

THE **Yonkers** Teacher

May 2026

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nysut
A Union of Professionals



Dear YFT Members,

From time to time, we all need someone to talk to, someone who understands the unique challenges of our profession and can offer support in a confidential, non-judgmental way. Please remember that, in addition to mental health services available through our medical benefits, there are several free and reduced-cost health and wellness resources available to you through our state and national unions, NYSUT and AFT. These benefits are designed to support you, personally and professionally, when you need them most. You can find additional information at **MemberBenefits.nysut.org**. Below is a brief overview of some of these resources:

NYSUT Peer Support Line

NYSUT offers a free Peer Support Line staffed by highly trained in-service and retiree members from across the state. While they are not counselors, they are available to listen, empathize, and help guide you toward appropriate resources when needed.

The Peer Support Line can assist with a wide range of concerns, including:

- Locating mental health services or support
- Navigating Medicare or Medicaid questions
- Managing work-related stress
- Supporting new members
- Identifying eldercare or caregiving services
- Addressing marital, relationship, or parenting concerns
- Reducing feelings of isolation
- Accessing services for individuals with disabilities
- Finding support for victims of violence

Managing planned or unexpected hospitalizations

To reach the Peer Support Line, please call 844-444-0152.

Calm App – Premium Subscription

As we move through busy and often stressful times, it is important to take care of yourself. NYSUT members have access to a free premium subscription to the Calm app, which offers guided meditation, relaxation exercises, breathing techniques, movement, and music to support overall wellness. To activate your subscription, visit: <https://www.calm.com/b2b/nysut-member-benefits/subscribe>

BetterHelp

BetterHelp is an online platform that provides convenient and accessible therapy with licensed professionals. NYSUT members are eligible for 50% off their first month of services.

Talkspace

Through AFT, members have discounted access to Talkspace, which provides high quality online therapy and mental health resources.

No-Cost Trauma Counseling

AFT also offers up to three months of no-cost trauma counseling with a licensed therapist. This confidential service is available to in-service members, including those currently on leave.

Please know that you are not alone. Support is available, and reaching out is a sign of strength.

In solidarity,

Samantha Rosado-Ciriello, President



YONKERS FEDERATION OF TEACHERS

Committed to Excellence in Education

Samantha Rosado-Ciriello
President

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May 1, 2026

To All YFT Members,

Since there was no contest for the delegates to the AFT Convention, the following will represent the YFT at the AFT Representative Assembly Convention, which will be held in Washington D.C., on July 15-19, 2026.

Pat Puleo	Bryan Boyd	Noelia Soto
Amy Paci	Gina Mazahreh	Lia Council
Elizabeth DeLuca	Wael Awwad	Jayne Downes
Karina Polanco-Black	Erin Gorman	Florence McCue
Eric Rothstein	Shanauzelda Montgomery	Shai Stephenson
Lynn O'Donnell	Kenneth Texler	

Fraternally,
The Election Committee

Welcome May

6th	3:45pm	Executive Board	YFT
7th	3:45pm	Ed Issues Committee	YFT
11th	3:45pm	YFT TA Meeting	YFT
11th	3:45pm	YFT COR Committee	YFT
12th	2:00pm	Retiree Committee	YFT
12th	4:00pm	Paint & Sip	Rory Dolans
14th	3:45pm	Human & Civil Rights	YFT
20th	3:45pm	Executive Board	YFT
20th	5:30pm	Board of Ed Meeting	Saunders
21st	3:45pm	Building Assembly	Roosevelt HS
29th	3:00pm	Relay for Life	Gorton HS

YFT HAPPY HOUR

MAY 15, 2026 | 3PM - 6PM

JOIN YFT MEMBERS IN CELEBRATION AS WE ENJOY OUR FRIENDSHIPS AND CONTINUE BUILDING NEW ONES

LIGHT APPETIZERS & DRINK SPECIALS!

SOLIDARITY FOREVER!

RANCHO GRANDE
1789 CENTRAL PARK AVE.
YONKERS

BRING A FRIEND!

Member Benefits covers all your summer needs!



May/June 2026

No matter what your upcoming plans include, NYSUT Member Benefits can help turn this summer into one that you'll always remember.

If you're seeking excitement, look no further than the Grand Circle Travel & Overseas Adventure Travel program. NYSUT members enjoy reduced pricing (at least a \$150 savings per trip along with many other discount opportunities) on a variety of international and domestic tours, including new "Immersion" adventures (8-12 days in length) designed for travelers seeking a more active style of adventure. "Immersion" tours combine iconic destinations, authentic cultural experiences, and dynamic outdoor activities.

Transform your indoor or outdoor

living space with a variety of options from **Purchasing Power**. Eligible NYSUT members can browse from thousands of items and pay over 12 months through payroll deduction or Automated Clearing House (ACH) withdrawals. Save 20% on your first order and at least 10% on all subsequent purchases. While not a discount program, Purchasing Power offers the benefits of no credit check, no hidden fees, and fixed payments.

Thinking about upgrading your home with new appliances, countertops, or kitchen cabinets? The **Buyer's Edge, Inc.** buying service program can be

used to purchase these items and many others such as new or used vehicles, televisions, furniture, mattresses, desktop and laptop computers, home security systems, and more (all backed by a low price guarantee). With Buyer's Edge, you have the option of purchasing online, by phone, or in-person (in certain benefit categories and geographic regions).

**LEARN MORE
ABOUT THESE
BENEFITS AND
MANY OTHERS**

SCAN ME



Scan the QR code, visit mb-nysut.org/summerplanning, or call 800-626-8101.

If I Can Do This, You Can, Too !

By David Bonington, CFP®

Financial Counselor

Stacey Braun Associates, Inc.

I hope this article finds everyone well!

2026 finds me in semi-retirement, working with educators and public servants for part of a week and filling two days with other activities. So far, I've devoted time to healthy things, like more exercise, and I'm also pursuing fresh challenges.

One of them is playing Bridge, a game my mother taught me to play in my early teens. I played in college, and then (with life, career, and family taking over) not again for several decades. If you don't know, the game is great exercise for the logic and reasoning half of the brain, as one tries to apply experience, probability, and educated guesswork to bring order to a nearly limitless universe of possible puzzles. (The number of possible "puzzles," or hands, which can materialize with 52 cards randomly distributed to 4 players is larger than the number 8 *followed by 67 zeros!* Fortunately, paying attention to bidding by two opponents and your partner can help you "see" some of the 39 cards you don't have in your hand.)

But the game changed while I was away! It's not the objectives or the rules which are now different – it's the *bidding conventions* and *playing tactics*. I've joined a club where members (who have been playing regularly for a long time) bring their partnership strategies and dig in for a daily 3-4 hour, we-mean-business effort to earn a share of the available Life Masterpoints. All this is extremely intimidating to a latecomer who can only play once a week. I'm out of my comfort zone - but I'm not too proud to ask for help: I take a weekly, two-hour group lesson, and (even better) I've found an experienced, knowledgeable, and caring partner who - without pressure or judgment - helps me up my game every Monday afternoon.

Why share this? It occurs to me that the nervousness and apprehension I overcome to walk into the club could be exactly the same feelings which are preventing you from meeting with a Stacey Braun Associates counselor - who like me are all Certified Financial Planners®. Financial topics are complex, confusing, and intimidating. Without background knowledge, many are hard to grasp, let alone master. But almost all of them are important – some critically so – and they matter far, far more than a card game. Why not let your no-cost-to-you financial counseling program provide you with some helpful information, explanations, ideas, and suggestions?

My recommendation for the new year? If it's been nervousness, uncertainty, or anxiety which has kept you from doing so, summon the courage to make an appointment. If I can walk into that club each week, I bet you will not only survive but - with high likelihood - benefit from and even enjoy a meeting with an experienced, knowledgeable, and caring Stacey Braun planner who – like my partner, without pressure or judgment - can help you up your financial game!

**A free, confidential session with a Stacey Braun planner can be arranged by calling 1-888-949-1925.
No financial products are sold and there is no sales pressure.**