

**RETIREE**

# news & views



A PUBLICATION OF LOCAL 237's RETIREE DIVISION

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THE RETIREE DIVISION

*Celebrated*

## DR. MARTIN LUTHER KING JR.'s

BIRTHDAY ON JANUARY 21, 2026

*A*s part of our celebration, we screened the powerful short film "What Is Your Life's Blueprint?" featuring Dr. Martin Luther King Jr.'s inspiring address to students at Barratt Junior High School in Philadelphia on October 26, 1967. In this memorable speaking engagement, Dr. King challenged young people with a timeless question: "What's in your life's blueprint?" He encouraged students to intentionally build the foundation of their lives through hard work, education, and responsible citizenship.

The event was well attended by retirees and concluded with a meaningful group discussion. Retirees reflected on the experiences, values, and people that helped shape their own life blueprints, and shared how they are passing those lessons forward to their children and grandchildren—continuing Dr. King's message across generations. The lessons Dr. King shared with us still resonate around the world today. Let's continue the legacy and keep asking the questions "What Is Your Life's Blueprint?"



SCAN TO WATCH

"What is your Life's Blueprint" emphasizes resilience, urging individuals to keep moving forward, even in the face of adversity.



Retiree Phyllis Simpson shares her spoken word poem, "Making Our Case on Reparation" and her experience from when she attended the Southern Christian Leadership Conference in August 1965 and was one of the youth invited to go on stage and meet Dr. King.



Retirees participating in the Dr. King event.



by Gregory Floyd

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

At the inauguration ceremony of President Joe Biden, Amanda Gorman, the 22 year-old poet laureate, read her poem *"The Hill We Climb"* which begins with the words: "We ask ourselves when can we find light in this never-ending shade?" She goes on to say that: "Somehow we've weathered and witnessed a nation that isn't broken, but simply unfinished.... But while democracy can be periodically delayed, it can never be permanently defeated." And, "We will not march back to what was, but move to what shall be a country that is bruised, but whole, benevolent, but bold, fierce and free." She concludes "...there is always light. If only we're brave enough to see it. If only we're brave enough to be it."

Inspiring, uplifting words for sure — and a theme appropriate not just for an inauguration - but for all periods of new beginnings, such as the Spring season.

There are countless articles offering advice on how to get that light. For example, former speechwriter for President Ronald Reagan and columnist for the Wall Street Journal writes Peggy Noonan writes: "You have to go into this year with dreams, there's no other way to do it."

## A MESSAGE FROM THE PRESIDENT

# Climbing That Hill

New York Times columnist, David Brooks had some advice of his own in his recent farewell column entitled *"Time to Say Goodbye."* He expressed his view that America has become "a sadder, meaner, and more pessimistic country." He quoted a new study that finds 69% of Americans say they do not believe in the American dream. Brooks argued that we have abandoned our humanistic values. He said that "the elements of our civilization that lift the spirit, nurture empathy, and orient the soul now play a diminished role in national life... and humanism is anything that upholds the dignity of each person is missing in America lately." Although a daunting insight, Brooks did offer some hope in the otherwise bleak picture he painted, proclaiming, "One of the most exciting things in American life today is that a humanistic renaissance is already happening..." America, according to Brooks, can turn the page.

So, in keeping with the spirit of new beginnings associated with Spring, now seems like a good time to start. It's a time for healing, a time to strive forward to create the nation we deserve to live in. It's a time for us, as a nation, to be who we are meant to be and who we need to be for present and future generations. Spring has sprung and so must we. We need to get into action — to begin to exemplify the spirit that's always been within us but has been dormant for far too long. Let's use the start of this new



season to embark on and embrace fully a fresh start that will guide us toward better days instead of longing for days gone by.

Spring is a good time to start, I am confident that Amanda Gorman would agree. The theme of her 2021 poem is as relevant today as then. It's about healing America and striving to create a healthier nation, saying: "We can do this if we open our souls instead of hardening our hearts. So let us leave behind a country better than the one we were left with. Clearly, the hill we must now climb is very steep, but the rewards are even greater. To help get us there, try to remember the things you enjoyed before our world was upended, and let's work to get them back—but even better. Not only for us, but for our children and grandchildren. Yes, Spring has sprung and some may wonder, what to do about it? Embrace it, let its spirit guide us and start to climb that hill." ■

## A MESSAGE FROM THE DIRECTOR

# Mail Can Feel Overwhelming

by Julie Kobi LMSW Director of the Retiree Division



Getting mail can feel overwhelming. Mail piles up quickly, and it can be hard to tell what is important and what is just advertisements. You are not alone—this happens to many people at any age. Some mail is very important and should always be read carefully.

### IMPORTANT MAIL TO LOOK FOR:

#### From Your Pension System

If you receive mail from your pension system, please read it right away. Sometimes the pension system asks for information that must be returned. Many retirees receive a form called an *affidavit*. If you get one, it is important to fill it out and send it back.

If you do not respond to pension mail, your pension payments could be delayed or stopped. It can also affect your health insurance or union benefits.

If you receive mail from NYCERS or BERS, please respond. If you are not sure what the letter means, contact them as soon as possible.

NYCERS can be reached at 347-643-3000

BERS can be reached at 929-305-3800

#### From Your Union

Mail from your union is also important. It may include information about meetings, classes, or updates to your benefits. Take time to read it carefully.

#### Helpful Mail Tips

- Pick one day each week to go through your mail. Keep all mail in one place until that day.
- When sorting, decide for each piece of mail:
  - Take action
  - Recycle
  - Shred
- Keep important papers together as best you can.
- Use a folder or small organizer for bills, checkbooks, stamps, and envelopes.
- If possible, set up online bill paying to help avoid missed payments.

#### Final Thoughts

Mail comes from many places, important offices, favorite stores, and everything in between. Some mail needs quick action, while others do not.

If you ever receive a letter that asks you to do something and you are unsure what to do, call the organization that sent it. They are used to answering questions and are happy to help. If you think a letter might not be real, calling the company directly can help confirm whether it is legitimate.

You don't have to figure it out alone. If you are unsure about something, please feel free to call the Retiree Division at 212-807-0555. ■







## Cancer Prevention Through Lifestyle Changes

by Edith Johnston, LCSW  
Deputy Director, Retiree Division

Cancer remains one of the most challenging health issues worldwide, but research consistently shows that many cases are preventable through healthy lifestyle choices. While factors such as genetics, age, and environmental exposures cannot be controlled, individuals can significantly reduce their overall cancer risk by adopting habits that support longterm wellness. Making intentional changes in diet, physical activity, sun protection, and preventive care can create a powerful foundation for better health.

One of the most effective lifestyle strategies for cancer prevention is maintaining a nutritious diet. Eating a wide variety of fruits, vegetables, whole grains, and plant-based foods provides the body with essential nutrients and antioxidants that help protect cells from damage. These foods support immune function, reduce inflammation, and promote healthy digestion factors closely linked to lower cancer risk. Conversely, diets high in processed meats, red meat, sugary beverages, and ultraprocessed foods may increase the likelihood of developing cancers such as colorectal and stomach cancer.

Physical activity also plays a crucial role in cancer prevention. Regular exercise helps regulate hormones, reduces inflammation, and supports a healthy immune system. It also aids in weight management, which is particularly important since obesity is associated with increased risk for several cancers. Incorporating even moderate activities like brisk walking, cycling, or gardening can provide meaningful benefits.

Avoiding tobacco remains the most significant preventable action an individual can take. Tobacco use is directly linked to lung cancer and contributes to many other forms of the disease, including cancers of the mouth, throat, bladder, stomach, and pancreas. Even exposure to secondhand smoke increases risk. For those who currently smoke, quitting offers immediate and longterm benefits.

Similarly, limiting alcohol consumption can reduce cancer risk. Alcohol is associated with cancers of the liver, breast, mouth, throat, and colon. While some people choose to avoid alcohol entirely, others may lower their risk by drinking in moderation or reducing consumption. In general, less alcohol leads to lower cancer risk.

Protection from ultraviolet (UV) radiation is another essential lifestyle factor. Excessive sun exposure can damage skin cells and lead to skin cancers, including melanoma. Simple preventive measures—such as using sunscreen, wearing protective clothing, and avoiding tanning beds are highly effective.

In addition to these lifestyle habits, maintaining emotional wellbeing also supports cancer prevention. Chronic stress, poor sleep, and persistent fatigue can weaken the immune system and increase inflammation.

Finally, regular medical screenings and vaccinations remain critical. Tests such as mammograms, colonoscopies, Pap smears, and HPV and Hepatitis B vaccinations help detect cancers early or prevent them entirely. ■



## Being Intentional with Your Time in 2026

by Elaine Williams, LMSW  
Assistant Director, Retiree Division



As we enter a new year, I'm certain that many of us made resolutions that we may have already broken. With a new year many people feel this is the time to make a fresh start. Research however shows that 23% of people quit their New Year's resolution by the end of January. I encourage you not to dwell too much on the broken resolutions, but rather to be intentional with your time.

Here are some points that will provide you steps for Intentional Moments for 2026:

**Define Your Priorities:** Know what truly matters to you and what your goals are: Identify what's important and what's not.

**Practice Mindfulness:** Be present in each activity you do, give yourself time during the day to be phone-free. This will allow for mindless scrolling and being distracted.

**Plan with Purpose:** Spend a few minutes daily or weekly mapping out your day or week, blocking out time for important tasks and nonnegotiable.

**Master Saying "No":** Protect your time by declining request or activities that don't serve your goals. Creating a clear structure, this will help with the feeling of being overwhelmed and reactive.

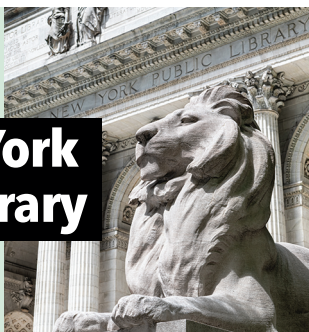
**Focus on One Thing at a Time:** Avoid always multitasking, focus on completing one important task before starting another to increase effectiveness. Dedicate some time each evening to reflect and create clarity for the following day.

To be intentional means to act deliberately and with purpose, making conscious choices that align with your values and goals, rather than living on autopilot or by accident. It involves having a clear vision of desired outcomes and directing your time, energy and actions toward achieving them, understanding that every choice even saying "yes" involves tradeoffs. Being intentional isn't about being busy 24/7, but about making conscious, value-driven choices with your finite time. So, in 2026 let's be intentional with your time. ■



## The New York Public Library

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



When was the last time you visited The New York Public Library (NYPL)? Did you know The New York Public Library has been an essential provider of free books, information, ideas, and education for all New Yorkers for more than 125 years. Founded in 1895, NYPL is the nation's largest public library system, featuring 92 locations across the Bronx, Manhattan, and Staten Island, including our world-renowned research centers at the Stephen A. Schwarzman Building, the Schomburg Center for Research in Black Culture, and The New York Public Library for the Performing Arts. Together with our circulating branches, the library provides an extraordinary richness of resources and opportunities for people of all ages.

The library provides a space to escape into the world of stories, movies and cultural programs. It's not the library we grew up with and gone is the "Dewey System" of cataloging books. The new NYPL catalog will make it easier to search for the materials you want, request items for delivery to the branch of your choice, manage your NYPL account, and more. You can download the mobile app and search the catalog, request books for pickup, use your phone for self-checkout, renew your materials, and more from home or on the go.

Do you have your Library Card? Anyone who is 13 or older, and lives, work, attends school, or pay property taxes in New York State can get a free digital library card right now. With a digital library card, you get free access to the library's wide array of digital resources, including e-books, databases, educational resources, and more.

However, the NYPL is so much more than books. It hosts amazing exhibits such as "Black Disruptions to the Great White Way", "Wepa! Puerto Ricans in the World of Comics" and "Middle Eastern & African Lives in the City". There are film screenings, live music and theater productions. Special programs and classes are offered on computers, writing, learning languages, etc. for all ages.

For more information on all the NYPL has to offer visit their website at [www.NYPL.org](http://www.NYPL.org) or dial 917-ASK-NYPL (917-275-6975) to connect phone Monday through Saturday from 10 AM to 6 PM. Enjoy! ■



# Meet Your Local 237 Legal Team

by **Jennifer E. Hudson, Esq.**  
 Director of Local 237 Legal Services Plan



Top row (l-r) Christian Ureña; Jessica A. Caruso, Esq.; Ingrid Ventura-Thogode; Amanda Colon; Israel Yevgeny Levin, Esq.; Kirk M. Rotger, Esq.; Ishtar Summerfield; Lucia M. Lopez, Esq.; Rebecca J. Engel, Esq.; and Caroline Tenesaca, Esq. Bottom row (l-r) Jennifer E. Hudson, Esq.; Maria Debraux; Sharmin A. Piancca, Esq.; Hannah E. Collins, Esq.; Anelle Morales-Rojas, Esq.; Maeve M. Callagy, Esq.; April M. Calabrese, Esq.; and Patricia Groner.

One of the joys of my job is getting to meet so many Local 237 members and retirees. Another is getting to work with a marvelous team of co-workers. I want to start off the new year by introducing this team to the members and retirees by sharing some fun facts about the folks who make up your Local 237 Legal Services Plan. We are a small but mighty collection of people dedicated to assisting you with your legal matters. However, that's not all we do! ■

**April M. Calabrese, Esq., Senior Attorney** loves K-Pop and has seen many live K-Pop shows, including BTS, Blackpink and Stray Kids. Ms. Calabrese hopes to catch BTS on tour this year now that they have completed their mandatory military enlistment.

**Maeve M. Callagy, Esq., Staff Attorney**, enjoys collecting rocks.

**Jessica A. Caruso, Esq., Supervising Attorney**, enjoys songwriting and musical composition.

**Hannah E. Collins, Esq., Staff Attorney**, was born and raised in Nashville, Tennessee, and has a family connection to Taylor Swift.

**Amanda Colon, Assistant Office Manager**, learned to knit a few years ago, and now it has become her hobby to make hand-knit Christmas gifts for friends and family.

**Maria Debraux, Assistant Secretary**, enjoys horror movies, music, dancing and most especially, her sweet dog.

**Rebecca J. Engel, Esq., Deputy Director**, loves reading so much that she usually reads about three books a week.

**Patricia Groner, Legal Secretary**, loves gardening.

**Jennifer E. Hudson, Esq., Director**, enjoys taking violin classes.

**Israel Yevgeny Levin, Esq., Senior Attorney**, has been a passionate soccer fan since he started watching soccer at the age of nine. His Grandfather would take him to games in his hometown stadium. Since then, he has seen games in four different Portuguese stadiums, two English stadiums, two Dutch stadiums, and twenty years ago, he saw a French 3rd Division game. Mr. Levin hopes to see a World Cup Game this summer.

**Lucia M. Lopez, Esq., Staff Attorney**, is re-learning how to knit and crochet, so she likes to practice making things in her free time.

**Anelle Morales-Rojas, Esq., Staff Attorney**, collects tropical plants and at one point had over 30 plants, her next hoped-for find is a Monstera Albo.

**Sharmin A. Piancca, Esq., Staff Attorney**, enjoys indulging in her obsession with make-up and particularly loves trying different lipsticks.

**Kirk M. Rotger, Esq., Staff Attorney**, is writing a murder mystery.

**Ishtar Summerfield, Receptionist**, loves cats.

**Caroline Tenesaca, Esq., Staff Attorney**, has been dancing Colombian Folklore for twenty-three years.

**Ingrid Ventura-Thogode, Office Manager**, was born and raised in Chile, is a proud mom of two, a marathon runner, and enjoys fulfilling her passion for travel every chance she gets.

**Christian Ureña, Legal Secretary**, has run eight marathons, and plans to do a ½ marathon in every state. He is also fluent in English, Spanish and can speak some French.

**Sara N. Wagner, Esq., Associate Director**, attended LaGuardia High School (the "Fame" school), and sings in the LaGuardia Alumni Choir.



## De la colección de la Casa Paoli

por Néstor Murray-Irizarry  
Historiador y gestor cultural

Desde su fundación, en 1976, en Ponce, el Centro de Investigaciones Folkloricas de Puerto Rico de PR, Inc. nuestra institución se ha dedicado a fomentar, investigar, divulgar y estimular todos los aspectos fundamentales de nuestro ser y su destino, nuestra cultura puertorriqueña. Desde esa fecha ya llevamos medio siglo de trabajo ininterrumpido trabajando por nuestra gente y su cultura-también hemos hecho un acopio de valiosos instrumentos de música tradicional. Entre las cuales se destacan reproducciones de tres maracas utilizados para el ritual taíno de la cohoba, ceremonia de gran importancia que usaba el behique o el Chamán para oriental a su tribu de las diversas situaciones o problemas en que se enfrentan en el futuro.

Además, nuestro Centro mantiene en su colección una marimba, un tipo de bajo que siempre es el nene lindo de las agrupaciones musicales donde se tocan. Es de origen afrocaribeño, y en varios países de caribe, se le reconoce como una de las raíces cubanas. Leopoldo Novoa, uno de los grandes músicos mexicanos-colombianos, sugiere que las marimbas se desarrollan en Puerto Rico y se difunde por el resto del caribe. Yo pienso que la historia de la marimba es mucho más complicado.

Claro, sabemos que no hay duda que es un idiófono de punteado, con lengüetas de acero fijadas a una tabla que sirve de tapa frontal a la caja de resonancia. En Puerto Rico, al igual que en Cuba, para identificar a este instrumento se aplican los términos Marimba y marimbas.

La construcción de la marimba se ha efectuado tradicionalmente de manera artesanal individual y el propio músico o carpintero local se ha encargado de asumir la función de constructor.

Según el gusto del constructor o el músico también puede incluirse como letreros, motivos de la flora o simplemente, una decoración policromada.

El grupo internacional de música Tembembe todavía utiliza la marimba. ■

[murraynestor@gmail.com](mailto:murraynestor@gmail.com)

[www.casapaolipr.com](http://www.casapaolipr.com)



## La Local 237 lanza el nuevo plan SilverScript Parte D para jubilados de Medicare

por Diana Nappi Director de Fondos de Bienestar

El Fondo de Jubilados de la Local 237 ha implementado oficialmente su nuevo plan de medicamentos recetados de Medicare Parte D, SilverScript, ofrecido por Aetna. Esto marca un cambio significativo para los jubilados elegibles para Medicare y sus dependientes a partir de este año.

La transición, que entró en vigor el 1 de enero, introduce características actualizadas de cobertura de medicamentos recetados diseñadas para reducir los gastos de bolsillo y ampliar el acceso a herramientas y servicios de apoyo. Como ocurre con muchos cambios importantes en los beneficios, algunos jubilados han experimentado una confusión comprensible al comenzar a familiarizarse con el nuevo sistema.

Para ayudar a los miembros a comprender mejor los costos de sus medicamentos recetados con el nuevo plan, el Fondo de Jubilados destaca varios recursos disponibles para facilitar la transición. Una de las herramientas más útiles proviene directamente de Caremark, socio de Aetna. Los jubilados pueden comunicarse con Caremark al 1-833-821-6304 para solicitar una prueba de sus medicamentos recetados. Este servicio proporciona un desglose personalizado de los costos de los medicamentos, incluido cómo los cálculos del deducible del plan y del TrOOP (desembolso real de bolsillo) afectan el precio final.

Quienes prefieran el acceso digital también pueden descargar la aplicación de Caremark o visitar Caremark.com para registrarse en el portal en línea. Una vez inscritos, los jubilados pueden revisar sus reclamaciones, consultar los precios de los medicamentos y explorar los detalles de los beneficios en cualquier momento.

Además de las herramientas de Caremark, los jubilados de la Local 237 tienen acceso a un recurso de apoyo independiente a través de RetireeFirst, un programa diseñado para ayudar a los miembros a comprender y gestionar sus nuevos beneficios de medicamentos recetados. Los representantes de RetireeFirst están disponibles de lunes a viernes, de 8:00 a. m. a 5:00 p. m., hora del este, al (929) 491-1712 (TTY 711) o al número gratuito (844) 988-4564 (TTY 711).

Con la implementación del nuevo plan, el Local 237 recuerda a todos los jubilados que mantengan su dirección postal e información de contacto actualizadas para asegurarse de seguir recibiendo avisos y comunicaciones importantes sobre beneficios.

El lanzamiento de este año subraya el compromiso continuo del Fondo de brindar apoyo integral a los jubilados, a la vez que se adapta a los cambiantes requisitos de Medicare. Con múltiples herramientas y programas de apoyo disponibles, el Local 237 busca facilitar al máximo la transición a SilverScript para todos sus miembros. ■

## MENSAJE DE LA DIRECTORA

# El correo puede ser abrumador

por Julie Kobi LMSW Directora de la División Jubilados



Recibir correo puede ser abrumador. El correo se acumula rápidamente y puede ser difícil distinguir entre lo importante y lo publicitario. No está solo: esto le sucede a muchas personas a cualquier edad. Algunos correos son muy importantes y siempre deben leerse con atención.

### **CORREO IMPORTANTE QUE DEBE BUSCAR:**

#### De su sistema de pensiones

Si recibe correo de su sistema de pensiones, léalo de inmediato. A veces, el sistema de pensiones solicita información que debe devolverse. Muchos jubilados reciben un formulario llamado declaración jurada. Si lo recibe, es importante que lo complete y lo devuelva.

Si no responde al correo de pensiones, sus pagos podrían retrasarse o suspenderse. También puede afectar su seguro médico o sus beneficios sindicales.

Si recibe correo de NYCERS o BERS, responda. Si no está seguro del significado de la carta, comuníquese con ellos lo antes posible.

Puede contactar a NYCERS al 347-643-3000

Puede contactar a BERS al 929-305-3800

#### De su sindicato

El correo de su sindicato también es importante. Puede incluir información sobre reuniones, clases o actualizaciones sobre sus beneficios. Tómese su tiempo para leerlo detenidamente.

#### Consejos útiles para el correo

- Elija un día a la semana para revisar su correo. Guarde todo el correo en un solo lugar hasta ese día.
- Al clasificar, decida para cada correo:
  - Tome medidas
  - Recicle
  - Triture
- Mantenga los documentos importantes juntos lo mejor posible.
- Use una carpeta o un organizador pequeño para facturas, chequeras, sellos y sobres.
- Si es posible, configure el pago de facturas en línea para evitar pagos atrasados.

#### Consideraciones finales

El correo proviene de muchos lugares: oficinas importantes, tiendas favoritas y de todo tipo de lugares. Algunos correos requieren una acción rápida, mientras que otros no.

Si alguna vez recibe una carta que le pide que haga algo y no está seguro de qué hacer, llame a la organización que la envió. Están acostumbrados a responder preguntas y estarán encantados de ayudarle. Si cree que una carta podría no ser real, llamar directamente a la empresa puede ayudarle a confirmar su legitimidad. No tiene que resolverlo solo. Si tiene alguna duda, no dude en llamar a la División de Jubilados al 212-807-0555. ■



# Conoce a tu Equipo Legal Local 237

por **Jennifer Hudson** Abog.  
Directora del Plan de Servicios Legales, Local 237



Fila superior (de izquierda a derecha) Christian Urena; Jessica A. Caruso, Lic.; Ingrid Ventura-Thogode; Amanda Colón; Israel Yevgeny Levin, Lic.; Kirk M. Rotger, Lic.; Ishtar Summerfield; Lucía M. López, Lic.; Rebecca J. Engel, Lic.; y Caroline Tennessee, Lic. Fila inferior (de izquierda a derecha) Jennifer E. Hudson, Lic.; María Debraux; Sharmin A. Piancca, Lic.; Hannah E. Collins, Lic.; Anelle Morales Rojas, Lic.; Maeve M. Callagy, Lic.; Abril M. Calabrese, Lic.; y Patricia Groner.

Una de las alegrías de mi trabajo es conocer a tantos miembros y jubilados de la Local 237. Otra es trabajar con un maravilloso equipo de compañeros. Quiero empezar el año presentando este equipo a los miembros y jubilados, compartiendo algunos datos curiosos sobre las personas que conforman su Plan de Servicios Legales de la Local 237. Somos un pequeño pero poderoso grupo de personas dedicadas a ayudarles con sus asuntos legales. ¡Pero eso no es todo lo que hacemos!

**April M. Calabrese, Lic., Abogada Sénior**, le encanta el K-Pop y ha visto muchos conciertos en vivo de K-Pop, incluyendo a BTS, Blackpink y Stray Kids. La Sra. Calabrese espera ver a BTS de gira este año, ahora que han completado su alistamiento militar obligatorio.

**Maeve M. Callagy, Esq., Abogada de Planta**, le gusta coleccionar piedras.

**Jessica A. Caruso, abogada supervisora**, disfruta de la composición musical.

**Hannah E. Collins, abogada**, nació y creció en Nashville, Tennessee, y tiene una relación familiar con Taylor Swift.

**Amanda Colon, subgerente de oficina**, aprendió a tejer hace unos años y ahora tejer a mano regalos de Navidad para familiares y amigos se ha convertido en su pasatiempo.

**María Debraux, subsecretaria**, disfruta de las películas de terror, la música, el baile y, sobre todo, de su adorable perro.

**Rebecca J. Engel, subdirectora**, disfruta tanto de la lectura que suele leer unos tres libros a la semana.

**Patricia Groner, secretaria legal**, ama la jardinería.

**Jennifer E. Hudson, directora**, disfruta de tomar clases de violín.

**Israel Yevgeny Levin, abogado sénior**, es un apasionado del fútbol desde que empezó a verlo a los nueve años. Su abuelo lo llevaba a los partidos en el estadio de su ciudad natal. Desde entonces, ha visto partidos en cuatro estadios portugueses, dos ingleses, dos holandeses y, hace veinte años, un partido de la 3.ª División francesa. El Sr. Levin espera ver un partido del Mundial este verano.

**Lucía M. López, abogada**, está reaprendiendo a tejer y hacer crochet, así que le gusta practicar en su tiempo libre.

**Anelle Morales-Rojas, abogada**, colecciona plantas tropicales y llegó a tener más de 30; su próximo hallazgo es una Monstera Albo.

**Sharmin A. Piancca, abogada**, disfruta de su obsesión por el maquillaje y, en particular, le encanta probar diferentes labiales.

**Kirk M. Rotger, abogado**, está escribiendo una novela de misterio.

**Ishtar Summerfield, recepcionista**, ama a los gatos.

**Caroline Tenesaca, abogada**, lleva veintitrés años bailando folclore colombiano.

**Ingrid Ventura-Thogode, gerente de oficina**, nació y creció en Chile, es una orgullosa madre de dos hijos, corredora de maratonés y disfruta de viajar cada vez que puede.

**Christian Ureña, secretario Jurídico**, ha corrido ocho maratones y planea correr media maratón en cada estado. También habla inglés y español con fluidez y algo de francés.

**Sara N. Wagner, Esq., directora asociada**, asistió a LaGuardia High School (la escuela "Fame") y canta en el coro de ex alumnos de LaGuardia.

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



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

216 West 14th Street  
New York, NY 10011



Affiliate of



JANUARY/FEBRUARY 2026



## In Memoriam

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

## RETIREES CORNER

### CONGRATULATIONS



Betzaida Lopez retired from School Safety.

### HAPPY BIRTHDAY



Happy Birthday to Sheila Nored (l) retired from School Safety and her twin sister, Shirley Smith, retired from NYCHA.

## If I Can Do This, You Can, Too !

Stacey Braun   
ASSOCIATES, INC.



by David Bonington, CFP®

Financial Planner, Stacey Braun Associates, Inc.

I hope the new year finds all Local 237 retirees well!

2026 finds me in semi-retirement, working with active and former public servants for part of a week and filling two days with other activities. So far, I've devoted time to healthy things, like more exercise, and I'm also pursuing fresh challenges.

One of them is playing Bridge, a game my mother taught me to play in my early teens. I played for a few years, and then (with life, career, and family taking over) not again for several decades. If you don't know, the game is great exercise for the logic and reasoning half of the brain, as one tries to apply experience, probability, and educated guesswork to bring order to a nearly limitless universe of possible puzzles. (The number of possible "puzzles," or hands, which can materialize with 52 cards randomly distributed to 4 players is larger than the number 8 followed by 67 zeros! Fortunately, paying attention to bidding by two opponents and your partner can help you "see" some of the 39 cards you don't have in your hand.)

But the game changed while I was away! It's not the objectives or the rules which are now different – it's the *bidding conventions and playing tactics*. I've joined a club where members (who have been playing regularly for a long time) bring their partnership strategies and dig in for a daily 3-4 hour, we-mean-business effort to earn a share of the available Life Masterpoints. All this is extremely intimidating to a latecomer who can only play once a week. I'm out of my comfort zone - but I'm not too proud to ask for help: I take a weekly, two-hour group lesson, and (even better) found an experienced, knowledgeable, and caring partner who - without pressure or judgment - helps me up my game every Monday afternoon.

Why share this? It occurs to me that the nervousness and apprehension I overcome to walk into the club could be exactly the same feelings which are preventing you from meeting with a Stacey Braun Associates counselor - who like me are all Certified Financial Planners®. Financial topics are complex, confusing, and intimidating. Without background knowledge, many are hard to grasp, let alone master. But almost all of them are important – some critically so – and they matter far, far more than a card game. Why not let your no-cost-to-you financial counseling program provide you with some helpful information, explanations, ideas, and suggestions?

My recommendation for the new year? If it's been nervousness, uncertainty, or anxiety which has kept you from doing so, summon the courage to make an appointment. If I can walk into that club each week, I bet you will not only survive but - with high likelihood - benefit from and even enjoy a meeting with an experienced, knowledgeable, and caring Stacey Braun planner who – like my partner, without pressure or judgment - can help you up your financial game!

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.