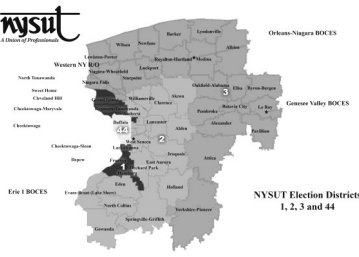


Western N.Y. NEWS & Views

Spring 2025

Reaching out to Retirees in five Western New York Counties—We are over 12,000 strong—A Coalition of Councils 1, 2 & 3



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GIVE TO VOTE-COPE

SUPPORT EDUCATORS
HELP OUR STUDENTS
PROTECT OUR RIGHTS
ADVANCE DEMOCRACY
UNITE OUR NATION

From the President’s Desk by Lynn Mele



Dear Retirees,
ATTENTION: READ, DECIDE, AND RESPOND TO THE URGENT MESSAGE BELOW.

Yours in solidarity, Lynn Mele

AN IMPORTANT NOTE TO ALL RETIREES

The delivery of our newsletters is changing in the Fall of 2025. You will need to choose a delivery option for our Retiree Councils 1, 2, 3, & 44 newsletters that best meets your needs. ***The newsletters will not automatically be mailed to your home.***

If you would like a printed version of the newsletter mailed to you, you must contact NYSUT to receive it. If you wish to continue receiving paper versions of the newsletter, you must act to communicate your wish.

All Retiree Council Newsletters will be posted and can be viewed on the **"Retiree Council Newsletters" page** located on the NYSUT website at <https://www.nysut.org/members/retirees/retiree-council-newsletters>. New issues will be added immediately as they become available.

- There are several easy ways to select your preference:
1. Visit <https://www.nysut.org/rcnewsoplin> and use your NYSUT ID/Membership #.
 2. Contact NYSUT at 518-801-9199 or email NYSUT retiree.services@nysut.org
 3. Mail NYSUT Retiree Services, 800Troy-Schenectady Road, Latham, NY 12110
 4. Scan the QR Code at the right with your **smart phone camera** and follow the Instructions that appear.



If you're mailing your choice, use this form to select your preference and mail to NYSUT Retiree Services, 800 Troy-Schenectady Road, Latham, NY 12110

☐ Access Online Only ☐ Receive RC newsletters by mail

Name _____ Phone (____) _____

Address _____ City _____ Zip _____

Local Name _____ Your email _____

YOU ONLY NEED TO SUBMIT YOUR INFORMATION ONE TIME. IF YOU'VE ALREADY SUBMITTED YOUR PREFERENCES, YOUR REQUEST HAS BEEN PROCESSED AND YOU DO NOT NEED TO SUBMIT IT AGAIN.

For up-to-date information on RC's 1, 2 & 3, visit our website at <http://rcwest.ny.aft.org>

SCAN the QR CODE to be taken to our Facebook Page!

Make a friend request; we are a private group.





Scenic Excursions
SYRUP & SLOTS
Sprague’s Brunch & Seneca Allegany Casino
MONDAY, JUNE 2, 2025



\$97 per person
Price does not include driver gratuity
Payment due May 12, 2025

Off to the Southern tier to a fun filled excursion. First, we’re off to the **CUBA CHEESE SHOPPE** for shopping time. We’re now off to **SPRAGUE’S MAPLE FARMS**. Sprague’s is a great place to visit year ‘round. Enjoy **BRUNCH** with your choice of entrée & time to browse in their gift shop. Continue on, to enjoy the “slots” portion of your day excursion, at the **SENECA ALLEGANY CASINO**. With 68,000 sq. feet of world-class gaming, more than 2,200 reel- spinning & video Slot Machines & 40 favorite table games. The casino is now non-smoking with a separate smoking section, a high limit slot and table games areas, the Poker Room and The Casino Bar. **RECEIVE \$25 SENECA SLOT DOLLARS AND \$5 SENECA DINING DOLLARS** during your casino stay. **BRING ALONG OR REGISTER FOR A SENECA SOCIAL CARD TO RECEIVE THE INCENTIVE.** *Bring a small, soft -sided cooler for cheese purchases.*

CHOOSE ONE BREAKFAST MEAL WHEN MAKING YOUR RESERVATION:

- Pancakes with Eggs & Meat
- Texas Size French Toast w Meat
- Sausage Gravy & Biscuits

Dessert is not planned. Use your \$5 meal credit at casino to purchase a sweet!

DEPARTURE POINTS:
8:00 am Eastern Hills Mall, 4545 Transit Rd., Williamsville REAR LOT park where former food court entrance was located.
8:30 am Tops, 355 Orchard Park Rd. West Seneca, NY—front of store—further area away from store entrance.
RETURN: 6:30 pm – 7 pm

First paid, first reserved. Complete form below and return with payment and meal choice. Please make payable to and mailed specifically to **NYSUT RETIREES of WNY, 270 Essjay, Williamsville, NY 4221, ATTN: TRIP**
Questions, call Sharon at 716-472-6666. Keep top of flyer for your reference.

Please make payable to and mailed specifically to

NYSUT RETIREES of WNY, 270 Essjay, Williamsville, NY 14221, ATTN: TRIP - No refunds once paid.

Name _____ Phone _____

Address _____ Zip Code _____

Email: _____

Check Box: ☐ I understand trip is non-refundable. I must have valid, government issued photo ID to receive casino incentive.

Pick up Point: ☐ Eastern Hills Mall, Williamsville ☐ Tops Supermarket, 355 Orchard Park Rd. W Seneca

Meal Choice: ☐ Pancakes w Eggs & Meat ☐ French Toast w Meat ☐ Sausage Gravy & Biscuits

Dietary Restrictions _____

Special Needs / Wheel chair lift needed* _____

*Max. two wheelchairs on motor coach. First request, first reserved.

PARTICIPATION FEE FORM (2024-2025)

If you have not already sent in your Participation Fee Form, we urge you to support our Retiree Councils by sending in your \$10 participation fee and by encouraging others to support the work we do for all of us. Thank you.

Name _____ District you retired from _____

Street Address _____ Year of Retirement _____

City _____ State _____ Zip _____

Phone _____ Email _____

Make your \$10 contribution payable to: **NYSUT Retirees of WNY.**

Mail this form to: Eva Mroczka, c/o NYSUT Retirees of WNY, 270 Essjay Rd., Williamsville, NY 14221

ONLY
\$36
PER PERSON

KNOWLEDGE IS POWER!
NYSUT RETIREE REGIONAL CONFERENCE
FOR RC #1, 2, 3, & 44

DELICIOUS
FOOD
ENGAGING
SPEAKERS

Tuesday, May 20, 2025
Buffalo/Niagara Marriott
1340 Millersport Highway, Amherst, NY

8:30 - 9:00 AM Registration and Continental Breakfast
9:00 - 9:20 AM Introductions, Opening Remarks and Recognitions
9:20 - 9:50 AM Ron Gross, NYSUT Second Vice President
9:50 - 10:20 AM Peer Support – Courtney Hill, NYSUT Social Services
10:30 - 11:15 AM Session 1 Workshops
11:15 - 11:30 AM Break
11:30 - 12:15 PM Session 2 Workshops
12:15 - 1:15 PM Lunch
1:15 - 1:45 PM Newsletter Delivery Options - Frank Marchese
1:45 - 2:30 PM Wrap-up, Evaluations and Raffle Prizes

THE FIRST 50 RETIREES TO
REGISTER AND PAY ONLINE WILL
RECEIVE AN EARLY BIRD DISCOUNT
OF \$5 OFF THEIR REGISTRATION!
See the QR Code or
Registration Link Below.

Please select ONE Workshop in Session 1 beginning at 10:30 AM and
ONE Workshop in Session 2 beginning at 11:30 AM

Workshop Descriptions:

The Complex History of the Erie Canal – *The Buffalo History Museum* - Anthony Greco, Director of Exhibits and Interpretive Planning at The Buffalo History Museum, will present on the *Waterway of Change*, a brief history of the Erie Canal. The presentation will provide information about the planning of the canal, and its construction, as well as the many ways by which it affected the lives of people. It will also serve as a preview to the Museum’s latest exhibit, *Waterway of Change*.

The ABC’s of Medicare - *Sgroi Lawley Group* - April Romanowski, Medicare and Individual Health Consultant and Jennifer Jurek, Certified Financial Planner, will help you learn about the ABC’s of Medicare. Together April and Jennifer will discuss the ins and outs of Medicare, who is eligible, how and when to enroll, and more! They will also discuss Medicare Supplement and Medicare Advantage options. April and Jennifer look forward to helping you understand this important topic!

Member Benefits – *NYSUT* - Are you taking advantage of all your NYSUT Member Benefits? Jackie Davis, NYSUT Member Benefits Specialist and Courtney Hill, NYSUT Social Services Specialist will show you how to get the most out of your membership. Jackie will review the numerous travel and shopping discounts available to NYSUT retirees as well as reinforce the traditional savings and availability of various insurance programs. Courtney will provide information and updates on the Peer Support Line, including testimonials, wellness webinars, and new features available, as well as programs and mental health trainings available through the Social Services department.

Advancing Science: The Latest in Alzheimer's and Dementia Research - Alzheimer’s is a global health problem with 7 million people living with the disease in the USA, including over 426,000 New Yorkers. Lynn Riker, Director of Community Outreach for Hospice & Palliative Care will explore the landscape of Alzheimer’s, review highlights in early detection and diagnosis and share advances in treatments, risk reduction and lifestyle intervention. Lynn will explore how the Alzheimer’s Association is driving risk reduction and maximizing quality care and support for ALL communities. Review the services offered by the Association and how you can connect with your local chapter.

Advance Care Planning- Planning for Health Care Needs for Yourself & Those You Love - More Than 1 in 4 Americans Over 50 are now caregivers. Are you prepared? Planning today will relieve you and your loved ones from the stress of making hasty and difficult health care decisions in a time of crisis. Lynn Riker, Directory of Community Outreach for Hospice & Palliative Care, will provide tips for those trying to be mindful of self-care while assisting a loved one struggling with serious illness.

Programs for a Better You - *Erie County | Senior Services* - Julie Ruzsala, Fitness Coordinator for Erie County Senior Services, will explain the wide variety of programs that they offer seniors who reside in Erie County. Representatives from the Nutrition, Fitness, RSVP, and NY Connects will be in attendance and will answer any questions. You will also experience a brief introduction to chair yoga for seniors.

REGISTER TODAY

Register for the conference by either scanning the QR Code at the right,
or go to: nysut.cc/rc123and44-2025 or by using the registration form below.



REGISTRATION FORM - RC 1, 2, 3, & 44 Conference—May 20, 2025

Name: _____ E-Mail: _____

Street Address: _____ City: _____ Zip: _____ Phone: _____

Choose ONE Workshop Session 1: (10:30 am – 11:15 am)

- ☐ History of the Erie Canal
- ☐ The ABC’s of Medicare
- ☐ Member Benefits – NYSUT
- ☐ Latest in Alzheimer's and Dementia Research
- ☐ Programs for a Better You

Choose ONE Workshop Session 2: (11:30 am – 12:15 pm)

- ☐ History of the Erie Canal
- ☐ The ABC’s of Medicare
- ☐ Member Benefits – NYSUT
- ☐ Advanced Care Planning—Planning for Health Care Needs
- ☐ Programs for a Better You

Please return this form with your check for \$36.00 payable to NYSUT by May 6, 2025 to:
Lynda Brown at NYSUT, 270 Essjay Road, Williamsville, NY 14221 / (716) 634-7132

* Indicate here if you require any assistive device or accommodations as provided by the Americans with Disabilities Act.



NYSUT members have access to programs and services from NYSUT Member Benefits that can help them save money, protect their family, and assist with planning for the future.

With our **Legal Service Plan**, you will receive crucial estate planning documents (Simple Will, Health Care Proxy, Living Will & Power of Attorney); free attorney consultations; and guaranteed maximum fees for personal legal matters. Plan participants receive guaranteed hourly rates along with discounted prices for referral attorneys.

Our **Financial Counseling Program** offers access to certified financial planners that provide fee-based financial counseling services. Participants can get help with retirement planning, 403(b) & 457(b) plan advice, debt management, savings, budgeting, and more.

Check out **Synchrony Bank** for some of today's most competitive interest rates on certificates of deposit, money market, and savings accounts. An optional automated savings program (which makes transfers from your checking account at another bank to your money market or savings account at Synchrony Bank) is an easy way to build your balances in higher-earning accounts.

Our online **Financial Learning Center - powered by Kiplinger's Personal Finance** – offers numerous articles designed to assist NYSUT members with achieving their personal financial goals and better understand the nuances of insurance, savings, investing, and more. This free resource is updated on a monthly basis.

Do you have student loan or general debt concerns? Our **Cambridge Credit Counseling program** is available at no cost to assist NYSUT members with better understanding general debt consolidation and student loan repayment options. Members can take part in a free consultation with a certified Cambridge counselor or sign up for a no-cost student loan debt webinar provided by Cambridge.

Take back your financial independence and protect your family for whatever the future may bring.

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

