

THE OUTLOOK

Newsletter of the Retiree Council 12 A NYSUT-NEA-AFT Affiliate April 2026

SPRING GENERAL MEMBERSHIP LUNCHEON BEARDSLEE CASTLE IN LITTLE FALLS, NY MAY 7TH, 2026

The menu will be a seasonal buffet with something for everyone!
For more information about the venue and to see samples of dishes,
visit: <http://rc12.ny.aft.org/>



AGENDA

- 9:00 am to 9:30 am Registration – coffee and tea
- 9:30 am to 10:15 am General Membership Meeting
- 10:15 am to 12:00 noon Leaders from NYSUT will present the latest information followed by elections
- 12:15 pm to 1:00 pm Lunch – (Menu can be seen on the website-<http://rc12.ny.aft.org/>)
- 1:00 pm to 1:45 pm Keynote Speaker
- 1:45 pm to 2:15 pm Wrap up and raffles

The cost is \$34.00 (RC 12 is subsidizing over \$9 per person.)
The sign ups should be to **Dolores Talmadge by April 25th.**

Please join us for a day filled with lots of socializing, information and good food!

More information on the program will be available on the website in April <http://rc12.ny.aft.org/>

To reserve your space, please send a check for **\$34.00** made out to **NYSUT RC 12** and mail to **Dolores Talmadge, 206 Main St., Ft. Plain, NY 13339** Return before April 25th.

Name _____ Local Retired From _____ Year retired _____
 Email address _____ Cell phone _____

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

All NYSUT Retiree Council Newsletters are now available online.
Use this form anytime to continue receiving the newsletter by mail after June 2025.
Mail to: Retiree Services, 800 Troy-Schenectady Rd, Latham, NY 12110

Name _____ Phone (____) _____
 Address _____ City _____ Zip code _____
 Phone _____ Email _____

You can also opt-in online to continue receiving this newsletter when you send in your donation by filling out the form on Page 4. Just check the box at the bottom of the form.



NYSUT Retiree Council 12
President's Message



I hope this finds that you are well and that you have survived the winter. Thank you to everyone who continues to support the Fix Tier 6 initiative and who attended the rally in Albany. There was a great turnout, and it is hoped that the legislators took notice and will pass legislation to improve Tiers 5 & 6.

We had our March online Zoom presentation, and our speaker was wonderful. CW5 Phyllis Wilson, retired, is president of the Military Women's Memorial (MWM) <https://womensmemorial.org/>. She spoke about her history in service, the opportunities she had in the military, and she explained how the mission of the memorial is to honor all women who served in or with the military and to record their stories. She encourages everyone, whether you were in the military or not, to register and to go read the stories of women who helped defend our country. This includes the Revolutionary War up through today. The memorial is trying to capture the stories of any woman who served in the military or who worked alongside them such as "donut dollies," the CSO, or members of the American Red Cross, who helped defend our country. Phyllis explained how the memorial does not receive any funding from the government so they rely on contributions of money and of time. Your RC 12 executive board voted to make a monetary donation. What the MWM also hopes is for people to donate time to research a woman who is deceased and who served our country. "The MWM Adopt-A-Woman Veteran project is a national call to action for individuals and

organizations across the country to adopt a woman veteran no longer with us and tell her story." If you knew a woman who served but is no longer with us, I encourage you to enter her story. For other women who have served, there is no one left to tell her story. This is why volunteers are needed. The MWM will give you the name of a woman who served but about whom not much is known. "Each participant will receive the name of a woman who served, a copy of her obituary or other documents, and a link to a resource guide on how to tell and register her story in the National Register, including sample Register profiles to use as inspiration." If you enjoy doing research, I encourage you to consider volunteering. To find out more you can visit: <https://womensmemorial.org/adopt-a-woman-veteran-project/> Remember studies show that volunteering helps improve brain health!

Our spring annual meeting will be held on May 7th at Beardslee Castle in Little Falls, NY. I hope that you will attend and see old friends, make new friends, and hear from some great speakers. We will also be holding elections for officers. We need more people to be Involved with RC 12. If you would like to help your retiree council, please consider running for a position or for volunteering to do limited time activities such as planning trips with the social committee, helping with the newsletter, or spending an afternoon auditing our records. Please reach out to any executive board member if you can help.

Remember that school budget votes and school board elections are just around the corner, on Tuesday May 19th Please support your local schools by voting for the budget and consider running for your local school board. NYSUT can help you with running for any elected office; school board, town, village, or city council seat, or a state or federal position. NYSUT Regional Political Organizers are experienced and can help.

I hope to see you at the May meeting. Until then, stay informed and be well!

"The People cannot be safe without information. When the press is free, and every man is able to read, all is safe."
Thomas Jefferson

In solidarity,
Stacey

- Below are just a few of the many studies available on the benefits to your health of volunteering.
- <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>
 - <https://www.uclahealth.org/news/article/volunteering-can-improve-cognitive-health>
 - <https://www.brainhq.com/better-brain-health/article/brain-health/6-ways-volunteering-boosts-your-brain>

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

Immediate Past President
Jeanne Williams Bennett (315) 895-7063

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

Directors
Dave Lamouret, Jennifer Shaad Derby
Vickie McGowan-Horan, SRP Director— TBD

Newsletter Staff
Carolyn Darkangelo, Jeanne Williams-Bennett,
Theresa Kovian, Phyllis VanSteenburgh

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

**Vote for your
School Budget
on Tuesday
May 19th!**

Listed are the contributions received from members for the January 15, 2026 – March 20, 2026.

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, you are paid thru June 30, 2027/28 a plus with a number (example: +4), this is the number of membership years you are paid ahead.

ANDREWS, Beverly	DALY, Sandra +3	JOHNSON, Sherryl +3	PIERCE, Daryl +2
BARNEY, Patricia	De GOLYER, Cynthia	KAISER, Donald L. +6	POTTER, Gail
BENAQUISTO, Juliet	DeLILLI, Chas*	KOSIER, Kathleen*	ROSASCO, Karen L.*
BILINS, Barbara*	DeLILLI, Sue*	KOSIER, Stephen*	ROSENBERRY, Elise*
CAUFMAN, Susan	DELLA SALA, Thomas A.*	KOSTBAR-JARVIS, Pamela +2	SMITH, Alan W.
CLAPPER, Joab E.	FARHART, Edmond J.*	LeGERE, Alicia*	SMRTIC, Sharon*
COFFENBERG, John*	FARLEIGH, Joe	LOUNSBURY-BROWNE, Elaine	SPEZZA, Deborah*
COFFENBERG, Norma*	FISCHER, Carol L.	MILLS, Diane P. +3	TOWNE, Marlene*
COLLINS, Suzanne*	FISHER, Robert E. +13	NEAL, Sheryl	VALACHOVIC, Bonnie H.
CORVODANO, Katherine	GENZER, Amanda*	NIGRO, Barb +2	VALACHOVIC, Dorothy
COUTURE, Bonnie +3	HOTOPP, Marian W.	ORAPELLO, Anthony	VanSLYKE, Lorraine +2
CUNNINGHAM, Constance +2	JESEP, Michael	ORAPELLO, Joyce	WASHBURN, Patricia
			WOJCIK-HESS, Karen*

REMINDER: RC 12 Election for Officers/Delegates is set for May 7, 2026, at the NYSUT RC 12 General Membership Meeting at Beardslee Castle, Little Falls, NY

The statements from our candidates for RC 12 Elections are in alphabetical order:

Stacey Caruso-Sharpe—Candidate for RC 12 President and AFT Delegate

I have been privileged to represent the members of RC 12 as president for the past several years. The officers (including past officers), directors, newsletter editors, election volunteers and social committee members all volunteer their time to keep RC 12 functioning. I could not have done this job without their help! I would be honored to continue in this position representing our members at our state affiliate, NYSUT and with our national affiliate, AFT. I truly appreciate the support of all those who volunteer time to keep RC 12 working.

Rich Peters—Candidate for RC 12 Second Vice President

As President of the Amsterdam Teachers Association for many years I have been involved in many aspects of advocacy for our profession. Now retired I will continue working for our retirees, whether at the local or state level to maintain our hard earned rights and benefits.

Cathy Picciocca—Candidate for RC 12 Secretary

I have volunteered for the secretary position of RC12 for a number of years. I feel so blessed to be a retired educator from Amsterdam and to have received the benefits I have earned through the contracts that were negotiated through ATA/NYSUT. This is my time to give back to my colleagues and provide information that may improve the quality of their retirement years. The gift of time is the most important gift that one could give. I would be honored to receive this nomination and be elected to this office for RC12 of NYSUT.

Dolores Talmadge—Candidate for RC 12 Treasurer

I have been RC12 Treasurer for the past 12 years. I am willing to continue in that role for another term.

Jeanne Williams-Bennett—Candidate for NYSUT RA Delegate

The NYSUT Representative Assembly (RA) is the highest policy-making and decision making body of NYSUT. NYSUT has prided itself as a grassroots organization and this is an opportunity for us to take our concerns and recommendations to NYSUT. It is important that we send delegates so that we have a direct voice in state-level decision making. I would be honored to continue to serve as one of the RC 12 delegates to the RA.

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: **Dolores Talmadge 206 Main Street, Fort Plain, NY 13339**

Make check payable to NYSUT Retiree Council 12.

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

Any questions, please call (518) 993-2854.

Slippers that are floppy pose a falling hazard (AARP Feb/March 2026)

According to Dr. Emily Samuels, assistant director of the Icahn School of Medicine at Mount Sinai in New York, a low heel (with a back) and a wide sole is ideal. It offers “a higher surface contact area with the ground and then a slip-resistant outsole.” Make sure the chosen slipper is tight around your feet. Velcro or laces won’t allow for flopping.

Some exercises that don’t feel like exercises (AARP Feb./ March 2026 issue)

1. Standing —try to stand during an entire call, rather than sit.
2. Walking— 10,000 steps without weights.
3. Walking with a weighted backpack or holding something with weight.
4. Taking the stairs, rather than the elevator.
5. Standing on one leg.

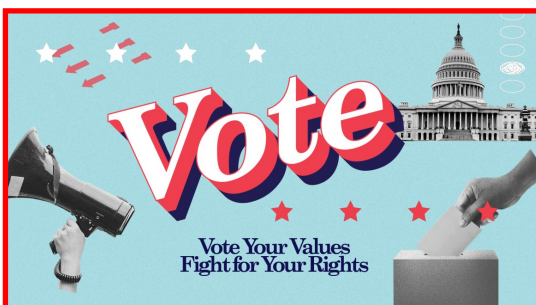
**RC 12
 Outlook**
 April 2026



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

Save the Date

- ***May 7, 2026** RC 12 Membership meeting at Beardslee Castle in Little Falls, NY
- ***April 22, 2026** NYC play “Two Strangers (Carry a Cake Across New York)
- ***July 27, 2026** RC 12 Day trip to Glimmerglass
- ***October 1, 2026** NYSUT RC 12 Regional Conference at the Terrace at Waters Edge in Glenville, NY
- ***October 4-10, 2026** Pigeon Forge & Smoky Mountains Show Trip





Another new year is upon us and with it comes the opportunity to take stock of where we are in our lives. NYSUT Member Benefits endorses numerous programs that can help with creating a plan to prepare for whatever the future brings.

CREATE YOUR PLAN OF ACTION FOR THE UPCOMING YEAR TODAY.

Learn more by scanning the QR code, visiting mb-nysut.org/investinyourfuture, or calling 800-626-8101.



Have you addressed any legal or financial concerns?

With our Legal Service Plan, you gain access to a national network of attorneys at a reduced cost; two, free hour-long consultations; and a legal security package containing a simple will, health care proxy, living will, and power of attorney. Meanwhile, our Financial Counseling Program provides access to certified financial planners that can offer unbiased financial counseling services.

Improving your financial acumen is a key part of building a successful retirement plan. Powered by Kiplinger's Personal Finance, our Financial Learning Center is a free online resource that offers monthly articles about dealing with debt, insurance, retirement, finances, and more.

Do you have an emergency fund?

Synchrony Bank offers several options to help grow your savings over time, including high-yield savings accounts,

money market accounts, and certificates of deposit. NYSUT members receive special rates above those available to the general public.

Is a new home or refinancing of your current home on your list?

NYSUT members can save up to \$2,700 on lender fees and closing costs with the UnionDirect Mortgage Discount Program from Mid-Island Mortgage. For more than 60 years, Mid-Island Mortgage has been helping union members with realizing the joy of homeownership.

Are you looking for assistance with credit and/or debt management?

Our partnership with Cambridge Credit Counseling can assist members with understanding debt consolidation and student loan repayment options. Members can receive a free, no-obligation consultation with a Cambridge certified counselor.