



*NYSUT REGIONAL
CONFERENCE
FOR RETIREE COUNCILS*

7 and 8

October 3, 2022

Doubletree by Hilton Syracuse

*NYSUT Retirees from
Cayuga, Madison, Oneida,
Onondaga, and Oswego Counties*



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

**Conference for RC 7 & 8
INVITATION
October 3, 2022**



NYSUT – A Union of Professionals is pleased, after a more than two-year interruption, to announce and invite you to the annual **Regional Conference for Retiree Councils 7 and 8**. The conference is on **Monday, October 3rd**, from 8:30am to 3:00pm at the Doubletree by Hilton, 6301 Route 298, East Syracuse.

The day includes two general sessions and two mini-sessions. Our keynote speakers include NYSUT VP Ron Gross, ED 51 Director Loretta Donlon, and Regional Staff Director Christopher Colabello who will update us on the latest happenings at NYSUT; Jean Ryan, Senior Consumer Frauds Representative from the NYS Office of the Attorney General, will provide pertinent information about keeping our identities and personal information safe and secure; and Joanne Spoto Decker, Commissioner of Onondaga County Department of Adult and Long Term Care Services, will inform us of senior services available through our counties. Special guests include Senator John Mannion; Beth Chetney, NYSTRS Trustee; and local members of the NYSUT Board of Directors. The day will conclude with a lively, and informative presentation by local photographer and author, Sue Kiesel, who will share her works and her love of nature!

Participants will select two mini-sessions from the workshops described on the inside of this invitation. And there will be exhibit tables to visit throughout the morning with information on NYSUT services and local community services.

While issues of retirees remain our central focus, the education climate in which our in-service colleagues work, the students in our schools, and the health of the communities in which we live also demand our attention and support. This conference provides the opportunity for us to network and support education in New York State, reminding us that **Public Schools Unite Us!**

A continental breakfast and buffet luncheon are included in the non-refundable conference cost of **\$38.00** per participant.

Whether you worked as an SRP or as a teacher, in a city, rural or suburban setting, have recently retired or have enjoyed retirement for many years, you will hear presentations that will keep you current on social, political, and health-related issues. Come and spend the day with your fellow NYSUT retirees - keeping active and involved with our **Union for Life!**

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
1:30	Afternoon General Session
2:30	Closing

*Registration must be received no later than **September 23, 2022**. Please use a separate form for each person registering. Forms may be duplicated*

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

A. *Effective Communication Strategies*

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

B. *Journaling for Wellness in Retirement*

How many times have you thought to yourself that something sounded interesting or appealing, but you didn't have the time to do it? Write it down! Journaling improves memory, reduces stress, and provides a way to process emotions. This workshop will discuss the benefits of journaling, review the different styles to try, and will provide prompts and activities to get you started.

C. *Technology: How to Live with it and Love it!*

Baffled by your “smart phone”? Trying to listen to podcasts but have questions? Want to know more about social media and impress your grandchildren? Join us to catch up with the latest!

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

D. *Healthy Living for Your Brain and Body*

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

E. *Caring Transitions*

Major life transitions can be very stressful for all of us! Learn from the presenters how to plan and coordinate your transitions, easing your stress and making your move successful!

F. *Your NYSUT Member Benefits*

NYSUT Member Benefits offers a wide variety of programs available to Retirees. Offerings include insurance products, travel opportunities, legal and social services. Come hear about what’s available and what’s new!

Directions to Doubletree by Hilton, 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.

CONFERENCE REGISTRATION FORM

NAME _____
ADDRESS _____ CITY, STATE, ZIP _____
PHONE NUMBER _____ EMAIL _____ ☐ Recent Retiree

_____ Place an “X” here if you require any device or any physical or dietary 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)

- | | | | |
|----------------------------|---------------------------------------|----------------------------|--|
| <input type="checkbox"/> A | Effective Communication Strategies | <input type="checkbox"/> D | Healthy Living for Your Brain and Body |
| <input type="checkbox"/> B | Journaling for Wellness in Retirement | <input type="checkbox"/> E | Caring Transitions |
| <input type="checkbox"/> C | Technology | <input type="checkbox"/> F | NYSUT Member Benefits Overview |

Mini-Session #2 (11:30)

*Please return this form by **September 23**, along with your **\$38.00** non-refundable check made payable to **NYSUT** to:
Anne Marie Voutsinas, NYSUT, 4983 Brittonfield Parkway, E. Syracuse, NY 13057*

We Are NYSUT Retirees: Union for Life!