

THE OUTLOOK

Newsletter of the Retiree Council 12

A NYSUT-NEA-AFT Affiliate

September 2025

RETIREE COUNCIL 12 NYSUT REGIONAL CONFERENCE



October 9, 2025
The Terrace at Waters Edge
2 Freemans Bridge Road
Glenville, NY 12302



CONFERENCE SCHEDULE

8:45-9:15	Registration and Coffee/Tea and Breakfast Pastries
9:15-9:45	Sheryl Baker Delano - NYSUT Retiree Consultant Mike Rowan - NYSUT Capital District Regional Staff Director
9:45-10:45	Kimberly Trueman, Esq. - Feldman, Kramer and Monaco - Legal Plan Presentation
10:45-11:15	Sheryl Delano - NYSUT Retiree Jeopardy
11:15-12:00	Stacey Caruso-Sharpe, RC 12 President - RC 12 General Membership Meeting
12:00-1:00	Buffet Lunch
1:00-2:00	David Brooks - Assistant Education Director Schoharie Crossing State Historic Site Erie Canal 200 Celebration

Cost: \$ 20.00 Deadline to register: September 30, 2025

Link- nysut.cc/rc12fall-2025

Please use the **link above** to register online or **fill out** the form below and mail it with a check made out to NYSUT for \$20 to the address below.
Chakerra Arrington, RC 12 NYSUT Fall Conference
800 Troy-Schenectady Rd., Latham, NY 12110

Name _____

Address _____

Phone _____

Email _____ New Retiree _____ Yes

In 2025, New York State the Erie Canal's 200th Anniversary

The Erie Canal has been revered and reviled over the last 200 years. It transformed New York State in dramatic and sometimes unexpected ways. From economic success, to transforming culture, the impact of the canal is felt today, just as its waters still flow.



The bicentennial year reflects on this achievement with a variety of statewide events, such as festivals, lectures, musical performances, and the return of the replica packet boat, the *Seneca Chief*. The year also includes the World Canal's Conference in Buffalo. **David Brooks will be discussing this at the October 9th Conference**

Please share!

On Thursday, November 6, 2025, RC 12 will be hosting a Pre Retirement Workshop for in service educators at NYSUT Headquarters from 4:30 - 6:30 p.m. Since many retirees maintain friendships with in service educators, would you please **encourage any NYSUT member who is contemplating retirement in the next three to five years to attend?** Spouses and significant others are welcome to attend, also. Representatives from both retirement systems (NYSTRS and ERS) will be giving presentations.

In service educators should look for a letter from their local president in early October to register and see specifics for this event.

Save the Date

RC 12 NYSUT Regional Conference	Oct. 9, 2025
RC 12 General Membership Meeting at The Terrace at Waters Edge in Glenville	
RC 12 New Orleans trip *	Sept. 26 to Oct. 6, 2025
RC 12 NYC Trip <i>Operation Mincemeat</i> Musical*	Oct. 29, 2025

* see website for trip details <http://rc12.ny.aft.org/>

Our ONLINE Newsletter will include more travel information about the ALPS go to <http://rc12.ny.aft.org/>



NYSUT Retiree Council 12 President’s Message

Wow! I can’t believe how fast summer flew by! I hope you all had the chance to spend some time with family and friends, maybe outdoors enjoying nature. And, all of a sudden, it’s fall! Our fall NYSUT RC 12 regional conference and general membership meeting will take place on Thursday, October 9, 2025. I hope those who have requested it are enjoying the online registration, and for those who prefer, we still have the mail in option. I hope to see you there!

One thing that has been proven to help keep seniors healthy is to engage not only in physical activities, but mentally stimulating activities as well. Free educational opportunities are available, both online and in person, and I want to point out some. The Medicare Rights Center offers free monthly “Medicare Minute” presentations. I have logged in to a few. They are informative, full of interesting and useful information, and they are no more than one hour and well worth the time. “Join the Medicare Rights Center’s FREE monthly Medicare Minute presentations for NYSUT members. Each month’s Medicare Minute will help you learn more about your benefits and make the most of your Medicare coverage” Use this link <https://www.medicareinteractive.org/medicare-minute>

The Albany Guardian Society offers many in person and on-line workshops and classes covering topics including the importance of wearing your hearing aids, the latest in Alzheimer’s and dementia research, a practical guide to nature photography (one of my favorite stress reducers), fall prevention, estate planning, identifying and stopping the most common financial scams, chair dancing, chair yoga, understanding cloud storage, AI summit and Volunteer Fair, as well as many others. For more information check out: <https://albanyguardiansociety.org/>

Any NYS resident over the age of 60 can audit classes at any SUNY college or university. If a class has an empty seat, and the instructor is OK with it, you are able to enroll. Auditing means that you don’t get assignments or tests graded. However, when I took a photography and photoshop class, I was treated the same as all the other students in the class. All of my assignments and exams were graded, and I received great feedback. Remember, many of the SUNY professors and instructors are also NYSUT members. This is a wonderful free opportunity. (There may be material fees that you need to pay.) Our national union, the AFT, also offers programs in which retirees can participate. A few years ago, at the AFT convention, a resolution was passed that implemented a permanent PPC (Program and Policy council) retirement committee. This means that there is an AFT committee on retirement, with retirees from across the country. They offer input on programs and services offered by our national affiliate. I often tune in to AFT town hall meetings and have been especially interested in the program started this past school year, the AFT monthly book club. The selections and the online meetings were wonderful. The meetings are recorded so if you can’t watch it live, you can watch at another time. Check out <https://www.aft.org/bookclub> There has also been a new monthly program through AFT Share My Lesson, titled AFT Vital Lessons. There have been programs on wellness, public health, vaccinations, perimenopause and menopause, and many other topics that are not only vital to in-service members, but to retirees as well. These programs are all free, and I encourage you to check them out! <https://sharemylesson.com/vital-lessons>

Don’t forget that local libraries sponsor interesting presentations and clubs. Remember, ” libraries are so much more than just books.”

In Solidarity,
Stacey

Hang on to Your Teeth

Losing your teeth can create many problems for your body. Gum disease is linked to the development of diabetes, heart and lung disease, arthritis, and some cancers. Poor oral health can lead to problems speaking, chewing and swallowing. What can you do? Brushing twice a day for **two** minutes each time will decrease the risk of heart attack, heart failure and stroke according to the *International Journal of Cardiology*. If your gums are bleeding, talk to your dentist. They can help prevent tooth loss due to gum disease which destroys gums and bones that hold your teeth in. You may need dental cleaning more frequently. It is also recommended that anyone over 40 should use an electric toothbrush. If you hate flossing, try a water flosser. Finally, smoking makes you 3 times more likely to lose all your teeth than a nonsmoker.

Source; AARP Magazine June/July 2025 pg. 44-45

The Outlook

President Stacey Caruso-Sharpe (518) 496-2769
1st VP Maggie Bouck (518) 727-6160
2nd VP Rich Peters
Treasurer Dolores Talmadge (518) 993-2854
Secretary Cathy Picciocca (518) 922-6025

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SRP Director— TBD

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Photo by Dolores Talmadge
from latest RC 12 Trip to NYC

Listed are the contributions received from members for the July 1, 2025 – August 28, 2025.

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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: An asterisk (*) after it, you are paid **up to** June 30, 2026; a plus (+) after it, you are paid **thru** June 30, 2027; a plus with a number (example: +4), is the number of membership years you are paid in advance.

ACKERAMAN, Susan	DAVIS, Susan A.*	HOOPER, Leslie	MAJOR, Yvonne	ROSE, Roland L.
ADAMS, Marie C.	DeGOLYER, Cindy	HOOSE, Carol	MALONE, Beatrice M.+2	ROURKE, (Mary) Lynn+2
AHOLA, Nancy	DEKALB, Kathleen A.	HOTALING, Kathleen A.	MANDRY, Robert	ROYAL, Eva R.+3
ALEXANDER, Albert R.*	DELILLI, Charles	HOTALING, Pamela A.+3	MARX, Elizabeth	RUGGIERO, Karen
ANDREWS, Carol*	DELILLI, Sue	HOTZLER, David	MAROCCO, Michele	SALVO, Susan+3
ARPIN, Marilyn	DiBLASI, Kathleen	HUGO, Judy	MARRIOTT, Anne R.+2	SAMMONS, David
ASHE, Ken	DiVIETRO, Lisa*	HURTEAU, Marie	MASON, Carol E.+8	SAND, Janet*
BALDWIN, Carol	DIXON, Sherry	IVES, Ralph+6	MATTESON, Jeanette+	SARGALIS, Anne
BANCROFT, Edward+8	DOMBLEWSKI, Roberta	JANICKI, Jody	MAXWELL, Karen B.	SAUTER, Shari
BARNEY, Patricia	DONOVAN, Pat*	JENNE, Patricia	MAZUR, Ginni	SCHAFFER, Linda
BARTMAN, Nora*	DuFRESNE, Ann Marie*	JOHNSON, Patricia	MAZUR, John	SCHERY, Carol
BATES, Karla+4	ECKLER, Debra	JONES, Louise	McCARTHY, Michelle	SCHILL, Jane*
BAXTER, Lance	EDDY, Diane	JONES, Todd	McEVOY, D. Antoinette+2	SCHILLING, Mary
BERGER, Debora	EDWARDS, Carol R.	KAISER, Don+6	McGOWAN-HORAN, Vickie	SCHOFIELD, Donna
BIANCHI, Vincent	EIGANROADT, William H.	KARKER, Charles+2	MENDELL, Jeanette+6	SCHOU, Margaret*
BLODGETT, Delores	ETHINGTON, Brian	KAVANAUGH, Mary E.*	METZ, Noreen Ketz	SCHRADER, Ed
BLOTHENBURG, Janice+2	ETHINGTON, Susan	KERR, Bonnie*	MOLLE, Wendy	SETTLE, Linda Inman
BLUM, Carol*	FABER, Rosanne	KIERPIEC, Dianne	MONK, Mary*	SHULTS, Bob+5
BOVEE, Carolyn S.	FAHRENKOPF, Kelly	KIMBALL, Gloria	MORROW, Brenda A.	SIMEONE, Susan+5
BRADT, Lauralee A.	FALATO, Janet	KING, Dave	NADLER, Sue*	SINICROPI, Carmen J.
BRATE, Regine	FALLONE, Barbara*	KING, Helen+	NEVULIS, Robert+3	SLEEPER, Joyce E.+3
BRICKNER, Pauline	FARHART, Sharon	KINGSBURY, Apryll+2	NICKSON, Kathleen*	SMEALLIE, Laura
BROOKS, Caroline	FARRELL, Mary Alice	KOHLER, Kathleen A.	NIGRO, Barbara	SMITH, Daryl
BROWN, Eleanor	FARRELL, Ruth S.+2	KOLODIEJ, Joan	O'HARE, Debbie+2	SMOLENSKI, Diana
BROWN, Merry	FASDOLDT, Winona*	KORNAS, Diane	OLSON, Joanna	SMRTIC, Sharon
BRUHN, Karen	FISHER, Robert+10	KOSIER, Kathleen	ORTLIEB, Cheryl	SOMERS, Barbara+2
BUNDY, David	FLETCHER, Lorraine*	KOSIER, Stephen F.	OTTEN, Sandra	SPIRY, Lorraine
BURKHART, Carol*	FLICHTBEIL, Sharon	KOSTBAR-JARVIS, Pamela J.	POREMBA, Maureen	SPOFFORD, Paul
BURTON, Maria*	FREDERES, Grace	KOZLOWSKI, Frank	PAVALOCK, Rose M.	STAHL, Michael
CADIEUX, Ronald+	FRIEDMAN, Cheryl	KRAWECKI, Katherine+2	PECK, George W.	STANTON, Martha
CARUSO-SHARPE, Stacey	GALEAZZA, Patricia	KRUTZ, Theresa*	PENNY, Sue	STEARNS, Cathy
CASCIO, Carol	GAWLAS, Raymond	LACHANSKI, Marian+	PERRIN, Arlene*	STEELE, Edgar*
CASTIGLIONE, Carolyn	GENDRON, Donna M.	LAMB, Laura Bliss*	PETERS, Rich	STELLA, Lorraine
CAUFMAN, Susan	GERBER, Bonnie	LAMOURET, David	PETRILLOSE, Peter+6	STEVENS, Linda
CATRAMBONE, Erin*	GIDLEY, Lorraine	LANE, Lisa	PFEIFFER, Kathleen+7	STONE, Suzanne B.
CLAYMAN, Winni	GIFFORD, Paula+2	LaPLANTE, Karen	PHILLIPS, Agnes	SWARCZEWSKI, Deborah
CIERVO, Michele	GLOO, Josephine	LaPORTA, Jean+5	PHILLIPS, Frances T.*	SWATT, Judith*
COFFENBERG, John	GLOO, Linda	LaPORTA, Vince	PICCIOCCA, Cathy+2	SWATT, Rita*
COFFENBERG, Norma	GORDON, Deborah	LARKIN, Dan	PIERCE, Daryl-Jean*	TALMADGE, Dolores
CONSTANTINO, Pam	GOSDA, Patricia	LASAK, Robert J.	PIFKO, Carol	TANNER, Betsy L.
CONWAY, Barbara	GUDMUNDSEN, Sven	LASHER, Lorraine*	PITCHER, Raymond V.	TEN EYCK, Margaret S.*
COONEY, Nancie	GUERNIER, Monica*	LATTANZIO, Mary P.	PIWINSKI, Janice	TIGHE, Carole
COUTURE, Bonnie	HAILE, Linda	LAUBENSTEIN, Ellen G.	POLSINELLI, Karen*	TIMIAN, Arnold
COX, Veronica J.*	HALL, S. Leigh	LAUBENSTEIN, Philip J.	PRAUS, Paul+3	TINKER, Robert
CRAMER, Grace*	HAMILTON, Barbara	LAUZON, Sally	PRITCHARD, Mary	TINKER, Stephanie
COOPER, Nancy D.	HARGETT, Katherine	LeBEL, Raymond A.	PRUDEN, Ed	THIBODEAU, Linda C.
CROSS, Linda	HARRELL, Michelle	LEE, Peter	PUOTINEN, Margaret	TOWNE, Marlene*
CROSS, Robert R., Jr.	HARENETT, Margaret*	LENNOX, Judith	RADER, Carol	TREIBER, Rochelle
CUFARI, Cheryl	HAVERLY, Barbara	LENTINI, Adrienne	REINHART, Harvey+2	TUBERT, Maria*
CUNNINGHAM, Constance	HEIDENSTROM, Lorelei	LESIUK, Kathryn M.	RETERSDORF, Susan S.	VAN DERRIEL, Mary Lou
CUNNINGHAM, Sharon	HERMANCE, Alicia	LINDSAY, Joan E.*	RICCI, Judith+2	VANLOAN, Kathy K.
CZECHOWSKI, Gregory	HERRINGTON, Joan	LIST, Theresa	RIEDEL, Barbara	VAVRA, Susan
DAFELDECKER, Margaret	HILL, Elizabeth	LITZ, Robert+3	RITROVATO, David	VISALLI, Maria
DALY, Sandy*	HOFFMAN, Debbie	LORENCE, Patty+3	ROBERTS, Sondra	WASSEL, Linda D.
DARCY, Jonetta	HOLCOMB, Julia R.	LUNDBERG, Barb	ROBINSON, Patricia	WATERBURY, Jan
DAVIS, Lois M.	HOLIK, Claudia+4	LYMAN, Kathlene+2	ROE, Jane	

Continued on pg 4

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

\$15.00 yearly contribution requested. Do not send cash. Send to _____ Amount _____

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

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



The November RC 12 online issue will include the final part of our travels, to the Dolomites and Innsbruck.

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

Contributors continued from page 3

- | | |
|---------------------------|---------------------|
| WEIDMAN, Catherine | WILLIAMS, Patrice+2 |
| WENDEL, Lillian A.+4 | WILSON, Sharon L.* |
| WESTERVELT, Gayle Gaetano | WOERNER, Maureen |
| WILCOX, Frank | WRENCH, Lori* |
| WILDEGRUBE, Jen | WRIGHT, Patricia+2 |
| WILLIAMEE, Janet* | WRIGHTSMAN, Eileen |

We would like to thank the 292 members who have already contributed to RC 12 this year!!



President Stacey Caruso Sharpe with Carolyn and Dominick Darkangelo joined NYSUT volunteers who filled hundreds of bags for new union members at NYSUT Headquarters. They needed 30,000 bags for this year.

A Wonderful Trip to the Mountains with OAT

By Carolyn Darkangelo, retiree from Mayfield TA

In April, we travelled to Europe to explore the Alps and the Dolomites. This trip was designated an activity level of four out of five. Dom and I love the mountains, so we jumped at the chance to experience this adventure. We started in Chamonix, France. Then, we travelled to Biella in Italy, Lugano in Switzerland, Bolzano and San Candido in Italy, and finally, Innsbruck in Austria. When we spoke to our guide, Mario, we said we were hoping for warmer weather in the Alps since the weather in NY had been very chilly. We were also lucky to meet two guides, Mattia and Alex, who travelled with us as they trained to become guides for this trip. They gave us insight into the different Italian regions we visited.



Our first walk through Chamonix

Chamonix is a beautiful little village at 3300 ft. with mountains in all directions. Our first adventure was a trip up to Aiguille Du Midi which means the *Needle of Mid-Day*. We took two funiculars up to 12,600 feet. At that altitude, you only have 60% of your normal oxygen. We walked up a flight of stairs, and before we reached the top, we were out of breath due to hypoxia. Our local guide, Francois, told us five generations of his family have been mountain guides and that he used to be able to ski from the top of this mountain to the village. Since the glacier has been receding, that is not possible anymore. At the top, it was a beautiful sunny day with views into Italy, France, and Switzerland. Dom turned to change the battery in his phone, and when he was done, we were in a cloud and had no view at all! Most of the time, though, there were great views in all directions. We watched skiers putting on gear to ski down the glacier. We also took a 1908 cog railroad to the Mer de Glace (the largest glacier in France) and rode a gondola down to the glacier to enter a man-made cave built inside it. The cave needs to be rebuilt each year because the glacier is receding.



The view from the top of Aiguille Du Midi

The next day, we travelled through the Mount Blanc Tunnel as a huge rainstorm was just beginning. As we travelled by bus through the French Alps heading toward Italy, I looked out the window and saw a hundred waterfalls on all sides. Our guide said there were very few waterfalls normally in that area. Later, we found out that many mountain villages were flooded, roads were not usable, and the Mount Blanc Tunnel was closed. When we arrived in Biella, Italy, Marco's hometown, we found out that seven inches of snow had fallen in Chamonix. The seven feet of snow was on the top of Aiguille Du Midi, and the hotel in the city center of Chamonix which we had just left had no power. We walked to Marco's favorite brewery that had been built from an old stable where we had delicious eggplant parm pizza and local wine.

Our visit to Biella had to be adjusted due to road closures, but it was still amazing. The rain had followed us to Biella as we toured the old part of the town to visit the cathedral. It was Holy Thursday, and Latin mass was being held for all the clergy in the area. The baptistery had well-preserved 13th century frescos, and there was a small chapel where you could walk behind a tiny altar to receive a special blessing. Biella was known for silk and wool production. The industries have declined, but it is still noted for fashion and luxury textiles. In the afternoon, we took a cooking class to create a delicious meal of spinach ravioli, a goat cheese dip with chives, and cookies with chocolate filling. That evening, we traveled in a tiny jeep with another couple for our home hosted visit. In order for the car to start, all three of us in the backseat had to buckle up. It was a challenge. We drove up into the mountains on tiny roads which had storm damage, but the trip was worth it. Claudia and Maurizio (celebrating their 35th wedding anniversary in April) cooked a wonderful meal, shared family pictures, and discussed their travels to the US. As we departed, we saw the city's lights from their porch.



14th Century Fresco in the Cathedral



On a bright sunny day, we travelled to **Agriturismo Ca' d'Andreit** to spend the day learning about goats and cheese from Andrea, Valeria, and their children, Vittoria and Leda, who had the day off from school. In 1996, they began their business. Andrea refurbished a very old farmhouse to include a home, an area for presentations, and a restaurant; they also built a ventilated barn with solar panels. The goats' milk is processed raw, directly on the farm, and transformed into fresh goats' milk, ricotta and cheeses for aging. We learned to make goat cheese, helped escort the goats to the barn, and had an amazing meal of organic locally-sourced foods.



City of Biella Taken from Marmora Palace

On the last day in Biella, we explored the beautiful Marmora Palace, a 16th century mansion. 17 generations of the Ferrero Della Marmora family joined with the royal families from Florence. Our guide, the Marques of Piedmont, shared his family's history. When he inherited the palace, he began restoration and formed an NGO (non-governmental organization) to raise funds to improve the exterior. The city of Biella now owns the property, but the NGO helps maintain it. In one room, the walls displayed centuries of family trees. They were unique because they included the women's names. The rooms inside were exquisite, but the gardens and towers

outside are very impressive. The large garden, the octagonal tower and a turret create a panoramic terrace with the view of Biella and the surrounding plains.

Then, we travelled through the piedmont region of Italy stopping at the walled "village" of Ricetto di Candelo. It is a fortified structure from the Middle Ages built of cobblestones in a herring-bone style and was a warehouse which was a safe place for storing crops like wine and corn. People only stayed there when the village outside was in danger. We then toured a winery tasting unusual wines available this region. and had lunch in Arborio at Aquila Nera and tasted local dishes of Zucchini flan, creamy mushroom risotto, and chocolate pudding.



Ricetto di Candelo



Lake Lucano from the Oil Tree Trail

When we arrived in Lake Lugano, which is situated on the border between Northern Italy and Southern Switzerland, we were thrilled with our room with its beautiful balcony and view of Lake Lugano. Our dinner on our own was sandwiches as we watched the sun set over the lake. The hotel will celebrate its hundred-year anniversary this year. Each floor has displays showing its history, including a handwritten book of records, and there are also artwork and historic photos in each hallway. We strolled along the shore where we could relax and just be in the moment. The lakeshore promenade takes you through numerous parks including the Belvedere Gardens, where nature and culture blend. The next day included a ferry boat ride across the lake and a 2.5 mile hike on the Oil

Tree Trail along the shore with amazing vistas at each turn. Then, we boarded cable cars to travel to Mount Bre, Switzerland, where we could see the view of the bay of Lugano, the Pennine Alps, and the Bernese Alps. We hiked to the top of the mountain, took lots of photos, and had a wonderful picnic lunch while we absorbed the beauty.

The next day, we took an optional side trip to Lake Como. Our bus driver shared that in the summer he is George Cooney's driver. Ferrying across the lake to Villa del Balbianello at the tip of a peninsula, we saw its elaborate terraced gardens with blooming wisteria, Ficus, and sculptured trees. The displays inside the villa included an exhibit of an excursion to the North Pole. We saw a huge bear rug, a walrus candle holder, numerous photos of the trip with Inuit guides, and a narwhal tusk. Ming vases, glass paintings, opulent marble bathrooms, and 17th century frescos, can be seen in the house. The last owner, Guido Monzino, became very worried about his safety and installed secret passages in the villa. He left the villa and funds for maintenance to the National Trust of Italy. After we returned to Switzerland, we dined on Easter bread, gelato, and nuts on our balcony. Lugano is a beautiful place.



Villa del Balbianello



From Mount Bre



Lugano, Switzerland



**GET
FREE
ACCESS**

TO THE PREMIUM CALM APP, PEER SUPPORT LINE & MORE!

NYSUT Member Benefits understands the importance of providing support, resources, and tools to help NYSUT members with all aspects of their lives. In light of that, we have negotiated with our endorsed program providers to offer members several benefits free of charge.

SCAN ME



Learn more about these along with several other free benefits by scanning the QR code, visiting mb-nysut.org/nocostbenefits, or calling 800-626-8101.



Premium Calm Service –

All in-service and retiree members receive unlimited access to the full Calm library of sleep, meditation, and relaxation content. The popular Calm app includes specialized playlists dealing with stress and focus, mindful movement video and audio, nature scenes and sounds, children's content, and more. Members can add up to five dependents (age 16 or older) to receive their own premium Calm subscription. Note: You will need your NYSUT ID number (which can

be found at nysut.org/memberid) to create your Calm account.

Peer Support

Line – Life can throw lots of curveballs at us, and sometimes we don't readily know where to turn for help. The Peer Support Line is a confidential helpline that is available to all NYSUT members and their loved ones for answers, resources, and support when it's needed most. Chat, email, or call toll-free **844-444-0152** to connect with a peer today.



AD&D Insurance & Travel Assistance Services –

All in-service and retiree members are automatically provided with a \$5,000 accidental death & dismemberment insurance benefit, along with free travel assistance services.

New Member Life Insurance

– All new NYSUT members are eligible to receive a free term life insurance policy providing coverage for up to \$25,000 for one year, guaranteed renewable at the end of the year.