



MESSAGE From Lois Turetzky, Ed.D Unit Leader



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**Unit
Leader's
Message**
Lois Turetzky, Ed.D

I sincerely hope that all of our members are well and managing the stay at home directive as well as possible. If you have to stay home, I believe the best place to do it is in Southeast Florida. I have never used my patio as much. It is beautiful sitting outside reading, walking and biking around the development and enjoying the beautiful palm trees, flowers and lakes. Every day, I count my blessings that I, as you, have worked for the New York City Department of Education and have earned the wonderful retirement it and our union has provided us. At the same time, my heart goes out to all of the people who have lost loved ones, their jobs and are temporality unemployed as a result of the Coronavirus Pandemic.

As you know, we have a very important election coming up. Not only will we be voting for a president but for other federal, state and local officials. The number of seats serving in The United States House of Representatives and state legislative districts is determined by United States Census. **Therefore, it**

is extremely important that you encourage everyone you know to complete the 2020 Census. The United States Constitution mandates that every ten years a census be conducted to determine the amount of people living in the country (not just citizens). The importance of this data cannot be underestimated. Billions of federal dollars are allocated to states and local municipalities to fund schools, roads, hospitals, emergency services and numerous other programs. Programs that are affected by the census include: Medicare, Medicaid, Snap, Chip, Pell and other Educational Grants, Head Start, School Lunch, Title IX, just to name a few. For each person that completes the Census form, approximately \$1600 is awarded to the county you live in. Failure to complete the survey results in the loss of much needed revenue.

The United States Constitution mandates that the population of the country be counted every ten years. This, as was previously stated, determines the amount of United States Representatives that would serve in the Congress.

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MEMBERSHIP NEWS

Marilyn Funes, Ph.D.— Membership Coordinator

Dear Colleagues & Friends,

We are ending our 2019-2020 Membership year with a much lower total than in previous years. We know we've lost many members to attrition as well as having moved back up north to be with their children and grandchildren, but we're not picking up new members to replace them. We must do so if we are to survive so I ask for your help in finding these new members. Please let me know of anyone you know who falls into this category. You can reach me at (561) 491-8722 or at MCFUNES@AOL.COM.

Due to the covid-19 Pandemic, we were forced to cancel most of our events of the past year and thus we will not collect new dues for 2020-2021. Instead we are sending you a Membership Application to fill out so we have your most current information, but we are not asking for new money from the 348 of you who have already paid. In the meantime please be safe; don't go out without wearing a mask; be sure you have gloves on before you touch anything; finally be sure to wash your hands as often as possible particularly after going to the bathroom. Remember your health is of paramount importance.

We don't have any dates confirmed because of the virus. Perhaps Lois will have better news for you when she sends her welcome letter in August. Let's just follow the health guidelines and be well and safe.

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In 1790, President George Washington signed the 1790 Census Act which allowed U.S. Marshalls and their assistants to collect population data throughout the thirteen states, districts and territories. Initially, the names of the head of each household was identified as well as the number of free white males over and under sixteen, white females and slaves. Over the years, a Census Bureau was formed. Census forms were standardized and enumerators were hired to conduct the census. Additional Census Acts were passed to update information about schools, manufacturing, agriculture, race, immigration, employment, health, education, home ownership, veteran's status, ancestry, just to name a few. In addition to the standardized forms that were used, the Census Bureau developed supplementary questionnaires and surveys so that the government could collect statistical data on businesses and households. These surveys are taken every one to five years. This information is used by individuals, government agencies and businesses in the planning of communities, schools, highways, hospitals and industrial complexes. Remember to encourage friends and family to complete the census as it means millions of dollars for our communities.

The United States Census Bureau. Census Gov, History, Through the Decades, Index of Questions. Retrieved May 5, 2020 from

https://www.census.gov/history/www/through_the_decades/index_of_questions/

Shanholtz, S. (2019). Power and Money: Why the Census is Important. Retrieved from <http://statchatva.org/2019/02/13/power-and-money-why-the-census-is-important/>

**CSA LIAISON &
OUTREACH COORDINATOR
TO FLORIDA RETIREES**

Norm Sherman, Coordinator
Council of Supervisors & Administrators
Phone number: 561-638-6439
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Hi everyone! Hope this newsletter finds you well...Normally, I write about your health benefits or scams that impact on seniors, but this time, I feel duty-bound to write about your health as it relates to the newest challenge: the coronavirus (COVID-19)

The Need to Exercise during the Coronavirus (COVID-19) Pandemic

We are currently living through one of the most unprecedented and dangerous times ever: the coronavirus (COVID-19) pandemic. Because of this disease, our lives have changed drastically. No longer do we go out, except to walk or cycle, or maybe to shop. Fortunately, we can order much of what we need online. We keep in touch with family & friends by calling or using FaceTime, or Zoom. We binge out on Netflix, Amazon Prime or some other platform. Clearly, we have isolated ourselves with no clear date for returning to normalcy.

Closely associated with the coronavirus quarantine is a threat to our mental health. Being cooped up for long periods of time can lead to stress and anxiety, and even depression. This has become a major concern.

While there are many ways to avoid these conditions, perhaps the best way is by exercising. Studies have shown that aerobic and strength exercises go a long way in producing strong anti-stress and anti-anxiety effects. As an additional benefit, exercise enhances the immune system, a key factor in preventing the coronavirus.

Aerobic exercise can be done effectively inside or outside of the home. Examples of such exercise include, but are not limited to, walking inside or outside of the home, cycling, walking in place, doing jumping jacks, using cardio equipment if available, performing cardio workouts found on YouTube.

Strength exercises in the safety of the home are a little more challenging. YouTube provides many strength training videos, ranging in level from the beginner to the advanced. House hold items, such as gallon water jugs, can be used to do various strength exercises.

These are very difficult and demanding times. However, if we want to maintain our health, both physically and mentally, we need to routinely exercise about 30 minutes cardio 5 days each week and strength exercises 2 to 3 times a week.

Coronavirus Scams

Even though most people have been supportive and caring, there is always someone who is looking to take advantage of people's fears and confusion caused by the coronavirus pandemic.

The coronavirus has offered scam artists a whole new area to scheme people out of their money, and seniors remain the likely target.

The most prevalent of these scams include:

- People calling you for personal information, such as your bank account & Social Security number, to steal your stimulus check.
- Getting a call from Medicare offering a "COVID-19 package" or test materials. Remember, Medicare and Social Security never ask for personal information over the phone.
- Social media posts, texts, and websites designed to get your personal information and infect your computer with viruses.
- Getting you to invest in a company that is working on the COVID-19 vaccine. .
- People setting up fake fund-raising accounts for those suffering financially due to the coronavirus crises.
- Online marketing of fake vaccinations.

Bottom line is that scammers are out to get your money or infect your computers. So, do not give out any personal information on the phone, or open unfamiliar websites or emails.

Stay well, Stay safe, Stay fit

Norm Sherman





IN MEMORIAM

Since our last Newsletter, our nation and the world at large have experienced a most tragic turn of events, so we thought that we would in this space pay tribute to all the victims of this pandemic. We also hope that we as a nation will emerge from this unprecedented time stronger and more determined to come together.

May God bless us all and may we live to see a better Nation and a better World.



A Letter from Donald Singer ARA Delegate

Dear Fellow CSA Retirees,

Are you ready for this year's elections? At last week's NYC Central Labor Delegates meeting (on ZOOM), I made the following suggestion:

All New York City Retirees across the country should be reminded that this year's elections are starting in a matter of weeks. This includes: primaries and early voting for local, county and state positions. The candidates who will be elected will have a great deal of influence on our retirement pensions, our grandkids' education, health care, way of life, etc.

If you're not registered, you cannot vote. Please contact your Election Office to register and to receive a mail-in ballot. By the way, ask if the Governor and the legislators of your state are supportive of mail ballots and are they willing to have them sent postage-free?

Soon, the national primaries will be held by the Republican and Democratic Parties. Have you checked the voting record of the candidates? An excellent source is the ARA's CONGRESSIONAL VOTING RECORD.

Remember, those officials who will be elected will be responsible for our Social Security, Medicare and Health Care.

Voting is the best way to protect and maintain our hard-fought way of life.

Thank you,
Donald Singer



LEST WE FORGET
AR. Kipling 1897

Those reading this article will be seeing it from the vantage point of two or three months down the road. At this writing, May 19, 2020, close to 40 million or more of our fellow Americans are out of work and struggling to feed, clothe and care for themselves and their families. The anguish of our times also includes another million or so who have succumbed to COVID-19 with close to 90,000 deaths to mourn.

As retirees, most of us live in a household of one or two people and working hard to solve very fundamental issues- how do I shop for food, will there be any toilet paper, what happens if I become ill, how do I get on Zoom, how do I fill the long days? Most, if not all of us are not worried where the next dollar will come from.

Mostly, we have time to think and remember. As a nonagenarian I do not move as well as I did but my experiences as a worker (teacher, supervisor, and many other jobs) are still firmly fixed in my mind.

The current pandemic has brought out the best and the worst that's in all of us. The workers who are now considered essential are, of course, doctors and nurses. But to this front line we must also add orderlies, janitors, trash collectors, transporters, warehouse workers, and others, too often, listed low on the economic scale. I have not seen any list which included a CEO as essential.

The NY Times editorial of 4/29//20 dealt with the beginnings of the labor movement in the United States. These early efforts led to the National Labor Relations Act of the 1930's which led to the recognition of the importance of the worker (labor) in the grand scheme, of life and the understanding that in union there is strength.. This, in turn, led to the building of the great American middle class, and a society which recognized the importance and dignity of labor in an economic system which was built on at least two, components, labor and capital.

In the last few decades we have seen attacks on workers and their unions, public and private. Public unions were not as vulnerable and yet we are seeing attacks (Janus, Wisconsin). None the less, economic theory requires the balance in basic terms-if they make more they will spend more. Henry Ford, who was no friend of labor understood this when he decided to pay his workers \$5 a day because at that wage level they could afford to buy his cars.

My thoughts also returned the founding of the CSA. It began in 1962 spearheaded by the HSPA and many others. In 1965 the union was recognized as the bargaining agent and in 1969 we negotiated our first written contract. I was there at the beginning and am still enjoying the benefits our union negotiated over these many years.

However, the old adage, "those who forget history are doomed to repeat it". Multi-millions of our American workers (, some union many not,) are unemployed but all of them are essential. Sometime in the not too distant future the country will rebound from the virus and its devastating impact on its people and the economy. I hope that this new renaissance will carry with it a resurgent respect for the dignity of labor, the right to earn a living wage and the right to form unions which will protect these rights.

Fraternally,
Jim Mehlman

Council of School Supervisors
And Administrators (Retired)
and American Federation of
School Administrators, Local 1

This Day in Quarantine

***Live fully this day
Do not look further
Plan it with care
Alone or in tether***

***Fear not tomorrow
Don't look ahead
You're safe this day
With nothing to dread***

***To make it through
Just do your best
Read something old
Get enough rest***

***Finish a task
You can still Thrive
Follow your heart
Do more than survive***

***Create something new
Connect with a friend
See how they are
On you they depend***

***Make this day count
Then do it once more
Before you know it
You'll worry no more***

***This trouble will pass
Emerge as allowed
When it is safe
We all will be proud***

By Lenore Kay

CSARC of Southeast Florida Dates to Remember

2020-2021 Dates to Remember Pending Pandemic Issues, Closures and the Safety of our Members

Prior to the Corona Pandemic, the CSARC reserved the dates listed below at the South County Civic Center for our regularly scheduled yearly events. Presently, no one at this time knows what will happen next season so we will have to make a decision at that point.

Wednesday: 10/18/20 Medicare Workshop

Monday: 12/14/20 Holiday Party

Monday: 1/11/21 Health and Welfare Meeting

February 2021 Luncheon (Date to be Determined)

Friday: 3/5/21 Health Fair

South County Civic Center

16700 Jog Road. Delray Beach, Florida.

Please e-mail any letters, comments, or articles of information you would like to share with the Retiree Chapter of Southeast Florida. Write to me at Lenore Kay, 8440 Lake Cypress Road, Lake Worth, FL 33467. Email to lenore8nj@yahoo.com

Thank you,
Lenore Kay, Editor



CSA RETIREE CHAPTER OF SOUTHEAST FLORIDA

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In Memoriam