

# HE BRIDGES

The Newsletter of the Stony Brook Health Sciences Chapter  
of United University Professions

**SPECIAL ELECTION ISSUE**

**APRIL 1999**

Following are the names of the Academic and Professional members of our chapter who have been nominated for Chapter office, including candidates for Chapter Representative to the AFT and NYSUT conventions. Ballots will be mailed, along with instructions, to the members of our chapter on or about March 26, 1999. Ballots must be returned by mail to the UUP Administrative Office by the close of business on Wednesday, April 14, 1999. Votes will be counted on April 15-17, 1999.

**PRESIDENT and DELEGATE:**

Marino, John J.  
Pisani, Donald J.

**VICE PRESIDENT FOR ACADEMICS and DELEGATE:**

Silverberg, Michael

**VICE PRESIDENT FOR PROFESSIONALS and DELEGATE:**

Caruana, Dennis J.  
Drummond, Edward

**SECRETARY:**

Manning, Tina Maria E.

**TREASURER:**

Hines, Edward W.

**CHAPTER REPRESENTATIVE DELEGATE TO 2000 and 2001 NYSUT REPRESENTATIVE ASSEMBLIES:**

Alleyne, Edward  
Galbraith, Jeanne L.  
Marino, John J.  
Pisani, Donald J.  
Silverberg, Michael  
Southerton, Kathleen  
Weisman, Doris R.

**CHAPTER REPRESENTATIVE DELEGATE TO 2000 AFT CONVENTION:**

Alleyne, Edward  
Galbraith, Jeanne L.  
Marino, John J.  
Silverberg, Michael  
Southerton, Kathleen  
Weisman, Doris R.

**ACADEMIC DELEGATE TO DELEGATE ASSEMBLY:**

Galbraith, Jeanne L.  
Goldsmith, Frank E.  
Jo, Julitta Y.  
Kenefick, Colleen M.  
Lane, Bernard P.  
Siegel, Daniel M.  
Silverberg, Michael

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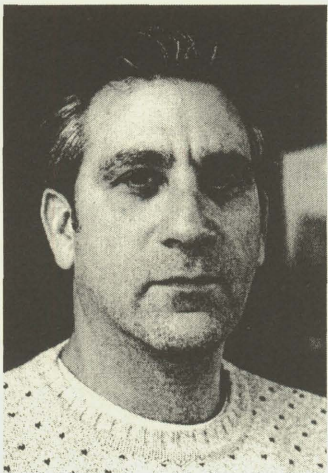
## CANDIDATES FOR CHAPTER PRESIDENT

Two years ago, I asked for your support in seeking election to the office of chapter president. My goal was simply to get more members involved, since participation is the key to a strong union. That goal is now a reality and this election is evidence. We have almost twice as many candidates running for delegate and more than one choice for other officer positions. This is a positive sign for our chapter.

Some of the things done to bring us closer together were the many chapter meetings held over the previous two years. These meetings are crucial in getting information to and from the membership. Through our chapter development committee we have implemented some activities which are also fun for our members. These were holiday meetings, which were planned to include as many members as possible. We had a golf tournament and a trip to a Mets game. Even though the theme of these activities was to have some fun, it gave the other officers and me the opportunity to meet more members, find out what's on your minds, and discuss the important issues that affect our union.

I believe we are on the right track, but we still have much to do. Join me and the many others who have guided our chapter to where it is today. Help us make it better in the future. I am therefore asking for your continued support in seeking re-election as chapter president, NYSUT delegate, and AFT delegate.

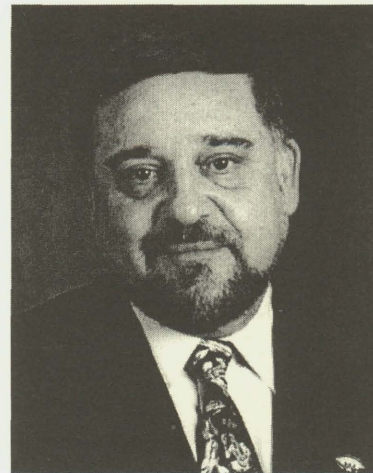
**John Marino**



My name is Donald Pisani and I will be your next President. You may believe this statement to be bold, but one must be assertive and confident to be president. The presidency is a matter of character and trust that the people bestow on their leader. The people believe that person is able to carry out their wishes and needs. The president must be able to bring together the various factions within the chapter and make them work as a unified whole. The president must be an advocate as well as a politician, knowing when and how to advocate, thus effecting change. The president must use interpersonal skills effectively; without these skills the president will not be able to effect change. I possess these skills, working for the past quarter century as a professional advocate.

I have the trust of those with whom I work; without that trust, I would not be effective in my job. I have developed that trust over the 19 years I am at the HSC. As your next president these are the issues I will address: **morale, communication, solidarity, and action.** Each of these issues is intertwined like a marriage; none of the goals can be accomplished without the other. If accomplished, these goals will put our institution back on its feet headed in the right direction. I hope you feel as I do, believing this plan will meet your needs. I ask for your support so we may move forward. Thank you.

**Donald Pisani**



## CANDIDATES FOR VICE PRESIDENT FOR PROFESSIONALS

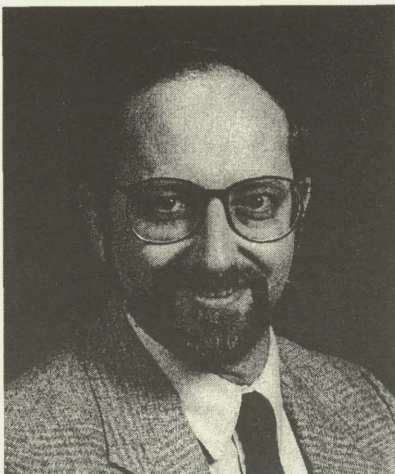
Physician Assistant - Dept. of Orthopedics 19 years at University Hospital, member of UUP

### UUP Activities:

Vice President for Professionals  
Chairperson-Professional Concerns Committee  
Statewide H.S.C. Concerns Committee Member  
Chapter Grievance Committee Member  
Department Representative  
Elected Chapter Professional Delegate - 1993 to present

I am seeking re-election to office to preserve and maintain a continuity of representation, essential to the union membership in a contract negotiation period. Considering New York State's recent prosperity, a state budget surplus, and the gubernatorial and legislative salary increases, it is unimaginable that the state universities, Veterans Homes, and hospitals continue to suffer from a lack of necessary and adequate state funding. All union members, full and part-time, are well aware of the dramatic insurance mandated changes and decreased reimbursement, which has translated into budget cuts, decreased staff, increased work load, daily stress, employee abuse, limitation of accrual use, health and safety issues and increased liability! In addition, administrative problems dealing with salary inequities, accrual and use of compensatory time, FSLA classifications, recall, overtime, job descriptions, performance programs, and promotions must be resolved. I shall continue to remain responsive and accessible to the membership while pursuing solutions through "Proactive not Reactive" measures and ensure compliance with all negotiated contractual rights, especially to fair and equitable treatment in the workplace. For these reasons and many more, I seek your continued support as your Vice President for Professionals and NYSUT delegate.

**Dennis J. Caruana**



My name is Ed Drummond and I am running for Vice President for Professionals of the Health Sciences Center chapter of UUP. Let me tell you a little about myself.

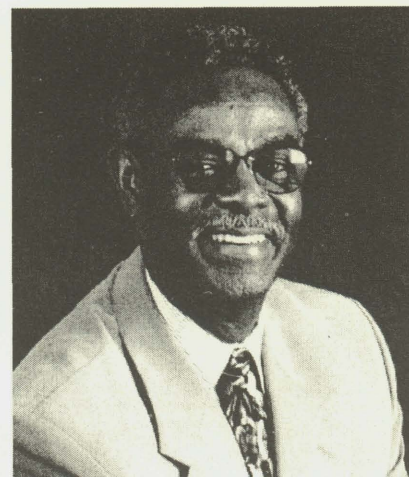
Active member of UUP for about 15 years  
Delegate since 1988

Member of the statewide Constitution Study Committee for 4 years

Presently an active member of the statewide Negotiations Committee and Finance Committee  
Formerly acting Vice President for Professionals  
Co-Chair of Professional Grievance Committee

I believe there are three ingredients for a strong union; involvement, solidarity, and communication. We must remain solid and stick together if we are to be strong and influence state and local decisions. Communicating with our members is essential, having chapter meetings and dissemination of current information is crucial. It is imperative that the information we do pass on must be correct. I feel that John Marino has this chapter on the right course. As your Vice President I will bring my years of experience to the office and will do everything I can to protect the rights and benefits of our members.

**Ed Drummond**

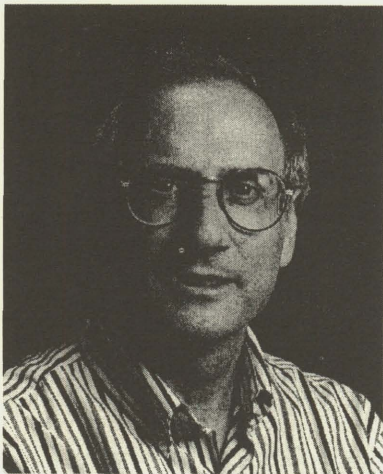


## CANDIDATE FOR VICE PRESIDENT FOR ACADEMICS

I am asking for the support of the members of our chapter by electing me as Vice President for Academics and as a chapter delegate to the New York State United Teachers (NYSUT) and American Federation of Teachers (AFT) Assemblies. At the time of writing, UUP has just begun meeting with the State to negotiate a new contract. If it seems to you that we've just finished the last one, you are right. The last contract negotiations stalled over the State's demands on contracting out and were broken free only by the imminence of last year's election.

Time will tell what these contract negotiations will bring but as a participant on my third successive negotiations team, I can promise you that I will continue to stand up for our interests as teachers, researchers, clinicians, and professionals as I have done in the past. As chair of UUP's Health Benefits Committee, I have also tried to represent your interests both as consumers of health care and as providers. It is much easier, however, to effectively represent you in Albany and with our affiliate unions if I have your support here at Stony Brook. I urge all of you to use the ballot that will arrive at the end of March. Your vote really does count.

**Michael Silverberg**



## CANDIDATE FOR CHAPTER SECRETARY

I am seeking re-election for chapter secretary of the Health Sciences Center chapter of UUP at Stony Brook. I asked for your endorsement two years ago in running for the office of secretary and my request for support was widely received. My goal is simply to help people and make them more aware and knowledgeable of their rights as it pertains to the union contract and workplace. I would greatly appreciate your continued support. Thank you.

- Member of UUP for 17 years
- Professional delegate since 1994
- Chapter secretary since 1997
- Member of chapter Legislation Committee
- Member of statewide Legislation Committee
- Statewide Legislation Committee Co-Chair for voter registration
- Member of PDQWL Committee for HSC chapter
- Member of Professional Evaluation and Review Committee

**Tina Maria E. Manning**



## CANDIDATE FOR CHAPTER TREASURER

I am running for Treasurer of the HSC-UUP Stony Brook Chapter. I have had extensive experience in finances and budgeting through my responsibilities at University Hospital, my present UUP-HSC position as treasurer, and as past treasurer for my church for 12 years. I also have a degree in Financial Management. For these reasons, I feel I make the ideal choice for re-election as Treasurer of UUP at Stony Brook HSC.

Hospital Department: Information Services

Member of UUP: 18 years

Present UUP-HSC responsibilities:

Treasurer

Membership Committee

New Employee Orientation

UUP Activities:

Vice-President for Professionals, Stony Brook

HSC chapter- 4 years

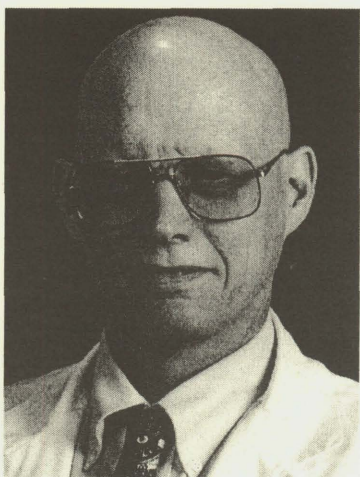
Chapter delegate-16 years

UUP/Stony Brook HSC Health & Safety

Committee, Chairperson- 4 years

Statewide HSC Concerns Committee

**Edward Hines**



## CANDIDATES FOR CHAPTER DELEGATE TO NYSUT AND AFT CONVENTIONS

To represent others implies a number of obligations: to know constituents' needs and desired outcomes regarding issues, to be present and participate in informed debate on their behalf, to be counted when votes are taken, and to provide feedback. These are behaviors that require commitments of time and energy. I believe I have demonstrated my commitment through many years of service to UUP, by holding numerous officer, delegate, and committee positions at the chapter, statewide, and affiliate levels. I pledge to continue this dedication if re-elected as Chapter Academic Delegate and representative to the statewide NYSUT and national AFT conventions. If these are behaviors you value and represent the dedication you desire, please cast your vote for me. I appreciate your support.

**Jeanne Galbraith**

Kathleen Southerton is a Registered Nurse, certified in Neonatal Nursing. She is the Neonatal Continuity of Care Coordinator at SUNY Stony Brook University Medical Center, where she has worked since 1981. She recently received her Ph.D. in Nursing from Adelphi University. Kathleen is a product of the SUNY system, receiving her BS from SUNY College at Cortland and her MS from SUNY Stony Brook. She is a member of her UUP Chapter's Legislative Committee and participates in her chapter's efforts to increase VOTE/COPE contributions by her colleagues. Kathleen attends NYSUT Representative Assemblies and AFT Conventions. At last July's AFT Convention, she joined the delegates as they marched through the hot, humid streets of New Orleans in support of the local hospitality workers. She is inspired by the words of Albert Einstein, who replied, when asked why he was joining the AFT, "I consider it important, indeed urgently necessary for intellectual workers to get together, both to protect their own economic status and also, generally speaking, to secure their influence in the political field." Kathleen's goals include increased involvement by the UUP

membership and a louder political voice for UUP. That political voice must be used to protect the SUNY Schools, the University Medical Centers and, most importantly, the rights of the UUP members at those institutions.

**Kathleen Southerton**

Thank you for the opportunity to run for NYSUT and AFT delegate. I bring with me the experience of chairing the VOTE/COPE Committee for political action. During my tenure political action funds have more than doubled. I was then appointed regional coordinator for downstate New York by Bill Scheuerman, president of UUP. Our political action funding has continued to increase. I have also been an active member of the statewide Legislation Committee informing legislators of our issues they need to support. As a member of the statewide Women's Rights & Concerns Committee, I have lectured on health issues and helped committee efforts to protect and promote women's rights. I have actively participated in legislative actions from marches in Albany to legislative luncheons. I have been an elected delegate to the Delegate Assembly for a number of years bringing your voice and voting on our issues. I have also been an active participant in the Professional Concerns Committee and write for the committee's newsletter on issues assisting our membership with their concerns and problems. I chaired the committee for the first UUP holiday party with a great team, spreading joy not only in the Hospital, but also to our satellite brothers and sisters. If given the chance to serve in this role, I promise to bring the same integrity, compassion, success, and commitment that I have exercised throughout my years with UUP as your voice.

**Doris R. Weisman, NP, MS**



CONTINUED FROM P. 1

**PROFESSIONAL DELEGATE TO DELEGATE ASSEMBLY:**

- |                    |                        |
|--------------------|------------------------|
| Abdool, Satar      | Johnson, Lydia L.      |
| Alaimo, Gina       | Kessler, Carla         |
| Alleyne, Edward    | Kube, Bruce T.         |
| Barbera, Linda J.  | Lane, Edward J.        |
| Bebber, Charles J. | Manning, Tina Maria E. |
| Burnett, Leslie A. | Marino, John J.        |
| Caruana, Dennis    | Mazzarese, Charles     |
| Caruana, Katherine | McGuire, Darcy M.      |
| Connolly, James    | Moreschi, Joseph       |
| DeVito, Angela     | Pisani, Donald J.      |
| Drummond, Ed       | Potosow, Lucille C.    |
| Ernest, Darlene    | Schindler, Steven M.   |
| Fischer, Daniel J. | Schwartz, Judith L.    |
| Gizzi, Carol       | Seely, Patrick J.      |
| Green, Walter      | Southerton, Kathleen   |
| Hines, Charles     | Vlahos, Theresa M.     |
| Hines, Edward W.   | Weisman, Doris R.      |
| Hoch, Mary L.      | Zaug, Warren G.        |
| Jafari, Saied      |                        |

**PROFESSIONAL CONCERNS COMMITTEE**

The focus of this committee is to discuss issues and concerns encountered by the professional members of this chapter. Recent topics of discussion have been communication and safety. Current members are: Jean Acampora, Dennis J. Caruana, James Connolly, Angela DeVito, Darlene Ernest, Bruce Kube, Fran Navaretta, Judy Schwartz, and Doris Weisman. The committee will meet monthly.

**TO BE A MEMBER OF UUP YOU MUST SUBMIT A SIGNED MEMBERSHIP CARD. IF YOU HAVE ANY QUESTIONS ABOUT YOUR MEMBERSHIP STATUS, PLEASE CALL THE OFFICE AT 444-1505.**

## PDQWL GRANTS AWARDED TO CHAPTER MEMBERS

The following chapter members have been awarded grants from the NYS/UUP Professional Development and Quality of Working Life Committee (PDQWL) Individual Development Awards Program. This award period covers expenses for the period of July 1, 1998 through August 31, 1999 with an award total of \$55,502.29. The committee was composed of Ora J. Bouey, Kenneth Feldman, Lydia Johnson, Tina Manning, Faith Merrick, and Herbert Ratner. Congratulations to all the recipients and may these awards foster new creativity and initiatives for our campus community.

Karen Allard  
Ed Alleyne  
Charles Bebbler  
Catherine Belling  
Sonia Berrios  
Peter Blatny  
Rigorous Boruch  
Yolanda Brown  
Louis Caronia  
Lisa Clark  
Jean Connor  
Patricia Cosentini  
Margaret DeTrano  
Edward Drummond  
Darlene Ernest  
Lori A. Escallier  
Edward Feldman  
Daniel Fischer  
Frank Goldsmith  
Hylton Gordon  
Michael Greenberg  
John Griffin  
Glen Hazell  
Charles Hines  
Lielie Hong  
Jean Hurley  
Lydia Johnson  
Corrine Jurgens  
Susan Katz  
Colleen Kenefick  
Barbara Knecht  
Linda Kraft-Randell

Cynthia Lombardo  
Kenneth MacDowell  
Tina Maria Manning  
Charles Mazzaresse  
Darcy McGuire  
Peter Nabel  
Jeanne Neville  
William Oxberry  
Barbara Panessa-Warren  
William Pollack  
Corinne Rampollo  
Frances Ricco  
Consuelo Robles  
Jessica Russell  
Jennifer Safranek  
Judith Schwartz  
Patricia Schwartz  
Chandra Shrestha  
Arlene Smaldone  
Marylou Stewart  
Mark Swerdloff  
Anthony Szema  
Raveesh Talanki  
Marianne Tan  
George Tortora  
Marie Tsivitis  
Marie Varela  
Susan Vitale  
Patricia Warner  
Andrea Watson  
Doris Weisman

## THE LONG ISLAND STATE VETERANS HOME SUNY AT STONY BROOK'S LONG TERM NURSING HOME

*How and why did the State University of New York come to be the operator of a 350 bed skilled nursing home on its campus?*

### *The How:*

The Long Island State Veterans Home was created by an act of legislation, to be operated by the State University of New York at Stony Brook, as a skilled, long term nursing facility for the veterans of New York State, and opened its doors on October 28, 1991.

### *The Why:*

In the late 1970's, the Veterans Administration conducted a needs analysis study to determine a) the demographic profile of our aging veteran population in this geographic area, and b) determine the available nursing home resources for this special group of people. Subsequent to the study, the Veterans Administration and the Department of Health, under its Division of Institutional Management, decided to embark on a building project for 11 state operated veterans nursing homes.

This site was chosen by a coalition of veteran activists, the Department of Health, and the Division of Veteran Affairs, who proposed legislation to build a nursing home for New York State veterans on the campus at Stony Brook. The Stony Brook campus was the best location because Suffolk and Nassau veterans who required skilled care could utilize the nursing home and still live close to their families.

By the nineteen eighties, University Hospital was established as Suffolk's only tertiary teaching hospital, operated under the guidance of the Health Sciences Center, to care for the county's citizens, and to teach health sciences to our students. It was to be a premier health institution that employed the most educated and qualified health care providers, using the latest technological equipment and techniques that health care could offer.

It was further felt that there would be a symbiotic relationship between the Health Sciences Center, the hospital, and the new nursing home. HSC Schools would teach students geriatric primary care specialty disciplines, including doctors, nurses, occupational and physical therapists, social workers, recreational therapists, dieticians, and health care administrators. They would have the opportunity to work with home residents with our own clinical staff as teachers. The

veteran resident would benefit from the specialized medical services from numerous clinical practices in the hospital, such as ophthalmology, dermatology, oncology, urology, etc. The veterans also receive radiological and laboratory services from University Medical Center, and are therefore, an important source of revenue for the hospital. Also, if a veteran's medical condition required emergency or acute level of care, they could be transported to University Hospital and be cared for and followed by their own physician.

Unlike the other state veterans nursing homes, the Long Island Nursing Home was to be operated by the Health Sciences Center, as a university division. There was an expressed teaching mission established by the original founders of this facility and it included provisions for faculty appointment of some of the staff, with the desire to blend into the campus and hospital physical plant, operational, and financial relationships. For example, campus security, environmental health and safety, facilities engineering support, and electrical power by Co-Gen, are among some of the campus operational relationships.

A licensed administrator runs the home who reports to the Dean of the School of Medicine and Vice President of the Health Sciences Center. The Home generates its own revenue income and does not receive SUNY/state appropriations except for a fractional subsidy for personnel fringe benefits. Ever since its opening on October 28, 1991, after a rocky first year, the Home has been almost always at full 350 bed occupancy, including two special units for dementia and respiratory care. It has enjoyed a successful financial status for the last several years, meeting all its operational expenses and improving the plant by construction projects that enhance the quality of life for its residents.

The administrative leadership and clinical staff has been committed to its mission of caring for these special veterans and to providing a level of care and quality of life not common in other nursing homes. The Home employs approximately 400 persons, over 100 of whom are UUP staff. Our professional staff typically has a bachelor degree and/or higher levels of education with extensive clinical experience. The staff includes resident staff physicians who become the home residents' primary care clinicians, interacting with the family, and a clinical interdisciplinary team of specialists who monitor resident status. Our residents have



access to specialized wound care treatment, energetic and diverse recreational activities, and wonderful pastoral services. This Home attracts hundreds of caring and active volunteers from the community and there is an atmosphere of congeniality and caring towards the families who spend many hours with their loved ones.

In March 1995, the Long Island State Veterans Home opened an Adult Day Care Facility for area veterans. This program operates six days a week from 9:00A.M. to 3:00 P.M. providing many of the same services the in-house residents receive. As of this writing, the Home's Adult Day Care Program only accepts veterans and spouses of vets. Admission of the general public in order to achieve a consistent full census of 50 resident capacity is being considered.

I believe it would be safe to say that our "team" approach to geriatric nursing care is providing the best, highest quality services to the veterans. Their families can be assured that we employ only the best-qualified staff to care for them. Good geriatric care should be a universal concern of everyone, as everyone will need to use these kinds of services some day. All of our fellow UUP members support the mission of care and education for health care workers who will care for the elderly. Only then, can we be sure it will be there for us when we need it. Veterans of New York State and this country deserve a place like this, for their sacrifices and service to us all.

**Lucy Protosow**  
**Grievance Committee**

## SUNY LOBBY DAY ADVENTURE

Tuesday, February 9<sup>th</sup> was SUNY Lobby Day. Two full busloads of administrators, faculty, staff, and students rode along with President Shirley Strum Kenny and Bill Godfrey, west campus UUP president. Most of the members who attended were from the Health Sciences Center and University Hospital. Tuesdays in January through April are set aside by the legislature for lobbyists to come to Albany and air their views, and familiarize the assembly and senate with problems or concerns that could be addressed in that session. Everything was well organized. Upon arrival at the Capitol and Legislative Office Building we were divided into 10 groups of 8-10 individuals. Each group was lead by a team leader who was a core lobbyist. Each team also had a designated number of assembly or senate members to visit.

To many on my team, with the exception of the core lobbyist, this was a new experience. There were a few offices where the legislators were not available. We were graciously received by Assemblyman Edward Sullivan, chair of the Higher Education

Committee. We were also welcomed by Assemblyman Keith L.T. Wright who spoke about getting more students active and registered to vote. Assemblyman Anthony S. Seminerio, assistant majority leader, greeted us with open arms and made us feel right at home. He enlightened us with his views on higher education. We also met with Assemblyman Steven Englebright, on the faculty in the Department of Geosciences and from our district. It was nice to see that he remembered me from previous phone banking done at his office for his recent re-election campaign.

My first experience as a lobbyist was interesting and extremely informative. I look forward to further participation and urge all members in our chapter to become involved as active participants at least once in the lobbying process. Make your voice count. If you are interested, you can call the union office at 444-1505 or Bill Godfrey at 632-6546.

**Tina Maria E. Manning**  
**Secretary**

# To Your Health: Getting Started in Regular Exercise

Spring is here, or at least it's just around the corner. And so, if you are not already a regular exerciser you may be thinking about becoming one. You know the drill. Exercise is good for your health, for your level of fitness, for helping you to lose weight, for improving your figure (whether you are overweight or not), and finally, it makes most of us who do it feel better and feel better about ourselves.

You may have tried exercising in the past, but then quit for one or more of the following reasons:

- After a short time you found it evermore difficult to find the time/make the time in your life schedule.
- You knew of only a couple of sports/activities that you thought would be suitable and didn't like or had trouble doing any of them.
- You went out vigorously at the beginning and ended up hurting all over too much of the time. That's not fun.
- Worse yet, you went out vigorously at the beginning and ended up injured. That's certainly not fun.
- You weren't really sure why you were doing it and for whom you were doing it, so you ended up feeling angry, and then perhaps even feeling guilty when you did quit. That's not fun either.
- Conversely, you did set goals, but they were unrealistically high. When you failed to achieve them right away, frustration set in, and that was it.

"Yes, that is I," you may well be saying at this point. "But I really do want to become an exerciser. What are the secrets?"

Well, whether you are trying it for the first time or are preparing for another go, there are a few, actually-not-very-mysterious secrets. The most important one is this: only **regular** exercise can confer any of the benefits of exercise. That's right. If you don't do it regularly, you can get nothing from the effort, from the health benefits to feeling better about yourself. But, for most of us the hard part of regular exercise is precisely the regular, not the exercise.

Therefore, the first secret is to **start right**. And how do you do that? *Make your first objective setting up and getting on a regular schedule*, without worrying about what exercise you are doing. It's as simple as that. Try this. For the first two weeks of your new exercise program, schedule three sessions in which you will simply walk around the block at your regular walking speed for ten minutes.

For the next two weeks, walk around the block, again at your regular pace, for 20 minutes three times per week. Remember, to become a regular exerciser, your first focus has to be on the **regular**, **not** the exercise. Once you have found the time, made the time, there will be plenty of time to focus on the exercise itself. By the time you are ready to do that, you will have solved the principal problem of regular exercise: becoming regular.

The other three secrets of regularity as well as various details of exercising itself will appear in future columns in this series. In the meantime, just try getting out there for a stroll on a regular basis. In no time, you will have convinced yourself that you **can** do it. Then it will be on to sweating a bit. But that's for later. For now, focus on **getting started right**, and have fun!

**Steven Jonas, MD, MPH, MS**  
**Academic Grievance Chair**

## VOTE/COPE is Setting Records

- ▣ *Pro SUNY candidates are in office*
- ▣ *Contribution support is the highest in 21 years of NYSUT history*

The winner is YOU!

If you are not a member of VOTE/COPE, please visit the UUP office to sign up now. The bigger and better our VOTE/COPE power, the stronger your voice for political action. This action is needed to ensure our endorsed candidates vote for issues vital to us. Contract negotiations are in process. A review of our last contractual epic serves to remind us how important it is to support and educate legislators who will be voting on budget issues.

Our Valentine's Day VOTE/COPE drive raised over \$600 more for the year's activities. Please increase your support by \$1 or bring a friend to join. Double the effort, double the chances of winning!

**Doris R. Weisman, NP, MS**  
**VOTE/COPE Coordinator**

# If You Don't Have Long-Term Care Protection, There May Be Something Missing From Your Insurance Coverage.

**S**aving money is important to you. In planning for your future, you try to save, invest wisely and prepare for unexpected expenses. Long-term care (LTC) is an unexpected expense that can happen now or in your later years, and you may not have planned for it. That's why LTC insurance can help protect you from the high costs of long-term care.



As surprising as it may seem, your current health insurance is probably not designed to pay for LTC. Disability insurance won't pay either. Without LTC insurance, you could spend your life savings paying for care services, because the average stay in a New York state nursing home can cost \$180,000<sup>3</sup>. It's easy to see how the cost of LTC is the number one cause of poverty among older Americans<sup>4</sup>.

We often don't plan for long-term care because we're not sure what it is. It's care for an extended period of time, when activities of everyday life, like bathing, dressing and eating, become too difficult to do on your own.

To fit the needs of the person receiving care, LTC services are provided in a number of settings, from home health care to assisted-living facilities to nursing homes.

Chances are, you or someone close to you will probably need LTC. It is estimated that:

- 50 percent of us will need it at some point in our lives<sup>1</sup>
- 40 percent of people who need care are under the age of 65<sup>2</sup>.

Accidents, chronic illnesses and cancer are some of the reasons why younger people lose their independence and need help from professional caregivers.

The time to buy is now. The cost of LTC insurance is determined by your age at the time you enroll. The younger you are when you buy, the lower the cost. Also, in most cases, LTC insurance is medically underwritten, and the longer you wait to apply, the greater your chances are of developing a condition that could preclude you from acceptance for coverage.

NYSUT cares about the needs of its members, and as one, you are eligible to apply for the enhanced NYSUT Benefit Trust-endorsed group LTC Insurance Plan. It has:

- More features
- Greater flexibility
- More options
- More services

You owe it to yourself to learn more about LTC insurance and how it can help protect you and your family. Call NYSUT Member Benefits at 1-800-626-8101 for more information.

<sup>1</sup> *Detroit News*, July 1996

<sup>2</sup> *U.S. General Accounting Office Report*, June 1995

<sup>3</sup> *The Wall Street Journal*, March 21, 1997

<sup>4</sup> *Best's Review*, April 1996

## Elections Calendar

Every two years, all UUP chapters conduct elections during the spring semester. Every HSC chapter officer and delegate position will be open for nominations, including delegate positions to our affiliate meetings, the NYSUT Representative Assembly and the AFT Convention.

One of the most important duties that you have as a union member is voting for your representatives. If you would like to work for positive change and to become a more active member, consider nominating yourself as a delegate. Self-nominations are perfectly acceptable and your name will appear on the chapter ballot.

Watch for the nomination forms in January and give serious consideration to either nominating yourself or encouraging a colleague to run for a chapter leadership position.

January 13<sup>th</sup> ..... Chapter Nomination Forms Mailed from  
..... Albany  
February 10<sup>th</sup> ..... Chapter Nominations Close  
March 26<sup>th</sup> ..... Chapter Election Ballots Mailed  
April 14<sup>th</sup> ..... Chapter Election Ballots Due  
April 15<sup>th</sup> ..... April 17<sup>th</sup> Chapter Election Ballots are  
..... Counted  
June 4<sup>th</sup> ..... Run-off Election Ballots Mailed (if  
..... necessary)  
June 23<sup>rd</sup> ..... Run-off Election Ballots Due  
June 24<sup>th</sup> ..... Run-off Election Ballots are Counted

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**Office:** HSC Level 5, Room 572, Zip 8553  
**Hours:** Mon. - Thurs., 9:15 a.m. to 4:00 p.m.  
**Telephone:** 444-1505; FAX 444-7566

### OFFICERS

**President** - John J. Marino ..... 444-1505  
**Vice President (Academic)** - Michael Silverberg ..... 444-2347  
**Vice President (Professional)** - Dennis J. Caruana ... 444-4228  
**Secretary** - Tina Maria E. Manning ..... 444-3232  
**Treasurer** - Edward W. Hines ..... 444-1347  
**Grievance Chair (Academic)** - Steven Jonas ..... 444-2147  
**Grievance Chairs (Professional)** - Leslie Burnett ..... 444-4185  
Ed Drummond.....444-2245  
**NYSUT Field Representative** - Dawn Hopkins ..... 273-8822  
**Newsletter Editor** - Colleen Kenefick ..... 444-3995  
**Administrative Assistant** - Sharon Hines ..... 444-1505

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The opinions expressed in the Newsletter are those of the authors, the editor, or the Stony Brook HSC Chapter of UUP and are not necessarily the opinions of the United University Professions.

The UUP Newsletter welcomes articles and letters submitted by members of the Stony Brook community. Remember, this is *your* newsletter. Share your thoughts with us, we want to hear from you. Persons who have material they wish to submit should contact: Colleen Kenefick at 444-3995 or 444-1505.

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