Director’s Column

How sweet it is...ahhh...your retirement. A collection of family and friends, souvenirs from travels near and far, and a lifestyle that reflects what you have come to know and enjoy throughout the years. You have an easy and pleasant relationship with your neighbors, family, and friends.

Easy peasy, right? Maybe, maybe not! What can you do when your otherwise peaceful existence and easy-going nature feels pinched by friends and family who want something more than you freely want to give?

No one likes to think they are being taken advantage of or manipulated, but in fact, it happens far too often. Exploitative relationships consist of one party taking advantage of another in order to unrightfully benefit from another’s vulnerabilities. Not to be fearful, but the people who know you the best also know your habits and what makes you tick!

Think of the case of an adult child/grandchild/niece/nephew who is making a request of you (your space at home, car, childcare, or financial assistance/sign a loan/use credit). In other cases, your tolerant nature has you pegged as the “get it done” and “never says no” person (such as a committee activity or friend who wants to take up hours on the phone gabbing when you would rather watch a favorite show). In every case, while you think you are “just being nice,” the reality is that the personal relationships we have with these individuals can cloud the fact that we have been, or are about to be, taken advantage of.

It can be surprising, but understand that people such as these do exist and are looking for targets. They scan everyone in their lives to see who’s got what they want. Also, take a look in the mirror my friends — you guys are hot stuff! You have homes and cars and enviable lifestyles. You know how to manage your time, money, and resources — and you do it with grace and gratitude. Also, your years working with the city have made you efficient and proficient in all your dealings. You have strong people skills. Of course, the ladies at the auxiliary guild and fellows at the legion hall have chosen you again to lead the annual drive.

Don’t blame or shame yourself for getting caught up or “falling for it” in the past. Understand that some individuals are on the prowl for someone to take responsibility for them. They are masters at the game and are always playing it. They know just what to say so you let down your guard, if you had any at all.

So what do you do? Your realization that your boundaries are being pinched (or stomped on) is the time when a change can begin. Don’t worry about anything you said or didn’t say in the past. Start by setting simple, but firm, boundaries with a neutral attitude. Get clear with your desired objective, then use simple and direct language to set the new boundary.

For instance, with an adult child who wants to borrow money, you can say, “I love you, but I won’t be loaning you money anymore since you need to take more responsibility yourself.”

To the volunteer committee, you can say, “This group is very important to me, but I need to spend more time on my personal obligations at this point.” Finally, to your buddy “Chatty Kathy,” set a boundary by saying, “I’ve decided to do my paperwork and make calls for my appointments in the afternoon. I will call you back later.” In this case, you control the call and the time allowed.

Every situation is different, and individuals will use old and new tactics to get you to bend. This will feel uncomfortable at first, but with practice your confidence and reinforced personal boundaries will soon make you invisible to friendly predators looking for an easy answer to their problems. Remember that if you ignore your own boundaries, others will too.

Wishing you all a very happy February.

Suzanne E. Beatty, LMSW  
Retiree Division Director
Projects with Your PC: A New Project Every Week
Mondays, Feb. 3, 10, 24 | 10 a.m. – Noon
Week 1: Know where packages are that you ordered or sent.
Week 2: Share your photos/videos with the wider world.
Week 3: Make video calls on your PC and your smartphone.

Your Mac and You — Getting Creative and Having FUN with Your Apple Computer
Mondays, Feb. 3, 10, 24 | 1 p.m. – 3 p.m.
Finally, a class just for Mac users! You’ll learn the Mac way of doing things (much simpler than Windows), including email, photos, and iCloud. Discover the cool apps that come FREE with your Mac, including Pages, Garage Band, and iMovie.

How to Talk, Text, Transit, Travel & Take Photos with Your Android Smartphone
Tuesdays, Feb. 4, 11, 18, 25 | 10 a.m. – Noon
Ok, you the know “talk” part, but do you know how to conference call? Group text? Exact time MTA buses will arrive? Call, text and email while overseas? Take and share GOOD pictures? Not really? This is the class you need.

Take Control: Get the Most From Your iPhone & iPad
Tuesdays, Feb. 4, 11, 18, 25 | 1 p.m. – 3 p.m.
How to setup your device and get started using FaceTime, email, and iMessage, take and share photos, navigate with Maps, use iCloud and Find-my-iPhone, Apple Music, podcasts, voice memos and more cool stuff in the App Store.

NEW SEMINAR: WhatsApp & Instagram for Seniors
Wednesday, Feb. 5 | 10 a.m. – 2 p.m.
WhatsApp is the now the most popular texting, calling, and video chatting app. You can make video calls to people all over the world — for free! Instagram is the No. 1 smartphone photo and video sharing platform for family, friends, and even your favorite celebrities! Come learn about these two apps and how to use them.

Uber, Lyft & Airbnb: What Are They & How to Safely Use Them
Wednesday, Feb. 19 | 10 a.m. – 2 p.m.
The “sharing economy” — ride sharing, car sharing, home sharing — have all boomed in the last few years. Learn how to set up and use them up on your smartphone, the rules and your rights, and what you should watch out for.

Sell Your Stuff on eBay, Amazon & Facebook Marketplace
Wednesday, Feb. 26 | 10 a.m. – 2 p.m.
Want to unload an old CD collection, jewelry, or electronics? Learn how to SAFELY & SECURELY set up an online account, display your items, fulfill orders and, of course, collect the money!

Yoga
Tuesdays, Feb. 4, 11, 18, 25 | 11 a.m. – 12:30 p.m.
Join the yoga classes to improve and maintain your mobility, strength and flexibility.

Dance with Margaret
Tuesdays, Feb. 4, 11, 18, 25 | 1 p.m. – 2 p.m.
Come and try it. You’ll be glad you did!

Stretch with Irene
Tuesdays, Feb. 4, 11, 18, 25 | 2 p.m. – 3 p.m.
You will gain a greater range of motion, strength and flexibility! Come to feel your best!

Art of Walking/Tai Chi
Wednesdays, Feb. 5, 19, 26 | 2 p.m. – 3 p.m.
This popular class adds fun to maintaining good posture, walking skills, and now with an added twist of Tai Chi for seniors. Learning these skills will better your mind and body.
NOTE: No class Feb. 12

Zumba
Fridays, Feb 7, 21, 28 | 10:30 a.m. – 11:30 a.m.
Dance and move with aerobic actions choreographed to all types of music. It’s fitness and a dance party all in one.
NOTE: No class Feb. 14

Stretch and Tone with Irene
Fridays, Feb 7, 21, 28 | 11:30 a.m. – 12:30 p.m.
Gain a greater range of motion, strength and flexibility.
NOTE: No class Feb. 14

Line Dancing with Phoenix
Fridays, Feb 7, 21, 28 | 2 p.m. – 3 p.m.
Get fit using choreographed group steps and dance, like the Electric Slide.
NOTE: No class Feb. 14

Office Closed

Movie Mondays
All movies begin at 1 p.m. unless otherwise noted
Feb. 3 – Best of Enemies
Feb. 10 – A Madea Family Funeral
Feb. 24 – A Dog’s Journey

Wednesday, Feb. 12 — Lincoln’s Birthday
Monday, Feb. 17 — Presidents Day
Working Theater Presents Border People  
Wednesday, Feb. 5 | 2 p.m.
Border People is written and performed by Dan Hoyle, a master of his craft. Each of Hoyle’s details are as juicy as a new plum. The San Francisco Chronicle has referred to Hoyle as “one of our theatrical gems.” Location: Gural Theatre at the A.R.T./New York Theatres (502 W. 53rd St. at 10th Ave.). Price: $20

Restaurant Club: Deniz’s  
Fridays, Feb. 7 & 21 | 1 p.m.
Deniz’s restaurant is Mediterranean with an accent on Turkish Cuisine. They have fish in addition to traditional lamb kebabs marinated in special spices and prepared on an open grill. Save room for dessert that is a perfect way to end any meal. They make excellent baklava and kunefe. Location: 662 Fulton St., east side of downtown Brooklyn. Prix fixe menu: $40.

CHILL with Some Chili Day  
Monday, Feb. 10 | Noon - 1 p.m.
It’s chilly outside. Come inside the Retiree Division for a bowl of chili.

Valentine’s Day Mix & Mingle  
Friday, Feb. 14 | 1:30 p.m. - 3 p.m.
Join fellow retirees and celebrate Valentine’s Day. Make us swoon with a poem that you can bring and read to the group. Refreshments served.

Hunterdon Hills Playhouse  
Thursday, Feb. 20 | 9:30 a.m. SHARP - 5:30 p.m.
Dr. K’S Motown Revue is back by popular demand. This talented group of performers transports you back to another era, all while delivering a very realistic recreation of Motown Sound. Price: $75 that includes bus transportation, lunch, dessert buffet, and show.

Local 1180 Supplemental Benefit Reimbursement  
Retirees have until Tuesday, June 30, 2020, to file for your reimbursement for eligible expenses incurred in 2019. Gather your paperwork now.

Not sure what you need?  
Go to www.cwa1180.org/retirees

Supplemental Benefit Overview  
Monday, Feb. 10 | 10:30 a.m. - Noon
A workshop for the retiree who has questions about supplemental benefits, reimbursement questions, or Medicare information. You ask the questions and we will give you the right answers! If you are a recent retiree, this is a great seminar to attend.

Legal Benefit Overview  
Thursday, Feb. 27 | 10 a.m. - Noon
A representative from the law firm of Mirkin & Gordon will provide an overview of all legal services provided by CWA Local 1180. If you have any questions concerning your legal benefits or need consultation regarding a legal matter, join us.

Benefit Reimbursement Secret Shortcut for Couples Who have Optional Rider  
(See Back Page)
Photography Trip to Cathedral Basilica of the Sacred Heart in Newark, NJ

Thursday, Feb. 13 | 10 a.m. Meeting Time

This breathtaking French Gothic cathedral is the fifth largest in North America. From the marble altars, intricately carved woodwork and sculptures to the huge, beautiful stained glass windows, soaring columns, and vaulted ceilings, outstanding artistry is on display here. See the video tour at www.newarkbasilica.org

After our tour, the local area offers a wide variety of restaurants, including Guayas (Ecuadorian), B-52’s (Peruvian), Pic-Nic (Portuguese), and Tom’s Diner (American). Applebees is also nearby.

Meet at 10 a.m. at Penn Station (33rd St. and 8th Ave.) in front of the ticketed passenger waiting area. We are taking the 10:29 a.m. train to Newark Broad Street. Fare: $5.25 adults/$2.45 seniors. We will then change to the GO28 or #11 Bus to Bloomfield & Clifton streets. Fare: $1.60 adults/$0.70 seniors.

Photography Trip to the Mall at Short Hills — New Jersey’s Premier Shopping Destination

Thursday, Feb. 27 | 9:30 a.m. Meeting Time

This beautiful, pristinely clean mall is so upscale that people dress up just to go there! A great place for strolling and taking photos, with big name stores, including Neiman Marcus, Louis Vuitton, Nordstrom and more. America’s largest Bloomingdales? It’s here, along with many other stores you won’t find elsewhere. There’s no food court, but you can dine at famous restaurants like Cheesecake Factory or Legal Seafood.

Meet at 9:30 a.m. at Penn Station (33rd St. and 8th Ave.)

We will take the 10:04 a.m. NJ Transit train to Summit. Fare each way: $9.75 (Half-fare for seniors). We will then take NJT 70 Bus ($1.60 adults/$0.70 seniors) to Short Hills Mall.

WANTED:

RETIREE PHOTOGRAPHERS

Are you a regular at our events and know how to take good photos on a cell phone or tablet?

We are looking for retired members to be our event photographers and capture the special moments. If you want to volunteer your time, or just snap away at events you attend, let us know.

Digital photos from your smart phones can be emailed directly to retireedivision@cwa1180.org; please be sure you send the highest quality (largest photo size or actual size) available.

Take great photos but worried about getting them to us? We can help you with that. Best of all? You will get a photo credit in the Communique — you will be famous!!

New Event Registration Call Line

To register for an event, call the Retiree Division Event registration line at 212.331.0935. Leave your name, phone number, and the events you wish to register for on the answering line. You will receive a call back to confirm your registration and remind you of any payment that is due. Please be sure to speak slowly and clearly. This is the fastest, easiest, and best way to sign up for our events.

Unless otherwise noted, all events held at:

CWA Local 1180 Retiree Division
97 Hudson Street, New York, NY 10013

You must call to RSVP for all events

212.331.0935

All payments for events must be made prior to event.

Checks or money orders for events should be mailed to:

CWA Local 1180 Retiree Division, ATTN: Monthly Events
6 Harrison Street, New York, NY 10013

Benefit Reimbursement Secret Shortcut for Couples With An Optional Rider

Are you a twosome filing for your spouse as well as yourself and have the optional rider through your health plan?

1. If you get direct deposit, collect your four quarterly pension statements from NYCERS/BERS showing deductions for two persons or 12 paystubs showing deductions if you get paper check for your pension. You can go to NYCERS/BER and request a printout if you are missing any documents and you have withdrawals for two.

2. Attach to claim form

3. Sign and submit to CWA Local 1180, Security Benefits Office, 6 Harrison Street, New York, NY 10013

You don’t need to collect all the receipts and copayments accumulated for the year since the deductions for your dynamic duo add up to the maximum allowable amount for reimbursement!