

CWA Local 1180

Retiree Division

News

ADDRESSING THE NEEDS OF CWA LOCAL 1180 RETIREES AND EMPOWERING THEM
WITH INFORMATION AND AN ACTIVE LIFESTYLE



Director's Column

Suzanne E. Beatty, LMSW

April Showers Bring May Flowers. It is an environmental truth and also a metaphor that even the most unpleasant of things can bring about very enjoyable things. In fact, the weather's impact on your body is so noteworthy that there is a whole scientific study devoted to it called human biometeorology. When the air pressure is lower, more rainfall occurs and when the pressure is higher, less rain falls. High and low air pressure is also known as barometric pressure. Our bodies are filled with fluid and gasses that are affected by air pressure systems the same way that the earth is. Some people are more sensitive than others, but still, enough people experience symptoms when the barometric pressure changes, so it's worth noting. **Blood pressure:** Just as its name implies, our blood moves through our bodies using a pressure system created by the heart. This pressure is affected by the pressure in the air around us. When the barometric pressure drops, so does your blood pressure. For some, this might mean a feeling of dizziness or even blurred vision. **Headaches:** A low barometric pressure can cause headaches or migraines by creating a pressure difference between the atmosphere and the air-filled sinuses. The problem is made worse when the sinuses are congested or blocked for any reason. **Arthritis / Joint pain:** Barometric pressure affects the viscosity of the fluid that lines joint sacs and triggers the pain responses in the nerve endings of the joint. Either way, it's what your grandma has been saying for years, that some people feel pain in their joints when a storm is approaching. **Vitamin D Deficiency:** The cloud cover of a rainy day comes with the absence of sun which is our most crucial source of vitamin D. A



vitamin D deficiency has been linked to a host of physical ailments, including diabetes, heart disease, cancer, allergies, Alzheimer's, obesity, and of course depression. People often think that Vitamin D in milk is a substitute, but Vitamin D is found in many foods, including fish, eggs, fortified milk, and cod liver oil. The sun also adds to the body's daily production of vitamin D, and as little as 10 minutes of exposure is thought to prevent deficiency.

Vitamin D helps the body absorb calcium, which forms and maintains strong bones. It is used alone or together with calcium to improve bone health and decrease fractures. Vitamin D has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation.

It is important to pay attention to your body's warning signals during all weather conditions and to recognize that conditions other than temperature can have dramatic effect on your health.

As we all wait together for the bulbs to break the surface and embrace the signs of spring, we can minimize the unpleasantness that accompanies the season with some preventive attention. Don't ignore subtle changes in your body and take the appropriate steps for your own health and comfort, then sit back and listen to the pitterpat on the glass of the April rain. Listening to it occupies your mind yet and allows you to concentrate on its monotone sound rather than the disruptive and busy thoughts that occupy most minds. The result is a soothing calm that overcomes us when we listen to it. Let the sound of the rain carry your cares away.

Benefits in Brief – Did you know you have a Hearing Aid Benefit? As part of your retiree supplemental benefits from the union, you have a hearing aid benefit which is \$600 used towards the cost of covered appliance and services every 2 years. Comprehensive Professional Systems (CPS) and General Hearing Services (GHS) both provide a low cost option for hearing aid services by utilizing their network of participating audiologist for comprehensive hearing consultation and discount hearing aid options.



Local 1180
Communications Workers of America, AFL-CIO
Retiree Division
6 Harrison Street, Lower Level
New York, NY 10013-2898





Retiree Division April 2017



Fitness & Computer Classes

Mondays April 24-More Computer Basics using Windows 10 –Read and save your favorite websites without ads and clutter, set appointments,reminders, create simple documents, organize your photos, and more! **Time:10:00am-12:00pm**

Monday April 17, 24-Chair Dancing - While you sit, you burn calories, tone muscles, and improve flexibility with low impact chair aerobics. **Time: 10:30am-12:00pm**

Mondays April 24-Your Mac and You - **Get the most out of your Apple computer**-Come learn the Mac way of doing things. **Time: 1:00pm-3:00pm**

Tuesdays April 18, 25-Take Control of Your Android Smartphone and Tablet- We cover setting up your device, installing great apps and MUCH more. **Time:10:00am-12:00pm**

Tuesdays April 18, 25-Take Control of Your iPhone & iPad- Learn to setup your device, use iCloud backup, Apple Music, Face Time, Find-my-iPhone, and more! **Time:1:00 pm-3:00pm**

Tuesday April 18, 25- Yoga- Keep your mobility, strength and flexibility join the Yoga class. **Time: 11:00am- 12:30pm**

Tuesday April 18, 25 -Dance with Margaret-Enjoy ballroom dancing and learning new steps. **Time: 1:00pm -2:00pm**

Tuesday April 18, 25– Stretch with Irene. **Time: 2:00pm – 3:00pm**

Wednesday April 19, 26 - The Art of Walking-This ingenious class adds a twist to maintaining good posture and walking skills. Your body and mind will benefit. **Time: 2:00 – 3:00pm**

Friday April 21, 28-Zumba -dance and aerobics, choreographed to all types of music. **Time: 10:30-12:00pm**

Friday April 21, 28 Stretch with Irene. **Time: 12:15pm – 1:15pm**

Friday April 21, 28-Line Dancing with Phoenix -Come learn the latest line dancing steps while stimulating your brain and your muscles. **Time: 2:00pm – 3:00pm**

Seminars and Events

Tuesdays April 4-Medicare & You– Do you have questions about Medicare? Come in and we will explain everything you need to know. A representative from the Dept. of Aging will be here to discuss Medicare A, B and D. Refreshments will be served. **Time: 1:30pm- 3:00 pm**

Thursday April 6-Hunterdon Hills Playhouse-Garson Kanin’s comedy classic “**Born Yesterday**”. A vulgar businessman comes to Washington DC to make crooked deals with government officials and brings his uneducated ex-chorus-girl girlfriend who becomes a quick study of what Harry is really all about! **Price:\$65 includes served lunch, dessert buffet and comedy show.**
Departure 9:30am. Approximate return time: 5:30pm.

Wednesday April 12-Retiree Benefit Overview-General Q & A of Benefits - Join us for an open discussion regarding benefits, Medicare, supplemental benefits or any questions you have. A complete benefit overview of the supplemental benefits will be provided along with a general question and answer session of all benefits. **Time: 1:30 – 3:00 pm** **Coffee & coffee break snacks provided!**

April 17-19 Dover Downs. *Sold Out!!!!*

Wednesday April 19-NEW SEMINAR: The best FREE apps for your Computer - Learn about great FREE apps for organizing photos, creating documents, spreadsheets and presentations, audiobooks, encyclopedias, creating websites and more. Did we mention FREE?
Time: 10:00am-2:00pm

Friday April 21 -Bingo , Fish Fry & Birthday Wishes-If your birthday is January thru April come in and celebrate your birthday while enjoying an afternoon of Bingo! Benefit related prizes and surprises for all! **Time 1:00 pm -3:30pm**

Wednesday April 24- Retiree Benefit Overview-Join us for an open discussion regarding benefits, Medicare, supplemental benefits or any questions you have. A complete benefit overview of the supplemental benefits will be provided along with a question and answer session.
Time: 11:00am-12:30pm Lunch Boxes served

Wednesday April 26-NEW SEMINAR: The best FREE apps for your Smartphone & Tablet!-Learn about great FREE apps for radio stations, movie trailers, improving photos, recording your voice and lectures, saving your passwords, games and more. Did we mention FREE?
Time:10:00am-2:00pm

Thursday April 27 – Photography Trip - DIA! – Be the photographer that you always wanted to be with this exciting trip to **Dia Museum**. Contemporary Art & Sculpture. The expansive museum is home to multi-part artwork such as Andy Warhol’s “Shadows”, and other pieces that highlight the effect of light and space on art. Let your mind interpret these large scale installations while the photo teacher shows you how to capture the shadows, light and size of the art. Travel via Metro North Railroad to Beacon NY and walk to museum. Lunch at museum café or bring your own. Meet at Grand Central Terminal Information booth at 10am. **Price: \$29** (bring it with you to buy ticket at GCT) and cost of your lunch at café.

Friday April 28 –Restaurant Club– Hill Country BBQ. Market -Hill Country Barbecue Market believes that great barbecue does not require a long list of ingredients – Just the highest quality meat, their simple dry rub, and post oak wood. Let’s check it out! Location: 345 Adams Street Brooklyn, NY **Time: 1:00pm Prefixed \$35**

You must call to RSVP for all Events!
(212) 226-5800

Events are held at the Retiree Division located at 97 Hudson Street.

Checks and money orders should be mailed to:
CWA Local 1180 Retiree Division.
ATTN: Monthly Events
6 Harrison Street,
NY, NY 10013

Benefit Reimbursement Appointments

Tuesdays

April 4 11:30am- 1:30pm

April 11 11:30am-1:30pm

April 25 11:30am-1:30 pm

Thursdays

April 13 11:30am-1:30pm

April 20 11:30am-1:30pm

Movie Mondays **1:00pm-3:00pm**

April 3-While We Were Young

April 10 -Dressmaker

April 17- Snowden

April 24 -Sully



Borough Meetings

Thursday April 5

Dallas BBQ

Queens-Rego Park

Wednesday April 26
Staten Island

Applebee’s New Dorp

Check your mail for details

Friday April 7 &

Monday April 24 -

Benefit Drop In & Donuts!

Come in and have coffee and donuts while you have your questions answered or have your reimbursement done at this time.
Time: 10:00am-11:00am