

the

HHHART BEAT

Newsletter of the Half Hollow Hills Active Retired Teachers
Fall, 2010

Volume 24, No. 1

HHH Teachers Association, 6268 Jericho Turnpike, Unit #10, Local 2701, NYSUT/AFT/AFL-CIO, Commack, NY 11725-2810

Welfare Trust Fund Benefits by Dick Lee, Trust Administrator

Personal Health Advocate

Health Advocate's Core Advocacy service is centered around a team of Personal Health Advocates (PHAs), typically registered nurses, supported by medical directors and benefits and claims specialists. When retirees call the toll-free number, they are assigned a Personal Health Advocate who works with them one-on-one to resolve a range of clinical, administrative and insurance-related issues that typically overburden retirees.

The Personal Health Advocates work on your behalf with healthcare providers, insurance plans and health-related community services. Personal Health Advocates remain with you until the issue is resolved. They provide:

- **Clinical support.** Find doctors; obtain second opinions; research treatments; schedule appointments with specialists
- **Administrative support.** Help resolve insurance claims; correct billing mistakes; navigate within an insurance company
- **Healthcare coaching.** Prepare employees for doctor visits; inform about medical tests and treatments; explain complex conditions
- **Information and resource support.** Assist with eldercare, including Medicare issues; find community support health services

The Health Advocate Toll Free Number is 866-695-8622

Dental Discount Plan

In the last issue of HHHART we wrote about a new dental discount plan offered to retired school district personnel through the Cigna Insurance Co. Unfortunately, we left out the Code number you need to access and participate in this plan. The Code is: **NYRS-0710**. When contacting Cigna at their website; www.cignaplussavings.com, or at their toll free number, **877-521-0244** tell them you are a **New York Retired School (teacher)** and the above code. You **can not**

access the plan if you say you're a Half Hollow Hills Retiree. Their website will list all participating providers and the discount services they provide. However, if your dentist is not listed as a participator you can give the name to Cigna who will contact the dentist for participation in the Plan. **The cost is \$6.00 a month individual or \$11.00 a month family.**

Please let us know your experiences with this new program by e-mailing me at HHHTA@optonline.net or call at 631-499-4240.

Keep Your Life Insurance Into Retirement

This unique union benefit allows retirees to maintain life insurance at very low rates for their entire lives. These low monthly rates, currently .21 cents per \$1,000 of insurance, are possible because our rates are integrated with active teachers' rates. Because the active teachers are younger and have a longer expected life span the resulting retiree rates are therefore significantly reduced...

Each year our insurance administrator, Newman Co., notifies us of retirees who are about to be terminated from their life insurance coverage because of premium nonpayment. We do send a letter to these retirees reminding them of the impending cancellation of their life insurance. Over the years we have received calls from many retirees thanking us for reminding them of their premium payment oversight. However, we are concerned about those retirees who have paid their premiums for many years and all of a sudden stop these yearly payments. We wonder if the reason for stopping is voluntary or a result of a medical incapacity. Because we feel this is a very valuable and reasonable benefit we suggest that you notify your family members or executor of your wishes concerning the continuation or cancellation of your union life insurance policy.

-----*The President's Message*-----

The summer has passed and I spent it all recovering from my latest medical disaster — this time a fractured hip/surgery/physical therapy, etc. Thanks to all of you for your kind thoughts and cards. This is definitely my last time!

I hope many of you have been reading our website, <http://hhhart.net>, and keeping up with all of HHHART's news and coming events. I send current NYSUT and HHH items to the blog as I receive them to keep you updated. If you don't have a computer, perhaps you can ask a friend to share info with you.

All retirees should be receiving a copy of The NYSTRS Resource, the Retired Teacher System's newsletter. If you missed reading the summer edition, I'm including some items of interest here. You will notice that starting in September your monthly pension check will be \$18 more, due to the COLA (cost of living adjustment). This amount is based on the NY law which takes 50% of the Consumer Price Index increase from March to March, rounds it up to next higher one-tenth of 1%, and applies it to the first \$18,000 of your annual pension. Since this year the CPI rose 2.31%, our COLA is 1.2%. In case you're wondering, what if the CPI does not go up at all, the law mandates a COLA of not less than 1% or more than 3%. To be eligible for the COLA, you must be *either* 62 and retired at least 5 years; 55 and retired at least 10 years; receiving a disability pension for at least 5 years; or a surviving spouse with a lifetime benefit who will receive one-half of the COLA.

If you are a new retiree you can create an account with NYSTRS (NY State Teachers Retirement System) by going to www.nystrs.org, log on to the MyNYSTRS section and select the "Manage Account" tab. Follow directions to register and submit. You will then be able to follow the processing of your Retirement Application by selecting the "Track Progress of Retirement" tab. It can take an average of 9 to 12 months to fully process your application.

The Board of NYSTRS includes a retired teacher member who is elected by all NY teacher retirees. David Keefe is seeking his third term. I know David since he attends many of the same organizational meetings as I do. He is a valuable resource for all of us on Long Island and worked

in the Hempstead School System for 37 years. NYSUT has endorsed him. If an election needs to be held, ballots will be mailed out between October 1st and 15th and must be returned by October 31st. All Board members serve without compensation.

I hope I'll be seeing many of you at our annual Fall Luncheon on September 15th and/or at the annual CORTLI Luncheon at Crest Hollow Country Club on October 13th. Enjoy the autumn!

Joan Petroske

Happy News from the HHHART Board

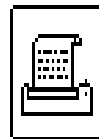
Malinda Dobrin's daughter gave birth to a healthy baby girl. We send her our congratulations.

Sad News from the HHHART Board

The HHHART Board was saddened to learn that Norma Smith, our Board Editor, lost her husband in June and Malinda Dobrins, our Board Secretary, lost her mother and father in separate medical episodes near the end of the summer. We send them our condolences.



Input / Output



Welcome to the first issue of the year of the *HHHART Beat*. Yes, we still operate on a school schedule.

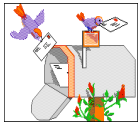
We want to thank you for the information you have been sharing, which you will find in our features – *Keep in Touch*, *Where Are They Now?*, *On the Road*, *Reflections*, and *For Your Information* – throughout the year. Please keep them coming, since it's what you write that makes people look forward to receiving and reading our newsletter.

We had a wonderful luncheon in September (see p. 6). We urge you to come to the CORTLI luncheon on October 13th. Keep informed, enjoy good food and good company.

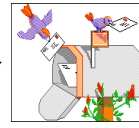
Someone has suggested that we go to the theatre, for our spring trip. If you have another appealing suggestion, let us know.

VOTE on November 2nd.

Sandy, Barbara & Norma



---Keep In Touch---



Kita and Gary de Sesa, the couple that produced countless theatre productions in Half Hollow Hills for nearly 30 years, celebrated their 33rd wedding anniversary with a trip to Italy and Switzerland. We are travel writers and you can read about this trip and others on our new website www.intimacytravel.com. There are valuable lists, tips, tools and search engines for you to use. Hope you all had a great summer! *Gary de Sesa*

I wish to thank so many of you for the outpouring of condolence messages, cards, and eulogies I received regarding the passing of my husband, Roy, and his poem "My Wife Cries." Sincerely,
Ellen Schoenberg

Hi Everyone, We are back from Florida for a few months. Traveled extensively- Spain, Italy, , Portugal. Love those languages. Playing lots of tennis. Enjoying our family and good health.
Fran Kranz

At 88 years of age just finished my last year of teaching Marine Biology on various Captree boats. I winter in South Beach, Florida.
Hank Leids

All is well so far in central Florida and my husband and I are enjoying our retirement years. Not looking forward to hurricane season this year. Have been fortunate in past years. Have been praying that the Gulf oil spill will be resolved soon. We are not near the coast, but it concerns everyone. Also pray for our military people – that war will soon be over and that peace will prevail. God bless our children and teachers. Take care.
Marge Brandt

Lou Di Blasi, Bill Martens, Pete Reilly , Larry Rudin, Dave McAnaney, Pete Connors, Gerry Burke, and Mike Crispi have been meeting for breakfast every Tuesday at 10:00 AM at the Heritage Diner in Mt. Sinai for the past twelve years or more. Come join us *Lou Di Blasi*

My grandson, Justin Sherlock, graduated from Cold Spring Harbor as the 2010 Valedictorian. He is to attend Harvard, as did his father, Robert.
John Sherlock, Jr.

John Meehan retired from teaching June, 1998. Since then, he has been working for the district as a photographer – public relations, as well as set design and stage construction for all the plays at HSW. John has finally decided to retire – really retire – after teaching 30 years and doing public relations for 12. Congratulations, John! I may actually get to see him more often now! Forty-two years of working for HHH — now that's love and dedication!
Karen Meehan

Once again, I thoroughly enjoyed the new retirees reception at Malinda's home. What a great way to catch-up and start the summer! If you missed it this year, make plans to attend next year! I continue to enjoy an eclectic retirement with grandchildren, travel, part-time Advanced Placement teaching, and church activities. I also continue to appreciate all that the union did when I was an active member and how much it still does now that I am retired. Thanks to you all for the efforts. *Joanne Fraser*

We're looking forward to the birth of our fifth grandchild in September. I'm still involved with the Paintball retail store with my sons. I work two or three hours a day in my vegetable garden which gives us a lot of vegetables and the satisfaction of growing our own.
Anthony Pennino

I am very happy to report that my daughter Kristin gave birth to a beautiful baby girl, Lydia Eve, in April. Since my three other grandchildren live in Australia, I will try hard not to "spoil" her!
Bill Walters

Retirement has been wonderful. We are all celebrating the arrival of my tenth grandchild, Patrick James, on my eighty-fourth birthday. I'm leaving for the Cape today. I'm in the phone book, West Dennis.
Kathleen Blank

Joe and Michele Goonan are happy to announce the arrival of grandchild number three, Joseph Michael, in Philadelphia, on March 30, 2010. Our other grandchildren are Kelly, 3, and James Nolan, 1, whose parents both teach in High School East.
Joseph Goonan
(Continued on p. 4)



Making Strides Against Breast Cancer

Greetings to all -

Once again we are fielding a team of HHHART walkers to join the "Making Strides Against Breast Cancer" walk on Sunday, October 17th at Jones Beach. Today, there is more hope than ever for people touched by breast cancer. Early detection and new treatments have contributed to a steady decline in breast cancer mortality rates.

At this time we are asking your support, in the form of a pledge or your active participation. Won't you join us in this venture?

Contact Malinda Dobrins, our team captain, if you would like to walk. Her phone number is 631-499-6989. We will organize a group of retired HHH teachers to walk with NYSUT. Please be aware that it is a 5 mile walk along the boardwalk, beginning at 8:00 am (we will meet at 7:30 at the NYSUT tent) There are mile markers along the way and you may stop at any time. Bathrooms will be open. If you have never walked for a cause - this will thrill you to see all who care. As they say, "Hope starts here."

Donations in the form of a check made out to "The American Cancer Society" should be sent to Malinda Dobrins at:

1 Candlewood Path North
Dix Hills, New York 11746

Or you may donate online at our site – <http://main.acsevents.org/goto/hart>

After the walk, brunch will be served at the Volpe's home. Family and friends are invited.

Malinda Dobrins



Local Theater Productions for 2010

This fall, Gary and Kita de Sesa were appointed as Associate Professors in the Theater Department of Five Towns College. They will be launching two productions this fall: Disney's "Aladdin" on Saturday, November 6th at 11 a.m. & 2 p.m. and "Broadway Bound" on December 12th at 2 p.m.

For more information, you can visit <http://dhpac.org/performances/Aladdin.html> and http://dhpac.org/performances/broadway_bound.html.

NYSUT Retiree Calendars

The Teachers Association has been receiving calls from retirees who have not received their calendars this year. Cathy usually sends them but, unfortunately, this year the office didn't get enough to give to the inservice teachers and are waiting for more to fill what they need. You can call 518-213-6000, ext. 6029 and speak to Linda Watkins.

(KIT Continued)

Grandma and grandpa, those are our new names. We have 3 grandsons and another baby due in August. Rick continues to amaze us all with his ability to fix anything in the house. He keeps busy taking care of 4 houses (his daughters', his mom's, and ours). I am enjoying my consultant jobs working in the schools with technology integration and gifted education. All this and a bit of traveling – "Life is great!"

Betty and Rick Oolpe

Sad news – my mom died 3 weeks ago (received summer, 2010). She was 94 and lived to the end. I know my sister and I were fortunate to have had her with us so long. No matter the age, still mom.

Denise Simonetta

My heart goes out to the family of the wonderful Frank Cantone.

Dete Reilly

China is on the agenda for Fall 2010.

Barbara Akley (fka Baranello)

There's no news but I just want to say I have happy memories of Burr's Lane. *Mary Lindsay*



.....*Reflections*.....



Addictions



It seems we have become a nation - nay, an international society – of "gotta have its". Right up there with the need for instant gratification from drugs, or alcohol, or shopping, is the need for instant information acquisition. We no longer rely on the old tedious system of memory storage and access which can be such a slow process and less efficient as we age. We need the thrill of having at our disposal everything we ever wanted to know and more from our electronic brains, those ever shrinking pods or pads of knowledge.

The information processing system in our heads is being replaced by the agile movements of our fingers. What a relief. We no longer have to think, or for that matter to use our voices to speak, when we have ongoing electronic conversations. What a boon to the multi-tasking lives we all lead.

We have been released from society's unreasonable rules of appropriate social intercourse. We are free to surf the net while eating, conversing, watching TV, or driving. No eye contact is necessary since the fingers are walking the talk. What a pleasure to be able to avoid those tiresome acts of engagement such as smiling, listening, or making small talk while you are immersed in your text-messaging.

In addition, think of the rewards of having at your fingertips the most esoteric, insignificant, archaic bits of information that when provided in warp-speed time can make you an admired hero. Could your brain ever do that?

Yes, we have given up some old fashioned notions of how to relate to our fellow humans, but, we have gained so much in exchange. We can sail through our daily lives in the belief that everything that is knowable is ours for the typing. We need never be alone with our own thoughts because our constant contacts with those in cyberspace are always with us. We are drunk with the power of information, and we are addicted to getting more every waking minute.

Elaine Hoffspiegel

Know Your HHHART Board

Straight from our hospitality and social programs committee is Rowena Book, this issue's Board Interviewee.



Rowena was born and raised in Chelsea, Ma, and graduated from Salem Teacher's College in Salem, MA. She always enjoyed kidding around with her students about having had special training in "How to be a Witch!!" She received her Master's Degree from Stony Brook University.

Rowena and her husband will be married 60 years in November of this year. They have three children.

Her experience in the business world involved work at an advertising agency in Boston, Esso Standard Oil in NY, and, while her husband was in the army, the Fort Lee Army Post in Virginia.

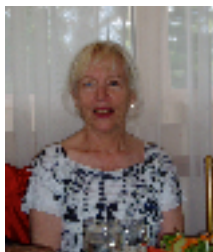
Although she had always wanted to work in the business world, it was when she was doing student teaching that she fell "in love" with teaching. How fortunate for the students of Half Hollow Hills.

She worked at HHH at the High School East Business Department from 1970-1990, and loved every minute of it!! Rowena did extra curricular work with the FBLA, the Future Business Leaders of America, and was a member of the building committee at High School East.

Rowena is enjoying retirement as an opportunity to keep learning, attend lectures, take courses, enjoy the arts, and travel. How lucky we are to have gained Rowena as a member of the association.

Norma Smith

Having Fun With Friends At Luncheon



HHHART Fall Luncheon

With the sun streaming in on a beautiful September day we at HHHART enjoyed a wonderful meal at our annual fall luncheon, at the Stonebridge Country Club. Seeing old friends again made for a good time.

Joan Petroske thanked all who sent her cards and good wishes, during her physical trials. She filled us in on some TA business. Joan suggested that we support David Keefe as Retiree member of the NYSUT Board. He has been serving in this position for a long time. The CORTLI luncheon will be held on October 13th at Crest Hollow. Eileen Lohrey is collecting money for this event. Please send a \$29 check made out to Eileen. On November 16th the NYSUT Regional Conference will be held at the Watermill.

Malinda Dobrins spoke to us about the Making Strides Against Breast Cancer Walk on Sunday October 17th at Jones Beach. We will be starting our walk at the NYSUT booth at 8 am. If you cannot be there to walk, Malinda will be happy to accept checks made out to the American Cancer Society, with Making Strides on the memo line.

Mel Stern told us about a national demonstration to support labor, which will be held in Washington on October 2nd. Buses will be leaving from and returning to Long Island on that day.

Our new web site <http://hhhart.net> set up by Betty Volpe has all the details about these events.

As usual a great time was had by all.

Charlotte Winkler



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Next time you're making travel plans, be sure to check out the newest travel discount program endorsed by NYSUT Member Benefits Corporation, TripMark.travel.

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Offline, toll-free agents are standing by, waiting to assist you if you prefer speaking to an agent. Agents can be reached between 8:30 a.m. and 5:30 p.m., ET. Please note: At this time, travel agents cannot book airline flights. You can either book flights online or call the airline directly.

To help in your planning, [TripMark](http://TripMark.travel) offers destination guides. These guides offer recommendations for top-rated attractions,

restaurants and hotels, as well as providing general information for thousands of destinations.

Maybe you'd just like to plan a road trip, but you aren't sure where to go. The TripMark.travel site presents you with many options, anywhere from one hour to six hours away from a specified zip code, in any direction you choose.

Planning a family reunion?
Vacationing with friends?
TripMark.travel can help you with group travel.

To get started, visit www.memberbenefits.nysut.org and click on TripMark in the Featured Discounts section on the home page. There, you'll find toll-free numbers for reservations, cruises and group travel, as well as a link to a NYSUT member-specific TripMark website. Or give Member Benefits a call at

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TripMark.travel provides you with one-stop shopping for all your travel needs:

- Reserve hotels and rentals, flights, cruises, car rentals and vacation packages,
- Browse destinations,
- Plan road trips, and
- Book group travel.



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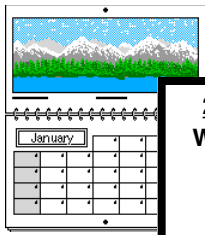
Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

The HHHART Newsletter is a publication of the Half Hollow Hills Active Retired Teachers

631-499-4240

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	Betty Volpe
RA Delegate	Joan Petroske
AFT Delegate	Dick Lee
Newsletter Publishers /Co-Eds	Barbara Arbuss
	Sandra Glickman
	Norma Smith

Mark Your Calendar



2010

Wednesday, October 13th, 12 noon
CORTLI Fall Luncheon
Crest Hollow Country Club
Woodbury, NY

Sunday, October 17th
Making Strides Against
Breast Cancer Walk
Jones Beach

Tuesday, November 2nd
Election Day

Tuesday, November 16th
NYSUT Regional Conference
The Watermill

Don't Forget To Vote!

Did you forget to pay your dues? HHHART dues run from July 1st to June 30th. Send a check for \$30 to the TA payable to HHHART.

IN MEMORIAM

Laura Boldin Fournier
June, 2010
LB

(CLIP AND SAVE)

Important Dates and Resources

BENEFIT

1. Life Insurance
2. Yearly Dues (Billed by HHHART)
3. Excess Medical & Vision Care
4. Vote-Cope

BILLING DATES

June 1st
Spring
December 1st
\$20 suggested

DUE DATE

July 1st (Billed by Newman & Co)
July 1st (Billed by HHHART)
January 1st (Billed by Newman&Co)
Usually paid with yearly dues

RESOURCES

Newman & Co	(516) 488-1100
HHHTA – Dick Lee , Welfare Trust Fund Administrator	
Mel A. Stern , Welfare Trust Fund Chairperson	(631) 499-4240
Half Hollow Hills CSD, Barry Corbett , Health Benefits Administrator	(631) 592-3094
NYSUT Membership Benefits	(800)342-9810
Health Advocate	(866) 695-8622
NYSHIP (Empire)	(877) 769-7447
HIP/HMO	(888) 839-7380
H.H.H.T.A. website forms and information	www/hhhta.com