



THE SOUTHEAST CATALYST



PUBLISHED BY THE NYSUT SOUTHEAST UNIT OF TRIF

NOVEMBER 2016

NYSUT TRIF

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*Southeast TRIF (Teacher Retirees in Florida) meets at the South County Civic Center,
16700 Jog Road, Delray Beach, FL 33446*

President's Message

Wow! What an election!! I had two versions of a first paragraph prepared for this message. Unfortunately, I am not writing the one I really hoped I would and I am extremely disappointed, emotionally drained and upset. But, I slap myself and say, get over it and let's get to work. We are all better than this entire election cycle has wrought; friends against friends, neighbors against neighbors, and I don't know about you but in my case, relatives against relatives. They always say you can choose your friends but not your relatives. I will get over it but they are still digging in and want revenge. This is why I supported and voted for Hillary Clinton. I wanted a kinder and more hopeful America free from hatred and bigotry. We can only hope and pray that our futures will continue to be bright!

There is no better time than now to remind ourselves of the extraordinary victories we have achieved through political action. Political action takes many shapes and forms....phone banking, canvassing, polling, ringing doorbells, knocking on doors, sending mailers, attending rallies, wearing T shirts, buttons, pins, putting signs on lawns and placing bumper stickers on cars.

The fight is never over. With another election over, a new one begins on our local level here in Florida as well as in New York. We must continue to work together to put people in office that represent who we are and what we believe in.

The single greatest weapon in our fight to preserve public education and protect everything we have achieved is VOTE/COPE. When these voluntary contributions are spent wisely, we support those legislators in Albany to ensure that New York never becomes Wisconsin, where both tenure and collective bargaining no longer exist. We must be aware that many states have underfunded pension systems, putting the pensions of teachers and other public servants in jeopardy or severely diminished.

Before the Triborough Amendment was passed in 1982, teacher strikes were widespread as our profession was at risk. We participated in many of those strikes and lost money. There are those today who would like to repeal the Triborough Act. We cannot allow this.

So many of our members do not understand the battles it takes just to protect what we have won over the past 40 years. VOTE/COPE dollars are used every day planning for the threat of a scary constitutional convention which will directly impact the pensions and benefits we have today. That is our new fight and we must take the threat of a 2017 Constitutional Convention very seriously, as many people feel we should not have the "extravagant" pensions we worked so hard for when we sacrificed higher salaries for a more secure future.

I am proud to lead a group of intelligent and dedicated retired school professionals who know the fight is never over. Opening a constitutional convention will allow the legislators in Albany to re-craft the language in the state constitution guaranteeing that our pensions and benefits not be diminished. When we ask NYSUT/AFT members to give to VOTE/COPE, we are genuinely confident that we are asking them to invest in themselves. We will be discussing the issues involved with a convening of a constitutional convention in the coming months. Many of you already contribute to VOTE/COPE and many still do not. I have \$5.00 through pension deduction sent directly each month. Please consider filling out the form on the last page of the newsletter to aid in our fight to support what we continue to deserve.....our pensions, our benefits, our hard fought rights. As always, we move forward together!

Miriam Hanan

President

Next Meeting Tuesday, November 15. Refreshments at 9:30 AM

Program: Bob Dodes—Caring Clowns on Call at 10 AM

EDITORIAL

Welcome back to an exciting new 2016-2017 year for Southeast RC 43 unit.

What a way to start! Our first meeting went off without a hitch. We had a great turn out with about fifty members present. An unbelievable breakfast, fabulous speaker Pamela Goodman, President of the Florida League of Women Voters, and a reunion for our present members with hope of our new members becoming active.

I am so excited to inform you that our Southeast Unit is the largest in all of Florida. We are 103 strong, up from last year, and should easily surpass that number this year. As of November 1, 2016 we have 66 paid members, of which 13 are new. Welcome new members: Virginia Bennette, Susan Kohenak, Annette Levine, Barbara Martin, Karen and Arthur Ehlin, Ida Sturge, Hannah Frankel, Carol Schwartz, Carol Lazarus, Lois Weber, Sue Weber, and Cathy Vayianos. Thank you for joining and thank you my comrades for rejoining!

All of us retired teachers who moved to our area from New York know how important it is to be kept informed of what is happening. Tell your New York teacher friends and acquaintances about our unit. It is necessary to be kept up to date on things available to us and informed about laws and procedures that will affect us now and down the road. We need your support to keep what we have and protect those who will retire in the future. Come to our monthly meetings and enjoy all our special programs, share friendship with each other, and enjoy our lifestyle in sunny Florida. We all deserve that.

See you in November.

Sincerely,

Marsha Friedman
Treasurer Southeast Unit RC 43

COMING ATTRACTIONS

NYSUT RC 43 Teacher Retirees In Florida – SOUTHEAST CHAPTER

9:30 AM

South County Civic Center, 16700 Jog Road, Delray Beach, FL

November 15: Bob Dodes: Volunteer Clowns on Call— Caring Clowns

December 13: tba

January 10: Joan Perrini: Drawbacks of the NY State Constitutional Convention and Updates on Retiree Issues and Benefits



Senator Al Franken chats with TRIF Southeast President Miriam Hanan at the early voting site at the Lantana Road Branch Library in Lake Worth on Sunday, November 6. And yes—Miriam is wearing her “Hillary” tee shirt.

Vaccines Recommended for Seniors

(from “The Savvy Senior” by Jim Miller, *Condo News*)

Most people think that vaccinations are just for kids, but adults, especially seniors who tend to have weaker immune systems, need their shots too. The Centers for Disease Control and Prevention (CDC) recommends the following vaccines for seniors 65 and older, and how they’re covered by Medicare. Please check with your physician to determine whether these recommendations are right for you:

Flu (Influenza): It is recommended that all seniors get an annual flu shot every fall. Those 65+ also have the option of getting a high-dose flu vaccine instead of a regular flu shot. The Fluzone High-Dose has four times the amount of antigen as a regular flu shot, which creates a stronger immune response for better protection. All annual flu shots are covered under Medicare part B.

Td/Tdap (tetanus, diphtheria, pertussis): A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria, and pertussis (whooping cough), is recommended to all adults. If you’ve already had a Tdap shot, get a tetanus-diphtheria (Td) booster shot every ten years. All Medicare Part D prescription drug plans cover these vaccinations.

Pneumococcal: This vaccine protects against pneumonia, which kills about 50,000 Americans each year. It is now recommended that all seniors, 65 and older, get two separate vaccines—Pneumovax 23 and Prevnar 13—at different times. Medicare part B covers both shots if they are taken at least 11 months apart.

Shingles (zoster): Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects more than 1 million Americans each year. All people over age 60 should get the Zostavax vaccine, even if they’ve had shingles before. All Medicare Part D prescription drug plans cover this one-time vaccination, but coverage amounts and reimbursement rules vary depending on where the shot is given. Check your plan.

Varicella (chickenpox): If you’ve never had the chicken pox, this two-dose vaccine (called Varivax) is recommended to adults, and is also covered by Medicare part D plans.

Hepatitis A: This is a two-dose series of shots recommended to adults that have chronic liver disease, a clotting factor disorder, have same-sex male partners, illicit injectable drug use, or who have close contact with a hepatitis A-infected individual, or who travel to areas with a high incidence of hepatitis A. These shots are covered by Medicare Part D plans.

Hepatitis B: This three-dose series is recommended to adults who are on dialysis, have renal disease or liver disease, are sexually active with more than one partner, have a sexually transmitted disease, or HIV. These vaccinations are covered by Medicare Part B.

Meningococcal: Adults 56 and older, who have had their spleen removed, have certain blood deficiencies, or plan to travel to parts of the world where meningitis is common, should receive the meningococcal polysaccharide vaccine. This is covered by Medicare Part D.

To give you an idea of which vaccines are appropriate for you, take the CDC’s “What vaccines Do You Need?” quiz at www2.cdc.gov/nip/adultimmsched

Also, please talk with your doctor about what vaccines you have already had, and which ones you should get.

We go back a long way GIVE TO VOTE COPE

Dear NYSUT Member,

While this coming election year will be very important for everyone in the country, the votes you cast in 2017 will be just as significant because that's the year New York state voters decide whether to hold a Constitutional Convention.

As a public sector employee, someday you will depend on your pension to provide you with security in your retirement. With the 2017 Constitutional Convention vote just around the corner, and the language that protects your public pension hanging in the balance, its never been more important for you to give to VOTE-COPE.

We're the union. We fight for one another.

Please give what you can so that our voice will be heard.

Andrew Pallotta
Secretary-Treasurer of VOTE-COPE



***It is important that we receive
the original form
so we can accurately
credit your contribution.***

***Please keep a copy
for your records.***

VOTE-COPE is the New York State United Teachers' political action fund.

Contributions or gifts to VOTE-COPE are not deductible as charitable contributions for federal income tax purposes.

***To contribute through pension deduction,
please complete the bottom section.***

***If you wish to make a direct contribution
by check or credit card,
please use this middle section.***

Return the form to your local VOTE-COPE volunteer:

RC 43, Southeast Chapter of TRIF

***If you prefer, or if there is no name and address listed above,
you may mail your form directly to:***

**VOTE-COPE
P.O. Box 5190
Albany, NY 12205-0190**

VOTE-COPE Pension Deduction Authorization Card

The undersigned authorizes the New York State Teachers' Retirement System (NYSTRS) or the New York State Employees' Retirement System (NYSERS) to deduct from each of my regular defined-benefit pension payments the sum of ☐\$10, ☐\$5 or ☐Other \$____ (per month) and to forward that amount to VOTE-COPE, P.O. Box 5190, Albany, NY 12205-0190. I understand that this monthly amount will continue to be deducted until revoked by me in writing.

Such guidelines are merely suggestions. NYSUT members are free to contribute more or less than the guidelines suggest, and NYSUT will not disadvantage anyone by reason of the amount of their contribution or decision not to contribute. Contributing to VOTE-COPE is voluntary, and NYSUT members may refuse to contribute to VOTE-COPE without reprisal. Contributing to VOTE-COPE is not a condition of membership in any labor organization. VOTE-COPE may use the money it receives to make political contributions and expenditures in connection with federal, state and local elections.

I expressly acknowledge and understand that the deduction, as specified above, be withheld monthly and that NYSUT will transmit this authorization to the appropriate retirement system. I hereby certify to NYSTRS and NYSERS that I am a member of NYSUT, an employee organization entitled to receive union deduction payments as provided by law.

Name _____ Pension # _____
Phone # _____ Date _____
Signature _____
Local from which you retired: _____

RC 43

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Please bring a friend to our next meeting on November 15 at 9:30 AM at the South County Civic Center, 16700 Jog Road, Delray Beach, FL 33446