several small villages along a high plateau. The views of the Dolomites were breathtaking. We returned to the cable car on the historic narrow-gauge Ritten Railway.

Next, we headed toward San Candido, which is a village nestled at the foot of the Dolomites in the Tre Cime Natural Park. On our way, we learned about the Val Gardena area which has a unique culture called Ladin, a distinct mixture of German, Latin, and rural traditions. Our guide, Peter, led us on a hike through the lush meadows of the valley where he grew up. He now manages a ski school in the winter and guides hikes in the summer. Ladin dishes include rich, creamy hand-made butter, cheeses, seasoned meats and dumplings. We stopped at the Cristla restaurant and had speck (like prosciutto only smokey), chicken, dumpling with cheese, and apple strudel with ice cream. A Ferrari club of local travelers was there, so the parking lot was very interesting. *Continued on page 3*



View from our window in San Candido



NYSUT Retiree Council 12

President's Message

There is no doubt that there are some crazy things happening. I hope that you have all the food that you need, all the medical care that you require, and that you are able to spend time with family and friends. As I write this, the government is still shut down. This means that there are people around us who may be working but not collecting a paycheck because they have a federal government job. Or, there may be people who are furloughed and wondering if they will have a job to go back to when the shut down ends. Others may be wondering if they will be the next one told to not come in to work. All of them are wondering how long this will last, how they will pay their bills, whether they will be able to put food on the table for their families and themselves, and what happens if a family member gets sick or injured. The status of some people's health insurance may be in limbo because of increased premium costs. Anyone who listens to the news knows that there are some people around who want to play the blame game. I am encouraging you to put that aside, and if you are able, to step up and help family, friends and neighbors who could use a little extra help right now. Who among us, if they were entering or exiting a church or the local library and saw someone fall, would not offer assistance? Whether it was helping them up or calling someone who could, I believe we all would be kind to our neighbors and would offer aid. Also, I think the aid would be offered without knowing what that person's political beliefs are because most of us choose to live with kindness. I am asking you to do that now. There are many food pantries, social organizations and community groups that are available to help those in need. Please consider offering assistance, money and/or time, even if that means just spreading the word about their need for donations and contributions, or what they have to offer for those seeking help. Right now, there is an increase in need, and even when the government reopens, there will still be that need for some time to come as people try to get caught up on back bills. The extra need creates extra stress for those seeking help, as well as for those who would like to help offer assistance. Remember that it's OK to say no, if that ask is just a bit too much for you. Only you know what you are capable of doing.

If you are a volunteer or someone seeking help, I encourage you to take care of yourself as well as those around you. Remember that there are NYSUT benefits that you can take advantage of, even in retirement, that can help. The Calm premium service is available for free and offers a variety of physical and mental wellness webinars available both live and on-demand. You can set up an account at <https://www.calm.com>. You can also add up to five family members for free to receive their own premium Calm subscription. (This must be done on the website and not the app.) Another free benefit that may be helpful is the NYSUT Peer Support Line which is a free confidential helpline provided through Member Benefits that is available to all NYSUT members and their loved ones. Whether looking for assistance for yourself or a loved one, the support line is there to help. If they don't have an answer for you, they will help find it. For more information or to speak with a trained peer specialist, call toll-free 844-444-0152, Monday through Friday, noon to 8 p.m. (EST).

As the holidays approach, I encourage you to consider gifts of your time for family and friends. Think about activities that you can do together or ways you can be helpful giving someone a break and some much-needed time for themselves. Offering to babysit, cook a meal, or running errands are often very much appreciated. If you are spending time with grandchildren or young neighbors, consider including them in doing something nice for someone else. It is a great way to model giving to others without needing money, and the kids will experience the feeling of contributing and helping others, which can be a priceless lesson.

If you are purchasing gifts, I encourage you to buy union made in America. As demand increases, it is getting easier to find American made products. When you buy union made in the USA, you are helping to support jobs that offer a fair wage and the chance for workers to be treated with dignity.

Our March "meeting" will be an online guest speaker presentation. Details are currently being worked out and will be posted on our website as soon as we have confirmation. Please check the website often for the latest union news, social updates, announcements of trips, and general worthwhile information. <http://rc12.ny.aft.org/>

On behalf of your RC 12 executive board, I wish you a happy and healthy holiday season, and I look forward to seeing you in the new year.

In solidarity, Stacey

Dr. Eric Kingson and Nancy Altman are the founders of *Social Security Works*.

On their website, they state that "We're fighting to protect and expand Social Security, Medicare, and Medicaid; lower drug prices; ensure economic justice for all; and guarantee health care as a human right—because everyone deserves to live in dignity. The mission of Social Security Works is to protect and improve the economic security of disadvantaged and at-risk populations, safeguard the economic security of those dependent, now or in the future, on Social Security, and Maintain Social Security as a vehicle of social justice." Visit their website to learn more.

<https://socialsecurityworks.org/>

The Outlook

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Live webinars are presented every month.

November 25, 2025, 10-11 am

Topic: New Developments in Medicare.

Speaker: Thomas Bane, Acting Regional Director, Centers for Medicare and Medicaid Services.

December 23, 2025, 10-11:00 am

Topic: NYS 988 System for Mental Health Assistance

Speakers: Shokri Enbawe and Charles Rice, Bureau of Crisis Emergency and Stabilization Initiatives, NYS Office of Mental Health. **More to follow in the next issue of Outlook.**

Visit <http://www.nysenior.org> or call 800-333-4374. The phone number is also for the Patient's Rights Helpline. NYSUT RC 12 is a group member of StateWide and several of our retirees are individual members.

Listed are the contributions received from members for the **August 28, 2025 – October 6, 2025**
Please check your records before sending a contribution. This will avoid duplicate contributions for the fiscal year July 1, 2025 – June 30, 2026. Multiple contributions in one year will be credited to the following year(s).
If your name has a/an: asterisk (*) after it you are paid **up to** June 30, 2027. A plus (+) after it means you are paid **thru** June 30, 2028 and a plus with a number (example: +4) indicates the number of membership years you are paid in advance.

BAGGETTA, Cheryl	COUTURE, Bonnie+2	JAQUISH, Virginia B.	MITCHELL, Laureen+3	STAHL, Michael*
BAUMLER, Joan	DARKANGELO, Carolyn*	KARR, Maria M.	MOCKO, Kathleen*	STEPHENS, Joan
BENNETT, Bruce	DeGOLYER, Cynthis*	KIRVIN, Mary L.	MORROW, Brenda	SEWARD, Donna
BENNETT, Jeanne Williams	DELLAQUILLA, Holly	KLINETOB, Arlo	NASADOSKI, Anita*	STEWART, Willard
BLANCE, Karen	ETKIN, Lois	KOVIAN, Theresa	NEWBERRY, Bonnie *	SWATT, Judith C.+5
BOUCK, Margaret	FAHRENKOPF, Kelly	LEVERETT, Doris	PARKER, Vickie	SZUPPERITS, Emese
CARLISLE, Ginny M.	FARRELL, Mary Alice*	MARK, Elizabeth*	PAYNE, Cheryl	THOMAS, Joan
CASCIO, Carol*	GALEAZZA, Pat+	McEVOY, D. Antoinette+3	PRAUS, Paul+4	TROW, Anne C.
CAVALLARO, Donna	GENZER, Amanda	MICHALSKI, Patricia+	Ritter, Sandra J.*	WATERHOUSE, Lorraine
CHAMBERS, Fred	HOOPER, Leslie*	MIKENAS, Elaine	SCHILLING, Mary*	WEINER, Barbara
COLLINS, Brett	HOUTZ, Margaret	MISEIKIS, Mary Lynn*	SOLLECITO, Joanne	WOERNER, Maureen*
				WOJCIK-HESS, Karen
				YURKON, Linda

Inflammation in your body and the pain you feel can be reduced by changing your diet.

Consider the following recommendations: Eating more foods that have proteins from plants such as beans, nuts, and grains can influence your health. Increasing fiber can lower irritation. High fiber foods including berries, vegetables, brown rice and oatmeal can lower inflammation. Certain spices such as turmeric, sage, and rosemary are also helpful. Many processed foods use trans fats to increase shelf life (cakes, pie crusts, and frozen pizza). These chemicals can cause inflammation and may increase pain. Foods with Omega 3’s such as salmon and tuna can also be helpful. Enjoy 1 ½ oz. of dark chocolate (+70 % cocoa) to decrease inflammation and lower blood pressure. Fasting between dinner and breakfast is another suggestion. Do your own research on websites such as www.webMD.com and consult your doctor. However, it is obvious that eating fresh fruits and vegetables and avoiding highly-processed foods are beneficial for all of us. Source - AARP Bulletin October 2025

Continued from pg 1 Alps and Dolomites Adventure Part 2

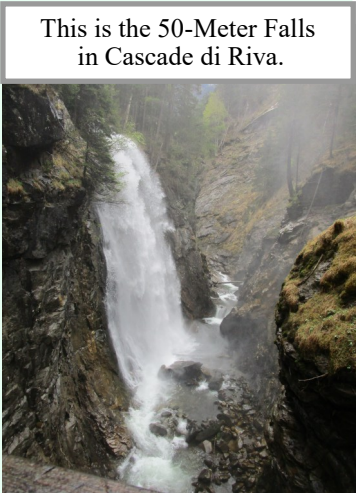
In the center of town in San Candido, we stayed at the Orso Grigio, a small boutique hotel. They served tea and cookies at 4:00 PM every day in the library, and on Friday evening, we had delicious treats and wine in the lobby. They also served the largest cappuccino I have ever had. During our free time, we walked along the river and hiked to a children’s playground which included a castle with a moat, lots of statues of frogs, and a draw bridge. From the park, we could see the entire village and the new nearby NATO building that will house Olympians this winter. Later, our group took a 4-mile hike to the former San Candido Baths. A sign read, “These baths will cure liver problems, alcoholism, intestinal problems, rashes, and arthritis!”

The following day, we hiked around Lake Braies, a beautiful lake with crystal clear water, and several beaches surrounded by rugged rock formations. It is surrounded by the Dolomites. The people there have created hundreds of cairns near the beaches. After our hike, we visited a bunker built in 1940. It was one of 130 bunkers built along the main roads in Italy and maintained to protect from a feared Cold War attack by the Soviet Union. One bunker required 500 truckloads of concrete and was built 10 meters deep. The walls were 5 meters thick and up to 30 soldiers were on duty each day. Thankfully, no Russian attack occurred. This bunker is the only one that has been restored.

Before leaving Italy, we hiked for two hours a challenging trail called the “Path of Contemplation”. The glacially-fed Riva River is surrounded by dense woodlands that echo the soothing sound of rushing water. At the first waterfall, there was a sculpture of a group of people helping others climb a boulder. At the second waterfall, we saw a sculpture of two people reaching to touch each other and another sculpture was dedicated to St Francis. The magnificent waterfalls are 10, 20, and 50 meters tall. The park combined the power of water, nature, history and art. It was an amazing experience. After lunch, we crossed the border at the Brenner Pass which has been a major trade route since the fourteenth century.

As we approached Innsbruck, we spotted the Bergisel Ski Jump which was a venue for both the 1964 and 1976 Olympics. Innsbruck is a lovely colorful city nestled in the Alps. While we were registering in our hotel, my husband met a young girl and her dad. She then proceeded to teach him German for about 15 minutes. There was a lot of chuckling as Dom tried to pronounce the words. We only spent two days in Innsbruck, but we hope to return one day. We toured the Imperial Palace which was built in Gothic style by Maximilian I because he hated city life and loved hunting. In 1860, Marie Teresa redecorated it in Viennese Rococo style. She decided to build a ballroom that took ten years to complete for her son’s wedding. It is now a museum which represents the Hapsburg legacy. We spent the rest of our time in the old city near our hotel having gelato, walking along the river near the university, going across the pedestrian bridge, visiting the bakery for sandwiches, having a picnic lunch in a park by the river, and taking hundreds of pictures.

I love mountains, and this entire trip was wonderful!



This is the 50-Meter Falls in Cascade di Riva.



Bolzano Cathedral



The Inn River in Innsbruck



Orso Grigio Hotel in
San Candido



Riva Waterfalls and Sculpture



Lake Braies surrounded
by the Dolomites



View of Dolomites from
San Candido

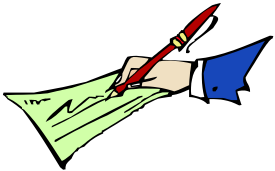
Retiree Council 12 Contribution Form July 1, 2025—June 30, 2026

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 _____

\$15.00 yearly contribution requested. Send to ☐ Amount _____ (only Checks) _____

Dolores Talmadge 206 Main Street, Fort Plain, NY 13339
Any questions, please call (518) 993-2854 .
Make check payable to NYSUT Retiree Council 12.



If you want to continue to receive Outlook in the mail, check here!

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Have a

Great

Thanksgiving !!!

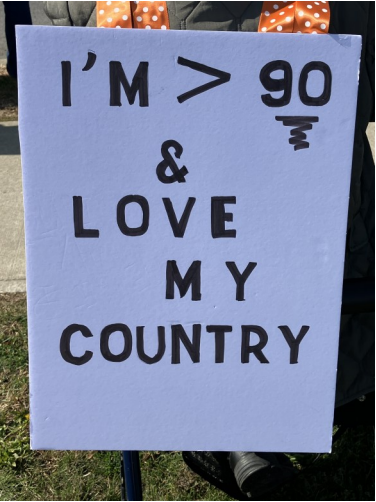


This is your Outlook Newsletter for NYSUT RC 12.
Please look inside for the latest news

Save the Date

March 8, 2026 Rally to Fix Tier 6,
MVP Arena, Albany. 12 pm - 2 pm.
All are encouraged to attend.

RC 12
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<http://rc12.ny.aft.org/>



This is a sign from the
“No Kings Rally” in
Johnstown on October 18.
There were 500+
participants including
people from 1 to 94. The
energy was positive and
the patriotism was
enthusiastic.

C. Darkangelo

PACK YOUR BAGS AND SAVE!



With Member Benefits

Do the colder temperatures have you longing for a little getaway?

NYSUT Member Benefits endorses several programs that can help with all your travel plans, including MB Discounts & Deals, Grand Circle Travel & Overseas Adventure Travel, and Purchasing Power.

MB Discounts & Deals offers NYSUT members exclusive access to savings at over 850,000 popular hotels and resorts worldwide along with flights, vehicle rentals, theme parks and attractions, Broadway shows and museums, sporting events and concerts, movie tickets, ski tickets, restaurant dine-in or take-out, and so much more. If you have not already done so, you can create an account at mbdeals.enjoymydeals.com with a preferred email address, a password, and your seven-digit NYSUT ID number (which can be found at nysut.org/memberid).

Does your bucket list include taking an unforgettable excursion to Asia, the South Pacific, Mediterranean, Africa, Europe, or numerous other destinations? NYSUT members save at least \$150 per person on published

Grand Circle Travel & Overseas Adventure Travel tours along with the opportunity to save thousands per trip with additional discounts and savings. GCT & OAT provide the chance to become fully immersed in the culture of the region you are visiting, including lesser-known locations that most Americans never get to experience. Discovery opportunities, activities, and educational discussions are included with each trip.

With **Purchasing Power**, eligible NYSUT members can package their entire vacation together – including hotels, flights, attractions, vacation rentals, and cruises – while paying over 12 months through payroll deduction or Automated Clearing House (ACH) withdrawals. Purchasing Power is not a discount program, but offers no credit check and no down payments; it serves as an option over traditional financing options like high-interest credit cards.

SCAN ME



Explore all that is available to you from Member Benefits by scanning the QR code, visiting mb-nysut.org/travelmb, or calling 800-626-8101.

November/December 2025

RETIREE COUNCIL 12 NYSUT REGIONAL CONFERENCE
And NYSUT RC 12 General Membership Meeting
October 9, 2025 The Terrace at Waters Edge

