

FROM THE TOP

Spring Issue

RETIREE COUNCIL 23

April, 2024

Retiree Council 23 Spring Luncheon

Wednesday, May 29th - lunch from 12:00 to 4:00

Celebrating the Community Service Volunteer Award Winner: Evelyn Mattal

President of Commack Retired Teachers

Guest speaker: Ron Gross, Second VP, NYSUT



Captain Bill's

**122 Ocean Avenue
Bay Shore, NY 11706
631 665-6262**

Luncheon includes: Appetizer, Entrée, Soda, Dessert, & Coffee or Tea

\$35 per person Cash bar RSVP by May 15th

Once again, we will collect used sneakers (any condition) to be sent overseas by the Rotary Club of Seatuck Cove. Usable sneakers will be distributed to be worn. Unusable sneakers will be used to pave roads. Eyeglasses you no longer need will also be collected. Please bring them with you!

*Please send the sign-up form below and your check (**made payable to RC23**) to:*

Joyce Duck, 6 Lily Pond Lane, Eastport, NY 11941 (631) 325-8264

Name _____ Phone _____

Guest _____

Address _____

School District you retired from _____ (for seating)

***Checks received after the deadline will be returned.
Due to space restrictions, late registrants cannot be accommodated.
No walk-ins! No refunds!***

A Message from the President

By Ellen Burke

Happy Spring to all RC 23 retirees! I hope you are all enjoying springtime activities and planning good things for the upcoming summertime.

I'd like to, briefly, touch on several topics in this article.

First of all, I urge you to get involved with your local NYSUT Retiree chapter. As a retiree, you all are NYSUT members - for life. You are entitled to NYSUT benefits and insurance programs. Go to member benefits: benefits.nysut.org and check out what is available to you.



NYSUT is now offering a free, premium subscription to Calm, a multifaceted meditation, sleep and relaxation app featuring a wide variety of offerings that encourage everything from mindfulness to movement. See page 4 for details and instructions.

A great way to stay aware of important NYSUT news and to share your opinions with your state lawmakers is to join the NYSUT Member Action Center (MAC). It is a great way to stay politically active. Find out more by going to <https://mac.nysut.org/>.

In conjunction with political matters, I urge you to contribute to VOTE-COPE through pension-deduction. VOTE-COPE funds are instrumental in fighting for our rights as retirees. In particular, NYSUT fights for our Medicare and Social Security benefits. If you already contribute, please consider increasing your donation. Political Lobbying costs money and VOTE-COPE provides that money.

I hope to see many of you at our Spring Luncheon, where Ron Gross, our NYSUT VP will be the guest speaker. Complete the form on the first page and send it in today!

Have a wonderful summer!!!

In Solidarity,
Ellen

WHAT ARE "CENTER OF EXCELLENCE" PROGRAMS

By Joan Perrini, NYSUT ED 52 Director

If you are a member of NYSHIP-Empire Plan for your health insurance coverage, you are eligible for a program called "Centers of Excellence".

The Empire Plan Center of Excellence Programs are a select group of providers recognized as leaders in specific fields of medicine. The Empire Plan currently offers Centers of Excellence for cancer treatment, transplants, and infertility.

Using a Center of Excellence is your choice. The benefits under the Center of Excellence Programs are available only when you enroll and receive prior approval from The Empire Plan.

YOU MUST CALL The Empire Plan toll free at 1-877-7-NYSHIP (1-877-769-7447) and choose the Medical/Surgical Program or call the Cancer Resource Services (CRS) toll free at 1-866-936-6002 and register to participate.

YOU ALSO MUST CALL The Empire Plan **BEFORE** you receive cancer treatment, transplant services, or Qualified Procedures for infertility at a Center of Excellence.

At a Center of Excellence, you receive paid-in-full benefits for covered services with no copayments. However, you may have out-of-pocket expenses for certain services, such as laboratory and pathology tests, that are required by a Center but received at a different location. Remember to ask for an Empire Plan participating provider when you receive services outside a Center of Excellence. When you use a nonparticipating provider, the Basic Medical deductible and coinsurance apply.

If you travel within the United States, a travel, lodging and meal allowance may be available.

Centers of Excellence are one of the advantages offered through our NYSHIP-Empire Plan insurance. These programs are voluntary.

If you choose not to use a Center of Excellence for your treatments, your regular Empire Plan Benefits are still available for medically necessary care.

Check out all your union membership has to offer!

NYSUT Member Benefits offers dozens of endorsed programs and services that can save you money, assist you in protecting your family, and help you plan for the future.

Legal Service Plan

Plan benefits include:

- Crucial estate planning documents (Simple Will, Health Care Proxy, Living Will & Durable Power of Attorney)
- Free telephone consultations
- Guaranteed maximum fees for specific legal matters

Financial Counseling Program

Plan benefits include:

- Unbiased objective advice
- Free telephone & virtual consultations
- Assistance with retirement planning, 403(b) savings, college savings, tax planning and more

For an annual fee, the Legal Service Plan -- provided by the law firm of Feldman, Kramer & Monaco, P.C. -- offers legal expertise on a variety of personal legal matters such as dealing with a speeding ticket or handling estate planning. Plan participants receive unlimited access to toll-free advice weekdays from 9 a.m. to 5 p.m. (EST) as well as a toll-free hotline for urgent legal assistance outside of these hours.

Meanwhile, the Financial Counseling Program -- provided by Stacey Braun Associates, Inc. -- offers unbiased, objective advice customized to your specific financial situation. The full-service program provides up to six hours of objective toll-free telephone or virtual consultations with a Stacey Braun Certified Financial Planner. ®



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

For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.



Mar/Apr 2024

VOTE YES!! - SCHOOL BUDGET—MAY 21st

FREE! ... NYSUT Member Benefits is pleased to offer the **premium Calm subscription** as a free benefit for all NYSUT in-service AND retiree members. The Calm subscription provides members with unlimited access to the full library of content at ***calm.com*** and in the Calm app, which can be utilized via a desktop, laptop, tablet, or mobile device (iOS or Android). For more information, visit **<https://memberbenefits.nysut.org/free-member-benefits>** and look for the Premium Calm Service on the left side of the screen. You will need your NYSUT ID number to create an account with your email address.



**RC 23 Luncheon
May 29, 2024
Captain Bill's - Bay Shore**

<i>FROM THE TOP</i>	
Retiree Council 23	
Executive Committee	NYSUT/AFT Delegates
President - Ellen Burke	Ellen Burke
Vice President - Matthew Weichner	June Smith
Treasurer - Fred Pitrelli	Fred Pitrelli
Secretary - Regina Symansky	Newsletter Editor
	Linda Consavage

