



April 2020 Newsletter

March Meeting

New officers were elected. Congratulations to our new executive committee:

President – Anne Pierce-Jones
Vice President – Elynn Cowden
Secretary – Laurie Harris
Treasurer – Diana Shea

Our speaker for the March meeting was Mirle Hernandez. She was joined by Sarah Manges. Mirle spoke about Teachers against Child Detention. This is an activist group concerned with border issues, especially focused on children in detention. We learned about divesting funds from private prisons.

NM Primary June 2, 2020

With the uncertain timeline for social distancing you should consider an absentee ballot.

Absentee voting begins Tuesday May 5. Go to NMVote.org to request an application for an absentee ballot or fill out an online application. No excuse is required to vote with an absentee ballot.

Requests will be accepted until Thursday, May 28th. Requests must be made by this deadline in order for the absentee ballot to be mailed by the appropriate county clerk in a timely manner. Absentee ballots can be returned to your County Clerk's Office, an early voting location prior to Election Day or any Election Day polling site.

Stephanie Ly, AFT NM President

"AFT is the 2nd largest nursing union. Thus, just like other union members who are still working (i.e. firefighters, grocery store employees, plumbers, airline workers, etc.) our AFT brothers and sisters need positive words as they are having to work every day helping those in need, often without the protections (because masks, etc. are not available). If we can all start writing posts thanking these workers, and adding #IamAFT, that would be wonderful. Now, more than ever, is the time when we need each other."

Laughter is the Best Medicine

A sign outside a neighborhood church reads:
"Had not planned on giving up quite this much for Lent".

April Meeting Cancelled

Due to the coronavirus we will not be holding an in-person meeting in April. But we still want to stay in touch. We are planning a Zoom webinar for May.

Yikes and Thanks!

According to a report from the American Diabetes Association in 2017, "People with diagnosed diabetes incur average medical expenditures of \$16,752 per year, of which about \$9,601 is attributed to diabetes specifically."

Governor Michelle Lujan Grisham signed House Bill 292 which caps the monthly cost of insulin for diabetes patients at \$25, the lowest copay in the country. She said, "Helping diabetes patients is a priority." Insulin prices have nearly tripled in the last ten years.

AFT Endorses Joe Biden

Acting on a clear mandate from AFT's membership, the AFT national executive council passed a resolution endorsing former Vice President Joe Biden for president. After more than a year of member engagement on the endorsement process – with more than 300,000 AFT members nationwide participating in candidate events, town halls, polls, regional conferences and other efforts – new membership polls show strong support for Biden.

Room to Zoom

Zoom is a way to meet with others much like FaceTime or Skype. It can be done with your computer or smartphone. Our new secretary Laurie Harris will teach us how to Zoom.

Laurie will be conducting learning sessions where she will help you. Once you see how easy it is you will be zooming with your book club, grandkids, and the AFTNM Retirees. Write to Laurie at MrsHarrisABQ@gmail.com for information.

Thought for the Day

"Pondering the future can be overwhelming . . . fortunately we only have to deal with one day at a time."

-Ziggy

Email List

Would you like to get on the ATFNM Retirees email list? This link will be posted on Facebook to make it really easy to fill out a Google form and get on the list.

<https://forms.gle/688cKWBdnvFAKv7W9>

AFT History – Did You Know?

May 17 marks the 66th anniversary of the Supreme Court's ruling in Brown vs. Board of Education, which determined that segregating schools on the basis of race was “inherently unequal” and thus, unconstitutional. AFT filed an amicus curia brief in the historic 1954 Supreme Court desegregation case Brown v. Board of Education of Topeka. Previously in 1953 the AFT had amended its constitution to provide that “No charter of the AFT which defines or recognizes jurisdiction on the basis of race or color, or permits the practice of such jurisdiction, shall be recognized as valid, and the practice of any such local in limiting its membership on account of race or color shall render its charter void.” The federation willingly suffered the loss of thousands of members in 1957 when it expelled its remaining segregated locals in the South.

How to Get QQT

What is QQT? Quality Quarantine Time. Here are four ways to help preserve your psychological well-being. 1) Accept Negative Emotion – It’s ok to be anxious, sad or angry sometimes. 2) Create New Routines – Planning and executing new routines help connect you to what really matters in life. 3) Invest in Self-Care – Exercise, good nutrition and socializing are directly linked to emotional well-being. 4) Reflect & Reframe – Realize that trying times like these offer opportunities for psychological growth.

Exercise for Health

Silver Sneakers is a fitness program that is available at no cost to adults 65+ on participating Medicare plans. You can find lots of videos that you can do at home at silversneakers.com.

(Not a Silver Sneakers member? Under 65? Not a problem. Search Facebook for SilverSneakers and join a live class or choose a video to watch - they’ll never know you’re not a member. 😊)

Stay healthy, stay safe!

Next Meeting

Our next meeting should be **May 13, 2020** at 1 pm. If possible, we will meet at the AFT Union office at 530 Jefferson St. NE, (next to Zia Elementary School, not far from the intersection of Lomas & San Mateo).

Most likely we will be meeting online. We are planning a webinar on Zoom for this meeting to protect our members. If you think you will need help with using Zoom, please email our President Anne Pierce-Jones.

Contact information:

Email: AFTNewMexicoRetirees@gmail.com

Facebook: AFT New Mexico Retirees – Chapter 8029

Web: <http://aftnmretirees.nm.aft.org/contact-us>

530 Jefferson NE Albuquerque NM 87108



AFT New Mexico Retirees Chapter
Local 8029-R/AFT/AFT NM

MEMBERSHIP APPLICATION

NAME

ADDRESS

CITY

STATE AND ZIP

PHONE AND EMAIL

ANNUAL DUES

\$25 Per Person - Certified

\$20 Per Person - Classified

Please make checks payable to AFT NM Retirees Chapter and mail to: 530 Jefferson St NE, Albuquerque NM 87108

VOLUNTARY AFT RETIREES CHAPTER

COPE DONATION

(write a separate check for this)

NAME OF CONTRIBUTOR

AMOUNT

DATE

CHECK# OR CHECK HERE FOR CASH

KEEP THIS AS A RECEIPT FOR COPE DONATION

NAME OF CONTRIBUTOR

AMOUNT CONTRIBUTED DATE