

## Retired Educators of New York aka NYSRTA & RENY



44/1  
spring 2021

## 2021 CALENDAR

- May 9** Mother's Day
- May 17** Tax Day
- May 31** Memorial Day
- June 14** Flag Day
- June 20** Father's Day
- July 13-14** RENY Board Mtg, Desmond,  
660 Albany Shaker Rd, Albany
- August 25@10** LIZ Board tele-meeting
- September 6** Labor Day
- September 22@11:00** LIZ Luncheon,  
Annual Meeting & Voting,  
Bellport Country Club  
- see the last page of this  
newsletter for information
- October 11-12** NYSRTA/RENY Annual  
Meeting, Desmond Hotel,  
660 Albany Shaker Rd, Albany
- TBA** 2022 RENY Convention hosting  
tele-meeting
- November 1** LIZ, WERTA & EERTA  
Officers begin 2020 terms
- November 2** Election Day, please VOTE!

## LEGISLATIVE ACTION

Kathryn & Angelo Grande, Co-Chairs



### Our State legislative priorities for 2021 include:

1. Opposition to the proposed 20% cut to school aid in the 2020-21 school year, support of increased school spending for building upgrades, expanding internet access to underserved areas, and increasing support for student acquisition of adequate computer technology for learning.
2. Support for the following legislation regarding prescription drugs:
  - i. Synchronization of Multiple Prescriptions Act 4187 (Gottfried-D, no duplicate bill) & S431 (Hoylman-D)
  - ii. Manufacturer Disclosure and Transparency Act S-398 (Biaggi-D) Re: generic drug development
  - iii. Reducing Pharmacy Benefit Manager Costs Act A291 (Cahill-D) & SO1768 (Skoufis-D). Reduces pharmacy benefit manager costs and makes a clear definition of Pharmacy Benefit Managers.
3. Support for protection against elderly victimization by increasing penalties for scams and fraud aimed at seniors.
4. Support earmarking the legalized marijuana revenue for education and drug treatment programs.

Our advocates will present these items to their State Legislators.

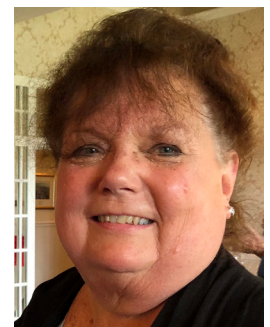
### Our Federal legislative priorities for 2021 include:

1. Support for ongoing bills related to expanding COVID-19 stimulus aid to: the unemployed, small business, paycheck protection, schools, state/local governments and first responders, such as the \$1.9 trillion proposal from President Biden.
2. Support for reintroducing the "Protecting & Preserving Social Security Act" and opposing payroll tax reductions or holidays.
3. Support for legislation regarding prescription drug price reduction, such as reintroduction of the "Lower Drug Costs Now Act."
4. Support for social/health mandates, such as requiring mask wearing and social distancing on Federal property and interstate travel.

Our advocates will present these items to their Federal Legislators.



It's been over a year since the Corona virus pandemic shut down our lives and changed the way we live, shop, travel and communicate in our homes and across the nation. I think I can speak for all of us when I say, "I'm tired of being part of a major historical event!" However, we are smart, conscientious retirees, so health and safety concerns keep us behaving appropriately. We adapt to the necessary changes and make the best of it.



**Eileen Holmes**

In this newsletter, you will find information about the changes our organization has made to deal with the on-going pandemic: the RENY Convention at Turning Stone has been changed to a smaller Annual Meeting format in Albany, RENY and LIZ board meetings are now teleconferences, we canceled our Fall & Spring Luncheons, but are hopeful that the 2021 Annual Meeting & Luncheon will take place as planned and we can again enjoy the friendship and camaraderie that we have been missing.

Stay safe and healthy!



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# HEALTH: more important than ever

Jo Anne Powell, Health Chair



## From the Medicare Rights Center:

Home health care includes a wide range of health and social services delivered in your home to treat illness or injury. If you qualify, Medicare covers the following–

- Skilled nursing services, such as injections, tube feedings, catheter changes, observation and assessment of your condition, and wound care. (Provided up to seven days per week for generally no more than eight hours per day and 28 hours per week, but in some case up to 35 hours per week.)
- Skilled therapy services, such as physical therapy, speech & language pathology, and occupational therapy. (Not if you only need occupational therapy.)

**Unless you were born prior to 1918, this is your first pandemic. Staying informed is critical. Here are excellent sources:**

1. For a morning update on the latest news, go to the Kaiser Health News Briefing at [khn.org/latest-morning-briefing/](https://www.khn.org/latest-morning-briefing/).
2. See [WebMD.com](https://www.webmd.com) to learn about the new COVID strains.
3. Check out [everydayhealth.com](https://www.everydayhealth.com) for news and tips.
4. Subscribe to Governor Cuomo's Coronavirus Updates for vaccine locations at [now.ny.gov/page/s/coronavirus-updates](https://www.ny.gov/page/s/coronavirus-updates).

## From the Washington Post Coronavirus Update:

The CDC released clear guidance about what people can and cannot do after they're fully vaccinated.

- You can hang out indoors with other fully vaccinated people without a mask.
- You can gather indoors with unvaccinated people from one other household without masks, unless someone in that household is at risk for COVID-19.
- If you came into contact with someone who has COVID-19, you don't need to quarantine or get tested unless you have symptoms. This doesn't apply to people who live in a group setting (e.g. correctional facility, assisted living, etc.)

**Fully vaccinated = two weeks after second Pfizer or Moderna shot and two weeks after the Johnson & Johnson shot.**

The CDC also pointed out the things that haven't changed, and you should assume anything that isn't covered in the list above falls into the "guidance hasn't changed" bucket.

## Meanwhile, here are 10 suggestions to help you through this pandemic:

1. Still avoid crowds!
2. To be cautious, wear your mask when others are not fully vaccinated, even if you've been vaccinated.
3. Again, to be cautious, keep at least an arm's distance from others, even if you've had the vaccine.
4. Wash your hands frequently throughout the day.
5. Be really good to others.
6. Pick your battles.
7. When you make a mistake, make amends immediately.
8. The ten most essential words for a healthy relationship are "I apologize" and "You've given me a lot to think about."
9. [Healthline.com](https://www.healthline.com) suggests that drinking wine in moderation, about a glass per day, offers several health benefits.
10. Never give yourself a haircut after three margaritas!



# Welcome to Spring!

Dee McKinnon & Alicia Winowsky, Friendly Service



We hope all of you had a very nice winter and are getting ready to go outside and smell the flowers! By now, most of you may have had your vaccination and will be able to spend time with friends and

loved ones. Things are certainly looking up!

During the pandemic, we send as many cards as we can by email to save postage. We use 'snail' mail to those who don't have email and often receives touching "thank you's" by email or regular mail. Many of you have donated cards to us over the years and we are always happy and grateful to get them! Dee & I have missed seeing you all during these months of lockdown and are looking forward to being with you in September! In the meantime, stay well!

**Jane Alwais** was born September 17, 1923. Following her teaching career in the Great Neck School District, Jane became active in the Great Neck Retired Teachers Association, as well as for the Long Island Zone of NYSRTA. In 2001, our Zone presented Jane with the LIZ Distinguished Service "Silver Tray" Award & Certificate as the member having the most significant effect on the operation of LIZ & NYSRTA. Longtime Executive Board members recall Jane for her professional manner in the advancement of retired teachers, as well as a fun-loving delegate with her husband Larry at so many of the NYSRTA Conventions. Sadly, Jane passed away April 10th, during the first month of the pandemic.



## LIZ Annual Meeting - Amending Our Bylaws

Jo Anne Powell, Bylaws Chair

At our September luncheon, we must vote upon two RENY bylaws, passed by the RENY Board of Directors in 2020.

**VOTE ONE: Your LIZ Chair recommends a nay vote** on new ARTICLE I – The New York State Retired Teachers' Association, Inc. is the legal name of the corporation referred to in these Bylaws as the Association. The Association has filed with New York State and will henceforth be known as the New York State Retired Teachers' Association doing business as the Retired Educators of New York (RENY). All Zones and Units of NYSRTA **need** to use the dba - RENY

as their name of recognition and also maintain and use the new logo associated with RENY. Acceptable examples of incorporating RENY into your Zone or Unit are Long Island Zone of RENY or RENY/Long Island Zone.

**VOTE TWO: Your LIZ Chair recommends a yea vote** on new ARTICLE I, substituting Zones and Units of NYSRTA should be **encouraged** to use the dba - RENY as their name of recognition and also maintain and use the new logo associated with RENY.

**VOTE THREE: Your LIZ Chair recommends a yea vote** on amending Article IV, Section 1 by adding:

**All Zone members must be dues paying members of the Association.**

**All Zone elected officers and committee chairs must be members of the Association.**

**All Unit elected officers and committee chairs must be members of the Association**

**VOTE FOUR: Your LIZ Chair recommends a yea vote**, because according to ARTICLE IV - Association Structure, Section 1 - Zones, (e) The Bylaws of each zone shall be consistent with the Bylaws of [NYSRTA/RENY]. Thus, if the third RENY vote is passed, then LIZ must add **dba RETIRED EDUCATORS OF NEW YORK; All Zone members must be dues-paying members of the Association; All Zone elected officers and committee chairs must be members of the Association; and All Unit elected officers and committee chairs must be members of the Association.**

Have no fear – I will try to make this a very speedy process at the meeting!

## Nominations

Kathryn Grande, Chair

According to the LIZ bylaws, ARTICLE VI–ELECTIONS, Section I: The officers of the organization shall be elected at the Annual Meeting as set by the Executive Committee in the odd-numbered years by a majority vote of the members voting. Oops. In order to get back on track with the LIZ bylaws, we are going to call the year of the pandemic, when we had no face to face activities, a do-over! The slate of officers upon which we will vote, if there are no nominations from the floor will be



PRESIDENT: Eileen Holmes (first 2-year term, not to exceed 4 years),

VICE PRESIDENT: Val Stype (first 2-year term, not to exceed 4 years),

SECRETARY: Alicia Winowsky (completed an appointed position, first 2-year elected term, not to exceed 4 years), and

TREASURER: Dominick LiCausi (no term limits for this position).

# Deciding Resolutions

Robert Svoboda, Resolutions Chair



On July 13, 2020, the RENY Resolutions Committee approved two resolutions that would have gone to the general membership for consideration. Because the pandemic required cancellation of the 2020 RENY Convention, no action was taken. The first resolution "supports New York State legislators to adequately finance and increase the number of residential options

for those with disabilities" and is up for approval at the 2021 RENY Annual Meeting.

The second proposed resolution dealt with opposition to legalizing marijuana. Since the NYS Legislature reached a deal on February 23, 2021 to legalize the recreational use of marijuana, this resolution has become outdated. The RENY Resolution Committee will be deciding to possibly update the resolution for future consideration.

Our Long Island Zone members will be asked to vote 'for' or 'against' resolution #1 at the September 22nd Annual meeting at the Bellport Country Club and our delegates to the state meeting in October will then deliver our Zone's ye or nay decision.

## NYSRTA/RENY ANNUAL MEETING

Eileen Holmes

As happened in 2020, the RENY 2021 Convention at Turning Stone Casino in Verona, NY is again being postponed because of coronavirus concerns. However, this year there will be a smaller Annual Meeting at the Desmond Hotel in Albany on October 11-12 to deal with association business. Due to term limits, there are six openings on the RENY Board of Directors that must be filled.

Applicants are encouraged from every zone. Simply submit a letter of intent and a current resumé along with a letter of endorsement from your Zone President and submit to Chair Rae Louise Tate, 16 Bach Circle, Star Lake, NY 13690 no later than May 31. Members of the Nominations Committee will be provided with copies of the applications and candidates will be interviewed in person by the Committee members who make recommendations for each position. Furthermore, bylaw amendments need to be discussed and voted on, resolutions accepted, and other business that the NYSRTA constitution requires to be done in person by members at a yearly meeting.



The meeting will be down-sized and zones are limited to 1/2 the number of delegates usually allowed. Based on our membership, LIZ can send 10 delegates. There will not be a chartered bus; however, the Zone will provide mileage/ transportation costs for those who attend, along with a stipend for hotel and meal expenses. Some of our delegates take advantage of Amtrak Saver Fares with up to 25% off the lowest fares when booked 7-21 days in advance. Amtrak trains provide freedom to move around onboard, legroom, no middle seats, up to four bags travelling free, as well as free WiFi and power outlets at every seat. The Desmond does not provide shuttle service to the station, so you may want to grab a cab with fellow delegates. Because of the very limited number of delegates permitted, if you are interested in being a delegate let me know ASAP at [elo2@optimum.net](mailto:elo2@optimum.net).

Long Island Zone was scheduled to host the 2020, then the 2021 Convention. When the RENY Convention finally returns to Turning Stone in 2022, our Zone will be hosting by selecting a theme, planning five of the ten workshops, choosing a keynote speaker, helping produce a journal, etc. Please pitch in!

## The RENY Scrapbook, Capturing our LI Zone History

Val Stype, Historian

RENY Historian Carol Lord intends to assemble a RENY scrapbook in late summer. The Long Island Zone will be represented within by an article, many member photos, a list of newly elected officers & appointed committee chairs who constitute our LIZ Executive Board, as well as copies of our newsletters.



## MEMBERSHIP

Lois Thornberg, RENY Chair  
Fred Conway, LIZ Chair &  
Eileen Holmes, LIZ President

Membership is the life blood of any association. Without members the association would cease to exist. NYSRTA membership is declining, and we must work together to bring new blood into the association. All members need to get involved and promote RENY. Educate your retiring colleagues in the steps we are taking to ensure that pensions and benefits will not be jeopardized, along with the social and financial benefits afforded to members. Invite recent and past retirees to join us at our





luncheons. A personal call is the most powerful tool we have to recruit new members, so talk up RENY anywhere and everywhere your phone takes you.

Special thanks to Mary Armbruster and Lois Thornberg for their outstanding efforts on behalf of LIZ over the past decade. The present membership committee is made up of Lesley Conway, Ruth Doroski, Dominic & Susan LiCausi, Joel Reitman, and Bob Svoboda.

Starting in 2019, under the Freedom of Information Act, we solicited from Long Island superintendents the names of their retirees. Of the 156 letters sent out, only 60 responded. A letter explaining Lois's incentive program was sent out to over 130 retirees. About 10 joined RENY. Another 103 letters were mailed out to delinquent members from EERTA and we learned that 29 have passed on. WERTA has about 95% Honorary and Life members. They have no membership chair, so that unit was not asked to respond.

We must increase our membership if we are to add additional delegates to the 2022 RENY Convention and keep our mission alive. Ever since we've joined, our predecessors have indicated that membership is everyone's responsibility. Have you attempted to bring a retiree into our fold? In the past year, Fred has signed up five! Please try to bring in one new member by June 1st (when our delegate count for the October Annual Meeting will be calculated).

### INTERESTING MEMBERSHIP STATISTICS

In January 2021, the total number of members in RENY/ NYSRTA was 12,830, spread over the 10 zones. 6,417 are active members who pay yearly dues, 4,437 are active lifetime members (lifetime members paid dues in full for life when they first joined). There are 1,787 members who are 90 or older (759 active and 1,028 lifetime) AND there are 184 members 100 years or older (133 active and 51 lifetime)! Wow!! A big cheer to our oldest members who were front and center in the years teachers were struggling for COLA benefits and other retiree benefits!

Here on Long Island, our latest stats for March 2021 give us a total of 2,158 members. There are 1,062 active members under age 90, 227 active members 90 or older and 53 active members who are 100+. There are 559 life members under age 90, 242 life members 90 years+ and 15 100 year old life members!

With our Long Island members there seems to be an OOPS! Covid pandemic lapse. There are 140 current non-paid members. These dues lapsed during the previous 14 months, right in the middle of the Covid crisis. If you need to catch up on your dues, please send a check for \$30 made out to RENY. Mail it to RENY, attn. Kathi Bassett, PO Box 490, Amsterdam, NY 12010. You can notate LIZ dues on your check and our zone will be credited with your membership.

## Back to Work?

The Fordham University Graduate School of Education is seeking field specialists who can provide support & feedback for student teachers enrolled in their online

M.S.T. Program in Childhood Education and Childhood Special Education throughout the extended NYC area. The role of the field specialist includes five site visits for two hours per student teacher each semester. Contact Tracy Dopson at [tdopson@2u.com](mailto:tdopson@2u.com) or 1-904-562-8077.

## ART CORNER

**Jo Anne Powell, retired art teacher**

The "up" side of a pandemic, if you happen to have friends and family who are healthy, but observing lockdown, is **time**. I've been able to find time for creative pursuits, focusing on fabric portraits. In Cherrywood's Diana challenge, of hundreds of quilts from around the world, my quilt "A Mother's Love" received the Judge's Choice ribbon and will go on tour of the major quilt show as the pandemic recedes. What a thrill!



**Jo Anne Powell**  
Centerport, New York, USA  
*A Mother's Love*

How many times have we been told to wear a mask? In an effort to encourage this practice among friends who I have not been able to see during the pandemic, I began to make personalized masks for them. Sewing became rapidly tedious, so I bought masks and illustrated them instead. This is a mask I created for my friend Joe, who is an Edgar Allan Poe aficionado.



Have you started something new? Send photos about your efforts and see yourself here! [lizonenews@gmail.com](mailto:lizonenews@gmail.com)

# Fall Luncheon Meeting

September 22, 11:30 Bellport Country Club  
40 South Country Road, Bellport, NY

IMPORTANT: Distinguished Service Silver Pin Award – voting on officers, pending bylaws & resolutions – information about the 2021 RENY Annual Meeting!

We are looking forward to getting together and are very optimistic that we will have the required 40 people minimum. *Best of all: to entice more members to attend, Gini & Val Stype will pay for the wine and beer!!*

MENU: appetizer; garden salad; choice of beef, chicken, fish, or a vegetarian dish; dessert; soft drinks, coffee, tea; cash bar COST: \$39

Name \_\_\_\_\_

Phone/email \_\_\_\_\_

Entrée \_\_\_\_\_

Guest's name \_\_\_\_\_

Guest's Entrée \_\_\_\_\_

Please send a check payable to Long Island Zone for \$39/ per person to Treasurer Dom LiCausi, 31 Vidoni Dr, Mt Sinai, NY 11776 by 9/8/21 to help us plan. If you expect to pay at the door, please let Dom know in advance.

# Treasurer's Report

Dom LiCausi, from the LIZ Teleconference 3/16/2021

\$1078 for previous LIZ News [using internet for partial delivery]

\$1934 for last LIZ News [using snail mail for delivery]

\$750.25 York State mailing

## LIZ NEWS on Your Computer

Jo Anne Powell, Editor, Website & Facebook Chair

You may have noticed the familiar format – I'm back as LIZ NEWS Editor, after a pandemic year off! Some of you are receiving the newsletter in full-color via email, some on FaceBook's "Long Island Zone of the Retired Educators of New York" page [you won't have to type the entire name before the page will pop up]. Others go to [nysrta.org](http://nysrta.org) or [retirededucatorsny.org](http://retirededucatorsny.org) [click "Zones & Counties" at the top of the page, then "Long Island" in the middle, then "LIZ NEWS 44/1 Spring 2021" at the bottom left]. Still others eventually receive a black & white issue via USPS! I am an advocate of speeding up delivery of news which will keep us better informed, as well as saving trees & **heaps** of stamps. Additionally, information will be easier to share with others.

## Help for the Homeless

Angelo Grande, Community Service Chair

We will be donating items for the homeless at Nassau & Suffolk Beacon Houses. Please start collecting toothbrushes & paste, mouthwash, shampoo, deodorant, baby items, clothing, underwear and socks to bring to our September 22 luncheon. We are also collecting the front of used holiday and all occasion cards for St. Jude's Children's Ranch. Thank you all!

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