



CWA Local 1180



Retiree Division

Happy Valentines Day 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



February. Brrr. Reserved for lovers and regrettable weather. Since I am not jetting off to Barbados where the weather in February averages a melt able 91 degrees, I'll turn my attention this month to love. Ahhh, love. Ain't it grand!! Love - a word used for pleasure (I love waffles), affection (I love my mom), a virtue (I love animals) and strong attraction and personal attachment. This final one is the February kind of love.

I've read that you know that you love someone when you spend your time thinking about how something will make the other person happy. Love is when you feel at home with the person wherever you are. It is when you find yourself humming songs that remind you of them all day and even if you get mad about something, it really doesn't change the way you feel.

I think, when I put it that way, well, the Retiree Division has that kind of love for you. If the Division had a body, they would glaze over dreamily with the thought of you and a heartfelt sigh would escape its breath. How could it not! Look at you! You are spectacular! You are the hope and dream of the masses.

We have been together for 20 years now and have watched each other grow and change. You have lived your lives and launched your children, grandchildren, nieces and nephews. You have survived the loss of ones that are dear to you and delighted and embraced new experiences. If it were me, I would have crumbled and quit, but you have dignity and shown strength that others could only hope to have. You greet the world with a spirit of confidence. Never is there a word of what is lacking in your life, only of all of the good that life has shown you. You comfort the

weak, you calm the worried. You are a role model and a friend and it's why the Division loves you.

If someone asked me to describe my idea of a perfect person, I'd begin with describing one of you because I've seen in you all the perfect blend of everything that makes life wonderful. You are caring, attentive and kind and I'm

so glad that life has guided us to spend our years together. I know that we have a kind of relationship that goes our own way then comes back together again and that more often than not, the Retiree Division stands off in the distance, but just know that wherever you may go, we are here - near and far, no matter where you are. I leave you with words of Patsy Cline's famous hit

"You Belong to Me". Happy Valentine's Day my sweethearts. XOXO.



*See the pyramids along the Nile
Watch the sun rise on a tropic isle
Just remember, darling, all the while
You belong to me.*

*See the marketplace in old Algiers
Send me photographs and souvenirs
But remember when a dream appears
You belong to me.*

*I'll be so alone without you
Maybe you'll be lonesome too, and blue
Fly the ocean in a silver plane
Watch the jungle when it's wet with rain
Just remember till you're home again
You belong to me*

Benefits in Brief – February represents the second month of the New Year! You and your eligible dependants are covered for Optical Benefits every calendar year, which means you may get new glasses every year! When using the “no cost” option with copayments for certain features on your glasses. This option is available when using one of the three providers, General Vision Services, Comprehensive Professional Systems or Vision Screening to have your exam, pick out frames, or contacts at on location. Call the Retiree Division to get the details and brochure outlining your benefits. 212-226-5800



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



Closed
*February 13-Lincoln's Birthday
February 20-President's Day
During inclement weather, please call
office to confirm all events!*





Retiree Division February 2017



Weekly Workshops

Mondays February 6, 27-More Computer Basics using Windows 10 -Save your favorite websites, read web pages without ads and clutter, use calendar to set appointments and reminders, create simple documents, save and organize your photos, and more! **Time:10:00am-12:00pm**

Mondays February 6, 27-Chair Dancing- While you sit, you can burn calories, tone muscles, and improve flexibility with low impact chair dancing. **Time:10:30am-12:00pm**

Mondays February 6, 27-Your Mac and You -Getting the most out of your Apple computer-Finally, a class just for Mac users! You'll learn the Mac way of doing things **Time: 1:00pm-3:00pm**

Tuesdays February 7, 21, 28-Take Control of Your Android Smartphone and Tablet-We cover setting up your device, installing great apps to surf the web, Skype, socialize, enjoy music, video and MUCH more. **Time:10:00am-12:00pm**

Tuesdays February 7, 21, 28-Take Control of Your iPhone & iPad-Learn to setup your device, to use iCloud backup, Apple Music, Face Time, Find-my-iPhone, and more! **Time:1:00 pm-3:00pm**

Tuesdays February 7, 21, 28-Yoga-Strength and flexing **Time:11:00am-12:30pm**

Tuesdays February 7, 21, 28-Dance with Margaret- Enjoy dancing and learning new steps. **Time:1:00pm-2:00pm**

Tuesdays February 7, 21, 28-Stretch with Irene. **Time: 2:00pm-3:00pm**

Wednesdays February 8, 15, 22-The Art of Walking -Phoenix will explain and demonstrate how you can maintain good posture and walking skills that will benefit your body and mine. **Time: 2:00pm – 3:00pm**

Thursdays February 2, 9, 16, 23-Photography on the Move: Smart phones, Tablets and Cameras- Learn to take GOOD photos, edit them upload, share and print. We go on exciting photo excursions in NYC and beyond. (YES, we break for lunch!) Sometimes we meet at photo location. **Time:10:00am-2:00pm** Check with Instructor for Monthly Schedule.

Friday February 3, 10, 17, 24 -Zumba-dance and aerobics, choreographed to all types of Music. **Time:10:30 am-12:00pm**

Friday February 3, 10, 17, 24- Come Stretch with Irene. **Time: 12:15pm -1:15pm**

Friday February 3, 10, 17, 24 -Line Dancing with Phoenix – Come learn the latest dances, while stimulating your brain and your muscles. **Time: 2:00pm 3:00pm**

Seminars and Events

Wednesday February 1-Using Facebook with Confidence (while having fun!)-Come learn how to catch up with your extended family (and friends), as well as how YOU can be in control of WHAT you share on Facebook, and WHO gets to see it. **Time:10:00am-2:00pm**

Wednesday February 1- Legal Benefit Overview -The law firm of Mirkin & Gordon provides your legal benefits. Do you have a will? Do you need a Power of Attorney? Planning on buying a house? Join us and find out about your Legal Benefits. **Time: 11:00 am-1:00 pm** Before heading out to the cold, stay for a warm cup of **Chicken Noodle Soup!**

Wednesday February 8-PROTECT YOUR STUFF! Back up your PC, Smartphone or Tablet-Don't chance losing your precious family photos and important documents to a computer crash or device theft! Learn how backing up your device is much easier (and cheaper) than you thought. **Time:10:00 am-2:00pm**

Wednesday February 8 -NYC Benefit Plan Overview: Aetna- Join us for an overview of the Aetna Health plan offered through NYC Health Benefits. A representative from Aetna will be available to answer all questions and concerns to the plans offered to non Medicare and Medicare eligible retirees. **Time: 11:00am -1:00 pm**

Thursday February 9- 1180 Benefit Plan Overview: Optical Benefit Provider- Vision Screening-A representative will be available to answer all questions relating to the Optical benefit offered by Vision Screening. Learn about your choices in Optical Benefits offered to retirees. **Time: 11:00am- 1:00pm**

Tuesday February 14- Valentines Mix & Mingle – Join fellow retiree's to celebrate Valentine's Day. If you would like to have a short poem with fellow retirees please feel free to do so. **Time:1:30pm-3:00pm. Refreshments Served.**

Wednesday February 15-WHO'S STILL SCARED OF WINDOWS 10?-So now you have Windows 10, but are you a little bit confused about how to use it? This class will get you familiar, as well as show you the new and exciting things you can do with Windows 10! **Time: 10:00am-2:00pm**

Wednesday February 15th – Supplemental Benefit Overview & New Retiree Welcome: 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. New retirees will receive a "New Retiree Welcome gift" **Time: 11:00pm-1:00 pm Lunch Boxes will be provided.**

Friday February 17-Restaurant Club-Tony Di Napoli-Savor the flavor of Italy at Midtown's favorite Italian restaurant since 1959. **Location:147 W 43rd Street. Time:1:00pm Prefix Menu: \$45.00**

Wednesday February 22-VIDEO CALLING AND CHATTING with Face Time and Skype- Oprah does it, now you can too! How to setup your account, find your family and friends, and start having long-distance "face-to-face" conversations on your smart phone, tablet or computer. **Time: 10:00 am-2:00 pm**

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

Feb 7 11:00am- 1:00pm

Feb 28 11:00am-1:00pm

Thursdays

Feb 2 11:00am-1:00 pm and 2:00pm- 4:00 pm

Feb 16 10:00am-12:00pm and 2:00pm- 4:00pm

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

February 6 – Sniper: Ghost Shooter

February 27 – Barber Shop the Next Cut



Monday, February 6 & 27 Benefit Drop In & Donuts!

Do you have a pressing issue? Are you a new retiree? Stop by the Retiree Division if you have any questions or concerns about your union supplemental or NYC Health Benefits. Come in and have some coffee and donuts while you have your questions answered. **Time:2:00pm-4:00pm**

