

RETIREE

news & views



A PUBLICATION OF LOCAL 237 RETIREE DIVISION

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WELCOME NEW RETIREES

The Retiree Division staff would like to congratulate you on your retirement. We understand that retiring in general can be very exciting and stressful let alone retiring through a pandemic. We know retiring through a pandemic posed many challenges and obstacles. But you persevered and You did it! You have left behind work routines, co-workers, and friends to start a new chapter in your life.

Retirement comes with benefits as a member of the Teamsters Local 237. To assist with the transition into retirement life, we have prepared a new retiree orientation online. This orientation is available to you to access at your convenience. Log on to the Local 237 website www.local237.org, click on retirees and the new retiree orientation is there for you. If you do not have access to a computer, you can call the Retiree Division staff at **212-807-0555** and a Retiree Division staff member can go over benefits with you and answer any questions you may have.

The Retiree Division staff is **Susan Milisits**, Co-Director; **Julie Kobi**, Co-Director; **Edith Johnston**, Assistant Director; **Luz Carty**, Assistant to the Directors; **Shavon Banks**, Secretary and **Noelia Quinones**, Assistant Secretary. We are here to assist, support, and guide you through this special time in your life. Local 237 remains with you throughout your life. ■

Retired from work... not from the union.

Local 237 Retiree Division 216 West 14th Street, 8th Fl., NY, NY 10011 • 212-807-0555 • retirees2@local237.org

Recently retired and happy in their new stage of life.



Cheryl Bobb-Parson
Retired from NYCHA in 2020



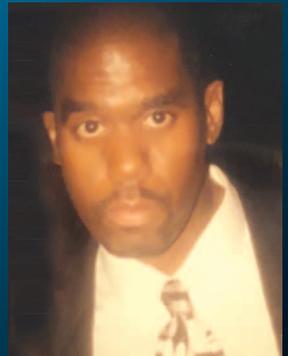
Juan Bello
Retired from NYCHA in 2020



Jacqueline Pabon
Retired from NYCHA in 2020



Lawrence Early
Retired Attorney in 2020



Michael Jones
Retired from School Safety in 2021

Celebrating WOMEN'S HISTORY MONTH

March is Women's History Month.

Throughout our nation, there were observances and celebrations to commemorate the role of women in American History. We celebrate women who have paved the way for the next generation. Pictured are a few women who helped paved the way for women in the United States. There are many women who have played a role in history, and many who will continue to do so. **Past, Present, Future.**

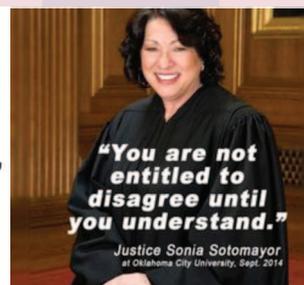
"FIGHT FOR THE THINGS THAT YOU CARE ABOUT, BUT DO IT IN A WAY THAT WILL LEAD OTHERS TO JOIN YOU."

-RUTH BADER GINSBURG
SUPREME COURT JUSTICE



"if they DON'T GIVE you a seat at THE TABLE, bring a FOLDING CHAIR."
-shirley chisholm

WOMEN'S FUND

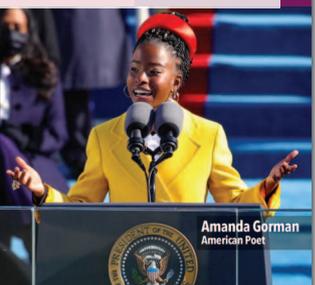


"You are not entitled to disagree until you understand."

Justice Sonia Sotomayor
at Oklahoma City University, Sept. 2014



"To tackle the challenges of the twenty-first century, we must empower women and families. If we do not lift up women and families, everyone will fall short."
VICE PRESIDENT Kamala Harris



Amanda Gorman
American Poet



by **Gregory Floyd**

President, Teamsters Local 237
and Vice President-at-Large on the
General Board of the International
Brotherhood of Teamsters

As public schools are now returning to in-person learning, the defects of the New York City Council's legislation to transfer authority of School Safety Agents (SSAs) from the NYPD to the Department of Education, and greatly reduce their safety duties and programs, has become even more obvious and troubling. Added to this, there are some current elected officials--and many candidates vying to replace them—proposing the total elimination of the safety agents from the schools. In the first week of return to in-person learning, that saw fewer than 20% of the students returning, 25 weapons were confiscated by SSAs. Clearly, it is time that we get real — and get worried. Leave political theater for TV. We need to think in practical terms about the safety of 1 million students, teachers and school personnel when in-person learning returns to normal capacity.

As President of Local 237, which represents School Safety Agents, I sounded the alarm at a February hearing of the New York City Council's Education Committee. I told Committee members about the huge number of weapons confiscated on Day 1 of the last recorded year. I also read the most recent number of major crimes in schools (288) and the number of petit larcenies (976). I noted that 2,701 weapons were confiscated in one year alone, between 2018 and 2019, and cited headline-shattering news including that of an 8-year-old bringing a loaded 380 caliber into a classroom, a vicious attack on a rival by four gang members and the fatal stabbing of a student by another with a steak knife. The stats don't lie. They are horrifying. I told parents at that time: "Beware! Your children are NOT safe."

Unbelievably, several Council Members argued that only social workers and guidance counselors are needed in schools. Misinformation was reported, such as the falsehood that SSAs carry weapons (they do not!), and insulting, degrading, demonizing portrayals of them were made. Council member Helen Rosenthal, for example, said the SSAs were part of a "paramilitary organization", and Public Advocate Jumaane Williams testified — without ANY evidence at all

a message from the president

Legislation That Only Leaves Room for Disaster

— that "SSAs have committed verbal, physical and sexual abuse."

I questioned the Council Members about how many of them have actually been inside public schools, or have children in public schools, where they would see, first-hand, that more than 70% of SSAs are Black and Latina, many of them mothers in a single-parent household, who work and live in the same community. Most tellingly were the words of Council Member Daneek Miller, who said that he had five children go through the public school system and: "When you talk to children in my district, in my household, and in the community, and you talk about school safety agents, at the mention of that, there's a glow."

I told the Council Members that their arguments against SSAs are nothing more than "a knee-jerk, politically correct reaction that ultimately harms the very population they want to protect. It is phony." I urged them to speak to the parents, hear what they have to say. We have. And we received letters and other expressions of appreciation that attest to how much SSAs make a difference in their children's lives and sometimes the lives of others... a positive difference, and often a life-saving difference. The stories are many: Like the grateful Brooklyn mom of a third grader who was saved from choking by an SSA who performed the Heimlich maneuver, and came to the school to personally thank the agent for saving her little girl's life. Or the victim of sexual abuse, who, crying hysterically, flagged down a van of agents on the way to their High School assignment, and begged for help. As the woman was tended to by an Agent, the perpetrator fled and was chased by the other agents, who apprehended and brought him to the Police Precinct, where he was charged.

As media reports came out about what the City Council and the Mayor proposed to do, letters from parents and other concerned New Yorkers started coming in to Local 237. One mother wrote: "My children go to public school and feel safe knowing that there is a safety officer there to protect them. The school safety officer at PS 13 knows every student's name and every student looks forward to going to school and seeing the safety officer, who makes it a better day for the kids. Taking safety officers out of the school would be a huge mistake and only leaves room for disaster. I personally would not send my child to public school without a safety officer in the building. School is a better and safer place because of the school safety officers."

Another said: "School Safety Agents are not just workers at a desk, they are part of the school community. School Safety Agents are the first faces the kids see when they enter the building and many times the last face they see as they leave. They are in the building in the early morning hours and most stay until late into the evening. They deserve to be appreciated, not berated. The school safety agent in my children's school goes above and beyond what their job entails. Ms. Valentino is a safety agent who cares about the students in the building and knows each student by name. She even knows the parents. I know that, when I drop my children off to

school, they are cared for and safe". And I ask the City Council directly: "What are you trying to accomplish? Take out the politics and actually look at these agents who are doing their job."

One parent wrote about her daughter's involvement with the Explorer program, mentored by School Safety Agents, a program which faces the chopping block: "My daughter has been an explorer at Post 2015 for the last two years. She had a very challenging year her first year of being an explorer, with many medical issues. Agent David Perez along with others from Post 2015 always supported her, with phone calls and text messages to see how she was doing. They really become an extended family. Due to the pandemic, her Sweet 16 was cancelled. I put together a birthday drive-by. Agent David Perez, along with members of his post were thrilled to be there and surprise her on this special day. They also showed up with other school safety officers to show their support to her. The school safety officers have always shown support to the children and their community. They provide a safe environment for the kids and the kids all enjoy the program. Elizabeth is beyond honored that she has the opportunity to be a part of this amazing program which has taught her so much and where she feels love." And Elizabeth chimed in: "Two years ago I decided that I wanted to be an NYPD explorer and Post 2015 welcomed me with open arms and love. Later that year, I had several health issues. Besides the love and support from my family, I also received loads of love and support from Agent David Perez and the rest of the post with a number of phone calls and texts...This post has definitely become an extended family to me. They make me feel loved and protected. The school safety agents do an amazing job of making us kids feel loved and well protected."

Local 237 then created an aggressive advertising campaign. Every social media platform and every traditional media outlet was engaged. What we found was that the more people knew about the proposal, the more they were outraged. I said in my closing statement at the City Council hearing: "Any time there is a school shooting, our phones are flooded with frantic calls from elected officials, including calls from some of you. Everyone wants to know: Are our schools really safe? I know the answer. Think about it. Do You?" That question hit a responsive chord with many people — minus most members of the City Council, the Public Advocate Jumanne Williams and the Mayor.

Clearly, there are potentially disastrous consequences of the Council's actions and the Mayor's budget. And consider this: The legislation would take effect in 2022. There will be a new Mayor, two-thirds of the City Council will be new, and students, who have not been to school for full-time, in-person learning, will return in full force. In view of all these factors, we determined to continue the struggle. The lives of 1 million school children and the livelihoods of 5,038 School Safety Agents are at stake. They should be considered above political pandering and a misguided reaction to the realities of the world we live in today. ■

RETIREE news & views

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a message from the co-directors

ONE YEAR LATER: REFLECTIONS FROM THE COVID 19

On March 13, 2020, the staff of the Retiree Division thought that we would be working from home for two weeks. Not in our wildest imaginations did we think that we would still be working from home at this late date. Our retirees adjusted to this upheaval in a courageous and gracious manner. As a division, we offered you programs online or via telephone. We have developed a telephone support group that calls in weekly to keep up with each other. At this time, it is about looking forward with hope and determination. And while so much has changed over the past year, we have experienced a great deal of loss this year. Despite the extraordinary and unimaginable loss, there is light at the end of the pandemic tunnel as the vaccine distributions kick into high gear. It is important to take a moment and reflect on this year. Here are a few reflections to consider.

Be kind to yourself: We are experiencing all kinds of emotions right now including grief, disappointment, frustration, anger- you name it we have all faced it in one way or another. These are all normal feelings during a crisis such as a pandemic. If you are finding the feeling a little hard to cope with talk to someone, a friend, family member, therapist, or reach out to the Retiree Division staff. We are here for you.

Look how far we have come: A year ago the city was shut down in efforts to keep us all safe and now we have a vaccine. The vaccine can help to protect us from the virus but also protect those around us.

Be patient with yourself and others: Also be patient with the reality that the pandemic is still not over, and precautions are still in place for safety measurements.

Safety First: Even if you are vaccinated, the CDC recommends wearing a mask, social distancing, avoid crowds, and proper handwashing. These are steps to keeping ourselves and our families safe.

Take care of yourself, mind and body: Maintain regular medical exams such as colonoscopy and mammography. Maintain a well-balanced diet. Try a new recipe, share recipes with a friend. Keep moving! Exercise as regularly as you are able. Try gentle exercise such as chair yoga, taking a walk, light weightlifting and stretching. Keeping your mind active, for example, completing a puzzle, crossword puzzles, word games to name a few. If you are creative you can take up a new hobby like knitting, crochet, or learn new game such as chess, checkers, backgammon, or learn a new language. What's most important is to keep your mind and body active.

The world has changed and, while we are all



Susan Milisits
LCSW
Co-Director of the
Retiree Division



Julie Kobi
LMSW
Co-Director of the
Retiree Division

looking forward to the return to the way things were, let us not forget the valuable lessons we learned, and learn to be proud of how strong and resilient we are.

As always, the Retiree Division is there to support you in any way we can. Feel free to reach out via telephone **212-807-0555** or via email at retirees2@local237.org

For more information about COVID-19 Virus and vaccines available, please visit the Local 237 website or the CDC website

www.cdc.gov/coronavirus/2019-ncov/vaccines/ (*Please note COVID-19 information is continually updating, so check the CDC website for the most updated information.)

IDEAS FOR HOME EXERCISE:

<https://www.silversneakers.com/blog/daily-exercises-older-adults/>

TIPS ON HEALTHY EATING:

<https://www.ncoa.org/article/healthy-eating-tips-for-seniors> ■



by **Anny Rosario Diaz**

Assistant District Manager, Social Security in Downtown Manhattan

Faster Processing of Disability Claims for People with Alzheimer's Disease

Today, more than 5 million Americans are living with Alzheimer's disease. Since the onset of Alzheimer's can occur in people before they retire, it may strike during an individual's working years, preventing gainful employment as the disease progresses.

As a result, people must come to grips with a devastating diagnosis while losing their salary and benefits. People with Alzheimer's disease and their caregivers must figure out how they'll pay for care. Our benefits and services are vital to people with early-onset Alzheimer's who are unable to work and have no other source of income.

For over a decade, Social Security has included Alzheimer's disease in

the Compassionate Allowances program. The Compassionate Allowances program identifies debilitating diseases and medical conditions so severe they obviously meet disability standards. Compassionate Allowances allow for faster processing of disability claims for individuals with Alzheimer's disease, mixed-dementia, and Primary Progressive Aphasia.

You can read more about the Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works, visit the disability page at www.ssa.gov/disability. Please share these resources with friends and family. ■



Get Your NYCERS Pension Payment by Direct Deposit!

If you are a retiree of the New York City Employees' Retirement System (NYCERS) and received a paper check in the mail each month, now is the time to switch to Direct Deposit!

Direct Deposit (also called Electronic Fund Transfer, or EFT), is the fastest, safest, and easiest way to receive your monthly pension payment. The funds are deposited automatically in your checking or savings account each month.

Thousands of NYCERS retirees use Direct Deposit because it is:

EASY – No trips to the bank in bad weather, no waiting in line to deposit the check.

SAFE – No risk of a lost or stolen check.

FAST – No waiting for the check to clear – the money is available immediately to make it easier for you to meet your obligations, regardless of storms or natural disasters.

HOW TO SET UP DIRECT DEPOSIT:

1. Go to www.nycers.org/direct-deposit and download Form #380 (Authorization for Direct Deposit [EFT] of Monthly Retirement Allowance).
2. Complete the form, have your signature notarized, and mail the form to NYCERS at 30-30 47th Ave.,

Suite 1010, Long Island City, NY 11101. Include a VOIDED check or deposit slip that displays the bank and routing number. Your name must appear on the voided check or bank document, and it must match the name in NYCERS' records exactly. Do NOT sign the voided check.

If you are local, you can bring the form and voided check to the Customer Service Center at 340 Jay Street in downtown Brooklyn.

Please read the complete instructions on the form carefully before you submit it to NYCERS. Your name must appear on the check or deposit slip AND must match the name in NYCERS' records exactly. Be sure to write in your banking information on page 1 of the form in addition to sending a voided check or deposit slip. Your monthly retirement allowance can be deposited in either your checking or savings account – NOT split between both.

It may take up to 45 days from receipt of the form for the account to be processed for Direct Deposit. If you have any questions about how to complete the form, please call NYCERS at (347) 643-3000.

How EFT works:

1. Your net retirement allowance is automatically credited to your bank account on the last day of each month providing it is a business day. If the last day is a weekend or holiday, the funds are deposited on the next business day.
2. Your monthly net retirement allowance will appear on your bank statement.
3. A quarterly statement, issued by the Office of the Comptroller, will be mailed to your home address. It will reflect details of your monthly retirement allowance, including deductions for union dues, health insurance, and federal income tax withheld during the three-month period. Be sure to keep your address up-to-date with NYCERS so that you receive this statement and other correspondence from NYCERS regarding your pension account.

Join the thousands of NYCERS retirees who use Direct Deposit. Get your NYCERS pension payment quickly, easily, and securely!



Dental Benefits

by Mitch Goldberg

Director of the Retiree Benefit Fund

Dental benefits are available to you and your eligible dependents. These benefits are provided by the Fund for approved procedures.

How Does the Plan Work?

If you or an eligible dependent needs dental care, you can go to one of the participating dentists, or you can go to the dentist of your choice.

If you use a participating dentist, most dental expenses are provided at no cost to you subject to review by the Administrator. A list of participating dentists is available on the Healthplex website at www.healthplex.com.

If you use a dentist who is not participating in the plan, you must pay for the services. You will be reimbursed according to a benefit schedule for services covered as determined by the Fund Administrator.

Important- Although Healthplex makes every effort to keep the list of panel dentists current, dentists join or withdraw from the panel on a continuous basis. Therefore, it is your responsibility to determine whether your dentist is a participating dentist before each treatment if you wish to take full advantage of the paid-in-full feature of the Plan.

Whether you use a participating dentist or a dentist of your choice, you must do the following before receiving dental care:

- Make sure that you and all your eligible dependents are properly enrolled at the Fund Office.
- If you are not enrolled or if there has been a change, complete the enrollment form if it is the first claim for you or any family member, or if there are changes of address or dependents; and return it to the Fund Office.
- The provider of your choice needs to provide a claim form which they must submit to Healthplex for processing.
- Do not sign the claim form until your dentist has completed the treatment indicated on the form.

If the dental work is for anything other than orthodontics for dependent children, crowns, bridges, partials, dentures or full mouth surgery (periodontal treatment), you may have the work done without the approval of the Fund. If you use a non-participating dentist, have the dentist complete a claim form indicating all work done and submit the completed claim form and all diagnostic x-rays taken by the dentist to Healthplex. You will receive payment according to the schedule of allowances. If you use a non-participating dentist, you will be reimbursed and must make arrangements to pay the dentist yourself. If you use a participating dentist, the dentist will complete the claim form and submit it to the Fund; the dentist will be paid directly.

If the dental work involves orthodontics for dependent children, crowns, bridges, partials, dentures or full mouth surgery (periodontics), you must first get approval from the Fund. This is true for both participating and non-participating dentists. You must submit diagnostic x-rays taken by the dentist and a claim form to Healthplex before any work is done. Approval is subject to professional review and will be handled as quickly as possible.

For services not covered at all, panel dentists may charge their usual fee. For special or individualized services that are not covered, you and your dentist should agree on the fee to be paid before any treatment is rendered. You are responsible for any arrangements you agree to with the dentist. The Fund will not make extra payments for services not covered or to which you have individually agreed. If you have any questions regarding this, call the Fund Office. Do not make any payment to any panel dentists unless you are sure it is for a non-covered treatment or is in excess of your plan's annual maximum benefit. ■



My Bank Account Has Been Hacked!

by Mary E. Sheridan, Esq.

Director of Local 237
Legal Services Plan

It has happened to me. Luckily, my bank called me and asked about a charge that was made on my account. My ATM card was in my wallet, how could this have happened? It turns out there are people known as "skimmers" who skim your account number and PIN from ATM's, restaurants or sometimes at gas stations. Another way your bank account can be attacked is through something called phishing. You may get an email or text where you are asked to verify your account. When you respond, you are hacked. Your bank doesn't contact you this way and you should never respond to such a text or email.

If this happens to you, you must act quickly. First off, contact your bank. Many national banks have fraud departments you can contact. For smaller local banks or credit unions you can call the

general number and ask to speak to a representative. If you act within 2 days, your possible liability will be \$50 but if you wait longer it could be as much as \$500 or wait too long and you may lose it all.

If money has been stolen, you will need to file a claim and cancel any cards you have associated with the account. The bank then does their own investigation and when your claim is validated, the money is put back into your account. Be sure to change your password if you have online banking. People make the mistake of using obvious passwords or PINS such as birthdays, mother's maiden name or the most common - 1234 or 12345678. It is also important to use different passwords than you use for other accounts, such as social media accounts which are often hacked.

Ordering your free annual credit report is useful. Federal law allows you a free credit report every 12 months and accessing it is easy at: www.annualcreditreport.com.

If you are a victim of Identity Theft, the resolution can be more difficult. The FTC has a great system that provides you with fillable letters to businesses and a step-by-step recovery plan. You can find this at www.identitytheft.gov.

Remember a bank account hack can happen even if you do not use online banking. Change your passwords, monitor your accounts for any suspicious activity and check your credit report annually.

You can reach your Legal Services Plan at (212) 924-1220. ■



by Luz Nieves-Carty
MPA

Assistant to the Directors
Retiree Division

National Nutrition Month

March is National Nutrition Month. It is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This campaign started back in 1973 as a weeklong campaign but has since expanded to the entire month.

During March, the Academy promotes key messages each week through literature, activities, and events. Week one kicks off by encouraging people to eat a variety of nutritious foods every day. This should include foods from all food groups. Daily hydration is also important. People should learn how to read nutrition fact labels. Also, avoid distractions while eating. Take time to enjoy your meals.

The second week's message is planning your meals each week! They suggest using a grocery list to shop for healthy foods. Become menu savvy when dining out or ordering takeout. When cooking at home, choose healthy recipes and snacks. Finally, start your day with a healthy breakfast to fill your body with nutrients and energy.

During the third week, the Academy promotes learning to create tasty meals. This starts with having healthy ingredients available at home. Learning and practicing home food safety practice is important. It is great to share these meals with people you live with or your neighbors. This will help reduce food waste. Finally, do not be afraid to get creative and try new flavors seasonings. Add fun to your meals.

The fourth week of National Nutrition Month encourages people to consult a registered

dietitian nutritionist (RDN). Your doctor can refer you to an RDN. The RDN can help you can achieve your goals with a personal nutrition plan. Meeting with a nutritionist can be in a variety of ways including telehealth. There are nutritionists who specialize to serve unique needs. The result will be the transformative power of food and good nutrition. Good nutrition habits and education are essential to living a healthy lifestyle for older adults. This is a combination of eating well and being active every day not just during National Nutrition Month.

The right balance of foods and activities can help you maintain strong muscles and bones. As we get older it is about quality not quantity. Also, adults should try to maintain a stable weight by having less calories but focusing on certain nutrients such as calcium and vitamin D. Protein gives you energy. People of all ages need protein for strong healthy bodies. Some older adults do not

get enough protein to maintain muscle mass, fight infections, and recover from accidents or surgery. Chewing protein may also be a problem for some older adults. However, there are some tasty ways to enjoy. Try adding a can of beans to soups, rice, salads, and casseroles. Grab some crackers and spread delicious peanut butter on them for a nice snack. Pump up your eggs or egg whites by adding cheese and vegetables for an awesome omelet. Use milk or dry milk powder for sauces and soups. We are what we eat. So, go on and eat colorful, flavorful healthy foods. Your body will love you for it!

For more information about the Academy of Nutrition and Dietetics and recipes please see links in box above. ■

Academy of Nutrition and Dietetics

www.Eatright.org
www.Nutrition.gov

American Diabetes Association

www.Diabetes.org
1-800-DIABETES
or 1-800-342-2383

American Cancer Society

www.Cancer.org
1-800-227-2345



Mujeres

Por Néstor Murray-Irizarry
historiador y gestor cultural

Introducción

Puerto Rico al igual que los demás países en el mundo artístico cuentan con un número muy elevado de mujeres que han sobresalido en las artes, pero no se han reconocido como Dios manda. El hombre, injustamente, en muchos casos, no ha permitido o deseado, que su reconocimiento tenga su propio espacio.

En Puerto Rico han nacido un grupo muy destacado de mujeres que se dedicaron a trabajar en diversas expresiones artísticas. A continuación, un resumen de la vida y obra de una de las mujeres puertorriqueñas-mexicanas que se destacaron en el arte dentro y fuera de América.

Angélica Morales: un buen ejemplo de una mujer ejemplar.

Angélica Morales, fue una niña prodigio; transcurrido el tiempo se convirtió en una excelentísima pianista que recorrió el mundo y arebató a las audiencias más cultas y exigentes.

Nació en Gurabo, el 22 de enero de 1911. Su madre (Lolita) era nativa de México, y su padre (Ángel), aunque nacido en la isla, desde muy joven viajaba al exterior. Muy pequeña se la llevaron a vivir a México.

Angélica empezó a recibir clases de piano a los siete años. A los diez años, Angélica dio su primer recital. La ejecución de la niña encantó a todos y se le pegó el calificativo de «niña-prodigio». Desde aquel recital en adelante, la vida de Angélica tomó un rumbo definido.

Lolita logró conseguir una beca, con el gobierno mexicano para que Angélica prosiguiera sus estudios en Europa. Cuando la familia llegó al puerto francés de El Havre Angélica tenía todavía diez años. Allí se encontraban las dos estrellas pianísticas del momento, Ferruccio Busoni y Emil von Sauer.

A los tres años y medio Angélica se licenció como pianista, obtuvo su diploma, y a partir de ahí despegó en su carrera como intérprete de piano. En 1924, a los trece, se presentó con la orquesta filarmónica de Berlín, en un concierto patrocinado por el gobierno de México. La crítica solo hablaba de las montañas de «virtuosismo, talento, técnica, fluidez y sensibilidad...».

Angélica —teniendo once años— conoció a los dos pianistas más famosos de Alemania: Eugene d'Albert y Emil von Sauer.

Camino a la profesionalidad, Angélica practicaba en el piano cinco y hasta seis horas diarias..., y su distracción se limitaba a ir a conciertos y a participar en las reuniones de adultos. No solo su infancia, sino también su adolescencia, estuvieron dedicadas al perfeccionamiento pianístico.

A los catorce años Angélica llegó a París. Allí estudió bajo la tutela del profesor quien consiguió para Angélica una beca para estudiar en el Instituto Curtis, en Filadelfia (Estados Unidos). De ahí pasó a radicarse en Nueva York. En 1929 ofreció su primer concierto en Carnegie Hall. La implacable crítica neoyorquina la aclamó de manera unánime, y a ese triunfo le siguieron otros similares, en Londres, La Haya y Berlín. Más tarde se fue de Nueva York. Tenía por ese entonces dieciocho años.

En 1931 Angélica envió una carta a von Sauer, quien estaba casado y con una hija. Von Sauer la invitó a visitarlo, a fin de continuar las clases, y así ocurrió. Por esa época Sauer se separó de su esposa y mostró interés en formalizar una relación con Angélica, muy a pesar de la enorme diferencia de edades, que era de nada menos que cincuenta años. En 1932 Angélica tuvo un hijo de Sauer, Julius, nacido fuera de matrimonio. El matrimonio oficial se llevó a cabo en 1939.

En 1942 murió Sauer. Angélica tenía entonces solo treinta y dos años, y le había nacido otro hijo, Franz La academia de música donde Sauer había sido profesor ofreció a Angélica el puesto de su marido. Angélica siguió dando clases y ofreciendo conciertos, tanto en la misma Alemania, como en Austria, Polonia y Suiza.

Durante esta estancia en el Reino Unido fue invitada por la Universidad de Puerto Rico a tocar en la isla. En 1995 tuvo una alegría grande: se inauguró en México un concurso de música que lleva su nombre.

Al año siguiente, un 17 de abril, terminó su vida en un pueblito casi desconocido del estado de Kansas, en los Estados Unidos. ■



NEW BEGINNINGS AND HOPE

by Edith Johnston, LCSW
Assistant Director, Retiree Division

Last year due to the COVID-19 pandemic, our lives changed and the world as we know it changed. We all went through a difficult year to say the least, however there is hope now. With the vaccines and with more knowledge about COVID-19, the scientific community is able to treat the disease with more successful treatments and the future looks brighter. I like to think of the spring as a time of new beginnings, the flowers and trees starting to bloom, the days getting longer and warmer. Everything is starting to look more beautiful. With more people getting the COVID vaccine, there are fewer restrictions, families are able to gather and enjoy each other's company, grandparents are getting prescriptions from their doctors to hug their grandkids, families should be able to celebrate special events again, all the things that we took for granted in the past are going to have more meaning, and we most likely will enjoy the simple things more. I know for sure I will be very happy when I don't have to wear a mask anymore.

Recently, I discussed with a colleague the meaning of spring cleaning. For me, it is more than cleaning our homes from top to bottom and more about changing the way we see and do things. At the present it feels like we are getting out of a very long, cold, and snowy winter. Due to the COVID restrictions, last year felt long and gloomy since most of us have been affected by the pandemic in one way or another. In addition to the pandemic, the country went through a political upheaval, many people have strong feelings about the changes, and all these issues may lead to feelings of mistrust, anger, and disappointment. Learning to process your feelings, understanding that good things can happen after difficult and unsettling events, trying to see the bright light at the end of the tunnel can help us to move forward with hope. It is also important to respect each other's points of view and political positions, and to agree to disagree. Our upbringing, experiences in life, and education oftentimes determine how we think, see and experience the world, but let's try to be understanding and respectful to people around us.

The poet Amanda Gorman, in her inaugural poem said:

*"We seek harm to none and harmony for all
Let the globe, if nothing else, say this is true:
That even as we grieved, we grew
That even as we hurt, we hoped
That even as we tired, we tried
That we'll forever be tied together, victorious
Not because we will never again know defeat
but because we will never again sow division"
My hope is that we will let our "hopes not our hurts shape our future". ■*

**"Let your hopes,
Not your hurts,
Shape your Future"**

— Robert H. Shuller



6 Ways to Stay Computer Safe

by Anthony Morano

Chief Information Officer, Teamsters Local 237



- 1 When checking your email, never open a message that you are unsure about. Search the internet by using the From address to see if it is from a legitimate company that you are aware of. If the email is from someone you know, however, the subject has weird looking characters or does not make sense, contact the individual directly and notify them that you have received this email from them.
- 2 Ensure that your computer is receiving the latest security updates by checking monthly to see you are receiving automatic updates.
- 3 When your computer is connected to the Internet, even if you are not browsing the web or checking email, ensure you have active antivirus protection turned on and that it is up-to-date.
- 4 Never enter any of your personal information into a website unless you know it is trustworthy. If you are searching the web and receive a pop-up from a website to enter your personal information to gain access, close the browser and refrain from entering anything.
- 5 When using public Wi-Fi, do not check your email, bank account information, or anything else you feel is sensitive information. You cannot validate who is controlling that Wi-Fi connection and hackers could be stealing your information.
- 6 Remember that you are the best line of defense to ensure that your Internet activity is safe. If you are unsure about something, ask someone who is knowledgeable about computers to assist. Remember that clicking or doing something that you are unsure of can lead to detrimental effects not just on your computer but potentially in your everyday life (e.g., identify theft, bank account compromises, and other malicious acts). ■

on a personal note...

In Memoriam



To the families of retirees who recently passed, **Corrado Depinto**, **Heberto Tellez**, and **John Zucarro**, all of whom retired from the NYC Housing Authority, we extend our deepest sympathies. Their service to the city will long be remembered.

RETIREE news & views

216 West 14th Street
New York, NY 10011



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MARCH/APRIL 2021

Alzheimer's Workshop – June 10

Please join us for this informative workshop on the 10 warning signs of Alzheimer's. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

If you should have any questions, please feel to contact the Retiree Division at 212-807-0555.

Guest speaker: Licet Valois, LMSW, MPS, CDP

Care & Support Program Manager | Alzheimer's Association

Date: June 10, 2021

Time: 11:00am

Please note: You can join via web or telephone call

Dial in using your phone

Link/telephone code: United States: +1 (571) 317-3122
Access Code: 136-613-501

Join my meeting from your computer, tablet or smartphone

<https://global.gotomeeting.com/join/136613501>

alzheimer's  association®

New York City Chapter



PLEASE BE SURE TO CONTACT THE UNION IF YOUR PHONE NUMBER OR ADDRESS HAS CHANGED.

In addition to notifying the union, please contact the Social Security Administration, your pension system, and the Office of Labor Relations. You do not want to miss out on important information.

What to do when a retiree dies

In order to obtain survivor benefits (when applicable), all of the following offices must be notified. It is important to call or write as soon as possible (preferably within 30 days). In most cases, a death certificate for the retired member will be required.

CONTACT CHECK LIST:

SOCIAL SECURITY ADMINISTRATION
800-772-1213 www.ssa.gov

LOCAL 237 RETIREES' BENEFIT FUND*
212-924-7220
216 West 14TH Street, 3rd Floor
New York, NY 10011
(To inquire about COBRA and DEATH BENEFIT*)
welfareinfo@local237.org

NYC EMPLOYEE BENEFITS PROGRAM*
212-513-0470
22 Cortlandt St., 12th Fl., NY, NY 10007
(To notify health insurance plan, and to inquire about COBRA)
<https://www1.nyc.gov/site/olr/index.page>
healthbenefits@olr.nyc.gov (for questions and inquiries only)

NYC EMPLOYEES RETIREMENT SYSTEM
347-643-3000 www.nycers.org
("Death Benefits Office")
335 Adams St., Ste. 2300, Brooklyn, NY 11201

NYC BOARD OF EDUCATION RETIREMENT SYSTEM
929-305-3800
www.bers.nyc.gov
65 Court Street, Brooklyn, NY 11201

*When calling these offices, inquire about survivor continuation of benefits under "COBRA." This COBRA coverage allows for up to 36 months of continuing coverage for dependents. Premiums for coverage are paid directly to plan.

Memories of Founders Day

We are working on a special edition of Retiree News and Views for Founders Day.

Please Share Your Photos And Comments of Past Founders Days

Email Julie Kobi jkobi@local237.org