

S.S.R.A. NEWSLETTER

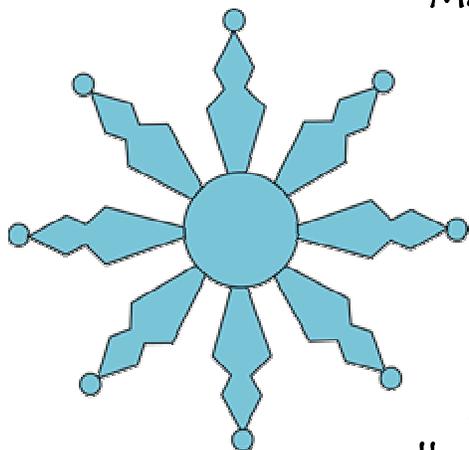
SMITHTOWN SCHOOLS RETIREES' ASSOCIATION

RENEW !!
2022 DUES are DUE!
See back cover
for more details!

Volume 22 / Issue 2



December 2021



May your holidays sparkle with joy and laughter with family and friends.

The Executive Board of the Smithtown Schools Retiree's Association would like to wish you and your family a very happy holiday season spent with all the people you love, and a healthy new year filled with all of the things you love to do.

Be well. Stay safe. Enjoy.

Best wishes,

The Executive Board of the
Smithtown Schools Retiree's Association

Patty Stoddard, President



Join Us!

We are an organization that thrives on your contributions. We need your input, your stories, your experiences, and your wisdom.

And sometimes, we could use your help. If you have a talent you'd like to share with the SSRA, ***please join us.***

Email ssraeditor@gmail.com to discuss the possibilities!



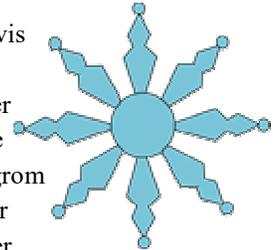


Smithtown Schools Retirees' Association

26 New York Avenue ♦ Smithtown, NY 11787 ♦ (631) 585-8316

Email: ssraeditor@gmail.com

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Newsletter Editor	Mary Mills Desjeunes



The Smithtown School Retirees' Association is affiliated with the **Smithtown Teachers' Association**, the **New York State United Teachers**, and the **American Federation of Teachers**, and is comprised of members from all of the bargaining units in the Smithtown Central School District. Monthly meetings are held on the second Monday of each month at 9:30 AM at the STA office. Visit our website at: myssra.com and Like us on **facebook**

Editor's Note:

I set up my annual SSRA dues payment online with my bank. It was so easy!

I set up a **RECURRING payment**, payable to the **SSRA**, to be made annually on December 1st of each year, for our \$15.00 dues.

It can be cancelled or changed at any time.

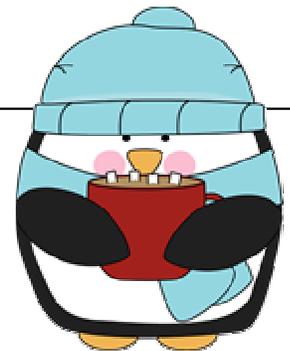
Your bank will need to know where to send your check.

Please include our address:

**Smithtown Schools Retiree's Association
26 New York Avenue, Smithtown, NY 11787**

It sure takes the guess work out of paying dues, and I won't have to worry about writing a duplicate check payment ever again!

~m.mills-desjeunes



Our Deepest Sympathy:



◆ To the Family and Friends of Randee Chlystun

It is with such sadness that I'm telling you of the passing of Randee Chlystun, wife of Michael Chlystun, Smithtown HS Chairperson. Randee was a language teacher, teaching French, in the middle schools. The family has decided not to sit Shiva.

Mike invites you to make a generous donation in Randee's memory to your favorite charity, or, perhaps, to the Greg Sill Scholarship Fund, or the Michael Chlystun Scholarship Fund for Smithtown HS graduating students. Michael 'sends Randee's love to all her dear Smithtown friends.'

Condolences can be sent to:
Michael Chlystun
35 Bergen Lane
Blue Point, NY 11715



◆ To the Family and Friends of James Myers

After a long life, James Myers passed away on October 21, 2021. Jim was a Physical Education teacher and Baseball coach at Smithtown High School East. He was the former husband of Phyllis Myers.

◆ To Ben Watford

On the loss of his wife, Barbara



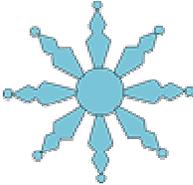
Ten Commandments for Seniors

Submitted by Lou DeBole

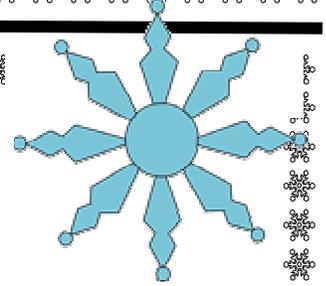
- Talk to yourself. There are times you need expert advice.
- You don't need anger management. You need people to stop making you mad.
- Your people skills are just fine. It's your tolerance for idiots that needs work.
- "On time" is when you get there.
- The biggest lie you tell yourself: "I don't need to write that down. I'll remember it. "
- Even duct tape can't fix stupid - but it sure does muffle the sound.
- "One for the road" means going to the bathroom before you leave the house.
- Lately, you've noticed people your age are so much older than you.
- Growing old should have taken longer.
- You still haven't learned to act your age, and hope you never will.



Get Well Soon wishes to our friend and colleague
JOHN PETTIT
 Hoping that you are feeling better
 and getting stronger every day!



Our thoughts and prayers to our friend
PHYLLIS HEGER-HEINEN
 Our love and best wishes
 for a speedy recovery !



Submitted by Lou DeBole

*Remember to send your
 Social Security Statement for
 reimbursement of your
 Medicare Payments
 to:*
Smithtown School District
ATTN: Employee Benefits
26 New York Avenue
Smithtown, NY 11787

If your yearly income in 2020 (for what you pay in 2022) was:

FILE INDIVIDUAL TAX RETURN	FILE JOINT TAX RETURN	FILE MARRIED & SEPARATE TAX RETURN	YOU PAY EACH MONTH (IN 2022):
\$91,000 OR LESS	\$182,000 OR LESS	\$91,000 OR LESS	\$170.10
Above \$91,000 up to \$114,000	Above \$182,000 up to \$228,000	NOT APPLICABLE	\$238.10
Above \$114,000 up to \$142,000	Above \$228,000 up to \$284,000	NOT APPLICABLE	\$340.20
Above \$142,000 up to \$170,000	Above \$284,000 up to \$340,000	NOT APPLICABLE	\$442.30
Above \$170,000 and less than \$500,000	Above \$340,000 and less than \$750,000	Above \$91,000 and less than \$409,000	\$544.30
\$500,000 or Above	\$750,000 and Above	\$409,000 and above	\$578.30

On the minds of our members.....

- **Once a Teacher, Always a Teacher**

By Joe Gilkey

As teachers we have gotten great joy out of watching our students grow, learn, and go on to accomplish fulfilling lives. Frequently when we retire we lose that wonderful feeling of having guided a young person- or adult- to new and unexplored knowledge.

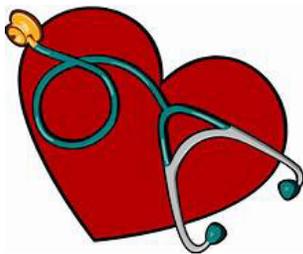


I have been fortunate to have had the opportunity a number of times during my retirement years to engage in opportunities that give me the same feelings I had when teaching. One of my continuing opportunities has been to give travel talks to the other adults who live where I live. I try to make these talks not only informative about the place I am talking about, but I also try to expand that travel information to include historical background of the place, thereby expanding any experience they may have already had with the place. Standing in front of a group and sharing knowledge with them helps to renew the spirit of teaching for me.

My second opportunity occurred when I chaired the Travel and Events committee here at Oak Hammock. I was asked if I could work with a group of students from the University of Florida and help them to fulfill an assignment. These were students from the College of Health and Human Performance. The course they were involved in was the planning of trips and/or special events. I guided and worked with them as they planned and carried out a successful trip and then they planned a Halloween party for the members of Oak Hammock. I had the students for a full semester. Their professor joined us for the trip they planned.

Currently, I am working with a group of five students from various health related schools at the University. They work as a healthcare team and they are composed of 2 pharmacy students, 1 nursing student, 1 dental school student, and a medical school student. I have only met them through Zoom, but our exchanges have been exhilarating and I look forward to our sessions. They have an outline of questions they are to seek answers to and if I have a problem we try to work through it as a team. In turn I present them with information I have gathered because of my age compared to their 20-somethings. They work well as a team and they learn that they can work with others in the health care of their patients.

So, my guess is that once a teacher, always a teacher and I have had the great good fortune to exercise that possibility and to enjoy once again using those skills I learned a long, long time ago.



THANK YOU!

*To All Healthcare, First Responders
and Essential Workers.*

*Your dedication, sacrifice and commitment
will never be forgotten.*

(Continued on page 6)



Congratulations & Best Wishes to

BILL AND DEBBY BENZINGER

Hi everyone, I'd like to introduce my granddaughter to you all.

We waited a long time to meet her.

Will send more pics in the next 20 years!

Please Welcome **WINIFRED LEE HOGAN**

• **Bon Voyage ???.....** By Wendy Erdman-Surlea

For all of you who are itching to travel abroad, my recent experience may be enlightening.

My husband and I flew to UK and Romania to visit relatives at the beginning of November. We are both fully vaccinated so no quarantine was needed, but we had to:

1. Pre-order Covid tests to be self-administered within two days of arrival in the UK. These tests had to be delivered to the address where we would be staying, but we weren't able to order them from US. So we contacted my niece in England who ordered the tests to be sent to her house. Each test cost GBP 25 (about \$35). It may be possible to pre-order from US on the Boots Chemist website, but they charge more.

2. Fill out a Passenger Locator Form for each passenger. This sounds easy but cannot be done before 48 hours prior to departure and requires strict attention to detail. For instance, if the spacing of the Post Code is incorrect, you have to start over. Also, when my husband completed this form in Romania, where he took a quick side trip to visit his mother, the UK Gov charged him \$55. There was no charge when we completed this in US. My husband also had to pre-order an additional test to be taken upon arrival in UK, even though we would be returning to US with three days. He therefore had to take two tests in two days!

3. You will be asked to enter the CODE of the test you pre-ordered into the Passenger Locator Form. Make sure you order these tests in plenty of time to get the CODE before you start the locator form.

4. Returning to US requires another Covid Test within three days of departure. We found an testing site called THE REGENERATIVE CLINIC which has branches in various sites around UK. (We used the one in Cambridge.) These tests cost GBP 39 (about \$54). They have to be done in front of the clinician, so are more expensive.

5. Finally, the airline needs you to submit an Attestation of Vaccine Status on a site called VeryFly. I had no problem using this to leave US, but returning, the app wouldn't let me choose US as a destination. This meant getting assistance at Heathrow, which took about 20 minutes to accomplish.

As you can see, the stress and cost of these requirements are significant. Fortunately, the visit was worth it, and British Airways had a sale fare which made it a bit less expensive. After being on Covid restrictions for so many months, it was refreshing to get away and see loved ones. I am sharing this to let people know that it is possible to fly again, but not as easy as in the good old pre-Covid days.

(Continued on Page 7)

Did you ever wake up, kiss the person sleeping beside you, and feel glad that you are alive?

Well, I just did, and apparently I will not be allowed on this airline again



Enjoy your holiday travel plans, but please, wear a mask on the plane!!

(Continued from page 6)

• **A Woman’s Place IS in the [Hope Children’s] Home** By Larry Hohler

In Africa, men have traditionally been in charge. When Yvette and I first visited Kenya in 1976, it was common to see families walking on the the side of the road, the husband in front carrying very little, and his wife behind, with a baby strapped to her back and parcels in both hands. Another common sight was women walking with heavy bundles of firewood on their backs, that would provide fuel for cooking fires that heated the family meals. Kenyan society is changing, and these sights are not as common now.

The number of women in education is changing too. At the Coffee Cooperative funded the Harambee Secondary School where we taught, (Harambee is Swahili for “Let’s All Pull Together”), most of our fellow faculty members were male Form Four leavers – high school graduates with no extra training. The only other women besides Yvette were two Indian educators. When we went back for the opening of Hope Children’s Home in 2005, the school had expanded and now was educating only girls. The principal was a woman, and a number of the teachers were women with college degrees. Much as before, farm women make up most of the people selling their produce, but now many have cell phones, and can determine the value of the of foodstuffs they sell. Elosy Kinya is an orphan that we had been mentoring since the Home opened. She is now a young adult, and a new mother. Elosy is the owner of a small business, selling flip flops, chickens, and eggs in an outdoor market outside of the Meru town center. Her more educated sisters are now employed in local banks and other more modern places of business.



Hope Children’s Fund hosts 5K fundraiser

Suffolk County Legislator Kara Hahn (D-Setauket) is a daily runner who has participated in many local races, but her effort on the Port Jefferson/Setauket Greenway on Saturday, Oct. 16 in the Annual Kenya/USA Bi-Continental race was special.

For the last 17 years, Hope Children’s Fund, a local not-for-profit, has held a 5K fundraiser in support of the Jerusha Mwiraria Hope Children’s Home for AIDS-affected former street children in Meru, Kenya.

Hahn came in first among the female competitors in this year’s event with a time of 28:52. The overall winner was Setauket resident Donald Dodge, with his time of 24:28.

The Kenyan times were inconclusive, but in all of the competitions since 2005, the Kenyans have won 16 times.

Photos from Larry Hohler



When the Home’s founder, Joe Kirima, died in 2019, we were concerned about what might become of the Home and the farm that supports it— a \$100,000 a year operation. We need not have worried. His widow, Veronica Kirima, has taken over operation of the Home. A primary school teacher who we have known since our 2006 visit, she was never very vocal, and was also very deferential to her husband. When she took over, we were amazed at how quickly she assumed leadership. Betty Gakii, a young woman who grew up at the Home, attended university, taught in a secondary school, and now serves as an assistant to Mrs. Kirima. She has taken over accounting chores at the Home.

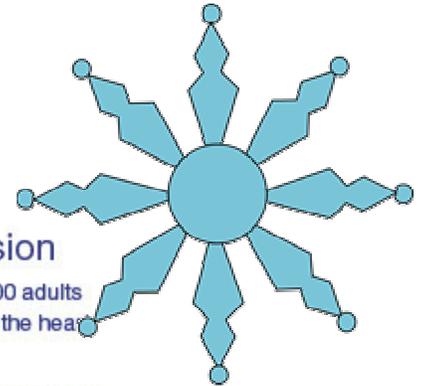
Veronica has proven to be a more effective fund raiser than her husband. At our recent Bi-Continental Run, she was able to raise \$1,500, something that in previous races, he was never able to do. We raised \$4,500 on the USA side!

Men are still in control at the upper levels of Kenyan society, but now some women represent their Home Districts in local government, and a few occupy important positions in Kenya’s central administration. That’s good news for Kenya! The roles of women in Kenyan society have evolved in a very positive direction since my first visit 45 years ago.

Reprint from the Port Times Record—10/21/2021



Health tip: DASH eating plan



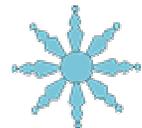
DASH stands for Dietary Approaches to Stop Hypertension

A study conducted by researchers at Johns Hopkins University Medical School of more than 400 adults with prehypertension, or stage 1 high blood pressure, found that combining a low-salt diet with the healthy DASH diet substantially lowers systolic blood pressure.¹

The DASH eating plan is in line with dietary recommendations to help prevent osteoporosis, cancer, heart disease, stroke, and diabetes.²

DASH was not intended as a weight loss tool; however, because it has an emphasis on real foods, heavy on fruits and vegetables, balanced with the right amount of protein, DASH may be a weight loss solution.

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.



Includes plenty of:		Limits:
• Vegetables	• Fat free or low fat milk products	• Sodium
• Fruits	• Fish, poultry and lean meats	• Saturated fats
• Whole grains	• Beans, nuts and legumes	• Added sugars

DASH doesn't require any special foods or supplements. It simply calls for a certain number of daily servings from various food groups. The number of servings depends on the number of calories you choose to eat every day. Your caloric needs depend on your age, gender and activity level. You can choose the "regular" DASH plan, which limits your daily sodium intake to around 2300mg or you can choose the lower sodium version, which limits your daily sodium intake to around 1500mg. The less salt you eat, the more you may be able to help lower your blood pressure.³



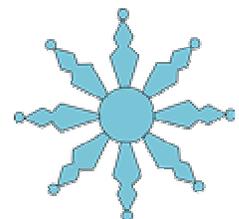
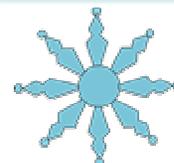
To figure out your caloric needs, you need to consider your age and physical activity level. If you want to maintain your current weight, you should eat only as many calories as you burn by being physically active. If you need to lose weight, you should eat fewer calories than you burn or increase your activity level to burn more calories than you eat.

Daily calorie recommendations for women:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,200
51 +	1,600	1,800	2,000-2,200

Daily calorie recommendations for men:

Age (years)	Calories needed per activity level		
	Sedentary	Moderately active	Active
19-30	2,400	2,600-2,800	3,000
31-50	2,200	2,400-2,600	2,800-3,000
51 +	2,000	2,200-2,400	2,400-2,800



FOR ADDITIONAL HEALTH ADVICE, VISIT:
<https://www.uhc.com/health-and-wellness/nutrition>



After figuring out your daily calorie needs, use this table to find the closest calorie level to yours and estimate the number of servings from each food group that you should have. For example, if your daily calorie needs is 2000 calories per day, on the DASH Eating Plan your goal would be 6-8 servings of grains per day, 4-5 servings each of fruits and vegetables per day, 2-3 servings of fat free or low fat dairy products per day, and so on.⁴

Food groups	1,600 calories	2,000 calories	2,600 calories	Serving sizes	Examples	Why It's Important
Grains	6	6-8	10-11	<ul style="list-style-type: none"> • 1 slice bread • 1 oz dry cereal • ½ cup cooked rice, pasta or cereal 	Whole wheat bread and pasta, pita bread, oatmeal and brown rice	Major source of energy and fiber
Vegetables	3-4	4-5	5-6	<ul style="list-style-type: none"> • 1 cup raw leafy vegetable • ½ cup cut-up raw or cooked vegetable • ½ cup vegetable juice 	Broccoli, carrots, green beans, kale, spinach, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4-5	5-6	<ul style="list-style-type: none"> • 1 medium fruit • ¼ cup dried fruit • ½ cup fresh, frozen, or canned fruit • ½ cup fruit juice 	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free or low-fat dairy	2-3	2-3	3	<ul style="list-style-type: none"> • 1 cup milk or yogurt • 1½ oz cheese 	Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, fish	3-4 or less	6 or less	6 or less	<ul style="list-style-type: none"> • 1 oz cooked meats, poultry, or fish • 1 egg 	Select lean meat; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, legumes	3 per week	4-5 per week	1 per day	<ul style="list-style-type: none"> • ½ cup or 1½ oz nuts • 2 Tbsp peanut butter • 2 Tbsp or ½ oz seeds • ½ cup cooked dried beans or peas (legumes) 	Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils	2	2-3	3	<ul style="list-style-type: none"> • 1 tsp soft margarine • 1 tsp vegetable oil • 1 Tbsp mayonnaise • 2 Tbsp salad dressing 	Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27% of calories as fat, including fat in or added to foods
Sweets and added sugars	3 or less per week	5 or less per week	≤ 2 per day	<ul style="list-style-type: none"> • 1 Tbsp sugar • 1 Tbsp jelly or jam • ½ cup sorbet, gelatin dessert • 1 cup lemonade 	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup and sorbet	Select sweets low in fat content

Servings per day unless noted otherwise.



Following the DASH eating plan is one part of living a heart-healthy lifestyle. Combining the DASH plan with other lifestyle changes, such as physical activity, may help you improve your blood pressure, cholesterol and weight. Other lifestyle changes that may improve your overall health include:

- If you smoke, quit
- Limit alcohol intake
- Get plenty of sleep
- Practice self-care and stress management

Sources:

- 1 Johns Hopkins News Release November 2017. <https://www.hopkinsmedicine.org/news/media/releases/>, accessed June 2021.
- 2 The DASH diet Eating Plan. <http://dashdiet.org/default.asp>, accessed June 2021.
- 3 Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456>, accessed June 2021.
- 4 NIH DASH Eating Plan. <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>, accessed June 2021.

The information provided in this flyer is for general informational purposes only and is not intended nor should be construed as medical advice. Individuals should consult an appropriate medical professional to determine what may be right for them.

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Check out all your union membership has to offer!

Legal Service Plan

Plan benefits include:

- Crucial estate planning documents (a Simple Will, Health Care Proxy, Living Will & Durable Power of Attorney)
- Free telephone consultations
- Guaranteed maximum fees for specific legal matters

Financial Counseling Program

Plan benefits include:

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- Free telephone and virtual consultations
- Assistance with retirement planning, 403(b) savings, college savings, tax planning and more

NYSUT Member Benefits

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These are just two of the dozens of endorsed programs & services available to union members and their families.

Whether it's insurance products, financial or legal services, or discounts, shopping or travel, NYSUT Member Benefits offers numerous programs that can help you save time and money while protecting those you care about most. Many of these programs can be purchased through payroll or pension deduction for greater convenience and savings opportunities.

Member Benefits also provides the advocacy role that is so important should an issue or concern arise. We encourage you to take the time to explore the Member Benefits website to find out how we can help you make every dollar count!



Learn more by scanning the QR code to the left,
visiting memberbenefits.nysut.org
or calling 800-626-8101.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits.

Nov/Dec 2021

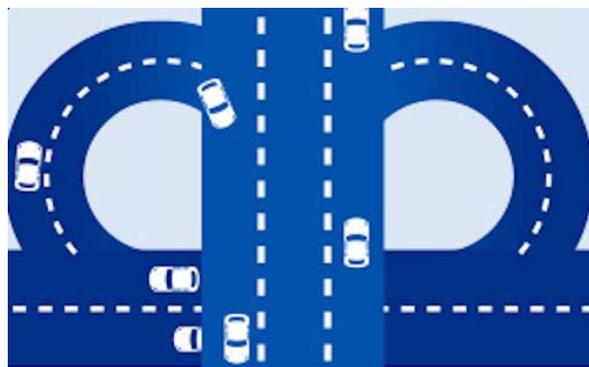
Additions/Changes to Directory

Fran Anusiak aidansgrandmafa@yahoo.com
 Dorothy Becker add cell: 631-766-4189
 Gilda Burack add cell: 631-804-0484
 Judith Chambers add: Apt. 302A
 Nanette Cuomo 631-357-1078
 Beverly Daffner add cell: 516-383-1746
 Adelaide DeAnnuntus add cell: 727-475-8853
 Peter DiGregorio add cell: 704-993-7868
 Karen & Arthur Ehlin add cell: 516-398-6218
 Phyllis Heinen add cell: 631-239-1133
 Caryn Iorio-Fichtlman 5558 Brittany Terrace,
 The Villages, FL 32163
 Edward Jermusyk 24 Old Orchard Road,
 Linden, VA 22642
 540-422-5322

Paula Kaplan 631-786-1107
 Fran Kennedy add cell: 631-987-7003
 Marilyn Levy 757 Crestwood Drive,
 St. Augustine, FL 32086
 631-848-6910
 Marie Manginelli 163 Heritage Circle #215,
 Oneonta, NY 13820
 607-386-4941
 Joanne Perrino joaneperrino23@gmail.com
 John Pinto add cell: 631-786-1420
 Linda Rocker-Marino add cell: 631-793-6474
 Gary Roscott add cell: 631-721-8238
 Bonnie Thivierge add cell: 631-766-7266
 Deborah Verre add cell: 631-366-1768
 Ann Wallace wallaceann96@gmail.com



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Time to Renew Your Membership for 2022!

Complete the form below and mail it with a check for **\$15** made payable to the

Smithtown Schools Retirees' Association by **DECEMBER 31st, 2021***

We operate on a calendar year and these dues are independent of the STA.



IMPORTANT NOTE:

If you receive any endorsed programs & services from NY state other than a pension, you are **required by law** to belong to your local retiree Association – the SSRA

Kindly cut out this coupon and mail it with your check to:
Smithtown Schools Retirees' Association c/o STA office
26 New York Avenue, Smithtown, NY 11787

*(For those with more than one address please list your **PRIMARY** one only)*

Name: _____ Year Retired : _____

Address: _____ Apt. #: _____

City/Town: _____ State: _____ Zip _____

Home Telephone: _____ Cell Phone: _____

Email Address: _____

Affiliation: *Circle one:*  **STA** **SSEA** **SSAA**
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*We provide **ELECTRONIC DELIVERY** of our newsletter. Got a **Special Circumstance?** Call **John Pettit** at **631-584-7564** or email him at **grumpyof@optonline.net***

* See [Dues Payment](#) note as explained on Page 2



S.S.R.A.

Smithtown Schools Retirees' Association
c/o STA Office
26 New York Avenue
Smithtown, NY 11787

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