



Fall Prevention in Your Home

About a third of our seniors will fall this year and half of those falls requiring hospitalization will take place in the home where you might have a false sense of security. To help prevent falls,

remove all clutter: piles of books, grandchildren's toys, etc.,

repair or remove tripping hazards, e.g. loose cords, throw rugs,

nonslip mats are recommended for bathtubs and showers,

install grab bars & hand rails,

install brighter light bulbs, add night lights,

wear clothing you do not trip over and wear shoes - socks are a slipping risk.

Stay safe! —Mary Ella Moeller



2018 CALENDAR

- August 22** 10:00 EERTA Bd. mtg
Riverhead Public Library
- August 18*** LIZ ANNUAL REPORT deadline
**please note date change*
- Sept. 5** 11:30 EERTA Back-to-School
Elections Lunch
(host: Riverhead & West)
- Sept. 12** 10:00 LIZ BOD Meeting via
conference call (our first!)
board members, please check
your e-mail for the two numbers
- Sept. 13** WERTA NEWS deadline
- Sept. 26*** 11:30 LIZ Annual Mtg/Lunch
**please note date change*
- Oct. 9** 10:00 WERTA Bd. mtg.
- Oct. 17-19** NYSRTA Convention,
Turning Stone, Verona
- Nov. 6** Election Day
- Nov. 7** 11:30 EERTA Lunch:
Hampton Bays
(host: Southampton Town)
- Dec. 5** 11:30 EERTA Holiday Lunch:
(host: Southold Town)
- Dec. 12** 11:30 EERTA Lunch:
(host: Shelter Island)
- Dec. 31** Happy New Year!

The slate of officers for 2018-2019:
Fred Conway (President), Eileen
Holmes & Evelyn Paolo (Co-VPs),
Emily Caristo (Secretary) and
Dominic LiCausi (Treasurer)



I hope everyone is enjoying this hot/humid summer and is looking forward to a refreshing fall season. Finishing my first year, once again, as your president, I wish to thank the Board of Directors for their continued support. I am especially proud to have participated in the overwhelming defeat of the proposition to open up the NYS Constitutional Convention.

Family and health issues have taken a toll on our membership. The BOD is participating in phone communication with former members to urge them to re-enlist and thereby be eligible for all benefits of NYSRTA/

LIZ. I wish Historian June Torns and longtime EERTA Membership Chairs SuzAnne & Frank Jessup well in their retirements from their positions with Long Island Zone.

The next LIZ BOD meeting will be by conference call on **Wednesday, September, 12th at 10:00 a.m.** Details have been e-mailed to Board members. If any members have a comment, suggestion, or recommendation, please send it to my attention at fgconway@optonline.net or 631-476-6558.

I'd like to see each of you at the Annual Meeting on **Wednesday, September 26th at 11:30** at the Bellport Country Club. The slate of LIZ officers for 2018-2019 up for a vote at the meeting include: Fred Conway (President), Eileen Holmes & Evelyn Paolo (Co-VPs), Emily Caristo (Secretary) and Dominic LiCausi (Treasurer). Please sign up with the registration form in this issue of LIZ NEWS. (I applaud Jo Anne for editing the LIZ NEWS. She has done a remarkable job this year.)

At the **October 17-19** NYSRTA Convention at Turning Stone, President Angelo Grande, VP for Membership Lois Thornberg and I are elected officer delegates. Site Chair Leigh Powell and Community Services Chair Eileen Holmes are delegates-at-large. LIZ has qualified for 31 additional delegates and we have filled 22 of those openings. There is strength in numbers, so I'm hoping to fill the coach bus provided by the Long Island Zone. Each qualifying delegate will receive a \$400 stipend to help cover expenses. The NYSRTA Acting Nominations Chair informs us that these officers have agreed to be considered for their current positions: Mary Johnson & Gary Germain (Co VPs of Legislative Action), Judy Farmer (Secretary), Terry Trudeau (Treasurer). The following have submitted a letter of intent, a resumé, and letter(s) of recommendation to run for office: Kevin Mulligan (President), Jim Newell (Senior Vice President), Lois Thornberg (VP for Membership), and Judith Corigliano (VP for Friendly Service).

In closing, I'm excited to lead you again next year. Stay well and keep our ailing members in your prayers. Penny Coyle, longtime leader in our retiree organizations, is still living at the Medford Multicare Center. —Fred Conway



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Convention Resolutions

The following resolutions were acted upon and passed:

Greater safety in the schools. -Western & Central Western

Metal Detectors in all NYS schools. -NE Zone

Greater protection & enforcement of legislation & regulations against gun violence in NYS schools. -Central Zone

Ban assault weapons & limit purchases of all firearms to age 21 and older. -CWZ

Greater protection & safety of educational employees. -Central Zone

Stop states from taking away benefits of retired teachers -Western Zone

Concern about AARP's excessive marketing and solicitation of the elderly. -NE Zone

Resolution for Convention Locations to be more centralized. -SEZ

These resolutions, posted in greater detail in YORK STATE, will be submitted and voted upon at the October Convention. —Robert Svoboda



LIZ Public Relations



Eileen Holmes, representing the Long Island Zone, presented a \$1,000 New York State Retired Teachers Association Hudson-Kramer Memorial Grant to Malynnda Nichol and Shawn Keane, science teachers at Dawnwood Middle School, Centereach. Their winning grant proposal outlined an agricultural unit "From Seed to Table" with a curriculum that will enhance the STEAM and science research initiatives in the Middle Country School District. The grant money will be used to construct a heated greenhouse.

The presentation was made on June 5, 2018 at an after-school faculty meeting arranged by Dawnwood Principal

Kristi Leonard who issued an invitation to make a return visit in the fall to see the completed project.

Special thanks to LIZ members Alicia Wisnisky, Dom LiCausi, Fred Conway, Leigh Powell and Angelo & Kathryn Grande for their help in judging the entries. In 2020, the Long Island Zone will have an opportunity to present this grant again to a deserving public school teacher or team of teachers with a unique, innovative proposal for enhancing their students' education.



NYSRTA Hudson-Kramer award winners Shawn Keane and Malynnda Nichol with LIZ PR Chair Eileen Holmes and Dawnwood Middle School Principal Kristi Leonard

LIZ NEWS on your Computer



The Annual Meeting & Fall Luncheon invitation will arrive via USPS, along with election information and instructions to view and/or download the current full-color LIZ NEWS edition posted on the NYSRTA website. (One can copy & paste this link to a browser: nysrta.org/wp-content/uploads/2018/09/LIZ-2018-Fall.pdf OR, if you are already on the [NYSRTA.org](https://nysrta.org) page, you can navigate

to our newsletter by clicking "Zones & Counties" at the top of the page, then "Long Island" in the middle of the page, then "LIZ NEWS 41 Spring 2018" at the bottom left OR go to and "Like" our Facebook page: "Long Island Zone of the New York State Retired Teachers' Association" - you probably won't have to type the entire name before the page will pop up.)

Speeding up the delivery of news will keep us better informed, save a few trees & great piles of stamps. Additionally, critical information will be easier to share with colleagues, family & friends. —Jo Anne Powell



MEMBERSHIP

Members are what make the organization what it is and without them the organization would cease to exist. Organizations today are experiencing a decline in participation and membership. NYSRTA is no exception. Not only are we seeing a decline in new membership, but also a reduction in present members

renewing. The job of increasing the membership on both fronts needs to be the responsibility of ALL members of the organization. As a member of NYSRTA, each and every one of us must work on increasing the awareness of NYSRTA. Every member needs to work to bring in "new blood" and encourage the retention present members. Make an effort to spread the word about NYSRTA, stressing that we are the ONLY organization that focuses on the needs of the RETIREE, working to insure that pensions and health care are kept in place. As a parting thought, consider this: I can't alone, but together we can succeed.

REMINDER: Please be sure to pay your NYSRTA dues, if you have not already done so. —Mary L. Armbruster



Spring Luncheon Fun at the Irish Coffee Pub



Barbara Nagelberg, Leslie Conway, and Marc Nagelberg smile with Long Island Zone President Fred Conway



Leigh & Jo Anne Powell share news of their 40th wedding anniversary plans with friends around the table.



Edith Whitaker & Marjorie Williams take the cake for having the longest memberships at the luncheon, yet definitely maintain their youth!



Val and Ginny Stype seem to be having great fun with each other, as well as their colleagues!



Sue & Dom Licausi attend all events with wonderful smiles!



Membership Chairs Lois Thornberg & Mary Armbruster bookend newbies



Center Moriches retirees Dee McKinnon, Eileen Holmes & Emily Sloan



MaryElla Moeller, Jola Macari & Harriet Edwards drive "up west" from EH

Community Service Helps Make "U" Happy



As a Community Service project, the Long Island Zone has been holding raffles and 50/50's at luncheons to raise money for "Helping Makes U Happy," a community service organization based in Center Moriches and founded by Keith Caputo. Keith has Down's Syndrome, but this

has not gotten in his way as he has turned his idea of helping others into a fantastic, well-run organization that has helped thousands of people in just three years since it was founded. Keith and his mom Cassy will be our guests at the LIZ luncheon on September 26th at the Bellport Country Club. I encourage everyone to join us as we honor Keith and hear him speak about his commitment to helping others, the wonderful success of "Helping Makes U Happy" and the future plans for his organization!. —Eileen Holmes

The LIZ Annual Meeting & Fall Luncheon

WHEN: **Wednesday, September 26th, 11:30 a.m.**

WHERE: Bellport Country Club, 40 South Country Rd, Bellport

COST: \$36

MENU: Pasta, Garden Salad, Marinated Steak or Filet of Sole or Chicken Marsala, Dessert, Coffee, Tea, Soft Drinks, Cash Bar

Long Island Zone's Annual Meeting & Fall Luncheon, September 26th, 2018 at 11:30 a.m.

Member's name _____

Telephone _____ e-mail _____

Member's entrée choice _____

Guest's name _____

Guest's entrée choice _____

Please send a check payable to NYSRTA/LIZ for \$36/pp to LIZ Treasurer Dom LiCausi, 31 Vidoni Drive, Mount Sinai, NY 11776 by September 15th to help us plan. If you expect to pay at the door, kindly let Dom or Eileen Holmes know in advance.