

RETIREE

news & views



A PUBLICATION OF LOCAL 237's RETIREE DIVISION

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Fun Retiree Classes and Events

On May 16th, the Retiree Division hosted its very first Class Expo, giving retirees the opportunity to explore all available classes, enjoy live demonstrations, and connect with instructors. These classes offer a fun and rewarding way to try something new, stay active, and build connections with fellow retirees.

Classes will begin again in September. For the full calendar of events, please visit the Local 237 website at www.local237.org



SCAN TO SEE EVENTS AND CLASSES



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CROCHET

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INSTRUCTOR:
FRANCK MUHEL



WALKING



POETRY

INSTRUCTOR:
LYNN MCGEE

JOIN US.
All are welcome!

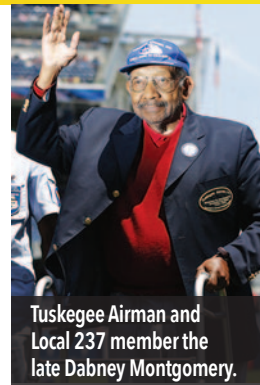




by Gregory Floyd
 President, Teamsters Local 237
 and Vice President-at-Large on the
 General Board of the International
 Brotherhood of Teamsters

A MESSAGE FROM THE PRESIDENT

A Simple Word. A Complex Meaning.



Tuskegee Airman and Local 237 member the late Dabney Montgomery.

Across our nation, in the Spring and Summer months from Memorial Day to Labor Day, including Flag Day, Juneteenth, Father's Day and Fourth of July, there are countless celebrations where the word "hero" will be applied. That word will be the underlining theme of speeches, TV shows, parades, fireworks, barbecues, marathons and sales throughout America.

We celebrate heroes. It's our custom. Even though today, the actions of some of our historic hero standard-bearers from Christopher Columbus on down are now being reexamined, there are still plenty to go around.

The Webster dictionary defines the word "hero" as "a person who has special achievements, abilities, or personal qualities and is regarded as a role model or ideal." In classic mythology, a hero was someone who is thought to be godlike — a talented warrior-a chieftain with special strength, or an immortal being.

Today, we tend to think of our heroes in a more down-to-earth way—still very noble—but a mortal

among us who has done things—big and small—that makes a difference in our lives. Everyday heroes: The Little League coach. The motorist who stopped to help you fix your flat tire. The neighbor who saved a child in a burning building. The person who found and returned your lost dog. Your dad.

Several celebrities weigh-in on what defines a "hero", among them, Whoopie Goldberg, who once asked: "Who amongst us doesn't want to be a hero?" Mariah Carey suggested "If you look inside yourself and you believe, you can be your own hero." While Maya Angelou defined a hero as "any person really intent on making this a better place for all people." Perhaps it was Arthur Ashe who summed it up best. "True heroism is remarkably sober and very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

And a hero doesn't need a specific classification or category to qualify. In fact, that could actually limit their accomplishments. Morgan Freeman reminds us that "Martin Luther King Jr., was not a Black hero. He is an American hero."

So, whether it's the countless men and women in the military who bring dignity and valor to the uniform they wear in defense of our freedom, or the School Safety Agents who provided students with free prom gowns, or the NYCHA worker who makes sure that the flowers are in full bloom by the

benches where the elderly ladies sit, we take special pride in knowing that many Local 237 members selflessly help others. To them we say, "Thank You".

Among them is the late Tuskegee Airman Dabney Montgomery. Dabney was a NYCHA Housing Assistant for 14 years, who distinguished himself as an exemplary soldier known for his bravery in World War II, yet was denied the right to vote when he got home. Although he was among the security detail for Dr. King on his historic march from Selma to Memphis, it took nearly 60 years after World War II ended for him to be awarded the Congressional Gold Medal. Now, the heels of his shoes from that march are on display in the first-of-its-kind National Museum of African American History and Culture in Washington, D.C., and a street sign in Harlem bears his name. Wow! How many unions can boast of having a Tuskegee Airman among its members?

Clearly, the word hero applies to the highly acclaimed and the virtually unknown. Men and women who rise to the situation but may not get a parade to honor their accomplishments, medals to wear on their chest, trophies for the mantel or news headlines. Just everyday heroes whose reward is knowing that they made a difference. Many are Local 237 members. To all of them we say, "Thank You". ■

A MESSAGE FROM THE DIRECTOR

Retiree Division at a Glance

The Retiree Division receives many calls and often we hear: "I didn't know the Retiree Division offers that service."



Here is a brief overview of Retiree Division services:

RETIREMENT PLANNING SEMINAR

Pre-retirement seminars are held twice a year. They provide a great deal of information on the retirement process and how to get started.

The seminars include:

- Pension counseling by appointment, for pre-retirees.
- Information and updates on pension options.
- Brief overview on Local 237 benefits, health insurance and what happens when a member or spouse becomes Medicare eligible.
- NYCERS provides information about your pension plan, buying back service, how to sign up for a MyNYCERS account, new online features available at www.nycers.org, and much more.

CONSULTATION AND ASSISTANCE

Wherever retirees live, the Retiree Division, in coordination with other sections of the union, answer questions and help resolve problems and concerns related to: Making the transition from work to retirement; relocation; family concerns; caregiver support; health insurance/Medicare; use of leisure time; community resources; homecare; transportation; counseling; recreation; housing; support programs, assistance with Local 237 benefits, and more!

NEIGHBORHOOD COMMUNITY MEETINGS

The Retiree Division Community Meeting classes are held four times a year in Bronx/Westchester, Manhattan, Brooklyn, Queens, and on Long Island.

CLASSES

Retiree classes are held during the Spring and Fall in subjects such as: Introduction to painting, crochet, painting, Tai Chi, Salsa, Afrofit and an online poetry class.

RECREATIONAL ACTIVITIES

Theater trips, museum outings, walking tours and day trips.

ANNUAL EVENTS

Some Retiree annual events include: A summer picnic, fall foliage outing, tribute to Black History Month, Latino Heritage Month, Italian Heritage, Women's History, multicultural presentations, talent show and other events.

COMMITTEES

The Retiree Committees are open to all, including: El Comite Latino, Italian Heritage Committee, Black History Committee, Veteran's Committee.

THE ORAL HISTORY PROJECT

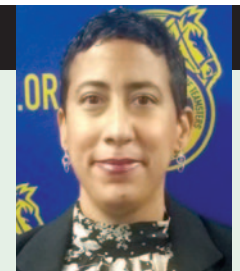
An ongoing effort to record and preserve the history of the union.

BI-MONTHLY NEWSLETTER

The Retiree Division publishes an award-winning bi-monthly newsletter, *Retiree News & Views*, to provide up-to-date information and analysis.

Whatever your needs are, I encourage you to reach out to the Retiree Division for guidance. The Retiree Division staff combined have many years of experience in the field of geriatrics.

We are here to help. You can reach us via telephone at (212) 807-0555 or via email at retirees2@local237.org. ■



by Julie Kobi LMSW
 Director of the Retiree Division



Boosting your Brain with the Food You Eat

by Elaine Williams, LMSW
Assistant Director, Retiree Division

Maintaining a healthy diet by incorporating foods that are high in nutrition is one sure way to sharpen your cognition and fend off the diseases of aging. While there is no perfect food, the idea of eating the traditional foods that are said to be healthy and rich in vitamins, Omega-3 fatty acids and other unsaturated fats, can benefit your entire body as well as your brain.



Here are some recommendations for food that feed both the brain and the body:

Oily Fish: Rich in Omega-3 fatty acids crucial for brain cell structure and function. Examples include salmon, trout, and tuna.

Leafy Greens: Rich in nutrients like folate, lutein, and vitamin K, which have been linked to improved cognitive function and neuroprotection.

Berries: Excellent source of antioxidants, which help protect brain cells from damage and may improve memory. Examples include blueberries, strawberries and raspberries.

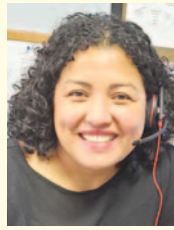
Nuts and Seeds: These provide healthy fats and various nutrients like Vitamin E and Magnesium. There's not a big difference between raw and roasted nuts and seeds. It's more important that you consume some amount e.g. Chia Seed, Flaxseeds, Walnuts, Pistachios, Almonds, Brazil Nuts or Pine Nuts. An estimated 3.9 million Americans are allergic to tree nuts. That doesn't mean they can't enjoy the health benefits of eating seeds. Roasted pumpkin seeds and hemp seeds are excellent additions to oatmeal, salads and side dishes. Flax and chia seeds are great additions to food as well. Research at Loma Linda University found that nuts have a positive impact on the brain's ability to generate brain waves including gamma waves which are critical for cognition and memory.

Dark Chocolate: Contains antioxidants and caffeine which may improve blood flow to the brain and support cognitive function.

Avocados: Have healthy fats, fiber and various vitamins and minerals.

While making healthy food choices is a vital part of a healthy lifestyle there are tons of other important factors that contribute to your overall brain health like getting enough sleep, managing stress, avoiding smoking, staying hydrated and adding regular exercise to your routine. Remember: A healthy brain, is a brain worth keeping. Let's start practicing some of these small steps, so that we'll keep our brain health for a long time.

For more information please visit: www.eatright.org; www.aarp.org



Sunshine & Smiles: Your Guide to Summer Fun

by Edith Johnston, LCSW
Deputy Director, Retiree Division

Summer is the season of sunshine, freedom, and unforgettable memories. Whether you're a beach bum, a mountain hiker, or someone who just loves a good barbecue, there's something magical about these warmer months that brings out the best in everyone.

OUTDOOR ADVENTURES

From hiking scenic trails to biking around the neighborhood, summer is the perfect time to soak up nature. National parks burst with color, and local gardens offer quiet moments of beauty. Try kayaking, paddleboarding, or just a lazy float down river water makes everything better when the sun's blazing.

BEACH DAYS & POOLSIDE LOUNGING

There's nothing quite like a day by the water. Pack a towel, sunscreen, and your favorite snack, and let the waves (or the diving board) do the rest. Don't forget beach games like frisbee, volleyball, or a sandcastle-building contest!

FESTIVALS & FIREWORKS

Summer is prime time for music festivals, county fairs, and fireworks. Grab some cotton candy, dance barefoot in the grass, and celebrate long nights filled with laughter and starlight.

BACKYARD FUN

Not going far this summer? No problem. Host a backyard movie night, light up the grill for a cookout, or start a garden. Simple moments at home can turn into the best memories.

ROAD TRIPS & TRAVEL

Whether it's a cross-country drive or a quick weekend getaway, travel feels easier and more spontaneous in the summer. Explore hidden gems near your hometown or venture out to that destination you've always dreamed of.

CREATIVE ESCAPES

Rainy summer day? Dive into creative fun. Paint, write, learn to play an instrument, or start a DIY project. Summer's relaxed pace is great for rediscovering hobbies—or picking up new ones.

FINAL SPLASH

No matter how you spend your summer, the real magic comes from enjoying the moment. So kick off your shoes, chase the ice cream truck, and let yourself enjoy the season like a kid again. ■



New York City Mayor Eric Adams and New York City Department of Veterans' Services (DVS) Commissioner James Hendon has announced that the City of New York will host a ticker tape parade next year celebrating the service of post-9/11 servicemembers and veterans – the first of its kind in a major city in the nation. On **Monday, July 6, 2026**, the City of New York will host "Homecoming of Heroes: A Ticker Tape Parade Honoring Our Post-9/11 Combat Veterans and Their Families," a historic tribute recognizing the extraordinary service, sacrifice, and resilience of a generation that bore the weight of America's longest war.

If you are interested in learning more about our initiatives or connecting to services at DVS, you can visit nyc.gov/vets, email us at connect@veterans.nyc.gov, call us at 212-416-5250, or visit us at 1 Centre St., Suite 2213, New York, NY 10007

RETIREE news & views

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Local 237 Welfare Fund How Can We Help You?

by **Diana Nappi**
Director of the Retiree Benefit Fund

Have you contacted us lately? The Welfare Fund is located at 216 W 14th Street, and we offer an array of services for Retired Members. Our philosophy is “*You may retire from work, but you never retire from the union*”. We encourage retirees to reach us at 212-924-7220 or come visit us on the 3rd Floor.

Our dedicated Member Services team is ready to assist you with questions or issues regarding your many benefits, such as:

Dental, Optical, Prescription, Drug Reimbursement, and Hearing Aid Voucher.

ARE YOU A NEW RETIREE AND UNSURE HOW TO NAVIGATE YOUR RETIREE BENEFITS?

Give us a call and speak with one of our specialized Member Service representatives. There are some differences in benefits as a retiree, so please don't hesitate to call Local 237 Welfare Fund and we can inform you.

Recently moved? Send us an email at WelfareFund@local237.org with your new address. We can update our records with this important information, so you don't miss any vital mailings.

Did you know? As a Retiree you are entitled to a Supplemental Medical Benefit of \$2,500 per family, which is paid at 80% of the reasonable and customary charges. This wonderful perk can provide some financial relief to you when Medicare or your secondary insurer denies a claim as a whole, or partially, in relation to the following:

Wheelchair, Surgical Stockings, Orthopedic Shoes, Leg Braces, Hospital Beds, Oxygen Equipment, Blood, Private Duty Nursing (In Hospital Only) and Other Durable Medical Devices or Supplies.

We look forward to speaking with you!

Effective June 1, 2025

Recently, the Welfare Fund had to make the hard choice of making some necessary changes to the prescription plan so that we can continue to offer great benefits for generations to come.

You should have received communications from Local 237 Retiree Fund by now regarding these changes.

Advanced Control Choice Plan

The formulary strategy, which is a list of generic and brand name prescription drugs covered by your health plan, balances clinical appropriateness, member experience and economics. What does this mean to you?

- Some drug categories will differ between our current Teamsters Local 237 formulary and the Advance Control Choice formulary, however, many drug categories will remain the same.
- Ask your doctor to consider prescribing drugs that are on the Pharmacy Drug Guide (formulary). You can visit the Member Portal at Aetna.com or contact Aetna directly at 855-352-1599.

Prior Authorization Requirements

Pre-certification means that you or your doctor will need to obtain approval from the plan before certain drugs will be covered. Generally, prior authorizations are required by insurance companies for some medications that may have less expensive alternatives.

If you are directly affected by the formulary change, Aetna has mailed separate letters advising you what you need to do. ■



Where Does Mother's and Father's Day Come From?

by **Luz Nieves-Carty MPA**
Assistant to the Director, Retiree Division

In May, on the second Sunday, we celebrate Mother's Day. Then on the third Sunday in June we celebrate Father's Day. Ever wonder how did these holidays start?

According to History.com, Mother's Day was the inspiration for Father's Day. Mother's Day began as a peace-and-reconciliation campaign of the post-Civil War. During the 1860s, activist Ann Reeves Jarvis, organized a celebration known as “Work Mother's Day” in West Virginia to bring together the mothers of Confederate and Union soldiers.

However, it wasn't until 1908 when Jarvis's daughter, Anna Jarvis, who wanted to honor her own mother by making Mother's Day a national holiday partnered with the John Wanamaker, a department store in Philadelphia, who sponsored a service dedicated to mothers in its auditorium.

Other retailers saw great potential profitability in the holiday and Mother's Day caught on right away. In 1909, 45 states observed the day, and in 1914, President Woodrow Wilson approved a resolution that made the second Sunday in May a holiday in honor of “that tender, gentle army, the mothers of America.”

The next year, a woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

The holiday slowly spread. By 1924, President Calvin Coolidge urged state governments to observe Father's Day. According to History.com: “However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official—that the day honoring fathers became a nationwide holiday in the United States. In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.”

Although it's wonderful to shower our male and female parents and grandparents with flowers, dinners, and sports tickets, it is critical to remember them throughout the rest of the year. Each day is an opportunity to give them the gift of time, a phone call, or just a warm hug. Remind our mothers and fathers they are special no matter what month it is! ■



Summer Day

As the weather is becoming warmer just a reminder of a few things to keep in mind when enjoying the warm/hot summer days.

Stay hydrated, sometimes it's easy to forget to drink enough water when you are enjoying a day out. Older adults are at a higher risk of dehydration due to reduce ability to conserve water, decrease in thirst and decrease in daily fluid intake. To stay hydrated, make sure you monitor your water intake. For example, keep a log of how much water you drink daily, to remind you to drink enough. Keep drinks accessible and incorporate fruit and vegetables in your diet.

Always use sunscreen as it is one of the easiest ways to protect your skin from sunburn. Even on cloudy days use sunscreen. It's easy to do it and it will help you avoid sunburn, skin cancer and premature aging.

Protect your eyes. Wear sunglasses that block 100 percent the UV light and find a pair of sunglasses that fit well and wrap around the face, providing protection to the eyes and eyelids.

New York City opens cooling centers when the National Weather Service issues a heat advisory with a forecasted heat index of 95 degrees or higher for two or more days or 100 degrees for any period. Cooling centers are air-conditioned facilities that offer people relief from the heat. Cooling centers include libraries, community centers, senior centers and NYCHA facilities. To find the nearest calling center contact 311.



So, You Want a Divorce...

by **Jennifer Hudson, Esq.**

Director of Local 237 Legal Services Plan

If you receive a Divorce Summons call your Local 237 Legal Services at 212-924-1220 right away and let them know:

- 1) You received divorce papers.
- 2) How you received them.
- 3) When you received them.

Getting married in the state of New York (and a state of love) can be quick, easy, and fun! Getting divorced in the state of New York is slow, challenging, and aggravating. Did you know that you can get married in New York in less than 48 hours and for less than \$75? A divorce in New York generally takes a minimum of one year, and costs a minimum of \$150 with our office, and that is only if you and your spouse completely agree on everything (but if you and your spouse completely agreed on everything, you might not be getting a divorce)!

Common things that can make divorce complicated: not knowing where your spouse lives; minor children of the marriage; a long-term marriage; disparity in income between the spouses; property ownership.

Common things that also can make divorce expensive: not knowing where your spouse lives; not providing your attorney with documents timely; your house and pension might need to be appraised; the court might order attorneys to represent your children and you might have to pay those attorney fees; you might need to pay for your spouse's attorney fees.

Divorce attorney fees in New York City are, on average, about \$350 an hour. However, as an eligible Local 237 member living in one of the 11 covered counties and not married to another Local 237 member, you will not have to pay for your own Local 237 Legal Services Plan attorney fees.

A member facing divorce will work closely in partnership with their attorney to get the best possible outcome in the dissolution of their marriage. The member's divorce outcome will depend on the law, statutory calculations, and the relevant facts of their situation. The member will need to provide their attorney with numerous documents and keep their attorney informed of any changes throughout the process.

IMPORTANT THINGS TO KNOW:

- **What is the most common thing that people think should matter in a divorce, but does not matter at all?** Who cheated on whom.
- **What is Marital Property?** Anything earned or acquired during the marriage, such as pension and real estate (even if only one person's name is on the deed).
- **What is Spousal Maintenance?** The amount of money that a spouse earning more money has to pay to a spouse earning less money.
- **What are "Automatic Stays"?** Once a divorce has started, whether by you or your spouse, you are prohibited from doing certain things, such as transferring your property.

Please call 212-924-1220 to get screened for a divorce appointment, or, if you have any questions about divorce. ■



Stacey Braun
ASSOCIATES, INC.

Pack Light for Vacation!

by **David Bonington, CFP®**

Financial Planner, Stacey Braun Associates, Inc.

With vacation and downtime just ahead, including plenty of rest, relaxation, reconnection, and enjoyment – and maybe an extra hot dog or an ice cream sundae slipped in there once or twice.

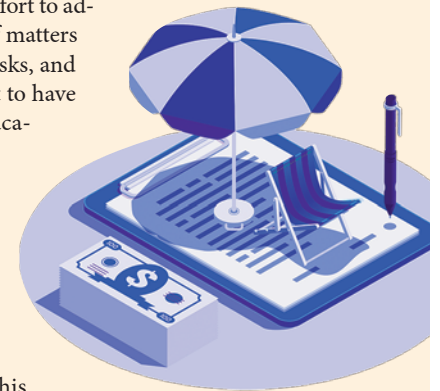
But I better get to my topic before I spend 500 words talking about sun, sand, surf, picnics, cookouts, and “secret ingredient” BBQ sauce.

Over many years (okay, decades) of work, the days leading up to a vacation always seemed to be some of the most hectic of the year. They still seem that way – and I know colleagues and family members who agree. I did some informal investigating, and a pattern emerged: Just before vacations, some individuals have work habits and practices geared to putting in extra time and effort to address a large number of matters – all kinds of chores, tasks, and To-Dos they don't want to have to “pack” with their vacation luggage. They don't want to even think about these things on vacation, and they don't have to because before they leave the tasks are - a great four-letter word here - DONE. The goal of this intense activity is to head off on vacation leaving behind an empty Inbox and a To-Do List with all major items checked off or crossed out.

If you like the sound of this result – and who wouldn't? - before Summer arrives why not get a head start on pre-vacation preparation now? Attend to things like that dental appointment, that insurance company call, and any other things likely to become vacation dead weight in your mental suitcase – especially any financial matters!

If something causing stress or anxiety is that budget you keep wanting to revise, or some credit card debt, or headlines around swings in financial markets – or even some financial “knot” you are trying to untie - a Stacey Braun counselor should be able to help. Other topics (like investing or estate planning) can be discussed as well, often in the same session. A planner's information, suggestions, and ideas - which BTW - are never accompanied by pressure to buy anything – can set the stage for a more relaxing vacation.

Why not make an appointment today? Odds are good that a session will help you “pack light” when it comes to getting ready, because any “heavy” financial questions will have been raised, discussed, and possibly resolved. See if Stacey Braun can “add lightness” to what you bring with you on this year's vacation. The only thing we will insist you bring is sunscreen! ■



IMPORTANT PHONE NUMBERS



**TEAMSTERS
LOCAL 237**
216 West 14th St., 3rd FL
New York, NY 10011

**Welfare Fund Number
212-924-7220**

**Fax Number
212-675-7861**

UNITED HEALTHCARE/DENTAL: 877-591-1789

AETNA RX/MEDICATION: 855-352-1599

CPS OPTICAL: 212-675-5745

GVS OPTICAL - ONLY OUTSIDE THE NYC TRISTATE:
800-847-4661

OFFICE OF LABOR RELATIONS: 212-513-0470

NYCERS PENSION: 347-643-3000

BOARD OF EDUCATION RETIREMENT: 929-305-3800

Free, confidential telephone or Zoom sessions with a Stacey Braun planner can be arranged by calling 1-888-949-1925. No financial products are sold and there is no sales pressure.



UNA SENCILLA RESEÑA

El mar, Córcega y los corsos: un Puerto Rico distinto es posible...

por Néstor Murray-Irizarry Historiador y gestor cultural



Marie Jeanne Casablanca-Paoletti es la estudiosa más prominente de la investigación de la inmigración corsa a Puerto Rico. Y es probablemente la historiadora que más conocimientos tiene sobre ese importante tema que hoy nos ocupa.

A Marie Jean y a su esposo Carlos, les dedico estos apuntes tomados del libro La emigración corsa a Puerto Rico en el siglo XIX de Casablanca -Paoletti.

A Puerto Rico llegaron, a través del mar, alrededor de dos mil hijos nacidos en Córcega, una isla del mar Mediterráneo cuya superficie es muy similar a Puerto Rico. El movimiento de inmigración masiva de corsos hacia Puerto Rico es una característica del siglo XIX. Después de pasar por épocas muy duras de sobrevivencia a través de su historia, parte del pueblo corso se lanzó al mar en busca de nuevas oportunidades de progreso y de trabajo. Los primeros en salir de Córcega fueron los marinos mercantes a buscar nuevas rutas rumbo al oeste, hacia América y el Caribe. Sus compatriotas agricultores y artesanos luego se seguirán, especialmente en tiempos de crisis.

Los oficios mayormente marítimos, que habían facilitado la llegada de los primeros corsos, no fueron abandonados, aun cuando estos establecieron su residencia

principal en Puerto Rico. Algunos, se beneficiaron del otorgamiento de una licencia comercial por las autoridades, continuaron ejerciendo su primer oficio, otros, aun cuando afirmaban dedicarse a la agricultura, continuaron ejerciendo sus actividades marítimas, convirtiendo a Puerto Rico en su base de operaciones en todo lo relacionado a sus negocios con otras islas del Caribe.

Establecidos a lo largo de la costa, los corsos constituyeron desde el principio, en un sector extremadamente dinámico de la población. Los protocolos de Marina de Guayanilla y Peñuelas, de los cuales la mayor parte de los documentos encontrados concierne a los corsos, a tal punto que parecen haber sido creados para ellos, ilustran la efervescencia inicial de la comunidad corsa.

Entre los corsos que habían elegido domicilio a lo largo de la costa sur, se encontraban marinos, propietarios y capitanes de barcos que se especializaban en el transporte de mercancía por mar entre los diferentes puertos de la Isla, o entre Puerto Rico y las islas vecinas, pertenecientes a naciones amigas de España. Por ejemplo, en Guayanilla se encontró el nombre de Santos Lucca del pueblo de Morsiglia, propietario del barco Cook, del cual su sobrino, Antonio José Arenas, era el capitán; entre los marinos del

barco figuraba Ángel Marcucci, domiciliado en 1828 en el distrito de Yauco. También se encontró a José Lucca, cuya goleta La Unión, estaba capitaneada por Domingo Orsini, y a Lucien Marcucci, patrón de La ligera. Ponce, Juan Batista Pierretti, quien solicita en 1830 su carta de naturalización, declara residir en el país desde hace veinte años y añade que navega en un barco de su propiedad, después de haber sido capitán de varias embarcaciones.

Sus embarcaciones eran mayormente goletas y balandras. Las primeras eran pequeñas embarcaciones angostas de dos o tres mástiles, su largo podía alcanzar 70 pies y su capacidad iba de 39 a 69 toneladas; mientras que las balandras eran más pequeñas que las goletas y solo tenían un mástil. Usaban, también ancones, una especie de balsa. Estos lo utilizaban para el transporte marítimo interno de productos en las costas cercanas al área de trabajo.

Los marineros corsos ayudaron a establecer y mejorar la comunicación entre los diferentes puertos de Puerto Rico.

Puerto Rico y el Caribe le debe mucho al trabajo muy duro y cuidadoso de los inmigrantes corsos. ■

murraynestor@gmail.com
www.casapaolipr.com

MENSAJE DE LA DIRECTORA

Vista general de la División de Jubilados

La División de Jubilados recibe muchas llamadas y, a menudo, escuchamos: "No sabía que la División de Jubilados ofrecía ese servicio".

A continuación, un breve resumen de los servicios de la División de Jubilados:

SEMINARIO DE PLANIFICACIÓN DE LA JUBILACIÓN

Se realizan seminarios de prejubilación dos veces al año. Ofrecen amplia información sobre el proceso de jubilación y cómo empezar.

Los seminarios incluyen:

- Asesoramiento sobre pensiones con cita previa para recibir información antes de su jubilación.
- Información y actualizaciones sobre las opciones de pensión.
- Breve resumen de los beneficios del Local 237, el seguro médico y qué sucede cuando un miembro o su cónyuge cumple los requisitos para Medicare.
- NYCERS ofrece información sobre su plan de pensiones, el servicio de recompra de seguros, cómo abrir una cuenta Mynycers, nuevas funciones en línea disponibles en www.nycers.org y mucho más.

CONSULTA Y ASISTENCIA

Dondequiera que vivan los jubilados, la División de Jubilados, en coordinación con otras secciones del sindicato, responde preguntas y ayuda a resolver problemas e inquietudes relacionados con: la transición del trabajo a la jubilación; reubicación; asuntos familiares; apoyo a cuidadores; seguro médico/Medicare; uso del tiempo libre; recursos comunitarios; atención domiciliaria; transporte; consejería; recreación; vivienda; programas de apoyo, asistencia con los beneficios del Local 237, ¡y más!

REUNIONES COMUNITARIAS VECINALES

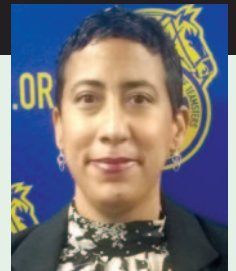
Las Reuniones Comunitarias de la División de Jubilados se imparten cuatro veces al año en el Bronx/Westchester, Manhattan, Brooklyn, Queens y Long Island.

CLASES

Las clases para jubilados se imparten durante la primavera y el otoño con materias como: Introducción a la pintura, crochet, Tai Chi, Salsa, Afrofit y una clase de poesía en línea.



by Julie Kobi LMSW
Directora de la División Jubilados



ACTIVIDADES RECREATIVAS

Visitas al teatro, visitas a museos, recorridos a pie y excursiones de un día.

EVENTOS ANUALES

Algunos eventos anuales para jubilados incluyen: un picnic de verano, una excursión para contemplar el follaje otoñal, un homenaje al Mes de la Historia Afroamericana, el Mes de la Herencia Latina, la Herencia Italiana, la Historia de la Mujer, presentaciones multiculturales, un concurso de talentos y otros eventos.

COMITÉS

Los Comités de Jubilados están abiertos a todos, incluyendo: El Comité Latino, el Comité de la Herencia Italiana, el Comité de Historia Afroamericana y el Comité de Veteranos.

EL PROYECTO DE HISTORIA ORAL

Un esfuerzo continuo para registrar y preservar la historia del sindicato.

BOLETÍN INFORMATIVO BIMENSUAL

La División de Jubilados publica un galardonado boletín informativo bimensual, "Noticias y Opiniones de los Jubilados", que ofrece información y análisis actualizados.

Sean cuales sean sus necesidades, le animo a contactar la División de Jubilados para obtener orientación. El personal de la División cuenta con muchos años de experiencia en el campo de la geriatría.

Estamos aquí para ayudarle. Puede contactarnos por teléfono al (212) 807-0555 o por correo electrónico a retirees2@local237.org. ■



Fondo de Bienestar Local 237 ¿Cómo podemos ayudarle?

Por **Diana Nappi**

Directora del Fondo de Beneficios para Jubilados

¿Nos ha contactado recientemente? El Fondo de Bienestar se encuentra en 216 W 14th calle y ofrecemos una variedad de servicios para miembros jubilados. Nuestra filosofía es: "Puedes jubilarte del trabajo, pero nunca del sindicato". Animamos a los jubilados a que nos llamen al 212-924-7220 o nos visiten en el 3.er piso.

Nuestro dedicado equipo de Servicios para Miembros está listo para ayudarle con sus preguntas o problemas relacionados con sus numerosos beneficios, como: **dental, óptico, recetas médicas, reembolso de medicamentos y vale para audífonos.**

¿ES USTED UN NUEVO JUBILADO Y NO ESTÁ SEGURO DE CÓMO GESTIONAR SUS BENEFICIOS?

¡Llámenos y hable con uno de nuestros representantes especializados de Servicios para Miembros. Existen algunas diferencias en los beneficios para jubilados, así que no dude en llamar al Fondo de Bienestar de la Local 237 para que le informemos.

¿Se mudó recientemente? Envíenos un correo electrónico a WelfareFund@local237.org con su nueva dirección. Podemos actualizar nuestros registros con esta importante información para que no se pierda ningún correo importante.

¿Sabía que? Como jubilado, tiene derecho a un Beneficio Médico Suplementario de \$2,500 por familia, que se paga al 80% de los cargos razonables y habituales. Este excelente beneficio puede brindarle alivio financiero cuando Medicare o su aseguradora secundaria denieguen una reclamación total o parcialmente por lo siguiente:

Sillas de ruedas, medias quirúrgicas, calzado ortopédico, aparatos ortopédicos para piernas, camas de hospital, equipos de oxígeno, sangre, enfermería privada (solo en el hospital) y otros dispositivos o suministros médicos duraderos.

Esperamos hablar con usted.

Vigente a partir del 1 de junio de 2025

Recientemente, el Fondo de Bienestar tuvo que tomar la difícil decisión de implementar algunos cambios necesarios en el plan de medicamentos recetados para poder seguir ofreciendo excelentes beneficios a las futuras generaciones.

Ya debería haber recibido comunicaciones del Fondo de Jubilados del Local 237 sobre estos cambios.

PLAN DE ELECCIÓN DE CONTROL AVANZADO

La estrategia del formulario, que consiste en una lista de medicamentos recetados genéricos y de marca cubiertos por su plan de salud, busca un equilibrio entre la idoneidad clínica, la experiencia del miembro y la rentabilidad. ¿Qué significa esto para usted?

- Algunas categorías de medicamentos diferirán entre nuestro formulario actual de Teamsters Local 237 y el formulario de Elección de Control Avanzado; sin embargo, muchas categorías de medicamentos se mantendrán iguales.
- Pídale a su médico que considere recetar medicamentos incluidos en la Guía de Medicamentos de Farmacia (formulario). Puede visitar el Portal para Miembros en Aetna.com o comunicarse directamente con Aetna al 855-352-1599.

REQUISITOS DE AUTORIZACIÓN PREVIA

La precertificación significa que usted o su médico deberán obtener la aprobación del plan antes de que ciertos medicamentos estén cubiertos. Generalmente, las compañías de seguros requieren autorizaciones previas para algunos medicamentos que pueden tener alternativas más económicas.

Si se ve directamente afectado por el cambio en el formulario, Aetna le ha enviado cartas por separado con información sobre lo que debe hacer. ■



Entonces, ¿Quiere divorciarse...?

Por **Jennifer Hudson Abog.**

Directora del Plan de Servicios Legales, Local 237

Si recibe una citación de divorcio, llame de inmediato a los Servicios Legales de la Local 237 al 212-924-1220 e infórmeles:

- 1) Recibió los documentos de divorcio.
- 2) Cómo los recibió.
- 3) Cuándo los recibió.



Casarse en el estado de Nueva York (y estar enamorado) puede ser rápido, fácil y divertido. Divorciarse en el estado de Nueva York es lento, desafiante y molesto. ¿Sabía que puede casarse en Nueva York en menos de 48 horas y por menos de \$75? Un divorcio en Nueva York generalmente toma un mínimo de un año y cuesta un mínimo de \$150 con nuestra oficina, y eso solo si usted y su cónyuge están completamente de acuerdo en todo (pero si están completamente de acuerdo en todo, ¡podría no divorciarse!).

Cosas comunes que pueden complicar un divorcio: desconocer dónde vive su cónyuge; hijos menores del matrimonio; Un matrimonio prolongado; disparidad de ingresos entre los cónyuges; propiedades y bienes.

Aspectos comunes que también pueden encarecer un divorcio: desconocer dónde vive su cónyuge; no entregarle la documentación a su abogado a tiempo; la posibilidad de que sea necesario tasar su casa y pensión; el tribunal podría ordenar abogados para representar a sus hijos y usted podría tener que pagar los honorarios de los abogados; y la posibilidad de que tenga que pagar los honorarios del abogado de su cónyuge.

Los honorarios de los abogados especializados en divorcios en la ciudad de Nueva York son, en promedio, de unos 350 dólares por hora. Sin embargo, como miembro elegible del Local 237 que reside en uno de los 11 condados cubiertos y no está casado con otro miembro del Local 237, no tendrá que pagar los honorarios de sus propios abogados del Plan de Servicios Legales de la Local 237.

Un miembro que se enfrenta a un divorcio trabajará en estrecha colaboración con su abogado para obtener el mejor resultado posible en la disolución de su matrimonio. El resultado del divorcio dependerá de la ley, los cálculos estatutarios y los hechos relevantes de su situación. El miembro deberá proporcionar a su abogado numerosos documentos y mantenerlo informado de cualquier cambio durante el proceso.

ASPECTOS IMPORTANTES QUE DEBE SABER:

- **¿Qué es lo más común que la gente cree que debería importar en un divorcio, pero que no importa en absoluto?** ¿Quién engañó a quién?
- **¿Qué son los bienes conyugales?** Todo lo ganado o adquirido durante el matrimonio, como la pensión y los bienes inmuebles (incluso si solo el nombre de una persona figura en la escritura).
- **¿Qué es la pensión alimenticia conyugal?** La cantidad de dinero que un cónyuge con mayores ingresos debe pagar a otro con menores ingresos.
- **¿Qué son las "Suspensiones Automáticas"?** Una vez iniciado un divorcio, ya sea por su parte o por la de su cónyuge, tiene prohibido hacer ciertas cosas, como transferir sus bienes.

Llame al 212-924-1220 para programar una cita de divorcio o si tiene alguna pregunta sobre el divorcio. ■

SI SU NÚMERO DE TELÉFONO O DIRECCIÓN HA CAMBIADO LLAME AL 212-924-7220



Además de notificar al sindicato, comuníquese con la Administración del Seguro Social, con su sistema de pensiones y con la Oficina de Relaciones Laborales. Seguro que no querrá perderse información importante.

In Memoriam

To the family of **Jose Garcia**, passed on 11/6/2024



and

to the family of **Nelson Velazquez**, passed May 2025.



Both retirees retired from the NYC Housing Authority.

We extend our deepest sympathies to their families and loved ones.

RETIREE news & views

216 West 14th Street
New York, NY 10011



Affiliate of



MAY/JUNE 2025

RETIREES CORNER

New Retirees!



Hospital Police Officer Bessie Brewster retired on April 25, 2025.



(l-r) **Kangela Moore**, Assistant Director and Business Agent of Law Enforcement with **Detective Marty**.

Congratulations



Congratulations to retiree **Ana Quinones** recently married to Francico Torres. They wed on May 30th. Many blessings to the happy couple.

Our Top Social Media Pages

by **Ravi Gopaul** Social Security Public Affairs Specialist



We strive to provide the public with accurate and helpful information. In addition to the resources available on our website at www.ssa.gov, we post useful information on our social media channels. We invite you to learn about our programs and services on our social media pages:

Our Social Security Blog: Here we post articles about our program, current events, and on-line services. We respond to general questions and comments people share. You can read our articles and subscribe at blog.ssa.gov. Our blog is now available in Spanish at blog.ssa.gov/es.

Facebook: www.facebook.com/socialsecurity. Facebook is our primary page for sharing information about our programs and services with our vast network of followers and advocacy groups. Administración del Seguro Social – www.facebook.com/segurosocial. Our Spanish Facebook page shares information about our programs and services.

X: www.x.com/socialsecurity. @SocialSecurity is our official account. This page to provide timely information and updates about our programs and services with our followers and advocacy groups.

Seguro Social: www.x.com/segurosocial. On this page we share information about our programs and services in Spanish.

Instagram: www.instagram.com/SocialSecurity. On this page we share stories and resources that can help you and your loved ones.

YouTube: www.youtube.com/SocialSecurity. We have many informative videos on this page. Our videos cover online services, applying for retirement and disability benefits, Social Security-related scams, and much more. We also offer some of our videos in Spanish and other languages.

You can find a full list of our social media channels at www.ssa.gov/socialmedia. Connect with us on social media to learn helpful information and ask general questions. But remember, you should never post personal information on social media. Follow along and share our pages with friends, neighbors, or loved ones today. ■



WE WOULD LOVE TO HEAR FROM YOU

Whatever your needs are reach out to the Retiree Division for guidance.

CALL: 212-807-0555 EMAIL: retirees2@local237.org



IF YOUR PHONE NUMBER OR ADDRESS HAS CHANGED CALL 212-924-7220

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 important information.