



UNITED UNIVERSITY PROFESSIONS OFFICIAL 2009 ELECTION REPORT ACTIVE RETIRED MEMBERSHIP ELECTION

DELEGATE AND CHAIR OF THE COMMITTEE ON ACTIVE RETIRED MEMBERSHIP

NOTE: By reason of the office, the RETIRED DELEGATE is also CHAIR OF THE COMMITTEE ON ACTIVE RETIRED MEMBERSHIP

	Total	Rank
Wishnia, Judith (Stony Brook)	510	X
Rock, William C. (Brockport)	271	
Betz, Brian R. (Oswego)	129	
Daloia, Ronald J. (Upstate)	90	
Rasheed, Mohammed A. (Brooklyn HSC)	54	
Brod, Pearl H. (Farmingdale)	1	

For Retired Delegate, the individual receiving the highest number of votes will be elected. By reason of the office, this individual will also be the Chair of the Committee on Active Retired Membership and a non-voting Executive Board Member. All others receiving votes will be Alternate Retired Delegates in order of votes received. Rank order of those tied will be determined by lottery.

COMMITTEE ON ACTIVE RETIRED MEMBERSHIP

CAPITAL DISTRICT REGION (Region A):

(Albany, Cobleskill, New Paltz, New York State Theatre Institute, System Administration)

	Total	
Magid, Alvin (Albany)	74	X
Puretz, Susan L. (New Paltz)	50	

LONG ISLAND REGION (Region B):

(Farmingdale, Old Westbury, Stony Brook, Stony Brook HSC)

	Total	
Maertz, Barbara T. (Farmingdale)	102	X
Goldsmith, Frank E. (Stony Brook HSC)	78	
Padilla, Edith (Stony Brook)	64	

NORTH COUNTRY REGION (Region C):

(Canton, Plattsburgh, Potsdam)

	Total	
Alfonsin, Edward J. (Potsdam)	59	X

WESTERN NEW YORK REGION (Region D):

(Alfred, Brockport, Buffalo Center, Buffalo HSC, Buffalo State, Fredonia, Geneseo)

	Total	
Rock, William C. (Brockport)	272	X

CENTRAL NEW YORK REGION (Region E):

(Environmental Science & Forestry, Morrisville, Oswego, Upstate Medical University, Utica/Rome)

	Total	
Stempel, Patricia D. (Upstate)	64	X
Betz, Brian R. (Oswego)	53	
Daloia, Ronald J. (Upstate)	33	

METROPOLITAN REGION (Region F):

(Brooklyn HSC, Maritime, Optometry, Purchase)

	Total	
Marcus, Joseph C. (Brooklyn HSC)	43	X
Russell, Eric P. (Brooklyn HSC)	34	
Rasheed, Mohammed A. (Brooklyn HSC)	19	
Levinson, Joan P. (ESC)	1	

SOUTHERN TIER REGION (Region G):

(Binghamton, Cortland, Delhi, Oneonta)

	Total	
Schaffer, D. Jo (Cortland)	111	X
Stewart, James E. (Delhi)	1	
White, Robert W. (Binghamton)	1	

For the Committee on Active Retired Membership, the individual receiving the highest number of votes in each region will be elected. All others receiving votes will be alternates for their respective regions in order of votes received. Rank order of those tied will be determined by lottery.

The Active Retiree

UUP Officers

Phillip H. Smith/President
John J. Marino/VP for Professionals
Frederick G. Floss/VP for Academics
Eileen Landy/Secretary
Rowena J. Blackman-Stroud/Treasurer
Edward H. Quinn/Membership Dev. Officer

COARM Members (2007-2009)

Judith Wishnia, Chair
 3 Quincy Court jwishnia@notes.cc.sunysb.edu
 Setauket, NY 11733 (631) 751-3810

Fred Miller, Southern Tier region
 752 County Highway 7 millerew@oneonta.edu
 Otego, NY 13825 (607) 988-9323

Brian Betz, Central NY region
 51 E. Mohawk St. bbetz@twcny.rr.com
 Oswego, NY 13126 (315) 343-1494

Alvin Magid, Capital District region
 2200 Grand Blvd. magid2@juno.com
 Schenectady, NY 12309 (518) 377-9542

Pearl H. Brod, Long Island region
 700 SW 137th Ave. #115H pearlbrod@presto.com
 Pembroke Pines, FL 33027 (954) 392-5538

Vacant, Metropolitan region

Edward Alfonsin, North Country region
 141 Ames Road ealfonsin@uupmail.org
 Potsdam, NY 13676 (315) 386-2582

William C. Rock, Western NY region
 103 Gary Dr. wdrrock@aol.com
 Brockport, NY 14420 (585) 637-4097

John A. Richert, President's appointee
 751 W. Ferry St., Apt. 8CD (716) 881-1839
 Buffalo, NY 11422 jrichert@buffalo.edu

Jo Schaffer, President's appointee
 31 Pearl St. schaffer@twcny.rr.com
 Cortland, NY 13035 (607) 753-7245

Harvey Inventasch, Ex-officio liaison
 4628 Canard Road hiji@ix.netcom.com
 Melbourne, FL 32934 (321) 253-8579

Edward H. Quinn, Ex-officio member
 P.O. Box 378 equinn@uupmail.org
 Miller Place, NY 11764 (631) 928-3811

UUP Retiree Member Services Coordinator

Anne L. Marine amarine@uupmail.org

UUP Publications Specialist

Karen L. Mattison kmattiso@uupmail.org

The opinions expressed in this newsletter are those of the authors and not necessarily the opinions of United University Professions.

United University Professions

P.O. Box 15143, Albany, NY 12212-5143
 518-640-6600 1-800-342-4206
 fax: 1-866-812-9446

Life as I see it ...

Going, going, gone

By Henry Geerken
 SUNY Cobleskill



Geerken

The word is out. People are starting to ask me how much weight I have lost in the last five months. The other day, however, someone asked me a very different question: "Why did you start a diet at your age?" It made me stop and think.

One of the reasons would have to be that when I fell down I couldn't get back up. Like a turtle on its back, all I could do is lay there, wiggle my arms and legs and yell "Help!" at the top of my voice. (Is there a bottom of a voice and when would you use it?)

A second reason would have to be that before I die I would like to see my toes—when I'm standing up. I haven't seen my toes that way in years. The only way I know they are still there is because my shoes don't fall off when I walk.

But the all-time reason why I decided to undertake (boy is that a word old people avoid) this change-in-attitude diet was the day my wife and I walked into a restaurant and I overheard someone whisper, "Look, it's Beauty and the Obese."

After only five weeks I had lost 25 pounds. Hooray for me. However, it hasn't been without its ups and downs. Einstein said everything was relative and he was

right. If you have an itty-bitty plate full of food and eat it with a shovel kids use to dig sand on a beach, the food is gone in one scoop. But if you eat the itty-bitty food on a plate with an itty-bitty spoon, it lasts much longer. Ultimately, your stomach gets fooled into thinking that it just had a four-course meal at The

Ritz. The only thing worse than this is if Einstein's "relative" shows up and he eats the itty-bitty food on my plate.

Have I noticed any difference since I started this noble experiment on Aug. 11 at Oh-7-thirty? The answer is a resounding Yes! I have eliminated taking one of my heart medications, decreased my Lasix by 40 mg (so instead of "gotta go, gotta go," I am down to one "gotta") and I have decreased my Humalin N by 24 units a day.

Diane and Katie both have lost 28 pounds each. Recently someone remarked that Diane was starting to look like a "trophy wife." I said, "She always was a trophy wife."

I only wish that when I see our dog Benji I would stop thinking about what he might taste like as BBQ.

As of Feb. 14, I lost 55 pounds and am still going strong. The other day I had to buy new clothes—everything I owned fell off me.

In memoriam

Let us take time to remember the UUP Active Retirees who have passed away:

Harold Brody, Buffalo HSC
 Eugene Bronson, Canton
 Carolynn Clapp-Sutley, Alfred
 John Fonseca, Albany
 Edith Glantz, Farmingdale
 David Grodowsky, Delhi
 Martin Kentner, Geneseo

Donald Larson, SUNY Buffalo
 Eva Lieberman, Farmingdale
 Esther Marcus, Stony Brook HSC
 Julius Paul, Fredonia
 Rabe Valentin, Geneseo
 Kempes Schnell, Brockport
 Bernard Semmel, Stony Brook

From the COARM chair

Send me your ideas, comments

I thank all the retirees who took time to participate in our elections and I thank you for your vote of confidence. There is much work to be done and I ask you to help COARM build a stronger and more significant retiree organization.

Of prime important for us in these days of economic distress is the maintenance of Social Security and the maintenance and improvement of Medicare. President Obama has already outlined plans for ending the gradual privatization of Medicare by stopping the extra payments to the private Advantage plans. (I don't know how many of you watch MSNBC—I am addicted to Keith Olberman—but there is an advertisement for AARP insurance every 30 minutes!) This is a good start but something also must be done to regulate drug prices and to close the infamous doughnut hole. I would urge all of you to work with our union, our affiliates, NYSUT and AFT, and with the Alliance for Retired Americans to achieve these goals.

But as union retirees we must also think about our organization. We will soon be reaching a membership of 3,500 and a 10-member COARM needs more people to be active. Should we add more people to COARM (at-large members)? Should we have more regional meetings? Should we add campus meetings? Should we establish

**“I ask you to help
COARM build a stronger
and more significant
retiree organization.”**



Wishnia

campus retiree committees? Should we try to establish an organization and meetings in areas where there are a significant number of members, such as Florida, California, North Carolina? What do you think? Answers to our survey of last summer told us that more of you would come to meetings if there were interesting topics ... suggestions?

We need to expand our information services. More people are writing for *The Active Retiree* and we are winning journalism awards, but we ask you for ideas about how to improve our publication. We have a good listserv (thanks to Claire Meirowitz), but it reaches very few people. We don't inundate you with messages but it is a useful way of getting information to you rapidly in these difficult times. Please join at uupretirees-subscribe@yahoogroups.com.

We must also fight not only for our benefits but for the survival of SUNY, where most of us devoted our professional lives

and which serves as an important educational opportunity for the citizens of this state. And beyond our work for our benefits and for SUNY, I would ask you to join us in helping to improve the lives of all workers in this country. We are currently looking into the issue of elder abuse and we should be expanding our concerns to other issues, such as good housing, home health care, social isolation of seniors and expansion of Medicare to include long-term care.

In addition, we should be supporting universal health care and work with other unions to maintain and expand their salaries and benefits. Together we can maintain our hard-earned benefits, our standard of living and our dignity.

Send your ideas and concerns to me at jwishnia@notes.cc.sunysb.edu.

Judith Wishnia

SUNY Retiree Service Corps is up and running

**By Judith Wishnia
COARM Chair**

As we learned from our survey, many of our UUP retirees are involved in volunteer community service. Indeed, politicians, medical professionals, social workers and others agree that retirees are a new force in our society, living longer, leading healthier lives, and enjoying more productive years than ever before. They have time and talent, and possess many years of working experience. And research indicates that staying involved helps to keep retirees physically and emotionally strong.

With this background in mind, two years ago, the University Senate established a

committee to explore how this tremendously rich resource could be expanded to connect more than 20,000 SUNY retirees with each other and with volunteer activity.

The SUNY Retiree Service Corps is now in place with a part-time director, Ram Chugh, and Tom Wolff (retired from Upstate Medical University) as chair of the Advisory Committee. I serve on the Advisory Committee, representing UUP, and we have recently been joined by our colleague, Bob Kasprak of Optometry.

A Web site will soon be available that will provide information about campus retiree programs, how to start a retiree organization (a booklet is also in the works), third-party resources for retirees, news about

SUNY retirees, a list of services each campus offers its retirees, and information about the Retiree Service Corps.

There are also plans to establish a retiree directory and contact with various volunteer organizations.

Many retirees have sent in stories about their retirement experiences for the Web site, and the Advisory Committee is asking you to add your experiences to this list. E-mail stories to ram.chugh@sunysb.edu.

The SUNY Retiree Service Corps has the potential for retirees to be connected to each other and to their communities, and UUP retirees will be an important part of this effort. I will keep you informed about new developments.

COARM

members tackle lengthy agenda

By Bill Rock
Acting Secretary

The meeting of the Committee on Active Retired Membership (COARM) convened at 1:55 p.m. Jan. 30 in Albany.

COARM members present were Ed Alfonsin, Pearl Brod, Alvin Magid, Fred Miller, Jack Richert, Bill Rock and Judy Wishnia, chair. A number of guests were present, as well as UUP Retiree Services Coordinator Anne Marine. UUP statewide Membership Development Officer Ed Quinn attended part of the meeting.

Approval of Minutes

Moved by Rock, seconded by Richert, to approve the minutes of the Sept. 19-20 meeting. Adopted unanimously.

Chair's Report

- Medicare Part B reimbursement—Wishnia reported that we seem to be OK on this. There have been attempts in the past to reduce or take away, which have been unsuccessful.

- Elections—Wishnia encouraged people to run. Nominations and candidate statements are due Feb. 4 at 5 p.m.

- Budget—The UUP Finance Committee is planning to have a subcommittee work on a budget for retirees. Horace Ivey, Harvey Inventasch and Rock volunteered to serve.

- Need for increased staff for Benefits—Members agreed that at least two major options need to be supplied: pay for increased staff through a raise in retiree dues or pay for increase staff through an increase in premiums (a sub-option of the latter is for the insurance companies to take care of their own billing). A desk audit also will be done to document increased need.

- Subcommittee on benefits—This committee has not met because apparently the need to do so was not there.



Above, Al Magid of Albany, left, and Eric Russell of Brooklyn HSC confer prior to the COARM meeting.

Right, Judy Wishnia conducts the meeting.



Regional Reports

Moved by Miller, seconded by Magid that the following regional and campus meetings be authorized:

- Western New York—Buffalo, May 2009; Brockport, October 2009; Buffalo (liaisons meeting, January 2010).

- Long Island and Florida—one meeting each in spring 2009.

- Capital District—spring 2009.

- North Country—regional chair authorized mileage and luncheon expenses to meet with retirees on each campus in region, spring 2009.

- Southern Tier—regional meeting, spring 2009, and Cortland campus meeting, spring 2009.

- Central New York—spring 2009.

Adopted unanimously.

Central NY Spring Meeting

Retiree members at the meeting stated they wanted to have the authorized regional

meeting in spring 2009, but the regional chair was unwilling to do so. Moved by Alfonsin, seconded by Magid, that the retiree members present from Central NY are authorized to plan and conduct the meeting at COARM expense, following standard UUP fiscal procedures.

Adopted unanimously.

NYSUT Florida Retiree Conference

Moved by Miller, seconded by Alfonsin that Brod, Donald Cohen and Inventasch are authorized to attend this February meeting. Adopted unanimously.

ARA Legislative Committee

Members agreed that Wishnia should ask retirees in a spring issue of *The Active Retiree* if any are interested in attending the June meeting of the ARA Legislative Committee, and what their involvement is in ARA. Information on those interested



Above, Horace Ivey of Upstate, right, chats with Frank Maraviglia of ESF, as Pat Strempel of Upstate looks on.

will be given to the subcommittee established two years ago to review and recommend attendance at ARA meetings. The committee, through Wishnia, will use e-mail for COARM members to decide on meeting attendance. It is expected that no more than five retirees would be authorized to attend.

RELAG Report

The RELAG chairs reported that 15 people attended the meeting. The members had been charged at the September COARM meeting to meet with local legislators, and more than 90 percent had done so. Outreach will be held with legislators in Albany on Feb. 3, 10 and 24. Member are encouraged to attend at least one of the meetings. COARM members complimented RELAG on the work it has done.

Report on Subcommittee on Elder Abuse

Cohen reported on the group's activities, including a meeting with Jeffrey Dinowitz, chair of the state Assembly Committee on Aging. COARM members expressed their appreciation for the subcommittee's work. COARM hoped the subcommittee would prepare resolutions supporting legislation that could prevent elder abuse. If COARM approves the resolutions, they would be put before the Delegate Assembly.

Rekindling Reform

Frank Goldsmith was asked to prepare a resolution asking UUP to join this organization for consideration of the members and an e-mail vote.

Annual Retreat

Moved by Magid, seconded by Miller that COARM hold an annual retreat. Adopted unanimously.

Moved by Rock, seconded by Alfonsin, to adjourn the meeting at 3:45 p.m. Adopted unanimously.

RELAG takes action

PHOTOS BY KAREN L. MATTISON



Top, RELAG Co-chair Jack Richert, center, hands out materials to Dave Peckham of Upstate, left, and Tom Morrissey of Fredonia.

Above, Don Cohen of Albany explains his report on elder abuse to Florence Brush of Cortland. A summary of the report can be found on page 7.

Western NY meeting set for May 5

The UUP Active Retirees from the eight colleges and universities in Western New York will meet at Fanny's Restaurant in Amherst Tuesday, May 5.

TIAA-CREF Director Chris Roberti will speak at 1 p.m. on "Perspectives for Weathering Volatile Times." Among other topics, Roberti will answer questions concerning the soundness of the company and how TIAA can help retirees manage their retirement incomes.

TIAA-CREF will provide a light breakfast for participants at 10:30 a.m.

Dr. Bruce Naughton will address the group at 11 a.m. on "Lifestyle and Healthy Aging." Included will be information on the results of research concerning how changes in lifestyle can improve a person's quality of life.

Invitations will be sent to members the first week of April. Non-members may contact COARM Western Region Chair Bill Rock at wdrock@aol.com if they wish to attend.

Keep smiling!

(Editor's note: Active Retiree Jo Schaffer sent us this juicy tidbit from Paris, where she spends three months each year. Maybe we should organize an excursion for retirees to have their dental work done in France!)

By Jo Schaffer
SUNY Cortland

This is just short note to fill you in (no pun intended) on my recent experience with the French dental system. I am not complaining, but I broke one of my upper molars on a wonderful, crusty piece of baguette brought home warm from the neighborhood bakery.

Friends arranged an appointment for me with their dentist. This was my first visit to a French dentist. I have enough trouble with my pronunciation without having to worry about it with a drill (or worse) in my open mouth. As it turns out, it was an illuminating experience.

First, the dentist was an absolute charmer, with a chair-side manner that was sensitive and professional. He kept stressing that I should raise my left hand if I feel any pain. (I realized he was really just concerned about his jaw if I raised the right one.)

Second, the equipment was far from what I had presumed would be medieval. He had a computer screen by the chair onto which he placed a photo of my face, the xrays and a real time picture of the half tooth. I had two appointments in which he prepared the tooth for an eventual crown (he was intent on preserving the tooth) followed by a treatment and final amalgam to hold the tooth harmless until I returned stateside. I am now permanently installed on his computer dossier. He filled in the forms sent to me by UUP Retiree Service Coordinator Anne Marine for dental expenses to be submitted to our insurance carrier. I do hope they have no problem reimbursing me for the full 69 euros (\$87 at current rate) for the treatment and care.

So much for another episode in the history of the single-payer complete medical and dental insurance in the industrialized world.



Left, Ed Alleyne of Stony Brook HSC discusses nursing issues with D. Paxton Barker, R.N.

Two UUPers attend conference on 'older worker' safety, health issues

"For those 55 and older, the labor force participation rate—the share of population working or looking for work—jumped 1 percent since the recession began in December, 2007 [from 38.8 percent to 39.8 percent], reaching it highest level since 1964. Alternatively, younger workers saw declines, most pronounced among 16 to 24 year olds."

— Economic Policy Institute
Briefing Paper, Feb. 5, 2009

By Frank Goldsmith and Ed Alleyne
Stony Brook HSC

It is based on the above demographic and economic reality that major public health, occupational health and labor researchers came together to discuss, "Health Aging for Workers: Anticipating the Occupational Safety and Health Needs of an increasingly Aging Workforce."

The two-day conference, held Feb. 17-18 at the National Labor College in Silver Spring, Md., was attended by more than 100.

Stony Brook HSC retiree members Frank Goldsmith, a specialist in occupational health, and Ed Alleyne, a registered nurse, represented UUP and the Committee on Active Retired Membership (COARM) during the conference.

David Wegman, a leading occupational medical physician and researcher, gave a report on his Institute of Medicine Report, "Health and Safety Needs of Older Workers in the U.S." He made it clear that with more workers staying on the job, a new area of research and study is needed.

Workers no longer retire at age 60, he said, adding that this applies to all job categories. New research is needed since previous studies on various toxic substances

and job risks rarely went beyond years of exposure that went into workers 60-plus years of age.

He made it clear that by delving into this area of research protection, there must not be any fear of violating age discrimination laws.

Challenges for Health Workers

Of special concern is the area of hospital work. Jane Lipscomb and Kate McPhaul from the Work and Health Research Center of the University of Maryland School of Nursing were particularly concerned about the almost routine back and strain problems of working nurses, as those same workers stay on the job beyond the "normal" retirement age.

Their address emphasized, "That appropriate flexible work schedules should be addressed from nursing administration, to accommodate the older workers who stay on longer and to encourage those retirees who would like to return on a limited basis to work. This would utilize the many years of experience and relieve some of the shortage in nursing and they would also serve as mentors to the new inexperienced nurse. More study in this area should be undertaken."

More Research Needed

A whole special section of the conference was devoted to construction workers. The Center for Construction Research and Training reported on the ever-increasing number of construction workers staying on the job well past the typical retirement age.

A report from the Bureau of Labor Statistics "Injury, Illnesses, and Fatalities Among Older Workers," by Elizabeth Rogers and John Phillips from the

see **OLDER WORKERS**, page 10

*UUP Winter Delegate Assembly
Feb. 9, 2008*

Delegates Adopted a Resolution from the Committee on Active Retired Membership:

Whereas, an estimated 30,000 or more seniors are victims of some sort of abuse or exploitation; and

Whereas, instances of substance abuse, financial stress, emotional stress, lack of social and other community supports, inadequate training for caregivers, increased medical and emotional needs of the elder person and a family history of violence constitute risk of senior victimization; and

Whereas, New York State as a whole is not prepared to safeguard seniors from harm or to address these multifaceted needs of victimization; and

Whereas, neglect is the most common form of abuse with financial exploitation occurring with equal frequency; and

Whereas, elderly abuse by family members occurs in approximately half of the cases reported; and

Whereas, this abuse is often not reported by the victim due to fear, guilt and shame, and what is often the case, the victim is dependent upon the perpetrator who threatens the elderly with institutionalization, if she/he is reported to the police; and

Whereas, elderly victims suffer from a high rate of social and physical isolation thereby limiting their access to communicate such problems with anyone other than their caregivers; therefore be it

Resolved, that it is incumbent upon United University Professions along with NYSUT, AFT, the Alliance for Retired Americans and other appropriate organizations to coordinate their social service networks with Adult Protective Services (APS) and thereby assist in potential investigation, and intervention in the growing number and complexity of elder abuse cases. In sum, UUP should use their leadership and vital community linkages in addressing abuse and exploitation in the elderly population including retired academics and professionals.

Elder abuse under review

By Don Cohen
SUNY Albany

It all started with a resolution on "Elder Abuse, Neglect and Exploitation" (EANEX) submitted by COARM and adopted by delegates to UUP's 2008 Winter Delegate Assembly (see full text at left) that headlined the eye-opening, tragic fact that an estimated 30,000 seniors in New York state are victims of EANEX each year.

This resolution, subsequently adopted by NYSUT and AFT, set in motion the creation of a special committee of four COARM members. Energized by the resolution, the committee initiated a set of explorations in their respective regions to uncover a more definitive picture of the circumstances behind the gruesome statistic.

Fred Miller, COARM Southern Tier regional representative, set the committee work in motion by submitting an e-mail survey of the 350 members in his region, requesting information on any recent EANEX incidents recalled by his colleagues. While the returns were few in number, they did reveal an important finding: Hometown newspapers included stories of abuse committed in visible institutional settings, i.e., nursing homes, assisted living facilities. Given that close to 80 percent of the nation's elderly opt to live and die in their own home, the committee determined it had to find another route to uncovering key facts that underlie EANEX, namely looking inside the home. Moreover, it became clear that a better definition of EANEX was needed to understand the dynamics and larger circumstances.

EANEX Committee Chair Donald Cohen of SUNY Albany had informed New York state Assemblyman Jeffrey Dinowitz, chair of the Assembly Committee on Aging, of the resolution and asked for incidence of EANEX in New York state. The assemblyman extended an invitation to COARM to visit his Albany office to discuss the issue. Cohen and others met with Dinowitz Nov. 8, and discussed several of the items prepared in advance of the meeting.

The overall objective was to determine how COARM and UUP can provide tangible assistance to the Legislature and geriatric community to close the information gaps in regards to EANEX, such as:

- Help design and implement the beginning of a central reporting system to generate a more accurate account of EANEX data by initially surveying the 3,500 members of COARM retired professors and professionals in the SUNY system.
- Develop an educational outreach campaign similar to that outlined during the recent two-day conference, "Empowering Communities for Successful Aging" in Saratoga Springs. The cam-

paign was dubbed "Speak Up, Reach Out, Declare War on Elderly Abuse through Community Collaboration."

- Use COARM survey findings to suggest additional legal protections for the elderly and their caretakers.

- Use the political clout of UUP, NYSUT and AFT to push for new elder abuse legislation and prevention initiatives that Dinowitz successfully initiated in the Bronx.

- Place the COARM resolution into the New York State Legislative Record.

- Stress that COARM will use its expertise to promote community awareness, participation and legislative response to EANEX.

What follows are some thoughts shared by committee members and their current assignments, following the Dinowitz meeting:

- Frank Goldsmith of Stony Brook HSC will explore the available labor pool of credentialed or trained caretakers serving the elderly that has a suspected impact underlying EANEX.

- Ed Alleyne of Stony Brook will look into how the nursing profession defines EANEX, and determine where and how much "financial exploitation" contributes to EANEX.

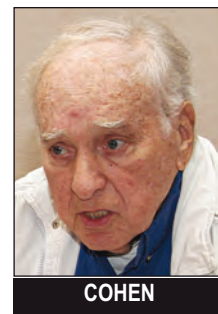
- Miller will survey members to determine if EANEX abuses occur in non-institutionalized settings, i.e., private and group home.

- Flossy Brush of Cortland will gather information on a recent grant obtained by U.S. Sen. Chuck Schumer for Cornell University to develop a statewide survey of the state's aging population, which is projected to reach 20 percent in 2010.

- Bob Kasprak of Optometry, a recent addition to the committee, will focus on New York City's recently developed training program for a specialized police unit to deal with EANEX.

Where are we today? The committee will meet April 23 in Buffalo prior to the 2009 Spring DA to prepare its report on the latest committee developments. Cohen will also invite the committee to meet May 6 in Albany for the Capital District Region's annual spring meeting, to include a presentation on "Aging, Retirees and Public Policy." by Anne Montgomery, a senior policy adviser to the U.S. Senate Select Committee on Aging.

Cohen noted he is impressed with the high level of interest at all levels of government that has sparked community activism about EANEX issues, which should prompt COARM and its 3,500 members to ask, "How can we also contribute?"



COHEN

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All aboard

Travel guru Mac Nelson rides the rail across America

By Mac Nelson
SUNY Fredonia

Got more time than money? Tired of airport crushes, cramped seating, ridiculous searches and flight delays? Want panoramic views of the American West without driving all day? Like to be pampered some? Me too. That's why my partner Joyce and I went Amtrak last month to visit friends in Illinois, California and Oregon.

If you're in your eighth decade on this planet, as I am, you probably remember the last days of railroad passenger service 40 years ago: unreliable, unpleasant, unlovely. One book title from that time captures the days when the railroads were trying to get rid of passenger travel: "To Hell in a Day Coach."

No longer.

In 1971, the federal government formed Amtrak to save what was left of U.S. rail travel, and it's been a roaring success in the northeast, especially for middle distance commuter routes such as the Boston-New York-Washington corridor. What many don't know is how delightful the long distance service is.

We booked a nineteen day trip, eleven days of which were off-train visits. On the trains we did three days from Buffalo (DePew) to Los Angeles, two days from LA to Oregon and Seattle, three days from Seattle to Chicago and home. Thirty days of unrestricted travel (USA Rail Pass) cost us each only \$469; it would be a little higher in the summer. We could have got off and on again 11 times; six was enough for our trip. Add your choice from a menu of first-class sleeping car options, which can run as little as (for two people) \$103 to more than \$200 a day. The good news: the first-class fare includes three good diner meals a day. The bad news: the first-class fare includes three good diner meals a day. Watch out or

you'll gain weight. Our trip cost us each less than \$1,000. That's for travel, sleeping accommodations, and meals for eight days.

I should add here that when we go again (and we will), we'll upgrade our sleeping accommodations. The roomettes are cheap but tiny, fine for one, tight for two. The bedrooms are fine and spacious, with private bathroom and shower. Whatever your sleeping choice, the train is mostly yours. Enjoy the club/observation car, the parlour car, and walking and stretching at your leisure, not being strapped tightly into a seat. Everywhere there are huge windows and gorgeous views. You can even see a bit of some cities during long stops. On earlier trips I did my morning runs around Denver and Salt Lake City, and watched the beginning of the Mormon Tabernacle Choir's Sunday broadcast warmup.

It's very democratic—you'll be asked to share tables at mealtime with fellow passengers, who are usually pretty interesting. The Orient Express it's not, but there's still more than a whiff of the elegant days in the '30s when the Santa Fe Super Chief was the train all the Hollywood stars took from coast to coast: clean linens, real silverware, and a friendly staff. Would you believe complimentary champagne (or cider) for the first-class passengers? And fresh flowers on the tables? And a tasting of excellent Oregon and Washington wine and cheese? And free coffee, juice and ice all day. In a few large stations there are very nice lounges for first-class passengers; the one in Chicago has comfortable chairs, free secure luggage checking, free snacks and Internet access.

We saw New Mexico (and antelope) in the sunset, the California coastline (with surfers and oil rigs) near Santa Barbara, and the majestic mountains of Glacier National Park, complete with mule deer. We saw a bald



For virtual tours, check out Amtrak online at www.Amtrak.com.

eagle flying over the Mississippi. Another route (which I have travelled) takes you through Gore Canyon in the heart of the Colorado Rockies and across Donner Pass in the California Sierra to Oakland and San Francisco.

If this intrigues you, start planning by going to Amtrak.com or call 1-800-USARAIL. The Web site is rich in information, much detail on ticketing and sleeping options, and I'd start there. For the actual booking, I recommend the phone.

Our trip was a huge triangle from Chicago to LA to Seattle to home. Next time we're thinking the California Zephyr through the Rockies, then the southern route east to New Orleans and back north to Chicago and home. I hear VIA Rail in Canada is also spectacular. There seem to be no bad choices.

See ya in the diner, "nothin' could be finer ...

"Chattanooga choo choo, wontcha choochoo me home ..."

Mac Nelson is a distinguished teaching professor emeritus at SUNY Fredonia. His TWENTY WEST: The Great Road Across America, following US 20 from coast to coast, is available at local book stores or from the author.

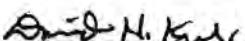
Election summary ... *(continued from page 1)*

01/01/2009	• Membership certification date.
01/05/2009	• Date notice of election and call for nominations mailed to home addresses of retired members.
02/04/2009	• Date nominations closed.
02/20/2009	• Date ballots mailed to home addresses of retired members.
03/11/2009	• Date ballots due at the UUP Administrative Office in Albany.
03/12/2009	• Date ballots counted.

1109	• Total number of control envelopes received from retired members.
0	• Number of invalid control envelopes and reasons invalid:
0	• Non-eligible voter.
0	• Other.
1109	• Number of valid control envelopes.
13	• Number of invalid ballots and reasons invalid:
10	• Not in sealed inner envelope (secrecy compromised).
1	• Secrecy compromised by voter (e.g., ballot envelope or ballot signed, initialed, etc.).
2	• Other.
2	• Number of blank ballots.
1094	• Number of valid ballots.

Election results are listed in descending order of votes received. Winners are designated by an X.

We certify that this election was conducted in accordance with the UUP election procedure and that this report constitutes the official election report. Ties were resolved by lot. The term of office for each position is from June 1, 2009 through May 31, 2011.


David H. Kreh
Co-Chair, Elections and Credentials Committee


Robert E. Rees
Co-Chair, Elections and Credentials Committee


Eileen Landy
Secretary

Date: March 12, 2009

Tellers: Joseph C. Baldwin, Michael J. Barclay, Brian R. Betz, Margaret A. Bryan, Nuala McGann Drescher, Jeanne L. Galbraith, Carol Gizzi, Allen D. Gordon, Paul B. Griffen, David H. Kreh, Robert E. Rees, Nand K. Relan, Maxwell M. Ruckdeschel

Older workers ...

(continued from page 6)

National Institute of Aging made it clear that this a new area of research that demands attention.

Robert Anderson from the Eurofound, Living Conditions and Quality of Life Unit, reported on "Aging Workers as a Global Condition—The European Approach."

Dr. Michael Silverstein, a former physician with the United Auto Workers Union and now working in Seattle, concluded the conference with these observations:

"... there should be provisions for the continuous education and training of workers; second, jobs and work environments

Conference focuses on issues workers face when staying on the job longer.

can be redesigned according to the ergonomic criteria which take into account the physical capabilities and limitations of individual workers; third, older workers

should be given opportunities to scale down their level of work involvement through job sharing, part-time jobs and other kinds of reduced work schedules; (and) fourth, there should be provisions for pension portability."

There wasn't any discussion of academic workers, i.e., teachers. Clearly, this is an area that UUP and other education unions could research and add to the body of knowledge being gathered.

For more information on these issues, contact the Web sites of participants, or Goldsmith at crinum@juno.com or Alleyne at yourhealthtoday@msn.com.

'Unmaking the Public University' worth the read

Editor's note: The following is a review of Christopher Newfield's, Unmaking the Public University: The Forty Year Assault on the Middle Class (Harvard University Press, 2008).

By Judy Wishnia
COARM Chair

As public universities all over this country, including our own SUNY, face enormous budget cuts and increased tuition for students, this analysis indicates that these latest difficulties are not just the result of the recent economic downturn. Christopher Newfield of the University of California at Santa Barbara argues that the financial and political crises of public universities are the result of a 40-year conservative campaign to end public education's democratizing influence on American society and that the defunding of public higher education goes hand-in-hand with the debasing of the middle class.

After World War II, public higher education entered a "golden age." The G.I. Bill and the introduction of Pell grants enabled millions of young Americans of all class backgrounds to benefit from higher education. The civil rights movement and the introduction of affirmative action programs allowed even more students of diverse backgrounds to join what the author calls the "college educated middle class." State universities all over the country opened new branches and expanded their community colleges. By 1995, 80 percent of college

students attended public universities.

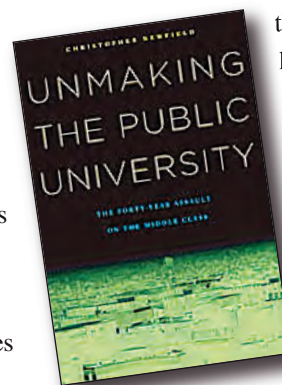
The emergence of a newly educated diverse class of students who frequently advocated social change frightened conservatives. Coupled with an economic attack on the middle class and the decline of real wages, they began their assault on public higher education. They wanted the knowledge and research generated by the colleges to benefit the profits of large corporations but they did not want the generators of this knowledge to be in control.

They began with the culture wars of the Reagan years, attacking Black Studies, Women's Studies, ethnic studies and of course, affirmative action. "Big government" was seen as detrimental to private enterprise and the federal government curtailed its contributions to the states. Thus states contributed less and less to their universities. As they lost state funding, universities turned more and more to corporations, especially those involved in medicine, pharmaceuticals and technology for financial support. Teaching and research were geared more to creating knowledge that could be used to maximize profits rather than creating a thinking citizenry. The humanities and even the social sciences were denigrated as frivolous or useless, and underfunded. Universities also began to adopt the corporate model of management. Full-time faculty, especially those eligible for tenure, were replaced by part-time workers who could be paid less, and hired and fired at will. Needless to say, unions were dis-

couraged from coming on campus. The result was that corporations received the benefits of knowledge and research very cheaply. They could maximize profits in as much of the research funding came from the federal government (tax-payers) and the army of researchers were the poorly paid professors and graduate students.

The campaign against the universities did not stop with lower funding. After September 11, there were increased attacks on the faculty as being too left, as unpatriotic. David Horowitz was a stalking horse for this campaign, attacking classroom teachers and demanding the hiring of right-wing "conservatives." Even scientists did not escape: those who warned of global warming were ridiculed and stem cell research was curtailed.

So here we are now. The middle class is falling into the pit of unemployment and the universities are facing even more cuts and tuition increases that restrict access. Newfield ends the book with the following statement: "For better or worse, the university has become increasingly responsible for imagining progress for the whole of society. Intellectually, at least, it is up to the task. But if it is to succeed, it will need a renewed financial base and a new confidence in its public mission." Yes!



COARM call for volunteer liaisons

The UUP Committee on Active Retired Membership (COARM) is currently recruiting liaisons to assist with its organization.

UUP retiree liaisons help to disseminate the committee's information and serve as a vital link for communications between chapters and COARM. Liaisons also provide assistance to the elected regional leaders, both in planning their meetings and reaching out to members. Any retired member of UUP may serve as a liaison.

If you would be interested in learning more about this important service to UUP, or if you are willing to serve as a liaison, simply return the form at right to: UUP, P.O. Box 15143, Albany, NY 12212-5143, Attn: UUP Retiree Services Coordinator Anne Marine.

☐ **Yes!** I would like to become a UUP retiree liaison

☐ Please send me more information

Name _____ Chapter _____

Address _____ Phone _____

E-mail _____

Mail to: Anne Marine, c/o UUP, PO Box 15143, Albany, NY 12212-5143

Rally 'round

KAREN L. MATTISON



Active Retirees, from left, Ed Drummond of Stony Brook HSC, Fred Miller of Oneonta, Judy Wishnia of SUNY Stony Brook and Jim Friel of Farmingdale join their active union colleagues in a Jan. 30 rally protesting further cuts to the state university.

Join our e-list!

Retirees are invited to join the group's e-mail information network (e-list) as a way to share ideas and to receive information more quickly. E-list topics are restricted to issues of concern to UUP, SUNY, the labor movement and retirees.

COARM Chair Judy Wishnia said the e-list is an easy way to discuss retiree issues and to post news about regional meetings, benefits and advocacy.

Interested members should contact Old Westbury retiree Claire Meirowitz at cmeirowitz@yahoo.com. Member privacy is protected because the group is considered private and names will not be displayed in Yahoo!'s directory.



MEIROWITZ