

CALENDAR

March 6, 2023 LIZ NEWS Deadline
 May 10, 2023 LIZ Spring Luncheon
 Sept. 20, 2023 LIZ Fall Annual Mtg

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Now that we have an email service,
 sending out bulletins has been facilitated.
 Are you reading this on the RENY website?
 Send in your email address (and news!)
 to receive LIZ NEWS & Bulletins directly!
 lizonenews@gmail.com, KCecala@nysrta.org

FEBRUARY BULLETIN

Still Extremely Important:

The NYS Legislature approved Bills A-10425 & S-09347 which would have guaranteed educators the health insurance benefits with which they retired. In June 2022, Acting Gov. Hochul said she would approve this bill. However, she vetoed that legislation on December 12, 2022.

PLEASE write letters to your legislators to pursue this legislation again in 2023 AND to Gov. Hochul to sign them into law: Hon. Kathleen C. Hochul, NYS State Capital Building, Albany, NY 12224 or www.governor.ny.gov/content/governor-contact-form. Thank you!

Improve Your Sleep

*Condensed from Lisa Strauss in **The Washington Post**, February 2023*

Sleep apnea, limb movements, iron deficiency, hyperthyroidism, gastroesophageal reflux, pain, allergies, asthma, hormonal changes, anxiety, depression and medications may contribute to fragmented sleep.

Try avoiding lengthy or late naps, limiting food/alcohol/exercise/facing problems late at night, minimizing environmental disturbances (e.g. snoring spouses & clamorous pets), compressing sleep hours, and getting morning sunshine. Strive for darkness at night, or if you need a light for safety, use a dim, reddish light in the bathroom. This preserves production of melatonin, a hormone that helps with the timing of sleep.

Helping Veterans

Long Island Zone donated toiletries and clothing to the Nassau County Veterans Service Agency, which were then given to homeless veterans at their annual *Stand Down* in Freeport, as well as to homeless veterans at the Nassau and Suffolk Beacon Houses.