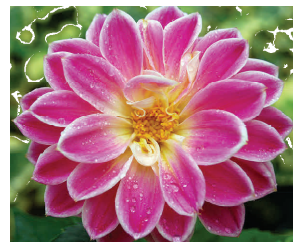




CWA Local 1180



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



(Humming ... *Happy Birthday to me, happy birthday to me, happy birthday to meee, hap-py bir....*) Oh, hi there!! You caught me!!! It's May and this month is my birthday. Because of this, I'm feeling thoughtful and reflective. It gets me thinking about birthdays for everyone, so to each of you, I wish you all a heartfelt Happy Birthday and wish for you a joyful year full of happy surprises! It sounds cliché but it is true..And it's the way that we should all aim to live.

Imagine every day filled with happy surprises??!! A birthday is a perfect time to realign yourself with the way of life that could be this way – *everyday!* It begins with the simple act of your grateful acceptance of a birthday gift (or the purchase of a birthday gift for yourself (yes, you can do that)).

This act can be a seed for more things to enjoy for your year to come. It is a ceremonial way to accept all the good, no-strings-attached unexpected surprises that life has to offer.

I remember many years ago, as my grandmothers birthday approached and I looked for something meaningful to give her, I had found the miniature grandfather style clock from an arts and crafts fair. When we were kids, she kept a doll house in the basement as a hobby when she lived in St. Albans many years ago and we used to look through the miniature windows, the miniature furniture and miniature family. The tiny grandfather clock collectable I thought would be a fitting gift and happy reminder of that time. I had carefully wrapped and deco-



rated the small box and was excited for her to open it. She said thank you so much she loved it and put it on the table near her bed. My wrapping was a hit & I knew she'd love the clock. The only problem was that she hadn't opened the box! She thanked us all for all the nice things and went to bed. Finally I had to ask her when she would open it. She told me, "no my dear, I'm not opening it now. It is so beautiful that I will keep it and enjoy

how pretty it is and imagine what is inside. Then after a while I'll open it and it'll be like I had two gifts."

My grandmother was living the beautiful cliché from the card.. Every day she looked at the box, she was excited for the happy surprise. At the point that the box opened, joy abounded again then again

with every glance as all the pleasant associations are revisited with only a glance. Caring for this token, dusting, repositioning, and cleaning it, gives us a daily opportunity for activity, purpose and appreciation. It opens us up for the daily appreciation of the free gifts of sunlight, singing, kindness, and the beauty of spring flowers and more.

And as she took to her bedroom more and more in the months following, I believe she continued to take pleasure every day in the memories attached to the objet d'art. So my dear friends, as your birthday comes around this year, and as you face each day, welcome it and openly accept your gifts. Know that joyful days and unexpected surprises are here and yet to come. Happy Birthday.

Benefits in Brief – Did you know you have a Podiatry Benefit? As part of your retiree supplemental benefits from the union, you have a Podiatry Benefit for the retiree and spouse. The Podiatry Benefit covers up to \$10.00 a visit for a maximum of four visits per calendar year. To obtain this benefit, call the Fund Office for a Podiatry Claim Form. The form must be submitted within 90 days of the date of service.



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



Memorial Day
May 29
Closed!!!



**Reminder, please note the date change for
the Fish Fry, Bingo and Birthday Wishes to
April 27, 2017 at 1:30 pm!**





Retiree Division

May 2017



Seminars and Events

Monday May 1-Your Retiree Benefits on Your Computer-www.nyc.gov/aging- *New York City Department of Aging on the Computer* – Join the retiree benefits staff and our expert computer staff in our computer lab for a two-hour class on finding information on the *New York City Department of Aging* website. Find out about what this NYC agency has to offer in the 5 Boroughs! Information about senior centers, SCRIE, Fall Prevention in the home and much more! Space is limited.

Time: 10:00am-12:00pm

Wednesday May 3-NEW SEMINAR: Taking Photos with your Camera, Smartphone & Tablet- Want to know how to use your camera and take great photos? Come to this seminar. **Time: 10:00 am- 2:00 pm**

Thursday May 4 -Retiree Benefit Overview New Retiree Welcome -Join us for an open discussion regarding benefits, Medicare, supplemental benefits or any benefit related questions. A complete benefit overview of the supplemental benefits will be provided. A “Welcome Gift” will be given to new retirees or “first time visitors”

Time: 11:00am -1:00 pm Refreshments provided

Friday May 5 -Sazon Restaurant -Join fellow retirees for great Puerto Rican cuisine and a great Margarita to celebrate Cinco de Mayo! **Location: 105 Read Street Time: 1:00pm Price: \$35**

Wednesday May 10-NEW SEMINAR: Facebook and Instagram -- How to, Why to and When to! -Create your Facebook account, and learn to SAFELY connect with family and friends. Instagram is a new way you can turn your photos into art, and share them with your network.

Time: 10:00 am- 2:00 pm

Thursday May 11- Legal Benefit Overview and The Four Essential Documents for Retirees - Enroll in this workshop learn about your Legal Benefits and the four essential documents. Retirees should have in their possession. **Time: 10:30 am – 12:30 pm Lunch boxes available stay for next meeting!**

Thursday May 11-Photography trip-Day trip to Philadelphia -- The City of Brotherly Love, and home of the US Constitution. We’ll take the Mega Bus to Downtown Philly, dropping off not far from Reading Terminal Market, where you can choose from a huge variety of cuisines for lunch. Then we’ll stroll around to some of the many Historical sites, including Independence Hall and the Museum of the American Revolution. **Meet at 10:00am at 34th St across from Jacob Javits Center (between 11th & 12th Aves.). Round trip ticket is \$9.00. Tickets must be purchased in advance on us.megabus.com.**

Thursday May 11- Dept of Aging- Care Giving Support: David Yanofsky, LCSW of the NYC Dept of Aging will be here to present information on all of the programs and resources available for caregivers in the 5 boroughs. **Time: 1:30 pm – 3:00 pm**

Friday May 12 -Mother’s Day Luncheon -This luncheon is for any person who is or has had or has been a mother, mentor or caregiver! **Time: 1:00pm-3:00pm Price: \$5.00.**

Wednesday May 17-18 Amishlands, PA featuring Sight & Sound Show **Sold out!**

Wednesday May 17-YES, YOUR COMPUTER IS TALKING TO YOU!- Save yourself all that typing by using VIRTUAL ASSISTANTS: Cortana (Windows 10) and Google Now. Get directions, weather, restaurant recommendations and more just by speaking to your PC. **Time: 10:00 am- 2:00 pm**

Wednesday May 24th - Madava Farms – Home of Crown Maple Syrup. We will have a guided tour and learn how organic maple syrup is made and bottled followed with a maple syrup tasting. After tour a farm style lunch will be served and complimented with season fresh produce. On the way home stop for a guided tour of **Wings Castle**. This house has been featured on extreme homes and other prime time television shows. **Bus Departure 8:30 a m sharp! Approximate return time: 6:30 pm Price: \$65.00**

Wednesday May 24-Sell your stuff on Amazon, eBay and Craigslist-Want to unload an old CD collection or get rid of old jewelry? In this course you’ll learn how to SAFELY & SECURELY set up an online account, display your items online, fulfill orders and, of course, collect money!
Time: 10:00 am- 2:00 pm

Thursday May 25-Photography trip-Untermeyer Gardens– One of the most celebrated gardens in America. With over 150 acres, the park includes a breathtaking walled garden (featuring the Temple of Love), arresting views of the Hudson River, and much more! In addition to the Gardens we’ll take a brief walking tour of downtown Yonkers and the waterfront, where we’ll have lunch. **We’ll meet at Grand Central Station at 10:00am to take Metro North to Yonkers (round trip fare: \$11.00 seniors, \$16.50 adults), and then the local bus (yes, they take MetroCards) to the Gardens.**

Wednesday May 31-Video calling and chatting with Skype and FaceTime- 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 smartphone, tablet or laptop. **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

Wednesdays

May 3 10:30am- 12:30pm

May 31 10:30am-12:30pm

Mondays

May 8 10:30am-12:30pm

May 15 10:30am-12:30 pm

May 22 10:30am-12:30pm

Movie Mondays

1:00pm-3:00pm

May 1-The Accountant

May 8-Moonlight

May 15-The Medler

May 22-Florence

Foster Jenkins



Borough Meetings

Brooklyn Meetings

Wednesday May 10

**Dallas BBQ’s Brooklyn,
Nostrand Ave**

Friday May 19

**Dallas BBQ’s Brooklyn,
Nostrand Ave**

Check your mail for details

Save the Dates

August 23

Retiree Picnic

August 25

Dutchess County Fair

Reminder

Theater Works Class

May 3, 10, 17, 24, and 31

11:00am -1:00pm