Director’s Column

Something we hear a lot about in the Retiree Division is moving. Retirees come in to change their addresses and share stories about what led them to move from their city digs. While the individual situations differ, the theme remains the same, which is that conditions in their lives changed and it was better for them to move than to stay.

Sometimes the pivotal moment was dramatic and unwanted, and at other times it was the fulfillment of a dream and the time was right to move and more fully enjoy retirement. In any case, unforeseen circumstances — both welcome and unwelcome — do occur. When this happens, the best defense is to keep a clear head and know what decisions you will need to think about should the situation arise.

Leaving your home is a huge decision and has enormous implications that will affect you on a daily basis for the rest of your life. Make sure the decision is your own and is not being guided by someone who has something to gain. You can only be the judge to know if someone is being genuinely supportive or is waiting for their cut after your move.

Once that is done, and you know that you are making the decision for your own reasons, consider the following. It’s time to **GO** if: 1. Getting up/down the stairs is a problem. Is it hard to get up from a chair? This could potentially mean other mobility issues. A smaller space could allow you to manage more easily. 2. Is your current place too big? Has managing your home’s upkeep become a challenge? If so, downsizing could be a relief. 3. Have your extra rooms become places for clutter? (Don’t worry, a little clutter is the sign of a brilliant mind!) Have those 30 years of memorabilia taken root and made offspring? Keeping up with this can be daunting. 4. Do you want to be around others more? Maybe you miss your grands. Maybe you could care less about those crumb-crushers, but would like to be around more people who are experiencing life as you are. In either case, a move could benefit you. 5. Is it too expensive to keep your place? You see the numbers. You know your truth. If you can’t maintain your chocolate-and-wine habit and keep the roof up, well, you have to get a more affordable roof! 6. Do you kind-of like the idea of moving and want to? If this is you, then jump on it. Making this decision now without pressure and with your interest and excitement fueling your actions will have a better outcome rather than one made from necessity or haste.

**STAY** if: 1. Can you remodel and make it safe for you? Think of putting away rugs, and installing grab bars and assistive devices to support you. If you can, well then stay home. 2. Is your home paid off and your cost of living low? Then who gives a flying fig how messy your extra rooms are. If you’re safe and it’s not bothering anyone, then eat bonbons and enjoy your paid-off space. 3. Have you looked at what it will really cost you to move? Think of possible maintenance fees, changes in cost of living, and the cost of possibly buying all new furniture to fit your new space. Also, if you are selling, you might have to pay capital gains taxes that could take away some spending money. 4. You have no reason to go and have pleasant thoughts every time you turn the key. Need I say more? That’s the feeling everyone is searching for. You are already home. There is no reason to look further.

If you do decide to go and form an alliance with a sports team in a foreign state, know that you still have to reach back to New York to get your benefits to keep up with you. Inform the following agencies (preferably in writing) of your move and new address: Social Security Administration, CWA Local 1180 Security Benefits Fund, NYCERS, and the NYC Employee Benefits Program. If you decide to stay, well then, I guess I’ll see you around the union.

Suzanne E. Beatty, LMSW
Retiree Division Director

For more information, visit our website: www.cwa1180.org/retiree-home
Projects with Your PC: A New Project Every Week
Mondays, March 2, 9, 16, 23, 30  |  10 a.m. – Noon
Week 1: Skip the long lines at movies or shows.
Week 2: Create a greeting card. Week 3: Make an animated slideshow of your photos.
Week 4: Make your own face emoji.
Week 5: Make your own simple website.

Your Mac and You — Getting Creative and Having FUN with Your Apple Computer
Mondays, March 2, 9, 16, 23, 30  |  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, March 3, 10, 17, 24, 31  |  10 a.m. – Noon
Ok, you 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, March 3, 10, 17, 24, 31  |  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.

>>> ONE-DAY SEMINARS <<<

Cut the Cord: All TV Set-top Boxes and Smart TVs!
Wednesday, March 4  |  10 a.m. – 2 p.m.
Tired of cable bills always going higher and higher? Find out how many people have “cut the cord” using set-top boxes (Roku, Apple TV, Amazon Fire Stick) and SmartTVs to stream shows on their own schedules.

NEW SEMINAR: Stop Taking Chances! How to Backup your Computer, Tablet or Smartphone
Wednesday, March 18  |  10 a.m. – 2 p.m.
Backup, backup! Is it really important? Are your precious photos, legal, financial and other documents important? Absolutely! We’ll show you easy and low-cost ways to make safe copies of your data separately from your computer.

Yoga
Tuesdays, March 3, 10, 24, 31  |  11 a.m. – 12:30 p.m.
Join the yoga classes to improve and maintain your mobility, strength and flexibility. No Class March 17

Dance with Margaret
Tuesdays, March 3, 10, 24, 31  |  1 p.m. – 2 p.m.
Come and try it. You’ll be glad you did! No Class March 17

Stretch with Irene
Tuesdays, March 3, 10, 24, 31  |  2 p.m. – 3 p.m.
You will gain a greater range of motion, strength and flexibility! Come to feel your best! No Class March 17

Art of Walking/Tai Chi
Wednesdays, March 4, 11, 18, 25  |  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.

Zumba
Fridays, March 6, 13, 20, 27  |  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.

Stretch and Tone with Irene
Fridays, March 6, 13, 20, 27  |  11:30 a.m. – 12:30 p.m.
Gain a greater range of motion, strength and flexibility.

Line Dancing with Phoenix
Fridays, March 6, 13, 20, 27  |  2 p.m. – 3 p.m.
Get fit using choreographed group steps and dance, like the Electric Slide.

CONGRATULATIONS & CONDOLENCES
If you have news you would like to announce and share with fellow retirees on our website, email to retireeedivision@cwa1180.org
Be sure to include your name and phone number in case we have any questions.
Restaurant Club: Mom’s Kitchen and Bar
Thursdays, March 5 & 26 | 1 p.m.
Mom’s Kitchen and Bar features modern comfort food like Bayou Shrimp, Blackened Catfish, Braised BBQ Brisket, and Crispy Chicken & Gravy. If one sounds tasty, make sure you sign up!
Location: 701 9th Ave. at 48th Street. Price: $35.

Bus Trip: Astoria Queens — Museum of the Moving Image and Brunch at Sanford’s
Friday, March 13 | 8 a.m. SHARP
Early-morning, behind-the-screen tour, explores highlights of the Museum’s core exhibition. It is a one-of-a-kind experience that immerses you in the creative and technical process of making, promoting, and presenting digital entertainment. We will also see Exhibition on Reimagining the Cell in Animation from the 1980s, explaining how experimental filmmakers exploited the limitless creative possibilities offered by cel animation, which brings together the popularized digital filmmakers of today. This is all followed by Brunch at Sanford’s Restaurant where their concept is simple — serve exceptional, well-prepared comfort food in a casual trendy environment.

Bus Departs 8 a.m. sharp! Approximate return time: 5 p.m.
Price: $70 includes guided tour, Bottomless Brunch with choices of coffee, tea, or hot cocoa, Bloody Mary, Vodka Mixer, Mimosa, Blini, fresh orange, amita peach nectar, or cranberry juice.

St. Patrick’s Day Mix & Mingle
Tuesday, March 17 | 1:30 p.m. - 3 p.m.
Come celebrate St. Patrick Day with fellow retirees and staff at Local 1180 headquarters. Refreshments served.

Frames Bowling
Friday, March 20 | 12:30 p.m. - 3 p.m.

St. Patrick’s Day Mix & Mingle
Tuesday, March 17 | 1:30 p.m. - 3 p.m.
Come celebrate St. Patrick Day with fellow retirees and staff at Local 1180 headquarters. Refreshments served.

Frames Bowling
Friday, March 20 | 12:30 p.m. - 3 p.m.

Spring Is in the Air
Monday, March 23 | Noon - 1 p.m.
Come to the Retiree Division for a delicious & health spring salad.

Emblem Health Plan Overview & Benefit Bingo
Monday, March 2 | 10 a.m. - Noon
Come join us for an overview of the Health plans offered by Emblem Health and Bingo! Information available about your plans with a representative from Emblem Health and Bingo prizes from Emblem Health and CWA Local 1180 Retiree Division. Coffee and assorted donuts provided.

Benefit Coffee Circle
Monday, March 9 | 10:30 a.m. - Noon
Come for coffee and donuts with Lynda & Indra to have a lively discussion about Medicare, new retirement, prescription, and supplemental benefits! Coffee and assorted donuts provided.

Medicare & You
Monday, March 23 | 10:30 a.m. - Noon
Do you have questions about Medicare? Is this the year you turn 65? Come in and we will explain everything you need to know. A representative from the NYC Department of Aging will be here to discuss Medicare A, B and D.

Benefit Questions & Answers
Monday, March 30 | 10:30 a.m. - Noon
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.

Benefit Reimbursement Appointments
Tuesdays, March 3, 10, 31
Wednesdays, March 4, 11 | Fridays, March 6, 27
10 a.m. - Noon
Please call the Retiree Division at 212.226.5800 to schedule your appointment to have your paperwork reviewed for accuracy. Please bring your paperwork ready for review when you arrive for your appointment. You should have the following documents:

- Claim forms (if you do not have them, let us know when you arrive for your appointment)
- Sorted pension statements
- Prescription histories in date order and copies (they must be clear and completely readable to submit)

PLEASE have all statements out of the envelopes; we cannot open your statements. Remove all staples; use paper clips only to keep papers together.

Is all of this too much for you?
1. Just collect your papers.
2. Take everything out of the envelopes.
3. Unfold them.
4. Paperclip all of the same things together.
5. Bring them in and we’ll help you.

If you choose to “walk in” to turn in your papers, just remember that staff lunch hours run from Noon – 2 p.m.

Happy St. Patrick’s Day
Photography Trip to Philadelphia’s Historic District African American Museum
Thursday, March 12  |  8:45 a.m. Meeting Time
African American heritage and culture come alive in four magnificent exhibition galleries (on 3 floors) filled with exciting history and fascinating art. Currently featuring Visual Meditations on Black Masculinity by 55 female photographers. Admission: $14 (adults)/$10 (seniors). For lunch, nearby & famous Reading Terminal Market offers a huge variety of eateries for every taste.

Meet at 8:45 a.m. at Megabus Stop (West 34th St.) directly across from the Jacob Javits Center. Take the No. 7 train to Hudson Yards, then walk downhill toward the Hudson River. Go to megabus.com ASAP to get the best price for tickets, starting at $4.99 each way. The longer you wait, the higher the price. Purchase tickets for the 9:15 a.m. bus to Philadelphia/Market St. & 6th St. Return Trip: 4 p.m.

Photography Trip to American Dream Mall in Meadowlands, NJ
Friday, March 27  |  10 a.m. Meeting Time
Viewed from the outside, the new, shockingly futuristic American Dream Mall looks like nothing you’ve ever seen. Inside houses the largest indoor theme park (Nickelodeon) and water park in the Western Hemisphere, an ice skating rink, aquarium, and even a ski slope! Plus, more than 350 stores, from Hermès and Dolce & Gabbana to Zara, Uniqlo, and Primark, as well as 100 restaurants. It’s a super-fun place to tour, take photos, and grab a bite! Best of all, NJ Transit takes you directly there from Manhattan.

Meet at 10 a.m. at Port Authority Bus Terminal (8th Avenue and 41st Street. Take the 10:30 a.m. Bus No. 355 to AMERICAN DREAM. Fare each way: $9.00 (adults)/$4.50 (seniors). Go to the info booth at the entrance for bus gate.

Borough Outreach Meetings

STATEN ISLAND
BOROUGH OUTREACH MEETING
Wednesday, March 18  |  Noon – 2 p.m.
ORIENTAL PLAZA
1845 Richmond Ave.
Staten Island, NY 10314

QUEENS
BOROUGH OUTREACH MEETING
Wednesday, March 25  |  Noon – 2 p.m.
DALLAS BBQ
61-35 Junction Blvd.
Rego Center Shopping Mall
Rego Park, NY 11374

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/BERS 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!