



# 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



February. Known for Valentine's Day and the corresponding feelings of the heart. Sigh.... True love. Can you relate?

As the strongest of all emotions, love is wonderful. Love encompasses joy, gratitude, serenity, interest, hope, pride, amusement, inspiration and even awe. Love is all that and more. When we experience love, our bodies are flooded with the "feel good" hormones that reduce stress and even lengthen our lives. In this state, you feel that you are part of a supportive unit and someone else (your partner) sees and appreciates you for all of your admirable qualities.

But even when people love us the way we deserve and desire, they can't always give us what we need. It's important that we never get so wrapped up in loving others or expecting love in return that we forget to love ourselves first.

Loving yourself can range from learning about your needs and how to meet them, to acknowledging your value and self-worth. Falling in love with yourself is as beautiful as any experience of love is. It means appreciating ourselves and cultivating positive emotions from our own actions, beliefs and attitudes not expecting it from a partner.

So try the following:

**Give yourself a compliment.** Look for nice things to say (and think) about yourself. Take yourself on a date. This means to come out to one of our afternoon events at the union, or go check out the new market on the corner or something you've been wanting to experience. **Learn more about something you have**

**an interest in. Look it up on Google, take a class or borrow a book from the library.** Spend time with yourself and learn to appreciate yourself the same way you would appreciate your loved ones. Learn to embrace your quirks, because they're what make you. Learn to enjoy time spent with your own thoughts, rather than shying away from them and allow yourselves to revel in your goodness without evoking feelings of arrogance or overconfidence.

**To love oneself is the beginning of a lifelong romance.**  
-Oscar Wilde

How to know if you're in love? Well, when you fall in love with yourself you gain a deep appreciation of your own strength, beauty (inside and out), worth and capabilities. It also means that you genuinely like yourself, and you enjoy spending time alone. You don't need anyone else to MAKE you happy. Once you've fallen in love with yourself, you can enjoy a partner but you don't need one. You know that you're awesome and you're all you need. If you meet someone who's far more than a placeholder, you'll give them the time of day. If not, you'll happily be alone. You can also see a future where you are by yourself and happy because you know that your happiness doesn't revolve around a partner. You've got your life figured out and when you're this comfortable with yourself and your life, you don't spend much time worrying about what's missing in your life. The truth is, it doesn't feel like anything's missing.

Find ways to live and enjoy that make your life work for

**Benefits in Brief**—You and your eligible dependents are covered for optical benefits which means you may get new glasses every year. Glasses and contacts are free when using the "no cost" option (there are copayments for certain features). This option is available when using one of the three providers: General Vision Services (GVS), Compre-



Local 1180  
Communications Workers of America, AFL-CIO  
**Retiree Division**  
6 Harrison Street, Lower Level

**Office Closed!**  
Lincoln's Birthday-February 12  
President's Day-February 18





#LOVE **Retiree Division**  
**February 2019**



**Seminars and Events**

**Wednesday, February 6-New Seminar: Traveling Smart with Your Smartphone**-Did you know your smartphone (iPhone/iOS and Android) can serve as your travel agent, restaurant finder, tour guide, safety officer and even translator? It can even help you speed through customs! Come learn how! **Time:10:00am-2:00pm**

**Thursday, February 7-Legal Benefit Overview**-A representative from the law firm of **Mirkin & Gordon** will be here to provide an overview of all your legal services that are provided by CWA Local 1180. If you have any questions concerning your legal benefits or need consultation regarding a legal matter, join us. **Time: 10:00 am-11:30 am**

**Thursday, February 7-Photography Trip to Newark Museum, The Ballentine House and more in NJ**-New Jersey's largest, the Newark Museum holds fine collections of art from America and around the world, including the newly reopened Arts of Global Africa and Art of the Ancient Mediterranean exhibits. Next door is John Ballentine House, the historic home of the famous brewing family. **Admission: \$15 (adults)/\$8 (seniors)**. For lunch, a wide variety of restaurants nearby, including Blaze Pizza, Burger Walla (burgers with an Indian twist), The Green Chickpea (Kosher Mediterranean) and more! **MEETING 10:00am PENN STATION, 8TH AVE ENTRANCE and taking the NJ Transit train to Newark (\$5.25 each way). Change to NJ Transit Light Rail to Atlantic Street (fare: \$1.60, each way).**  
**Inclement weather alternate: The Frick Collection.**

**Friday, February 8-Frames Bowling**-Join fellow retirees for leisure bowling. No experience needed. **Time:12:45pm-3:00pm Sharp! Location corner 40<sup>th</sup> Street and 9<sup>th</sup> Avenue Price: \$30.00**

**Wednesday, February 13- Benefit Questions & Answers**-A workshop for the retiree who has questions regarding supplemental benefits, reimbursement question or Medicare information. You will ask the questions and we give you the right answers! If you are a recent retiree, this is a great seminar to attend! **Time: 10:00 am-11:30 am**

**Wednesday, February 13-Don't Want to Show Your Face? Show Your Emoji!**-Learn how to design your own, personal set of emoji characters based on your face, including everything from eyebrows to cheek lines. Delight your friends with dozens of predawn Valentine's Day cartoons that look like you! **Time: 10:00am-2:00pm**

**Thursday, February 14 -Valentine Mix & Mingle** -Join fellow retiree's and celebrate Valentine's Day. If you would like to bring a short poem to read please feel free to do so. **Time: 1:30pm -3:00pm Refreshments Served.**

**Wednesday, February 20- How to Create Your Own Website**-Now you can have your very own website, with colorful designs including your your photos using the FREE Wix website builder. All you need is an email account (and know your password). Come learn how! **Time:10:00am-2:00pm**

**Wednesday, February 20-Supplemental Benefit Overview**- Join us for a complete overview of the supplemental benefits provided by CWA 1180 and an open discussion regarding Medicare and your other benefits. **Time: 10:00 am-11:30 am**

**Friday, February 22-Restaurant Club-5 Napkin Burger** -Time Out rates the 5 Napkin Burgers as a contender for the "Battle of the Burger 2017" if you like a juicy great special burger come try the Original 5 Napkin Burger, Italian Turkey Burger or the Ahi Tuna Burger you will have a few starters ,sides and a great desert.  
**Location: 150 East 14 Street (Union Square) Time: 1:00pm Prefixed Price \$35.00**

**Wednesday, February 27-Do-it-yourself computer maintenance tips so you don't have to call geek squad**-Is your computer running slow? Are strange things showing up your screen? We'll show you how to clean out the junk your computer's been accumulating, protect against viruses FOR FREE! **Time:10:00am-2:00pm**

**Thursday, February 28-Photography Trip White Plains for Arts Westchester (and some good grub!)** -Arts Westchester is the hub of arts and culture in Westchester County. It presents a wide variety of exhibitions and programming in the spectacular Janet G. Peckham Gallery, housed within its historic landmark neo-classical bank

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 Check us out online at [www.cwa1180.org](http://www.cwa1180.org)

**Movie Mondays**  
**1:00pm-3:00pm**  
February 4  
**Breaking In**  
February 11  
**Last Flag Flying**  
February 25



**Private Benefit Appointments**  
Make an appointment to have your paperwork reviewed for accuracy. Please bring papers ready for review with papers sorted, copied and out of the envelopes, and staples removed!  
**Time: 10:00am -11:30 am**  
Mondays: February 25  
Tuesdays: February 19, 26

**Benefit Coffee Circle**  
**Monday February 4**  
Come have a lively discussion with Lynda and Indra about Medicare, new retirement, prescription, and supplemental benefits!  
**Coffee and assorted donuts provided.**  
**Time: 10:00am -11:30 am**

