

UESF RETIREE NEWSLETTER



The holiday lunch will be free for the first 60 retirees who respond. RSVP here today: <https://bit.ly/uesfholidaylunch> Additional UESF-R members are welcome to RSVP at half-price (\$20). ("Significant others" are welcome to join us. Their meals will cost \$40.00.) We will have at least three vegetarian dishes available for their tables.

RSVP by Mon., December 12, 2022. The RSVP will automatically be sent to Amanda Saiz, UESF Membership Specialist. If you cannot fill out the form, please email Amanda Saiz, asaiz@uesf.org, with your RSVP.

WELCOME LUNCHEON

Submitted By: Mary Anne Ahtye & Lisa Gutierrez Guzman, Activities & Recreation Committee



Photos By: Jeanne Hansen

We had a great October luncheon in which the UESF-Retired Division welcomed those educators who retired during the last three years of the pandemic. Approximately 70 people attended our luncheon at the Lake Merced Boathouse. Most people commented that they enjoyed the Mexican-themed food and dessert—and the cake all provided by the Retired Division. We were pleased that people were having a good time after maybe not seeing their friends and colleagues for a few years.

We were pleased that Tom Ammiano accepted our invitation to say a few words to us. He was a Special Education teacher and later, a member of the S.F. Board of ...

RETIREES LUNCHEON CONT.

Education, a S.F. Supervisor and Assemblyman. In those capacities he was always a supporter of UESF. Does everyone remember the Rainy Day Fund he got for us?

We were also pleased that Susan Solomon, a kindergarten teacher and longtime UESF activist including secretary, vice-president and most recently, president and now retiree also attended and said a few words about her campaign for City College of S.F. Board of Trustee. We are proud to announce that Sister Solomon and her slate did win the election.

We want to send a special thanks to the educators who helped us set up, clean up and with our recycling efforts. We will look for more creative ways to compost and recycle in the future. In the meantime thanks again for coming!



WELCOME NEW MEMBERS

Submitted By: Alice Mosley

Welcome to the newly revived Retired Division of UESF! According to Amanda at the office, we are currently 783 members strong, and are always looking to involve more retired teachers and para-educators.

If you're in touch with former colleagues, please invite them to come along and join in our activities and help keep the union effective!

Thanks to union advocacy, we and our families enjoy excellent health benefits. Our union also acts as a watchdog for our pensions and social security.

Our union has helped to advocate for safe and healthy working conditions, and be the eyes on the school grounds. We also advocate for the wider school community, to which we as teachers and para-educators have dedicated so much of our lives, commitment, and energy.

It is also, importantly, an act of solidarity with our fellow retirees and current educators. So please invite any colleagues you are in touch with, to join, and to help make us even more effective. Please phone Amanda Saiz at the UESF office and ask for enrollment and dues forms (only \$4/month) (415) 956-8373.

FUTURE WALKS

Submitted By: Louis Webb



In the first retired teacher walk of the post pandemic era nine hearty walkers set out from Stow Lake to visit three lakes west of Transition Boulevard. We encountered Elk Glen Lake, Mallard Lake and lastly the emerald jewel of Matson Lake. More walks are planned. Next being a leisurely stroll through the Richardson Bay marsh. This walk,

though not yet scheduled, will be timed to view the annual arrival of birds on their migration. Other walks can include visits local points of interest such as the Presidio, Devel's slide and China Camp. A visit to Edgewood Park to view spring wild flowers can be added to the list. Notices and signups will be included in our newsletter. Stay posted.

STAYING HEALTHY OVER THE HOLIDAY SEASON

Submitted By: Susan Kitchell, Health Committee

While the holidays are a time of gatherings with family and friends, they can also be a source of stress. Staying healthy can be a challenge during this time of year. Here are a few tips for getting through the holidays with little gain, little pain.

- Make healthy choices! From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to overindulge in food and drink. Consider changing up the menu using seasonal choices and new seasonings. Try fun, alcohol-free drinks. Don't forget to stay hydrated with enough water.
- Try to maintain a schedule and routine! While it may not be possible to maintain every routine during the busy holiday season, keeping some structure can be invaluable. Predictability and consistency in schedule and routine can help improve quality of life. Routines can help reduce stress and anxiety. Try to set realistic expectations for social activities during the holiday season.
- Get adequate sleep! Getting effective, restorative sleep can be a challenge for older adults. The aging process, chronic health conditions and certain medications can disrupt sleep. Contrary to popular belief, people don't need less sleep as they age. Older adults require about the same amount of sleep as their 20-year-old counterparts. Sleep deprivation can affect mood, memory and cognition in older adults. It can have an impact on their ability to enjoy the holiday season.
- Get vaccinated! Flu season is upon us and COVID is still circulating in our community. Flu vaccine and the latest COVID vaccine are available through your health care providers, local drug stores and local clinics. Get yours today!

ELECTION 2022

Submitted By: Ken Tray, Legislative Committee



Big sigh of relief as Democrats, with big time help from AFT/NEA and AFL-CIO support turned back the “red tide” and held on to the Senate while losing the House by only a handful of seats.

For retired Americans and those close to retirement the result may help derail Republican attacks on Social

Security and Medicare due to a split Congress with President Biden ready to veto. However, concern remains that if a “fiscal crisis” confronts Congress Republicans may push to cut Social Security and Medicare benefits in the name of balancing the budget: that’s a big reason we have to prepare to work with our AFT/CTA affiliates and the broader labor movement and make sure we are ready to help in the fight to protect endangered critical entitlement programs.

On the local front results are mixed in the continuing fight to ensure an affordable city for educators and working families: City CollegeFormer UESF President Susan Solomon along with the entire AFT 2121 slate for City College Board of Trustees swept to victory, but with defeat of Prop O Parcel Tax funding for CCSF it will take hard work to achieve the slates goal of expanding classes and programs for students and community. Sadly, UESF and San Francisco Labor Council endorsed Supervisor Gordon Mar lost his seat by a razor thin margin.

On a more positive note voters passed measures supporting local libraries, MUNI, and helping fix the City and County Retirement system while also passing a landlord tax on vacant apartments to support new affordable housing.

Much thanks to Retired Division members who came out and volunteered on local campaigns and also turned out for national efforts to win swing seats in the crucial fight for Congress. Special shout-out to Local 2 UNITE-HERE Hotel workers for playing a major role defeating MAGA candidates in Nevada’s swing districts!

GPO/WEP PUBLIC EMPLOYEE RETIREMENT FIX?

Submitted By: Ken Tray, Legislative Committee

With over 300 co-sponsors one might expect HR1 the Social Security Fairness Act to pass through Congress and land on Joe Biden's welcoming desk.

But, that is not the case because HR 1 sits in House committees while teachers, school-staff, fire fighters, police and other public servants and their dependents in 15 states including California wait to finally receive full value of hard-earned retirement income.

Here's what HR1 signed into law would mean for many UESF members and their dependents:

- It would repeal provisions that reduce Social Security benefits for individuals who receive other benefits, such as a pension from a state or local government.
- It would eliminate the government pension offset (GPO), which in various instances reduces Social Security survivors' benefits for spouses, widows, and widowers who also receive government pensions of their own.
- It would also remove the windfall elimination provision (WEP), which in some instances reduces Social Security benefits for individuals who also receive a pension or disability benefit from an employer that did not withhold Social Security taxes.

Stay tuned as AFT/NEA continue to pressure Congress to act so educators can enjoy the retirement we earned in the classroom and school-sites.