

Retiree Connection

President's Corner
by Phil Lima

Happy New Year to all! Wishing you, your family and friends a year filled with hope, peace and a reconnection with family and friends that may have been put on hold due to this pandemic.

We remember our colleagues who have passed away this past year. Our condolences to their families. We honor the many contributions they made to Suffern Central (Ramapo Central) and the wonderful impact on the students whose lives they touched.

We want to thank all our members for their continued support and good will during this past year. Your contributions to both the Soup Kitchen and Food Pantry, Vote-Cope and your separate- earmarked donations to specific projects, has been overwhelming.

"Education is for improving the lives of others and for leaving your community and world better than you found it."

Marian Wright

SRTC-SEA

February 1, 2022
Volume 15 Number 2

SRTC-SEA Retirement Workshop



December 13, 2021

Thank you for volunteering to strengthen the bridge between past and future.

The following members shared their experiences to a room of approximately 70 SEA members:

Phil Lima, Steve Dugandzic, Eileen Finnegan, and Maria Rossi

Executive Committee

President: Phil Lima

Vice President: Tom McTaggart

Secretary: Elaine Salierno

Treasurer: Judy Veltidi

Community Relations PAC: Sue Roberts & Joyce Nencetti

Vote-Cope Chair: Nancy Pratt

Membership Committee Chair: Anne Clark

Board of Ed Liaison: TBD

Webmaster: Rich Deibler [SRTC-SEA Website](#)

Newsletter Editors:

Eleanor Cerny & Andrea Edwards

Newsletter email: srtc.connection@gmail.com

Retirees - A Bridge From the Past to the Present

Action Committee Updates

Vote-Cope 2022 PAC by Nancy Pratt

What can you do?

Our 2022 Vote-Cope Campaign will run October 1, 2022 to December 17, 2022. Stay tuned for more information.

**2021 SRTC-SEA contributions unofficial total:
\$10,297!**



Community Relations PAC by Sue Roberts & Joyce Nencetti

Special thanks to our members who have contributed to the Christ Episcopal Church Soup Kitchen and the Sloatsburg Food Pantry. SRTC will continue our support in January 2022 with a donation of \$500 to each pantry.

Your continued support is very much needed and appreciated.

- **Christ Episcopal Church Soup Kitchen** - 2021 donation total: \$5,800
- **Sloatsburg Food Pantry** - Donations to date: 2021 donation total: \$5,889

End of Year Financial Updates

Medicare Reimbursement

Don't forget to submit your Forms!

Remember to fill out the form attached at the end of this newsletter and submit it to the District Office for Medicare reimbursement for 2022.

In addition to the standard Medicare Part "B" Premium, Medicare enrollees with a higher modified adjusted gross income (MAGI) pay an additional income-related monthly adjustment (IRMAA), a medicare premium amount adjusted for their income, for Part "B" Medicare coverage. This will be reflected on your SA-1099 Social Security Benefit Statement.

Be sure to review your SA- 1099 and note the total amount of Medicare Part B premiums deducted from your total benefits. This can be found in the section, "Description of Amount in Box 3". Subtract the amount already reimbursed quarterly by the District.

If Social Security has deducted more than that amount, you are entitled to a reimbursement of the difference by the District.

Send a letter requesting reimbursement.

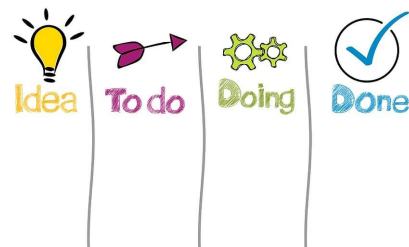
**Informational purposes only. If you have any questions, contact your financial advisor.*

Planning Ahead

Some tips to remember as you plan ahead

How you plan ahead is unique to every individual/family. Some information that you may find helpful.

- Plan for Healthy Aging - See [NYS Office of Aging](#) for more information.
- [NYS PREP - Pension and Retirement Education Program](#) (great videos for a range of topics)
- Go to [NY Connects](#) for free, unbiased information about long-term services and supports in New York State for people of all ages or with any type of disability.
- [NYSUT - member benefits Insurance](#)
- [NYSTRS Discovering Retirement Sept 2021 issue](#)



Retiree Connections - A Bridge from the Past to the Present

NYSUT Updates

NYSUT had several free online workshops in January.

January 13: **Identify Theft: Prevention, Detection, Resolution** - Informative webinar with helpful suggestions and links.

Access fact-filled [presentation here](#)

January 25: **Trust and Legal Plan Workshop** with Steve Kramer of NYSUT Member Benefits. Access informative [recorded presentation here](#).

To sign up for the Legal Plan of NYSUT Member benefits go to: [NYSUT Legal Service Plan](#)

NYSTRS Updates

Your 1099-R tax statement for calendar year 2021 pension earnings is being mailed to you and is expected to arrive in your mailbox by early February. If you have a MyNYSTRS account, you can access your statement earlier by viewing it online in your secure account. Log in to [MyNYSTRS](#) and click 1099 Forms under the My Retirement tab.

Read NYSTRS [Newsletter for the Retired Members](#) from the NYS Teachers Retirement System.

NYSUT Orange & Rockland County Retiree Council 14

[The RepORter January/ February 2022 Issue 3](#)

If you did not receive The RepORter, please contact Fred Angiello Fpa1947@yahoo.com

SRTC-SEA Retiree Connection

We need everyone's help in planning a spring **Silver Anniversary Issue** for

Suffern High School & Viola Elementary School

To share your memories, stories and/or photos (faculty pictures, etc.), email the Editors at srtc.connection@gmail.com

Reminders, Events & Notes

Reminders

Support SRTC ... Did you mail in your \$10?

Our year runs September to August. Money is used for various causes to keep our retiree chapter name "visible" in the community. Membership form is located at the end of this newsletter.

Upcoming Events

Connor's Book Club ... *The Midnight Library* by Matt Haig Contact Harriet Yustein hryust@aol.com for more information. (See **Ways to Connect** for a recap of January's book selection)

2022 Fall Getaway - The *Retiree Activities Committee* has planned a mid-week getaway at **Woodloch Resort September 12-14, 2022**. Join us for laughs, fun and games! Couples welcome.

\$100 deposit due by March 15. [Click here](#) for more information and to reserve your room.

Contact Margaret DeStaso at mdestaso@verizon.net or Harriet Yustein at Hryust@aol.com for further information.

**** Please email us with any upcoming events to you want to share with retirees**

Notes

Did you know? . . . You can update changes in your email or mailing address on our website? Check it out so you are always receiving updated information from us. [SRTC-SEA Website](#)

Beating the Winter Blues

Beating the Winter Blues

Seven tips to "Beating the Blues"

1. Make a plan for the day. A to do list (not necessarily long) gives you purpose and satisfaction.
2. Eat for energy and slow digestion such as grains, healthy proteins, fruits, and vegetables.
3. Let the light in. Getting sunlight early in the morning tells your body to wake up.
4. Experience nature including woods, gardens, parks or your own backyard.
5. Stay hydrated. Water or herbal tea will avoid an afternoon slump.
6. Take a break from the news, especially just before bedtime.
7. Exercise with others . Take a walk with a friend.

Other resources

- [AARP staying healthy](#)
- [Silversneakers newsletter](#) (join for free)
- [AARP Volunteer](#) (in person or virtual)

Opportunities

Opportunities for Kindness

Ongoing Donations . . .

A donation to a SRTC sponsored pantry is greatly appreciated.

- **Christ Episcopal Church Soup Kitchen** - Checks can be mailed to Joyce Nencetti, 371 Heights Road, Wyckoff, New Jersey 07481. (Checks payable to Christ Episcopal Church, please put "Soup Kitchen" in memo area of check). If you would like to [volunteer at Christ Episcopal Church](#), please contact the Rector, Rev. Cranston (Dale.Cranston@Protonmail.com).
- **Sloatsburg Food Pantry** - Checks can be mailed to Tom McTaggart, 14 Waldron Terrace, Sloatsburg, NY 10974. (Checks payable to Sloatsburg Food Pantry, please put "Donation" in memo area of check)

Also consider:

- [Volunteer New York](#)
 - [Meals on Wheels Blizzard Boxes](#)
 - [Rockland County Clothing & Toy Drive](#)
 - [Knits or Crochet Baby Blankets and Hats](#)
 - [People to People](#) - Nanuet NY
 - [Rockland County Food Pantries](#)
 - [NYSUT Disaster Fund](#)
- or other groups in your area**

Use your hobby to help others

- [List of Knitting and Crocheting Charities](#)



Retiree Help Desk/ Tech Corner

Do you need help with technology?
Do you have questions on how to use applications?
Can you help others with tech issues?
This place will be used as a help center - send in your questions and we will help find the answers!
email: srtc.connections@gmail.com

**Rockland Read-In is Coming
February 18, 2022**



Remember the Read - In?

An entire day when students immersed themselves in stories and enjoyed visits from adults reading their favorite books.

This year, share your favorite book with an elementary class . . . maybe at your school!

If you would like to volunteer to read (virtual) for the Rockland Read-In, please email us at srtc.connections@gmail.com with your available time.

We will get you connected.

Ways to Connect

Start your own club or join a current one.

Calling All Readers!

Connor's first book club meeting was Jan 14. We discussed *The Personal Librarian* by Marie Benedict & VC Murray.



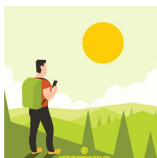
Calling All Writers!

Would you like to submit an article, poem for our next issue? Send submission to srtc.connection@gmail.com



Hiking/Walking Club/Volunteers

[NY/NJ Trail Conference Volunteers](#)



Virtual Meetings

If you can't meet in person, why not set up a virtual meet. Maybe your colleague moved out of state, can't travel, don't let that stop you - plan a virtual meet and greet!



Crossroads of Rockland County, NY

Crossroads of Rockland History, a program of the Historical Society of Rockland County. [Join host Clare Sheridan](#) (link) to explore, celebrate, and learn about our local history, with different topics and guest speakers every month. Consider being a guest on "Crossroads" to talk about the history of the Suffern Central School District.



Share a Favorite Recipe

How about those cookies Grandma always made? That special family dinner? That recipe that really brings you to the flame! Send recipes to srtc.connection@gmail.com



Brain Stimulators

Exercise your brain through puzzles, reading and more.

"Live as if you were to die tomorrow. Learn as if you were to live forever." -Mahatma Gandhi



President Phil's Trivia Question



1. How many folds does a chef's hat have?
2. What do those folds represent?
3. A chef's hat is also known as a ---- ?

The first person who sends in the correct answers to all three (3) questions will win a prize.

Submissions should be sent to Phil Lima at amigos48@aol.com.

The winner (1) will be based on the correct answer to all three questions.

Phil will use the date and time the entry was received in his email.

Morning Coffee with Wordle

Guess the **WORDLE** in 6 tries. Each guess must be a valid 5 letter word.



goodreads

Check out [Goodreads](#) to keep track of your reading, find new books, and interesting reviews!

New York Times Spelling Bee

Daily puzzle free
Unlimited access
requires
subscription



We Remember. . .

December 30, 2021 Carolyn Beckmann Asgaard

December 27, 2021 Bob Veltidi

December 14, 2021 Bob Henebry

October 14, 2021 Doris Cooper

January 29, 2021 Norma Brown Aaron

Corrections/Revisions to November Issue . . .

We inadvertently omitted...

- 20-year retiree Howie Tokosh, class of 2001 at our fall luncheon - Congratulations Howie!



The Executive Committee wishes everyone a safe and healthy start to the New Year!

Stay Connected . . .

If you would like to share your story with fellow retirees, please email Rich Deibler at rich@richnlinda.com to have it included on the “Connections” section of our website!



Christ Episcopal Church

65 Washington Avenue
Suffern, New York 10901
845-357-1615
Christchurchsuffern.org

A totally inclusive parish in the
Diocese of New York where
all are welcome.

The Rev. Dale L. Cranston
Rector

January 10, 2022

Joyce Nencetti for
The Retired Teachers of Suffern

Joyce -- It is a pleasure, again, to thank you and especially the Retired Teachers of Suffern for their supreme generosity. Were it not for your wonderful colleagues and other generous people, we would not be able to carry on this ever-increasing ministry of outreach in our community.

As an example, we distributed either actual meals or the equivalent meals in our Pantry, of 151,432 meals. This is a 600% increase over last year, which also broke all previous records.

It has been a real challenge with decreasing staffing and with the Covid viruses, but we are committed to this program and somehow will make it work. Please thank all of the Retired Teachers for their incredible generosity. Blessings to all of you for a safe, healthy and fun year.

Dale L. Cranston, Rector

Dale.Cranston@protonmail.com

**Suffern Retired Teachers Chapter - Suffern Education Association
SRTC-SEA Membership Form**

An invitation for you to join / renew your SRTC-SEA 2021-2022 membership. Membership runs September to August.

Membership fee: \$10.00

Make check payable to: **SRTC-SEA**

Mail check to: **Judy Veltidi, 35 Van Orden Avenue, Suffern, New York 10901**

Email: _____
(used for alerts only)

Name: _____
(print)

Address _____

(print full address)

Phone number: _____

Year of retirement: _____

Amount enclosed: **\$10.00**

Thank you in advance for your financial support.

Money is used for various causes to keep our retiree chapter name "visible" in the community

Retirees - A Bridge From the Past to the Present



January, 2022

Dear Suffern Retiree,

I hope this letter finds you and your family well. It is time for the district to conduct the annual audit for recipients of Medicare Part B reimbursement.

Please find the attached Medicare information update form for your Medicare Part "B" reimbursement, for calendar year 2022. **Note that the District is not requiring that this form be notarized this year.**

*Kindly fill out the form **completely** and provide us with the following:*

- A copy of your recent 1099; **OR**
- *A copy of your documentation from the Social Security Administration detailing your monthly premium for Medicare Part "B" for **2022**.*

Please be advised, for the calendar year 2023 the district will **only** accept the documentation received by the recipient during the last quarter of 2022 detailing the monthly Social Security payment to be received and the Medicare Part B premium. Please be sure to forward a copy of this document to me as soon as it is received.

Please be advised, for auditing purposes, redacted Bank Statements are **no longer** acceptable proof justifying the amount to be reimbursed for Medicare Part B.

If you have any questions or concerns, please do not hesitate to contact Heather Campbell in the Benefits Office at (845) 357-7783, ext. 11237 or hcampbell@sufferncentral.org



SUFFERN CENTRAL SCHOOL DISTRICT

45 MOUNTAIN AVENUE
HILLBURN, NEW YORK 10931

PLEASE COMPLETE THIS FORM AND RETURN BY FEBRUARY 15, 2022 TO:

**SUFFERN CENTRAL SCHOOL DISTRICT
ATTN BENEFITS OFFICE - HEATHER CAMPBELL
45 MOUNTAIN AVENUE
HILLBURN, NEW YORK 10931**

Please provide your primary address and notify us of any future address changes.

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

DATE OF BIRTH: _____ Medicare # _____

SPOUSE'S NAME: _____

DATE OF BIRTH: _____ Medicare # _____

Please provide the name, address and phone number of a relative or friend in the event that we are unable to contact you.

NAME: _____

ADDRESS: _____

PHONE: _____

THIS IS TO CERTIFY THAT I AM ELIGIBLE FOR MEDICARE REIMBURSEMENT FROM THE SUFFERN CENTRAL SCHOOL DISTRICT. THIS IS TO CERTIFY THAT I AM NOT RECEIVING REIMBURSEMENT FROM ANY OTHER AGENCY.

I ALSO AGREE TO NOTIFY THE DISTRICT WITHIN 10 DAYS OF ANY DISQUALIFYING EVENT, SUCH AS DIVORCE, DEATH OF A SPOUSE, OR ANY OTHER EVENT WHICH DISQUALIFIES ME OR MY SPOUSE FROM RECEIVING REIMBURSEMENT OF THE MEDICARE PREMIUM.

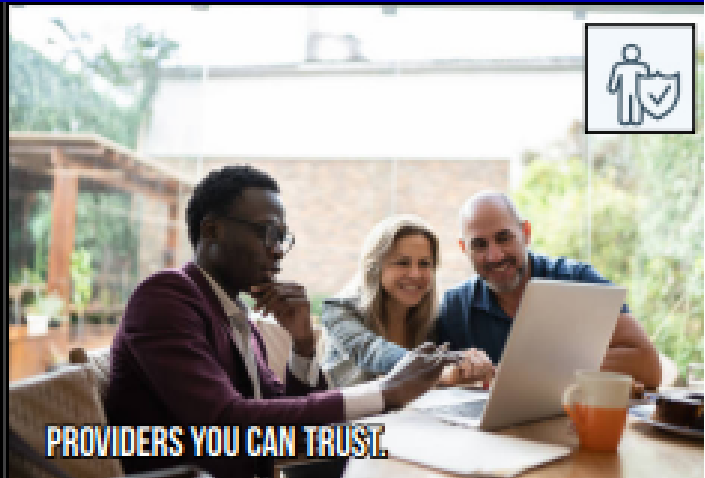
SIGNATURE: _____ DATE: _____

SPOUSE'S SIGNATURE _____ DATE: _____

Check out all your union membership has to offer!



INSURANCE YOU CAN COUNT ON.



PROVIDERS YOU CAN TRUST.

**VALUE-ADDED EXTRAS YOU
CAN'T GET ELSEWHERE.**



SOMEONE WHO HAS YOUR BACK.



NYSUT Member Benefits **Every Dollar Counts!**

When it comes to protecting yourself, your loved ones, your income or your most valuable possessions, NYSUT Member Benefits has insurance programs that fit the bill. Whether you are looking for **auto & home, life, disability, long-term care, dental, vision, or pet insurance**, there is a Member Benefits-endorsed plan that may be of assistance featuring value-added extras unavailable to the public.

Get started by first bookmarking the Member Benefits website at memberbenefits.nysut.org. There, you will find numerous tools and resources available to you as a NYSUT member – including a **Financial Learning Center** with articles designed to help educate you on financial decisions and topics.

Member Benefits also endorses several discounted shopping programs that can help you save on both everyday and more expensive purchases. Finally, if you ever have an issue or problem when using a Member Benefits program, our staff take great pride in their ability to quickly assist members with any concerns that may arise.

Visit memberbenefits.nysut.org or call **800-626-8101** to learn more about the endorsed programs and services available to you through your union membership.



**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.