

CSA LI Retiree Unit

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Myrna Walters

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Frantz Lucius

Welcome Back CSA Long Island Unit Retirees

*Candice Scott, Ed.D.
Unit Leader*



The Long Island CSA Retiree Unit is looking forward to the most consequential year in the history of unions. If you are concerned about Social Security, Medicare, Medicaid, Climate Change, or Education, make sure to get out and VOTE on November 5th. Make a plan and help a neighbor to vote. Vote like your life depends on it, because it does. Be sure to research the candidates for Congressional seats from Long Island. Our congressmen may determine the future direction of this nation.

Please take note of the following upcoming CSA events. Join us for the Annual CSA Convention on November 2nd at the Hilton on 6th Avenue. Check the CSA Updates from Mark Brodsky for the link to register for the convention. In addition, you can sign up for the Stephen Stiller Tunnel to Towers Run or the Golf Outing Scholarship event at the Dyker Heights Golf Course.

Our Long Island Unit will have numerous activities this year. We will be going to the apple orchard, a vineyard, a Broadway show, a Long Island theater show, a UBS show, the Nassau County Museum, and trip to the estate gardens. Our Long Island Unit will have two general meetings this year. The first will be on October 16th at the Half Hollow Hills Library, focusing on scams attacking seniors. The second general meeting will be on April 30th (topic to be announced).

Don't forget to renew your membership in the Long Island Unit. Look for the form, which will be emailed to you from our Membership Chair, Rhenaye Hornsby. Continue to take care of yourselves, and recognize that there has been a rise in COVID on Long Island.

Best Wishes,

Candice Scott

Dr. Candice Scott,
CSA Long Island Unit Leader

(Reprinted from CSA Retiree Update Friday, August 9, 2024)

Cost of Living Adjustment (COLA)

The cost-of-living adjustment (COLA) for Sept. 2024 through Aug. 2025 benefit payments is 1.8%.

By law, eligible retirees who have an annual benefit of \$18,000 or more will receive a monthly increase of \$27 beginning with the Sept. 30 pension payment.

The permanent, automatic COLA, which is determined by New York state law, is designed to help offset the adverse effects of inflation on the fixed retirement benefits of the city's public retirees.

The 1.8% COLA for 2024-25 is applied to the first \$18,000 of the maximum retirement benefit, which translates to the \$27 increase per month. Those receiving less than \$18,000 will receive a smaller (prorated) monthly COLA increase.

To be eligible for a COLA, you must either be: -At least age 62 and retired at least five years; or, -At least age 55 and retired at least 10 years; or,

-A retiree receiving a NYCTRS disability benefit for at least five years (regardless of age); or, A surviving spouse of an eligible retiree receiving a lifetime benefit. (By law, the spouse receives an increase equal to one-half the COLA the retiree would have received.)

Retirees who become eligible for the COLA after September will receive their adjustment when first eligible.

(IRMAA 2023 Reimbursements)

The Income-Related Monthly Adjustment Amount (IRMAA) is an additional amount that you are required to pay for your monthly Medicare premiums if you have higher annual earnings. If you filed for your IRMAA reimbursement earlier this year, beginning in May 2024 – your IRMAA 2023 annual reimbursement will be issued during the 3rd week of October 2024.

(Medicare Co-Pays)

Emblem and the City went to court and requested the Judge lift the stay on copays. Because the City revised the Emblem contract, the Judge lifted the stay on the copays. This means that beginning January 2025, we will probably see copays. Copays in this contract are \$15. This is just the stay that has been lifted... and the City has not put out anything on this yet.

New York State AFL-CIO 2024 Endorsements

Statewide

Presidential Race	Kamala Harris (D) for President Tim Walz (D) for Vice President
United States Senate	Kirsten Gillibrand (D)
Proposal One:	New York State Equal Rights Amendment

United States Congress

Congressional District 1	John Avlon (D)
Congressional District 2	Andrew Garbarino (R)
Congressional District 3	Tom Suozzi (D)
Congressional District 4	Laura Gillen (D)
Congressional District 5	Gregory Meeks (D)

New York State Senate

Senate District 1	Anthony Palumbo (R)
Senate District 2	Mario Mattera (R)
Senate District 3	Dean Murray (R)
Senate District 4	Monica Martinez (D)
Senate District 5	Steven Rhoads (R)
Senate District 6	Siela Bynoe (D)
Senate District 7	Kim Keiserman (D)
Senate District 9	Patricia Canzoneri-Fitzpatrick (R)

New York State Assembly

Assembly District 1	Tommy John Schiavoni (D)
Assembly District 3	Joseph DeStefano (R)
Assembly District 4	Rebecca Kassay (D)
Assembly District 5	Doug Smith (R)
Assembly District 6	Philip Ramos (D)
Assembly District 7	Jarret Gandolfo (R)
Assembly District 8	Steven Basileo (D)
Assembly District 9	Michael Durso (R)
Assembly District 10	Steve Stern (D)
Assembly District 11	Kwani O'Pharrow (D)
Assembly District 13	Charles Lavine (D)
Assembly District 14	David McDonough (R)
Assembly District 15	Jake Blumencranz (R)
Assembly District 16	Gina Sillitti (D)
Assembly District 17	John Mikulin (R)
Assembly District 18	Noah Burroughs (D)*
Assembly District 19	Edward Ra (R)
Assembly District 20	Tina Posterli (D)
Assembly District 21	Judy Griffin (D)
Assembly District 22	Michaëlle Solages (D)

“The New York State AFL-CIO has carefully researched candidates before making these recommendations as the best choices for working people in New York State.” Click [HERE](#) to go to their website

EARLY VOTING:

OCTOBER 26 – NOVEMBER 3RD

ELECTION DAY:

NOVEMBER 5, 2024

Encourage **EVERYONE** you know to vote in the upcoming election.



Community Outreach Mobile Unit



Cardiac screening for Cholesterol and Diabetes

September and October schedule

10:00 am – 2:00 pm

Wednesday, September 4	JCC - Suffolk	Commack
Friday, September 6	Yes We Can Community Center	Westbury
Tuesday, September 10	Clinton G. Martin Park	New Hyde Park
Wednesday, September 11	Sacred Heart Church (9:30am - 1:30pm)	Bayside
Thursday, September 12	Whitman Village Senior Group	Huntington Station
Friday, September 13	Half Hollow Hills - Dix Hills, Library	Dix Hills
Monday, September 16	Harborfields High School (9:30am-1:30pm)	Greenlawn
Tuesday, September 17	St. Raphael Parish	East Meadow
Wednesday, September 18	Washington Drive Primary School	Centerport
Thursday, September 19	Blessed Sacrament Church	Valley Stream
Friday, September 20	Levittown Public Library	Levittown
Monday, September 23	Oldfield Middle School (9:30am-1:30pm)	Greenlawn
Tuesday, September 24	Westbury Library	Westbury
Wednesday, September 25	Thomas J. Lahey Elementary School	Greenlawn
Thursday, September 26	St. Rose of Lima Church	Massapequa
Friday, September 27	Hillside Public Library	New Hyde Park
Monday, September 30	Brooklyn Tenant's Association	Freeport
Tuesday, October 1	Cold Spring Harbor Library	Cold Spring Harbor
Wednesday, October 2	Commack Public Library	Commack
Thursday, October 3	Port Washington Public Library	Port Washington
Friday, October 4	Sacred Heart Church	North Merrick

- This is tentative schedule. Dates subject to change due to unforeseen events.
- This is a FREE screening. Open to anyone at all sites, regardless of residency.
- First-come, first-served. No appointments.

Community Outreach Mobile Unit



Cardiac screening for Cholesterol and Diabetes

September and October schedule

10:00 am – 2:00 pm

Monday, October 7	North Massapequa Community Center	Massapequa
Tuesday, October 8	Harborfields Public Library	Greenlawn
Wednesday, October 9	Oyster Bay High School (9:30am - 1:30pm)	Oyster Bay
Thursday, October 10	Island Trees Public Library	Levittown
Friday, October 11	Garden City Senior Center	Garden City
Monday, October 14	Wantagh Senior Group	Wantagh
Tuesday, October 15	Syosset Public Library	Syosset
Wednesday, October 16	James H. Vernon Elementary School	East Norwich
Thursday, October 17	Henry Waldinger Memorial Library	Valley Stream
Friday, October 18	Elwood Public Library	Elwood
Monday, October 21	Seaford Public Library	Seaford
Tuesday, October 22	Merrick Public Library	Merrick
Wednesday, October 23	Theodore Roosevelt School	Oyster Bay
Thursday, October 24	Glen Cove Senior Center	Glen Cove
Friday, October 25	Hicksville Community Center	Hicksville
Monday, October 28	Bayville Public Library	Bayville
Wednesday, October 30	People Loving People	Oyster Bay

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'Tripin' Around the World

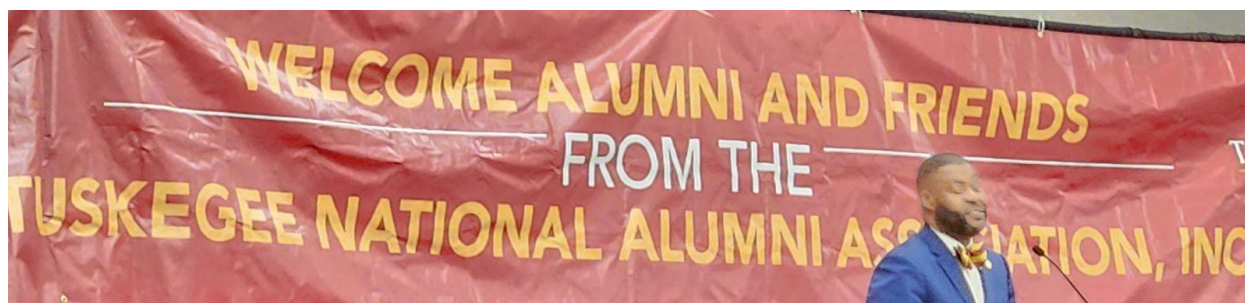
(**To our readers:** Tell us about a recent trip that you would recommend to your Long Island Unit retirees in one paragraph or less. You can add a photo. Send submissions to: Principal459@yahoo.com Subject line: 'Tripin')

Southern Crawl

By Rhenaye Hornsby

This past summer was an interesting crawl into the lush, green, beautiful countryside of Alabama. My family and I flew into Atlanta, GA in late July, barely escaping the nightmarish calamity that was caused by a computer bug in Delta Airline's software. We were delayed only three hours before departing LaGuardia Airport. Our drive to the reunion location was long and arduous as we crawled our way from Atlanta, GA to Montgomery, AL. But the beautiful trees and the outstanding greenery helped soothe our weary minds and eased us into our reunion with family and friends.

Of note: *The Legacy Museum: From Enslavement to Mass Incarceration* and *The National Memorial for Peace and Justice* (aka *National Lynching Memorial*) – both contain Powerful Exhibits, located in Montgomery, Alabama.



NEXT TRIP:

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? ?



Informational Update Vol. 15 #8 - August 23, 2024

by, Norm Sherman

1. COVID-19

Although the COVID-19 pandemic is long over, there has been a tremendous increase in the virus this summer, ruining vacation plans and causing fever and coughing among the virus-infected individuals. Although the Centers for Disease Control and Prevention (CDC) no longer tracks individual infection numbers, experts believe the number of infected cases could be the largest summer amount yet.

As of now, the variants have not proven to cause serious illness, and vaccines remain effective. However, this could easily change as new variants keep emerging.

COVID-19 Vaccine

The CDC recommends that everyone 6 months or older receive the 2024-25 updated COVID-19 vaccine to protect them this fall and winter against the virus, even if they never had a COVID-19 vaccination previously.

As I write this article, I just received a news flash that the US Food and Drug Administration approved the updated vaccine from Moderna & Pfizer. The vaccine shots should now become available in the coming days and will target a strain called KP.2

The good news is that the COVID-19 vaccine cost is free. The Department of Health and Human Services (HHS) has said the coronavirus “must be provided to vaccine recipients with no out-of-pocket costs.” If you go to your local pharmacy for the shot, you will probably be asked to show your current ID and health insurance card.

Who Pays for the COVID-19 Vaccine

Medicare will pay for the COVID-19 vaccine for Medicare beneficiaries under Part B; HHS will pay for all others not on Medicare. However, those health insurance plans not compliant with the Affordable Care Act (ACA) will have to request reimbursement from the HHS provider relief fund. Under no circumstances can they bill patients directly.

2. Physical Therapy

I often get questions from Medicare-eligible retirees about physical therapy coverage. Does the CSA Retiree Welfare Fund cover physical therapy? What about Medicare? Well, the answers are simple: yes, and yes. However, there is a caveat: if you are on Medicare, you must first exhaust its coverage before you can file for the Fund’s coverage.

Medicare Coverage

In 2024, Medicare continued to cover physical therapy under Part A (hospital insurance) and Part B (medical insurance). For Part A, the therapy takes place either in a hospital or a Skilled Nursing Facility. Part B covers outpatient services that take place at various locations or, under certain conditions, at home.

In the past, Medicare limited the number of therapy visits. That is not the case now as there is no longer a hard cap on therapy services. However, there is a soft cap or threshold amount that cannot be exceeded unless the healthcare provider indicates on a claim form that the therapy is medically necessary and documents why this is so. The cap this year is \$2,330.

Also, the physical therapy regulations require a licensed physical therapist to reassess the patient every 30 days. The reassessment measures the improvement from the previous 30 days.

CSA Retiree Welfare Fund’s Coverage

After an annual \$100 deductible, you will get back 80% of the therapy cost up to \$2,000. When you file your first claim, you will need a statement from Medicare (or your primary carrier if it covers physical therapy) that you have exhausted their coverage.

3. Question of the Month

Q. I recently was in the emergency room and received an invoice for \$50. Is that reimbursable?

A. I’m sorry you had to go to the emergency room. I hope you had a speedy recovery. The Fund would process the \$50 deductible under the Supplemental Medical Benefits program. However, under this program, there is a \$100 annual deductible. If \$50 is the only out-of-pocket expenditure during the calendar year, then the answer is no.

JUNE LUNCHEON 2024

*at
The Jericho Terrace, Mineola, N.Y.*



CSA Long Island Retiree Unit Membership Application Change

by, Rhenaye Hornsby, CSA LI Membership Chair

The CSA Long Island Membership Application has changed. Instead of the option of paying for two – or – three year memberships, we will now pay for only one year at a time. **All CSA Long Island Retiree Membership Dues expire at the end of the fiscal year, which ends in September of each year.**

If you have paid for multiple years, your membership will be credited for those years. If your membership needs to be renewed, we will contact you via email.

Keep your dues current so that you will be able to participate in the Long Island Unit's programs as well as receive email updates for activities and events offered by the Long Island Retiree Unit.

Membership Dues: \$15.00 per year

Remember: You can only join/renew membership for one year at a time.

CSA RETIREE CHAPTER – LONG ISLAND UNIT Membership Application

Name (please print your full name): _____

Spouse/Partner: _____

Address _____ City: _____

State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

E-mail Address: _____

Member's DOB: _____ Date of Retirement: _____

MAIL APPLICATION AND CHECK TO:

CSA Retiree Chapter - Long Island Unit
265 Sunrise Highway #761
Rockville Centre, New York 11570