

The Retiree

**NYSUT REGIONAL
CONFERENCE
FOR RETIREE COUNCILS
7 AND 8
May 1, 2017
Doubletree, East Syracuse**

**NYSUT Retirees
From**



Karen E. Magee, President
Andrew Pallotta, Executive Vice President
Catalina R. Fortino, Vice President
Paul Pecorale, Vice President
Martin Messner, Secretary-Treasurer

Representing more than 600,000 professionals
in education, human services and health care

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**NYSUT Regional Conference for RC 7 & 8
CONFERENCE INVITATION
May 1, 2017**

NYSUT – A Union of Professionals is pleased to announce the sixteenth RC. During the general sessions, we will hear from NYSUT VP Paul Pecorale, Retiree Services Manager Floyd Cameron, CNY Regional Staff Director Chris Colabello, as well as other NYSUT staff, who will update us the latest news of interest to retirees. While many of the speakers at the general sessions will be familiar to many of you, we face many new challenges. While issues of retirees remain our central focus, the general state of education for our current educators, SRPs, and their students, and the health of the communities in which we live also demand our attention and support. This conference provides the means for us to network and understand how to do our part.

You will also select two mini-sessions from a variety of topics described on the inside of this invitation.

There will be a variety of exhibits tables to visit throughout the morning with information on NYSUT services and local community services. The day will conclude with a performance by a local men's choral group.

A continental breakfast and buffet luncheon are included in the non-refundable conference cost of \$35.00 per participant.

All NYSUT retirees will find this conference to be of interest to them! Whether you worked as an SRP or a teacher, are from a city, rural or suburban local, have recently retired or have enjoyed retirement for many years, we all share the common focus of the right for a quality education and quality schools. Come and spend the day with your colleagues as we work to continue that focus.

Conference Schedule:

8:30	Registration and Continental Breakfast
9:00	Morning General Session
10:30	Mini - Session #1
11:30	Mini - Session #2
12:30	Buffet Lunch
1:15	Afternoon General Session
2:15	Entertainment and Closing

*Registration must be received no later than **April 25, 2017**. Please use a separate form for each person registering. Forms may be duplicated.*

CHOICES FOR MINI - SESSION #1
10:30 – 11:25

A. *Tips for the Savvy Traveler*

This workshop will focus on the many facets of traveling – from choosing your destination and packing your suitcases to getting your passports and boarding the plane. Let’s plan and prepare for that next trip together!

B. *Long Life Diet*

Learn about the healing power of food & nutrition to improve your overall health. The presenter, a certified nutrition specialist, be highlighting on the different oils, foods, and nutrition that are instrumental in preventing Alzheimer's and other neurological disorders naturally. * There will be food sampling for you to taste*

C. *Ending Hunger in Central NY - How You Can Help!*

Food Bank of Central New York provides nutritious food throughout an eleven county service area of central and northern New York. In this sessions, learn about their work to end hunger, some new strategies they are implementing targeting child hunger and how you can get involved.

CHOICES FOR MINI-SESSION #2
11:30 – 12:25

D. *Ready for Transformation*

T'ai Chi Chih® Joy of Movement is a form that encourages one to explore his/her life journey - inner & outer - via 19 gentle movements and one pose. Transformation points: **De-stress** to Serenity; **Side Step** health issues such as balance & osteoporosis; **Develop** Mindfulness/ Awareness; **Connect** to the Cosmic Energy known as Chi. Participants will leave this workshop having learned and practiced several movements, either seated or standing, which can be done immediately, daily.

E. *Aurora of CNY*

Aurora of CNY has served the Blind, Deaf, Visually Impaired and Hard of Hearing population in three counties for 100 years. We educate, advocate and provide access to assistive equipment for those coping with hearing and/or vision loss to ensure their independence. Our services are free and available to all ages. The presenter will cover the gambit of services available, and how to access those services

F. *Getting the most from NYSUT Member Benefits*

The presenter will outline the new programs as well as the old. Both insurance and discount related endorsed programs brought to you in an enjoyable, informative, and interactive format. Come have some fun!

Directions to Doubletree Hotel, East Syracuse:

From Interstate 81 North: Take I-81 North to I-481 North (Exit 16A). Travel 481 North to Exit 7 (Bridgeport Exit). Make a right onto Route 298 West. Go about 3 miles and hotel will be on right.

From Interstate 81 South: Take I-81 South to NYS Thruway (I-90) going east. Travel I-90 East to Exit 35 (East Syracuse & Route 298 East). Enter traffic circle and get off at Route 298 East. Take Route 298 East, hotel will be on left.

From NYS Thruway I-90: Take I-90 exit 35 (same exit traveling from East or West). After toll booth enter traffic circle and get off Route 298 East. Travel Route 298 East, hotel will be on left.

From Downtown Syracuse: Take Route 690 East to Thompson Road North Exit (16N). Travel Thompson Road North 3 miles to Carrier Circle. Take Route 298 East, hotel will be on left.

GPS Address: 3601 Carrier Parkway, East Syracuse, NY. Phone Number 315-432-0200.

We Are NYSUT: Supporting our Communities
****Please bring an item or two to give to the Food Bank of CNY****

CONFERENCE REGISTRATION FORM

NAME _____
ADDRESS _____ CITY, STATE, ZIP _____
PHONE NUMBER _____ EMAIL _____ New Retiree

Place an "X" here if you require any device or accommodation as provided by the Americans with Disabilities Act.
You will be contacted by NYSUT Retiree Services Consultant Anne Marie Voutsinas.

Please select one topic for each mini-session: (*Descriptions of mini-session topics on left.*)
Mini-Session #1 (10:30) **Mini-Session #2 (11:30)**

- | | |
|--|---|
| <input type="checkbox"/> A Tips for the Savvy Traveler | <input type="checkbox"/> D Ready for Transformation |
| <input type="checkbox"/> B Long Life Diet | <input type="checkbox"/> E Aurora of CNY |
| <input type="checkbox"/> C Ending Hunger in CNY | <input type="checkbox"/> F NYSUT Member Benefits |

Remember the **April 25th** deadline. Please return this form, along with your \$34.00 non-refundable check made payable to **NYSUT** to:

Anne Marie Voutsinas, NYSUT, PO Box 247, 4983 Brittonfield Parkway, E. Syracuse, NY 13057