

RETIREE

news & views

A PUBLICATION OF LOCAL 237's RETIREE DIVISION

VOL. 32, NO. 4, JULY/AUGUST 2026



The Golden Days of Summer

Celebrating the joys, friendships, and adventures with the Retiree Division.

On July 17, our retirees enjoyed a wonderful trip to Krucker's Picnic Grounds in Pomona, New York. It was a great opportunity to step away from the hustle and bustle of city life and spend time enjoying the beauty of nature. Throughout the day, participants took part in a variety of activities, including table tennis, basketball, horseshoes among other activities. Others chose to relax by the pool or unwind by the lakeside, taking in the peaceful surroundings. Moments like these remind us of the importance of slowing down, reconnecting with one another, and taking time to recharge and reset.



A sneak peek into what's ahead this Fall:

We have an exciting lineup of activities planned, including classes, a talent show, a Fall trip, and much more. Be sure to visit our website regularly to stay up to date on the latest news and upcoming events.

SCAN TO VISIT OUR WEBSITE



We hope you continue to enjoy a beautiful Summer, and we look forward to seeing you this Fall!



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

"Union Made" Means "Union Strong" and Gets Good Things Done

In this edition of Retiree News and Views, we mark the end of Summer and the onset of Fall. For some of us, the change is met with a little sadness—some hating to see the sun set so early and the baseball season drawing to an end — while for others, Fall is greeted with enthusiasm of planning the Thanksgiving menu and stockpiling the Christmas gifts. It is also the time that we celebrate the labor movement with tributes to our union brothers and sisters and the labor leaders across the nation who have fought for equality and dignity in the workplace.

I would like to thank our retirees for their tireless efforts over many years on behalf of so many New Yorkers, whose lives and livelihoods depend on municipal agencies operating seamlessly despite the challenges. As former President Barack Obama said: "When times are tough, we don't give up. We get up." That's precisely what you did. For some, whether during the height of the pandemic — a time of sudden, unimaginable grief that rocked the entire world and our own personal world — or to historic challenges from Mother Nature, union members — and especially public sector workers — didn't give up; they got up and went to work. These essential municipal workers, you were a part of, were on the job trying to keep the City and the State, running and were owed recognition and appreciation by all New Yorkers."

Unfortunately, union membership across the nation has declined from its peak year of 1954 at around 40% to only roughly 10.8% currently. New York is among the states with the largest number of union workers —nearly 24% — about 70% of the union workforce is in the public sector. This is consistent with the national percentage of public sector union membership being approximately five times that of the private sector — with African Americans making up the largest component of that group. But today, after a decades-old hiatus, union membership in both the public and private sectors is slowly increasing. The Covid-19 crisis played a role in this factor, when so many workers, scared and frustrated by a perceived lack of assistance from our government and medical institutions, turned to their unions for help. The remarkable win by Amazon workers in Staten Island to unionize is an example. No small feat — not long ago, this newly formed "Amazon Labor Union" did not exist. A Staten Island Amazon warehouse worker, Christian Smalls, led a walkout in protest of deplorable, Covid-related workplace conditions. Amazon general counsel's

meeting notes said of Smalls: "He's not smart, or articulate, and to the extent to which the press wants to focus on him versus us, we will be in a much stronger PR position." WOW! They not only dismissed Smalls as insignificant, but arrogantly condescended that an unpolished young Black man could be used to unionize. Amazon fired him, but their strategy backfired, and the repercussions have been felt throughout the nation. Now, many of those workers are members of the Teamsters.

So, as you pack away your swimsuit and start to think about buying Halloween candy for the Trick or Treaters, let's not forget that in the Fall, Americans traditionally acknowledge the work of the worker. And, when we see the words "Union Made" on so many items, what that means and reminds us is actually: "Union Strong". The labor movement — that so many of you were a part of — which made this a reality. As you know, this is not just a moment, but, instead, years of fighting on behalf of working men and women for fairness and dignity in the workplace. As Ralph Chaplin wrote in 1915 for the Industrial Workers of World War I in his song "Solidarity Forever", "When the union's inspiration thru the worker's blood shall run, there can be no power greater anywhere beneath the sun, yet what force on earth is weaker than the feeble strength of one, but the union makes us strong. Solidarity forever, solidarity forever, solidarity forever, for the union makes us strong." More than 100 years later, this refrain is as relevant and important today as it was back then.

There was a time, not long ago, when the Democratic Party was considered the political party of the working class and the Republican Party was aligned with big business and the wealthy. Yet a recent New York Times/Sienna poll — for the first time ever — revealed results that indicated a reversal. The Republican Party is trending toward a multi-racial working-class coalition, while the Democrats had a larger share of support among white college graduates. Many wonder what conclusions can be drawn. Do we now have an establishment progressive party and an anti-establishment conservative party? Making matters even more complicated are recent findings that many voters are not affiliated with either major party, with polls indicating that 62% of Americans favor having a third party.

All of this should make for very interesting midterm and 2028 Presidential elections. Questions abound: What will the candidates need to do the capture votes? With so many of the usual guidelines,

guardrails and traditional party definitions gone, what's the pitch and to whom? And how will it be communicated? That has changed too. Stump speeches on the back of a railroad car are a relic of the past. Even huge, televised rallies have their limitations — great for optics, but mostly "preaching to the choir" without really picking up many new converts. Facebook and social media platforms are the bumper stickers of today... less costly, no car needed, and having the ability to reach millions with one click. And, with baby boomers, who now dominate the politically savvy voting population, starting to decline in number, this medium of choice will become a legitimate, powerful tool.

But with so much change—and so much of it of questionable positive value, there is one change that offers some real hope for the future. After years of declining numbers, union membership is now on the rise. Currently, there are many examples of workers in industries throughout the nation previously thought to be un-organizable or showing little interest in the union movement—from Amazon to Starbucks to McDonalds — now signing-up members. And the union drive comes from within. Workers talking to their fellow workers. They know the problems. They see the solutions. And their co-workers listen. Talk about "influencers"!

Perhaps in this time of great change — this time of altered dictionary definitions and role reversals — labor unions, which have remained steadfast in what they represent, who they represent, how they organize to get worker to represent, serve as an excellent model for diminishing the political malaise we're experiencing and which traditional political parties of today seem unable to adequately penetrate. Labor unions span all the demographics, political ideologies and have the communications network and skills — new and old — to make significant impact. As the old adage says: "The more things change, the more they remain the same". When applied to labor unions, that says it all. We have with stood the test of time. Enduring the union bashers, the union busters, the unfavorable court rulings and anti-labor appointees, but workers instinctively know that we are on their side. As Labor Day approaches, among the tasks ahead, is to help make Americans know that the slogan, "Union Made, Union Strong" can apply to other areas of concern where the member-to-member — person-to-person approach, gets good things done. Solidarity forever. ■



A MESSAGE FROM THE DIRECTOR

What We Can Do for You

by **Julie Kobi LMSW** Director of the Retiree Division

The Retiree Division receives many calls from members who are surprised to learn about the wide range of services and programs available to them. Here is a brief overview of how the Retiree Division can support you throughout your retiree journey.

Retirement Planning

We offer pre-retirement seminars twice each year to help members prepare for a successful transition into retirement. These seminars provide valuable information on the retirement process and include: Pre-retirement planning appointment for pre-retirees and recent retirees, An overview of health insurance and what happens when a member or spouse becomes Medicare eligible, comprehensive guide to retirement presented by NYCERS.

Consultation and Assistance

No matter where our retirees live, the Retiree Division, working alongside other union departments, is available to answer questions and help address concerns related to: transitioning from work to retirement, relocation and family matters, caregiver support, health insurance and

Medicare, using leisure time in meaningful ways, community resources, including home care, transportation, counseling, housing, recreation, and support services, assistance with Local 237 benefits and programs, and much more.

Neighborhood Community Meetings

Stay connected with fellow retirees through our community meetings held four times each year in: Bronx/Westchester, Brooklyn, Queens, Long Island, Manhattan, and Staten Island. These gatherings provide opportunities to receive updates, share information, and socialize with friends and colleagues.

Classes

We offer classes twice a year, in the Spring and Fall on a variety of subjects, including: Introduction to Painting, Crochet, Poetry, Tai Chi, Salsa, Afrofit and Sit and Fit. Whether you're exploring a new hobby or continuing a longtime interest, there's something for everyone.

Recreational Activities

Retirement is a great time to explore and have fun. Throughout the year, we organize: museum outings, walking tours, day trips and special excursions.



Annual Events

Our annual events celebrate the rich history, diversity, and contributions of our members. Highlights include: Summer picnic, Fall foliage outing, Black History Month tribute, multicultural, veteran's event, talent show, Women's History Month programs and many other special events throughout the year.

Retiree News & Views Newsletter

The Retiree Division publishes a bi-monthly newsletter, *Retiree News & Views*, providing retirees with important updates, upcoming events, program information, and articles of interest.

No matter where you are in your retirement journey, the Retiree Division is here to help. The retiree division team brings many years of experience working with older adults and retirees and is committed to connecting members with information, services, and opportunities that enhance their quality of life. ■

*If you have questions or need guidance,
we encourage you to contact the Retiree Division. We're here for you.*



Our Welfare Department Continues to Deliver Outstanding Service and Support to Our Retirees!

by **Diana Nappi**
Director of Welfare Funds

At Teamsters Local 237, supporting our retirees remains one of our highest priorities. Over the past several months, our dedicated Member Service Representatives have answered hundreds of calls from retirees seeking guidance and assistance with their retirement and healthcare benefits.

Whether helping retirees navigate the enrollment process, obtain required documentation, or understand their dental, vision, optical, and prescription coverage, our team is committed to providing clear, accurate information and personalized support every step of the way.

A major focus this year has been assisting Medicare-eligible retirees with the transition to the new Medicare Part D prescription drug plan. As expected, the changes have generated many questions, and our staff has worked tirelessly to ensure retirees understand their coverage options and can access the benefits available to them with confidence.

Behind every call is a retiree seeking answers, reassurance, and guidance. Our team takes great pride in delivering the personal attention and care our retirees deserve, helping them make informed decisions for themselves and their families.

A Message from the Director

"As Director, I have received many compliments from retirees regarding our team's patience, professionalism, and willingness to go the extra mile. It is gratifying to hear how much our members appreciate the support they receive. I am proud of the outstanding work our staff performs every day and their unwavering commitment to serving our retiree community." ■

We encourage all retirees to stay informed by reviewing future Local 237 communications and to continue reaching out to the Welfare Department whenever assistance is needed.

For Medicare Eligible Retirees, notices regarding our Part D Open Enrollment will be going out soon so be on the lookout for letters from RetireeFirst.

If you have questions about your benefits, please contact the Welfare Department at 212-924-7220. We are always here to help.

RETIREE news & views

Retiree News & Views (USPS 013028) is published Bi-Monthly by the Retiree Division of Local 237, International Brotherhood of Teamsters. Periodicals Postage is paid at New York, NY. **POSTMASTER:** Send address changes to *Retiree News & Views* at 216 West 14th Street, New York, NY 10011-7296.

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Don't forget: hold somebody's hand through the dark.

— Joy Harjo

by **Jennifer E. Hudson, Esq.**

Director of Local 237 Legal Services Plan

As Retirees, you have all spent time sharing your wisdom with others. Whether it was sharing your knowledge and expertise about the best way to do something on the job, or giving that friend or family member the advice they were looking for, or in general making New Yorkers' lives a little better when you worked as an active Local 237 member, you have given comfort to friends, family members and strangers when in a position to do so.

At Teamsters Local 237 Legal Services Plan, we strive to be there for you, as you have been for so many, when you come up against confounding legal issues or problems. Even if your legal issue is not a covered matter, our attorneys can usually give you some information about where to go, or what you might expect, or next steps for you to take. These days, it is getting harder and harder to be able to speak with a live human on the telephone; to try and get someone to hear us when we have a problem.

Our attorneys spoke with 1,018 members and retirees from January to mid-July this year, dispensing legal information, screening for appointments, referring to other avenues for assistance, reviewing documents, discussing next steps, and generally being there for you when legal situations arise. Since legal actions are rarely a source of celebration, it can feel overwhelming, or scary, or like just another thing to deal with when you don't have time.

Remember that as a retired Local 237 union member, you don't have to face it alone, you can call us at 212-924-1220 and tell the receptionist a little bit about your question, and you will get a call back from an attorney in two business days to discuss your legal issue. ■



GO DIGITAL! Visit Social Security online at ssa.gov

by **Ravi Gopaul**

Social Security Public Affairs Specialist

Social Security's website at ssa.gov offers the most reliable and up-to-date information about our programs and services. You can find helpful resources and tools designed to make it easy for you to do business with us. Find Answers Quickly and Easily

Our Frequently Asked Questions page at www.ssa.gov/faqs/en/ features the most-asked questions, so you can get answers fast. Topics include:

- How to get help from Social Security.
- Yearly Cost-of-living adjustment (COLA) details.
- What to do if you receive a suspicious call claiming to be from Social Security.
- How to schedule, reschedule, or cancel an appointment.
- Working while receiving Social Security retirement benefits.

You can browse by Topic:

- Disability
- Supplemental Security Income
- Retirement
- Medicare

Access Our Publications Webpage

Visit our publications library at www.ssa.gov/pubs/ for detailed information on nearly all Social Security topics. Publications are available in text, audio, downloadable formats, and multiple languages.

Go Digital and Save Time!

Whether you need answers or information, our website makes it easy to find what you need. While there, if you have not already done so, create your personal my Social Security account at www.ssa.gov/myaccount/

With your personal account, you can easily check your earnings record, estimate your future benefits, and access a wide range of self-service options online, at any time.

ell your friends and family about ssa.gov and share on social media. ■



Choosing Joy

by **Elaine Williams, LMSW**
Assistant Director, Retiree Division

Aging well is about more than checkups, healthy eating and staying active. It's about how resilient you are, how you respond to loss, change, and surprises that life can bring. This response is called resilience. Research reveals that resilience is not a fixed trait, but a dynamic, lifelong process. In later life it is said that resilience is directly tied to a higher quality of life, greater happiness, better brain health and even increased longevity.

The question then becomes, "How does one become resilient?"

Kerry Burnight, gerontologist and author of Joyspan: The Art and Science of Thriving in Life's Second Half, research backed approach to resilience and thriving is built on actionable pillars.

1. **Adapt:** Resilience is an active choice, it involves utilizing coping strategies such as journaling, meditation, and gratitude practices to navigate changing situations.
2. **Connect:** Our emotional safety net relies on nurturing relationships. Resilience is fortified by being an active, reliable friend who remembers dates and reaches out regularly.
3. **Growth:** Aging is a period of development, not just decline. Thriving requires an ongoing commitment to personal exploration and expanding your horizon. (stay curious)
4. **Give:** Sharing yourself and performing daily acts of kindness, (your wisdom time, and presence still matter). ■

UV Safety Awareness



Monthly well-being tip

While skin cancer is the most common cancer in the U.S., it's also one of the most preventable. In addition to sunscreen, there's a wide array of gear available to help protect yourself. For your next outdoor trip, don't forget your sunglasses, wide-brim hat, and lightweight, long-sleeve shirts and pants.

Well-being fun fact

Contrary to popular belief, there's no such thing as a 'safe' base tan. Whether in a sun bed or a beach, any UV exposure that tans the skin also damages the skin. Overtime, UV radiation causes DNA damage within the skin and can increase your risk of skin cancer.

What should you know

Dermatologists recommend scheduling a visit for a skin check every two to three years to help detect melanoma (skin cancer). Most cases of melanoma are treatable if caught early. Stay on top of your self-skin checks by using the easy to remember guide below, any of which would warrant a visit to your dermatologist.

A = Asymmetry or irregular shape.

B = Borders that are uneven.

C = Colors that vary within the same mole.

D = Diameter that's larger than the width of a pencil eraser.

E = Evolution or change over time in size, shape or color.

IN-SEASON PRODUCE

- **Watermelon**
Supports hydration
- **Peaches**
Support digestion
- **Tomatoes**
Support heart health
- **Sweet corn**
Supports energy
- **Zucchini**
Supports digestion



Access A Ride Overview

by **Luz Nieves-Carty MPA**
Manager of Retiree Division Programs

If you have any disabilities or medical conditions, whether visible or not, Access A Ride can provide a safer door to door alternative. MTA New York City Transit (NYCT) Access-A-Ride (AAR) Paratransit Service provides public transportation for eligible customers with disabilities that prevent them from using the public buses and subways.

Access-A-Ride (AAR) Paratransit Service operates:

- Within the five boroughs of New York City.
- Within a three-quarter-mile corridor beyond the New York City border, to nearby areas of Nassau and Westchester counties.
- As a shared-ride program, you may be riding with other customers.
- As an origin-to-destination service or feeder service for eligible customers.
- Non-priority trips with maximum ride times based on trip distance.
- 24 hours a day, seven days a week, including holidays.
- In compliance with the Americans with Disabilities Act (ADA) regulations.

You can submit an inquiry online via the MTA website: <https://www.mta.info/accessibility/access-a-ride> or by phone at 718-393-4999 to begin the eligibility process. Once your inquiry is received, you'll be mailed an AAR application packet that includes:

- A printed paper application, which you should complete and bring with you to the assessment
- An appointment letter, noting the date, time, and location for your in-person assessment
- Instructions for scheduling free round-trip transportation
- When booking your transportation, please mention if you will be traveling with a Personal Care Attendant (PCA). No fare is charged for you or the PCA.

Personal Care Attendants (PCA)

Inform staff if you travel with a Personal Care Attendant (PCA). PCAs assist with personal duties that drivers are not permitted to perform and travel free of charge to and from the assessment center, when accompanying the applicant or recertifying customer.

Receive Your Eligibility Decision

A decision about your eligibility for the AAR service is made within 21 days of your assessment. If you're found eligible, you will receive an eligibility notification letter noting your eligibility status and your AAR ID number, as well as a copy of the Guide to AAR which gives you more information about AAR service.

If you're denied eligibility or receive conditional eligibility, you have the right to appeal the decision within 60 days. An appeal form and instructions on how to appeal will be included with your eligibility notification letter.

I hope this article was helpful and never be embarrassed to apply. The Retiree Division staff can guide you through the process. So why not try? As I always say, "A closed mouth doesn't get fed". ■

**For more information
you can check out the MTA website at:**

[https://www.mta.info/accessibility/access-a-ride/
apply-or-recertify-for-access-a-ride](https://www.mta.info/accessibility/access-a-ride/apply-or-recertify-for-access-a-ride)

Guide to Access-A-Ride:

<https://www.mta.info/document/115671>



How Pets Combat Loneliness and Anchor Our Daily Lives

by **Edith Johnston, LCSW**
Deputy Director, Retiree Division



Loneliness can quietly erode a senior's well-being, yet one of the most effective remedies can be found right at our feet. As we age, transitions like retirement, the loss of loved ones, or reduced mobility can shrink our social circles. While human relationships remain indispensable, the human-animal bond provides a profound sense of purpose. It rewrites the daily lives of older adults by offering unconditional love, emotional stability, and structured care.

First, pets act as an emotional lifeline that banishes isolation. Prolonged loneliness is a physiological stressor that can negatively impact cardiovascular health and immune function. Unlike human interactions, which can sometimes be fraught with complex expectations, the companionship of an animal is entirely uncomplicated. A dog greeting its owner at the door or a cat curling up in a lap offers immediate comfort. This bond actively alters body chemistry by lowering cortisol, the primary stress hormone, while boosting feel-good chemicals like oxytocin and serotonin. For a senior living alone, the physical presence of a pet breaks the heavy silence of an empty home, replacing it with the profound joy of being needed.

In addition to emotional comfort, pets provide a vital architecture of routine, creating a renewed sense of daily purpose. Severe loneliness can rob individuals of their motivation, making it difficult to maintain a regular schedule. Animals disrupt this negative cycle through their own biological needs, acting as living, breathing alarm clocks. A pet requires a predictable schedule: morning feedings provide an immediate reason to start the day; while grooming and medication windows force an individual to organize their time. By prioritizing the needs of a dependent animal, seniors inadvertently establish a healthy, active routine for themselves, shifting their focus from internal worries to external caregiving.

Finally, the structured routine of pet ownership yields significant physical dividends and opens doors to vital social interactions. This is especially true for dog owners who venture outside for daily walks. This low-impact cardiovascular exercise strengthens the heart, lowers blood pressure, and improves joint mobility, which are crucial for maintaining independence. Furthermore, walking a pet serves as an excellent social catalyst. Total strangers who might otherwise pass in silence will frequently stop to chat with someone walking a dog. These brief, casual encounters break down barriers, lift an older adult's mood, and foster a comforting sense of community belonging.

Ultimately, the human-animal bond is a beautifully symbiotic partnership that enhances the golden years. By welcoming a pet into their lives, seniors receive an invaluable return on their investment: a powerful weapon against loneliness, an anchor for their daily schedule, and a joyful reminder to stay moving. In a changing world, the simple, faithful presence of a pet keeps us grounded, healthy, and deeply connected to life. ■

NYC Department of
Veterans' Services

Veteran Resource Guide

VetConnectNYC

NYC Veterans are able to connect to services from our partner organizations through the VetConnectNYC platform. Our Care Coordinators receive all requests made through VetConnectNYC and process them within 3-5 business days. Visit nyc.gov/vetconnectnyc to learn more.

Benefits Assistance | Housing & Support Services | Employment
Veteran Business Leadership Association (VBLA) | Final Honors Program
Free Legal Support & Referrals | Wellness Resources | Mission: VetCheck | VetBizNYC

(212) 416-5250

connect@veterans.nyc.gov

nyc.gov/vets

nyc.gov/vets @nycveterans

STAY UP-TO-DATE



nyc.gov/vetnewsletter

**Veterans
Crisis Line**
DIAL 988 then PRESS 1



"La luz de adelante es la que alumbrá"

por Néstor Murray-Irizarry
Historiador y gestor cultural

"La luz se da y se quita, y el amor se quita y se da."
– Luis Pales Matos, poeta puertorriqueño

Los refranes nos ayudan a comprender mejor las diversas experiencias que nos da la vida. En el habla coloquial de nuestros pueblos es muy difícil encontrar un ser humano que no use en algún momento frases, proverbios o refranes que se utilicen constantemente en el diario vivir. Si profundizamos, hoy, sobre la luz y consultamos al Diccionario de Símbolos

Se puede decir que la luz se pone en relación con la oscuridad para simbolizar valores complementarios o alternantes de una evolución. Esta ley se verifica en las imágenes de la China arcaica como también en las numerosas civilizaciones.

Tales imágenes significan que, en todos los niveles de la vida humana, como también en todos los planos cósmicos, una época sombría va seguida de una época luminosa, pura, regenerada. Mircea Eliade señala cómo se pueden valorizar las eras o épocas sombrías, las épocas de gran decadencia y descomposición: adquieren una significación suprahistórica, aunque sea precisamente en tales momentos cuando la historia se realiza más plenamente, porque los equilibrios son entonces precarios, las condiciones humanas son de variedad indefinida y las libertades se ven alentadas por la ruina de todas las leyes y todos los marcos arcaicos.

Expresiones tales como *luz divina o luz espiritual dejan ver el contenido de un simbolismo muy rico en el Extremo Oriente.*

La luz es una expresión de las fuerzas fecundantes uránicas, así como el agua es muy a menudo la expresión de las fuerzas creadoras cósmicas. En numerosos mitos del Asia central se evoca como el calor que da vida o como fuerza que penetra el vientre de la mujer. Se dice que para el mundo de la revelación más adecuada de la divinidad se efectúa por la luz. Toda epifanía, toda aparición de una figura o signo sagrado está rodeada de un nimbo de luz pura, astral, por el cual se reconoce la presencia del más allá tanto en la iconografía islámica como en la cristiana. JP Roux indicaba que, según un testimonio de un monje tibetano, según el cual los ancianos del comienzo de los tiempos se multiplicaban con una luz emanada del cuerpo del varón que penetraba en la matriz de la mujer y la fecundaba; del mismo modo transpuesto el símbolo a lo espiritual, la luz de la gracia fecunda el corazón de la criatura llamada por Dios.

Por otro lado si la luz solar muere cada tarde, renace cada mañana y el ser humano, asimilando su destino al de esta luz, toma por ella esperanza y confianza en la perennidad de la vida y su presencia. Van der Leeuw observa que cuando el otro autor, Chersterton, comenta con su hermoso brío, dice que la salida del sol jamás se repite, pues hay que verla como un dramático da capo, ya que Dios envía cada mañana una orden una vez más al astro del día, y también cada atardecer a la luna, el escritor moderno expresa así sentimientos de auténtico primitivo, y la penetración de que hace gala se aplica exactamente a la mentalidad que reflejan los antiguos cuentos y leyendas.

Referencia: Diccionario de los símbolos, Jean Chevalier y Alain Cheybrant, Barcelona: Editorial Herder, 1991.662-665. ■

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Descripción general de Access-A-Ride

by Luz Nieves-Carty MPA
Gerente de Programas
de la División de Jubilados

Si tiene alguna discapacidad o condición médica, ya sea visible o no, Access-A-Ride puede ofrecerle una alternativa más segura de puerta a puerta.

El servicio de paratransito Access-A-Ride (AAR) de MTA New York City Transit (NYCT) ofrece transporte público a clientes elegibles con discapacidades que les impiden utilizar los autobuses y el metro público.

El servicio de paratransito Access-A-Ride (AAR) opera:

- Dentro de los cinco distritos (boroughs) de la ciudad de Nueva York.
- Dentro de un corredor de tres cuartos de milla más allá de los límites de la ciudad de Nueva York, hacia áreas cercanas de los condados de Nassau y Westchester.
- Como un programa de viajes compartidos; es posible que viaje junto a otros clientes.
- Como un servicio de origen a destino o como servicio de conexión (alimentador) para clientes elegibles.
- Para viajes no prioritarios, con tiempos máximos de trayecto basados en la distancia del viaje.
- Las 24 horas del día, los siete días de la semana, incluidos los días festivos.
- Cumpliendo con las normas de la Ley para estadounidenses con Discapacidades (ADA).

Puede realizar una consulta en línea a través del sitio web de la MTA (<https://www.mta.info/accessibility/access-a-ride>) o llamar al 718-393-4999 para iniciar el proceso de elegibilidad. Una vez recibida su consulta, se le enviará por correo un paquete de solicitud de AAR que incluye:

- Un formulario de solicitud impreso, que deberá completar y llevar consigo a la evaluación.
- Una carta de cita que indique la fecha, la hora y el lugar de su evaluación presencial.
- Instrucciones para programar el transporte gratuito de ida y vuelta.
- Al reservar su transporte, por favor indique si viajará con un asistente de cuidado personal (PCA, por sus siglas en inglés). No se cobra tarifa ni a usted ni al PCA.

Asistentes de cuidado personal (PCA)

Informe al personal si viaja con un asistente de cuidado personal (PCA). Los PCA ayudan con tareas personales que los conductores no tienen permitido realizar y viajan sin costo hacia y desde el centro de evaluación cuando acompañan al solicitante o al cliente que está renovando su certificación.

Reciba su decisión de elegibilidad

La decisión sobre su elegibilidad para el servicio AAR se toma dentro de los 21 días posteriores a su evaluación. Si se determina que es elegible, recibirá una carta de notificación de elegibilidad que indique su estado de elegibilidad y su número de identificación de AAR, así como una copia de la Guía de AAR, que le ofrece más información sobre el servicio.

Si se le deniega la elegibilidad o recibe una elegibilidad condicional, tiene derecho a apelar la decisión dentro de un plazo de 60 días. Junto con la carta de notificación de elegibilidad se incluirá un formulario de apelación e instrucciones sobre cómo realizarla.

Espero que este artículo haya sido útil; nunca sienta vergüenza de presentar una solicitud. El personal de la División de Jubilados (Retiree Division) puede guiarle a través del proceso. ¿Por qué no intentarlo? Como siempre digo: "El que no habla, no come". ■

**Para más información
puede consultar el sitio web de la MTA en:**

[https://www.mta.info/accessibility/access-a-ride/
apply-or-recertify-for-access-a-ride](https://www.mta.info/accessibility/access-a-ride/apply-or-recertify-for-access-a-ride)

Guía de Access-A-Ride:

<https://www.mta.info/document/115671>



MANTÉNGASE INFORMADO

Guía de Recursos Para Veteranos

VetConnectNYC

Los veteranos de NYC pueden acceder a servicios de nuestras organizaciones asociadas a través de la plataforma VetConnectNYC. Nuestros coordinadores gestionan las solicitudes y las procesan en un plazo de 3 a 5 días hábiles. Visite nyc.gov/vetconnectnyc para obtener más información.



nyc.gov/vetnewsletter

Asistencia Para Beneficios | Vivienda y Servicios de Apoyo | Empleo | VetBizNYC
Programa de Honores Finales | Asistencia Legal y Referencias Gratuitas | Mission: VetCheck
Recursos de bienestar | Asociación de Liderazgo Empresarial para Veteranos (VBLA)

(212) 416-5250

nyc.gov/vets

connect@veterans.nyc.gov

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¡Nuestro Departamento de Bienestar sigue brindando un servicio y apoyo excepcionales a nuestros jubilados!

por **Diana Nappi**
Director de Fondos de Bienestar

En el Local 237 de los Teamsters, apoyar a nuestros jubilados sigue siendo una de nuestras mayores prioridades. Durante los últimos meses, nuestros dedicados representantes de atención al afiliado han atendido cientos de llamadas de jubilados que buscaban orientación y ayuda con sus beneficios de jubilación y atención médica.

Ya sea ayudando a los jubilados a completar el proceso de inscripción, a obtener la documentación necesaria o a comprender su cobertura dental, óptica y de medicamentos recetados, nuestro equipo está comprometido a ofrecer información clara y precisa, así como apoyo personalizado en cada etapa del proceso.

Un aspecto clave este año ha sido ayudar a los jubilados elegibles para Medicare en la transición al nuevo plan de medicamentos recetados de la Parte D de Medicare. Como era de esperar, estos cambios han generado muchas preguntas, y nuestro personal ha trabajado incansablemente para garantizar que los jubilados comprendan sus opciones de cobertura y puedan acceder con confianza a los beneficios disponibles para ellos.

Detrás de cada llamada hay un jubilado que busca respuestas, tranquilidad y orientación. Nuestro equipo se enorgullece de brindar la atención personalizada y el cuidado que nuestros jubilados merecen, ayudándoles a tomar decisiones informadas para sí mismos y para sus familias.

Mensaje de la Directora

"Como directora, he recibido muchos elogios de los jubilados sobre la paciencia, el profesionalismo y la disposición de nuestro equipo para ir más allá de lo esperado. Es gratificante escuchar cuánto valoran nuestros miembros el apoyo que reciben. Me siento orgulloso de la labor excepcional que nuestro personal realiza a diario y de su compromiso inquebrantable de servir a nuestra comunidad de jubilados". ■

Animamos a todos los jubilados a mantenerse informados consultando las futuras comunicaciones del Local 237 y a seguir contactando al Departamento de Bienestar (Welfare Department) siempre que necesiten ayuda.

Para los jubilados elegibles para Medicare: pronto se enviarán avisos sobre la inscripción abierta de la Parte D (Part D Open Enrollment), así que estén atentos a las cartas de RetireeFirst.

Si tiene preguntas sobre sus beneficios, comuníquese con el Departamento de Bienestar al 212-924-7220. Siempre estamos aquí para ayudarle.



¡Hágase digital! Visite la Administración del Seguro Social en línea en ssa.gov

by **Ravi Gopaul**

Especialista en Asuntos Públicos del Seguro Social

El sitio web del Seguro Social, ssa.gov, ofrece la información más confiable y actualizada sobre nuestros programas y servicios. Allí encontrará recursos y herramientas útiles diseñadas para facilitar la realización de trámites con nosotros.

Encuentre respuestas rápida y fácilmente

Nuestra página de preguntas frecuentes en www.ssa.gov/faqs/en/ incluye las consultas más habituales para que obtenga respuestas rápidamente. Los temas incluyen:

- Cómo obtener ayuda del Seguro Social.
- Detalles sobre el ajuste anual por costo de vida (COLA, por sus siglas en inglés).
- Qué hacer si recibe una llamada sospechosa de alguien que dice llamar del Seguro Social.
- Cómo programar, reprogramar o cancelar una cita.
- Trabajar mientras recibe beneficios de jubilación del Seguro Social.

Puede navegar por temas:

- Discapacidad
- Seguridad de Ingreso Suplementario (SSI)
- Jubilación
- Medicare

Acceda a nuestra página de publicaciones

Visite nuestra biblioteca de publicaciones en www.ssa.gov/pubs/ para obtener información detallada sobre casi todos los temas relacionados con el Seguro Social. Las publicaciones están disponibles en formato de texto, audio y descarga, así como en varios idiomas.

¡Hágase digital y ahorre tiempo!

Ya sea que necesite respuestas o información, nuestro sitio web facilita encontrar lo que busca. Aproveche la visita para crear su cuenta personal *my Social Security* en www.ssa.gov/myaccount, si aún no lo ha hecho.

Con su cuenta personal, puede consultar fácilmente su historial de ingresos, estimar sus futuros beneficios y acceder a una amplia gama de opciones de autoservicio en línea, en cualquier momento.

Cuénteles a sus amigos y familiares sobre ssa.gov y comparta la información en las redes sociales. ■

Mes de Concientización sobre la Seguridad frente a los Rayos UV

Consejo mensual de bienestar



Aunque el cáncer de piel es el cáncer más común en los Estados Unidos, también es uno de los más prevenibles. Además del protector solar, existe una amplia variedad de artículos que pueden ayudar a protegerte. Para tu próxima actividad al aire libre, no olvides tus lentes de sol, un sombrero de ala ancha y camisas y pantalones ligeros de manga larga.

Dato curioso sobre el bienestar

Contrario a la creencia popular, no existe un "bronceado base" seguro. Ya sea en una cama de bronceado o en la playa, cualquier exposición a los rayos UV que broncea la piel también la daña. Con el tiempo, la radiación UV causa daño al ADN de la piel y puede aumentar el riesgo de cáncer de piel.

Lo que debes saber

Los dermatólogos recomiendan programar una revisión de la piel cada dos o tres años para ayudar a detectar el melanoma (cáncer de piel). La mayoría de los casos de melanoma son tratables si se detectan a tiempo. Mantente al pendiente de tus autoexámenes de piel usando la guía fácil de recordar que aparece abajo. Cualquiera de estos signos amerita una visita al dermatólogo:

A = Asimetría o forma irregular

B = Bordes desiguales

C = Colores que varían dentro del mismo lunar

D = Diámetro mayor al ancho del borrador de un lápiz

E = Evolución o cambios con el tiempo en tamaño, forma o color

We pause to honor retirees
we have lost this year.
Our thoughts and prayers are
with their families and friends.
Gone but never forgotten.



RETIREE'S CORNER

Congratulations!



Alfred Avila retired from the NYPD School Safety Division on June 30, 2026.

Happy Birthday!



Retiree **David Rodriguez**, who served as an Assistant Bridge Operator with the Department of Transportation for 42 years, celebrated his 96th birthday with his family on February 25, 2026.

RETIREE news & views

216 West 14th Street
New York, NY 10011



Affiliate of



JULY/AUGUST 2026

Stacey Braun 
ASSOCIATES, INC.



"(Don't) Wait 'til Next Year!"

by **David Bonington, CFP®**

Financial Planner, Stacey Braun Associates, Inc.

When you read this, the days of Summer 2026 will be dwindling – there will be about three weeks before the change of season on September 21st. Fall is good news for lovers of cooler temperatures, those who like color in the leaves, and those who start making plans for late-year holidays which will arrive (as they always do) “before you know it.”

But in the meantime, for players and passionate fans of a game I love – baseball – every remaining day of September will be critical. Why? If you follow baseball you know that the regular season ends on September 27th, and that playoff-qualifying teams and rankings will be determined on that date. If you don't follow baseball, take my word that 2026 is highly unusual in that nine (9) teams in the American League AND nine more in the National League are in hot competition for only three (3) playoff slots per league. Many of the 25 or so games each of these teams will play in September will be against each other, making such games “if we can win today, it will be at your expense” propositions. In other words, the next few weeks will be baseball's equivalent of an automobile demolition derby.

Alas, once umpires have called all the close plays, once all the home runs have been hit, once all the great catches have been made – or, oh no, just missed! – only six (6) of these 18 teams will make the playoffs. The other twelve will be left wondering what might have been. Partly to ease the hurt, partly to show resolve, and partly to look ahead with hope, the season-ending cry for such teams and their fans will be the same one that has existed for over one hundred years: “Wait ‘til Next Year!”

The expression might console a saddened fan, but as a piece of advice for a financial question or problem, “Wait ‘til Next Year” is not usually a good suggestion. Why? If something which is amiss can be straightened out sooner rather than later, the result is often enhanced financial wellness and improved peace of mind.

The options, choices, and decisions you face and make in retirement matter – and Stacey Braun planners are available to help! If there is some part of your retirement about which questions exist (in areas such as budgeting, investing, when to draw Social Security, what to do with that Local 237 Annuity account, how to plan for later-retirement years) a Stacey Braun planner can provide helpful information, ideas, and suggestions.

Phone or Zoom meetings are free and confidential. If something of a financial nature requires attention, guidance, or a second opinion, call to make an appointment today. There is no need (or good reason) to wait until next year! ■

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.

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.