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Volume 37, Issue 23 November 2021



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Volume 37, Issue 23 November 2021

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PRESIDENT'S MESSAGE

by Christopher J. Piazza

Our annual golf outing was held on Sept 24th, 2021 and it was a huge success. This was my 2nd outing as President, I could not have been any prouder of the turnout we had. Any outing of this size cannot be a success without the help of others. I tip my hat to Jack Hellman, along with the Executive Board who were all extremely helpful in the running of this successful outing. As always Barbara Gallo assisted us with the 50/50. A big thank you to Barbara. Paul Ferrigno helped out with the selling of raffles and tallying the monies collected. Paul Gallo, Joe Molloy and Vin Montagna were the "Jack of all trades", giving help where needed. Dana Motors once again donated a new car for the taking if a hole and one was recorded. John Donohue handled the photos of all the golfers at the hole in one, but sadly to say no one won that car again. The profits made from this outing will be going to many charitable causes. I would like to Thank all those who supported us with a donation or with a foursome.

Our October meeting was a big hit. We would like to Thank Empire Health/Blue Cross Blue Shield for their time and patience with our questions. As 2022 approaches we as an Association are maintaining the financial changes we made in 2021. To assist in better record keeping we will require two (2) separate checks for 2022 Annual Dues and any Additional 2022 Courtesy Cards. If you feel comfortable with the internet you can always pay online at our website vz1013.com. Please be reassured this is a safe way to pay your annual dues. As always, our success of our association is in its membership.

Tell a fellow MOS about us and have them join us for a meal. I am sure they feel the same as I do... "I miss the clowns but not the circus". You would be surprised who you might bump into at a meeting. We need our brothers and sisters to stick together especially in today climate. Hope to see you at our annual December Christmas luncheon.



VICE PRESIDENT'S LINES - Joseph Molloy

A special thank you to the Comesso Family for donating so many beautiful Gift Baskets for our raffle table. Please mark the date in your calendar for our Annual Christmas Luncheon at Nucci's on Wednesday, December 15, 2021.

FYI

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THINK BEFORE YOU DONATE!

SOMETHING TO THINK ABOUT BEFORE YOU MAKE CONTRIBUTIONS:

As you open your pockets to do a good thing and make yourself feel good, please keep the following facts in mind:

<p align="center"><u>The</u> American Red Cross President and CEO Marsha J. Evans' salary for the year was \$651,957 plus expenses</p>	<p align="center"><u>MARCH OF</u> <u>DIMES</u> It is called the March of Dimes because <u>only a dime for</u> <u>every 1 dollar is</u> <u>given to the</u> <u>needy.</u></p>	<p align="center"><u>The</u> <u>United Way</u> President Brian Gallagher receives a \$375,000 base salary along with numerous expense benefits.</p>	<p align="center"><u>UNICEF</u> CEO Caryl M. Stern receives \$1,200,000 per year (100k per month) plus all expenses including a <u>ROLLS</u> <u>ROYCE.</u> <u>Less than 5</u> <u>cents of your donated</u> <u>dollar goes to the</u> <u>cause.</u></p>	<p align="center"><u>GOODWILL</u> CEO and owner Mark Curran profits \$2.3 million a year. Goodwill is a very catchy name for his business. You donate to his business and then he sells the items for <u>PROFIT.</u> He pays nothing for his products and pays his worker's minimum wage! Nice Guy. <u>\$0.00 goes to</u> <u>help anyone!</u> Stop giving to this man.</p>
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Instead, give it to ANY OF THE
FOLLOWING

GO "GREEN" AND

PUT YOUR MONEY WHERE IT WILL DO SOME GOOD:

<p align="center"><u>The</u> <u>Salvation Army</u> Commissioner, Todd Bassett receives a small salary of only \$13,000 per year (plus housing) for managing this \$2 billion dollar organization. <u>96 percent of</u> <u>donated dollars go</u> <u>to the cause.</u></p>	<p align="center"><u>The</u> <u>American Legion</u> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p align="center"><u>The</u> <u>Veterans of Foreign</u> <u>Wars</u> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p align="center"><u>The</u> <u>Disabled American</u> <u>Veterans</u> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p align="center"><u>The</u> <u>Military Order of Purple Hearts</u> <u>National Commander</u> receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>
<p align="center"><u>The</u> <u>Vietnam Veterans</u> <u>Association</u> National Commander receives a \$0.00 zero salary. Your donations go to help Veterans and their families and youth!</p>	<p align="center">Make a <u>Wish:</u> For children's last wishes. 100% goes to funding trips or special wishes for a dying child.</p>	<p align="center"><u>St. Jude</u> <u>Research Hospital</u> 100% goes towards funding and helping Children with Cancer who have no insurance and cannot afford to pay.</p>	<p align="center"><u>Ronald</u> <u>McDonald Houses</u> All monies go to running the houses for parents who have critically ill Children in the hospital. 100% goes to housing and feeding the families.</p>	<p align="center"><u>Lions</u> <u>Club International</u> 100% OF DONATIONS GO TO HELP THE BLIND, BUY HEARING AIDES, SUPPORT MEDICAL MISSIONS AROUND THE WORLD.THEIR LATEST UNDERTAKING IS MEASLES VACCINATIONS (ONLY \$1.00 PER SHOT).</p>

Please share this with everyone you can.



TREASURER'S LINES - Henry Cartmell

I hope all had a healthy and happy summer. The Golf Outing went well and all those who attended enjoyed themselves. I would like to thank all those that attended along with the hole sponsors who helped make it a success. Thinking ahead, our holiday luncheon is being planned for December and hopefully all can attend. Don't forget to mail in or pay your 2022 Dues at the meeting.

Stay safe and well.



RECORDING SECRETARY'S LINES - Paul Gallo

On October 14, 2021, the Verrazano 10-13 ran a trip to Resorts in Atlantic City. The bus company provided a beautiful bus and the weather cooperated with a warm day to walk the board walk. Members had lunch at the Landshark Grill on the beach and Resorts provided \$20.00 in slot play. All together we had an enjoyable day out with some winners and some losers. We expect to run another trip after the holidays and hope more members take advantage of the trips we plan. Until then have a nice Thanksgiving and a Merry Christmas. I look forward to seeing everyone at the Christmas party in December.



SGT. AT ARMS - Jack Hellman

I hope you and your family are in the best of health!

Our Golf Outing was a great success, and a good time was had by all!

It wouldn't have happened if not for all that participated and those that helped. I would be remiss if I didn't thank those people, Joe Molloy, Vincent Montagna, John Donohue, Paul Ferrigno, John Ross, Bill Kelly, Harpo Silvestri, Matt Hellman and last but not least Barbra and Paul Gallo, but most important to me was Richie's Little Girls Susan and Debbie! Sorry if I left anyone out. Special thanks to our President and Bunker Hill.

Our October Meeting was a little chaotic due to invited guest that talked on the important subject our Medicare Health Plans. I hope the speakers gave you some insight of what your choice of plans will be.

We also had Al Acierno, PBA Financial Secretary who graciously came to speak to us. However, I was upset by the actions of some of our members that walked out while he was speaking, I guess getting something to eat was more important than hearing what he had to say!

Stay Safe and enjoy your Thanksgiving! As always if we can help with any questions feel free to contact me or any other board members.

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TRUSTEE - John Ross

Hello all, I hope everyone enjoyed their summer and that this message finds you and your family's well. It was nice to see everyone at our October's meeting which was very informative, and I hope our guest speakers we're able to shed some light on the ever-confusing information regarding the upcoming changes to the health insurance benefits that some of our membership may have experienced. November 2nd is election day so please remember to get out and vote and make your voices heard in these very unusual times! I would like to wish everyone and their families a very Happy Thanksgiving and look forward to seeing you all at our next meeting.



TRUSTEE - William "Harpo" Silvestri

Autumn is here and winter is just around the corner. Not a problem for the snowbirds. The rest of us have to limit our activities and be careful not to exert ourselves too much. Hopefully, the winter will be a mild one.

To all, I wish a Happy Thanksgiving with family and friends. If you don't have to wear a mask, DON'T. As you know, the main objective of our organization is the general welfare of our membership. With that in mind, I was perusing the internet and found, what I believe to be, an interesting article regarding health and nutrition. I think you will find it interesting too. It's printed below. Keep safe and stay healthy.

THE ANTI-AGING BENEFITS OF BERRIES

How these sweet summer fruits can help you stay healthy over the years

By Lisa Lombardi

Of all the luscious, healthy fruits in season now, fresh berries may be the cream of the crop. They are top sources of vitamins, minerals, and disease-fighting nutrients that can help reduce the risk of several age-related conditions. Yet they are also highly perishable and often expensive, which may make you hesitant to purchase them. Here's why you should be buying and eating berries often, plus shopping and storage tips to lower their cost and make them last longer at home.

Among their many nutritional perks, berries provide potassium, magnesium, vitamins C and K, and fiber. They're low in calories and relatively low in natural sugars, and they contain prebiotics—carbohydrates that help feed healthy gut bacteria.

Many of their benefits are attributable to anthocyanins (compounds that give many fruits and vegetables their red, purple, and blue colors). Eating blueberries, a rich source, three times a week may help lower the risk of type 2 diabetes, according to a 2013 study in the journal *BMJ*. And in a study that followed people for up to 24 years and was published in 2016 in *BMJ*, those who regularly ate foods high in anthocyanins—mostly blueberries and strawberries—gained less weight than those who ate them infrequently.

Blueberries and strawberries are heart-healthy, too. According to a study of more than 90,000 women published in the journal *Circulation*, people who ate these berries more than threetimes a week vs. once a month or less over an 18-year period had a 34 percent lower risk of heart attack. And in a 2019 *American Journal of Clinical Nutrition* study, eating the equivalent of a cup of blueberries a day for six months improved heart-health measures in overweight and obese adults with metabolic syndrome. (This condition raises the risk of heart problems and type 2 diabetes.) Regularly eating blueberries has also been shown to help lower systolic blood pressure. "On average, people who eat more berries seem to live a little bit longer," says Eric Rimm, ScD, a professor of epidemiology and nutrition at Harvard's T.H. Chan School of Public Health who has researched berries. He suggests enjoying a cup of berries a day when they are in season to reap the benefits.

Fuel for the Brain

TRUSTEE - Bill Kelly

I just want to tell you about my friend Bob. When I moved into my first house back in 1972 in Sunnyside, he was just an up the street neighbor. A quirky guy, a car guy, a jack of all trades. Most of all he was a great man who loved his wife and family and luckily for me became my good friend for all these years. We did so many things together, house projects, trying to hold his '72 Vega together with rivets, pound for pound that car had more rivets than sheet metal. Most of all it was the laughing, joking, dinners together and storytelling that kept us going. Over the years of working, drinking (I maxed out in 1992) or playing golf together we developed a strong and lasting friendship for which I'm very grateful. After he retired from working for more than 40 years at US Gypsum and moving to LBI we still kept up our relationship long distance via visits, phone and eventually emails, most being off color and hilarious. It didn't matter where we were together, standing in the street, or in far off places we had the fortune to visit, or in the backyard BBQing together it was always a great time. So much time together laughing, crying and all the great memories. I just spoke to him last Wednesday on the phone and then he was gone!

It's sad that he's gone, but I'm happy that I was able to share this with you, thanks for listening. If you knew him you would miss him too.



CORRESPONDING SECRETARY'S LINES - Vincent Montagna

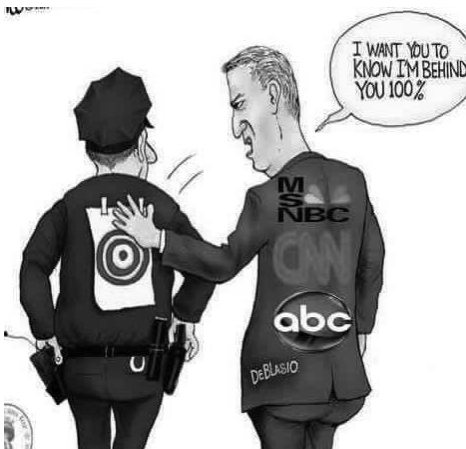


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I leave you with this thought.....

Those who have never fought for the colors they fly..... Should be careful about criticizing those who have. Be careful my friends, it's dangerous out there.

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Verrazano 10-13 Association, PO BOX 061-725, Staten Island, NY 10306

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\$1.00 per card = \$ _____

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2021 ANNUAL GO



BOLF OUTING 2021



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The NYCPD Verrazano 10-13 Memorial High School & College 2020-2021 Scholarship Award Application

APPLICATION

Extra Copies of the application may be obtained at our website VZ1013.com or it can be duplicated (see below). Non-conforming applications will be discarded

SPONSOR

Applicants must be sponsored by a member of Verrazano 10-13 Association in good standing for the past two (2) years. A sponsor may submit multiple applications for different children. However, a sponsor is limited to only one scholarship award every two (2) consecutive yearly drawings.

ELIGIBILITY

A son, daughter or grandchild of a member is eligible for a scholarship and must be attending or enrolled in a College or University on a full-time basis (taking at least 12 credits) for the 2020-2021 school year. Each child can only win once, but a member can sponsor another child after waiting (2) years. ONLY ONE ENTRY PER APPLICANT IS PERMITTED. If more than one application is received for the same applicant, all but one application will be discarded.

VERIFICATION OF ATTENDANCE

Applicants must be attending the education facility during the application year. Proof of enrollment must accompany the application

NUMBER OF SCHOLARSHIPS AWARDED

For the 2020-2021 school year, a \$1000 College Scholarship In Memory of President Richard Comnesso and two (2) \$500.00 College Scholarships will be awarded also one (1) High School for \$500.00 will be awarded.

SCHOLARSHIP DRAWINGS

Drawings will be on a lottery basis in order to give each applicant an equal chance for selection. Scholarship awards will be drawn at the Verrazano 10-13 Christmas Luncheon in December (Alternate drawing date is the January General Meeting). All applications must be received prior to the drawing date. NO APPLICATIONS WILL BE ACCEPTED ON THE DAY OF THE DRAWING.

Cut along dotted line

NYCPD VERRAZANO 10-13 ASSOCIATION – 2020--2021 SCHOLARSHIP APPLICATION



(PLEASE PRINT)

SPONSORING MEMBER OF THE NYCPD VERRAZANO 10-13 ASSOCIATION

Last Name: First Name: MI: Home Phone: Address: City: State: Zip Year Joined Org:

APPLICANT

Last Name: First Name: MI: Home Phone: Address: City: State: Zip Date of Birth: Cell Phone: Email: Relationship to Sponsor: School Attending: Date: Give a brief statement about your Community Involvement:

MAIL APPLICATION TO: NYCPD Verrazano 1013 Association, Scholarship Committee, PO Box 061725, Staten Island, NY 10306

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**College Scholarship Application
2020 - 2021**

Sponsor's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ E-Mail: _____

National 10-13 Chapter: _____

Applicant's Name: _____

Relationship to Sponsor: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ E-Mail: _____

Applicant's High School: _____

College Attending: _____

Address: _____

City: _____ State: _____ Zip: _____

**Please Note: Applicant must be entering 1st year of college.
Only one scholarship will be awarded per sponsor, per applicant.**

**Mail completed application and College Letter of Acceptance to Committee
Chairman, Richard Molloy, 52 Champ Avenue, Pearl River, New York 10965.**

**Member - Alliance of Public Retiree Organizations of New York
Recognized by the Congress of the United States, the Legislature of the State of New York
And the New York City Council as the established union representing all retired NYC Police Officers**

2022

2022

Introducing the NYC Medicare Advantage Plus Plan

The new customized Medicare Advantage plan available exclusively to City of New York retirees. The new plan is provided by Empire BlueCross BlueShield and EmblemHealth and supplies you with the same health insurance plans you know and trust, including access to the same doctors and providers.

Plan Features:



National PPO access — see any doctor, provider or specialist who participates in Medicare



\$0 premium plan



No referrals



Purposefully built benefit enhancements for retirees



Your benefits and coverage won't change, locally or nationwide, in or out of network, giving you added value.

Value for You:



Maximum out of pocket protection



Nationwide access to providers and care, with the same benefits in- or out-of-network without penalty



A simplified enrollment experience



Additional value-added programs and services

- SilverSneakers[®] gym membership
- 24/7 NurseLine
- Non – Emergency Transportation
- Medicare Community Resource Support
- Fitness Tracker
- Foreign travel emergency and urgently needed services

The NYC Medicare Advantage Plus Call Center team is here to help

If you need any help finding your providers or have questions about this plan, please call NYC Medicare Advantage Plus Call Center at **1-833-325-1190**, TTY: 711, Monday to Friday, 8 a.m. to 9 p.m. ET, except holidays.

Additional Resources

For updated communications, important plan information, and other key resources, please visit our retiree-dedicated website at www.empireblue.com/nyc-ma-plus

The City of New York will continue to post updated documents such FAQ's, plan comparison charts, rate charts, ERB form, etc on the OLR website at www1.nyc.gov/site/olr/health/healthhome.page

Benefit Comparison Highlights

Medical Benefits	*2022 GHI/EBCBS Senior Care	NYC Medicare Advantage Plus
	Member Pays	
	In-Network and Out-of-Network	In-Network and Out-of-Network
Annual Deductible	\$253 combined in-network and out-of-network (\$203 Medicare Part B deductible and \$50 Plan Deductible)	\$253 combined in-network and out-of-network
Annual Maximum Out-of-Pocket**	Unlimited	\$1,470 combined in-network and out-of-network
Inpatient Benefits	In-Network and Out-of-Network	In-Network and Out-of-Network
Inpatient Hospital Care (Including Mental Health/ Substance Abuse)	\$300 per admission/\$750 per person maximum per calendar year	\$300 per admission/\$750 per person maximum per calendar year
Skilled Nursing Facility Care 100 days each benefit period	\$0 co-insurance for days 1-100	\$0 copay for days 1-100
Outpatient Benefits	In-Network and Out-of-Network	In-Network and Out-of-Network
Primary Care Physician (PCP) Visits	\$15 copay***	\$0 copay
Specialist Visits	\$15 copay***	\$15 copay
Emergency Outpatient Care	\$50 co-payment per visit***	\$50 copay, waived if admitted within 72 hours
Dialysis	\$0 copay***	\$0 copay

* For 2022, the GHI/EBCBS Senior Care Plan includes a \$15 PCP & Specialist Copay

** Annual Maximum Out-of-Pocket does not include RX

*** Plan pays 20% after Medicare Part B pays 80% of reasonable and customary charges

All benefit chart comparisons for other Plans and Carriers are available on the www1.nyc.gov/site/olr/health/healthhome.page website.

SilverSneakers is a registered trademark of Tivity Health, Inc.

The NYC Medicare Advantage Plus Plan is offered through an alliance between Empire BlueCross BlueShield Retiree Solutions and EmblemHealth.

Empire BlueCross BlueShield Retiree Solutions is an LPPO plan with a Medicare contract. Enrollment in Empire BlueCross BlueShield Retiree Solutions depends on contract renewal. Empire BlueCross BlueShield Retiree Solutions is the trade name of Anthem Insurance Companies, Inc. Independent licensee of the Blue Cross Blue Shield Association.

EmblemHealth insurance plans are underwritten by EmblemHealth Plan, Inc., EmblemHealth Insurance Company, and Health Insurance Plan of Greater New York (HIP). EmblemHealth Services Company, LLC provides administrative services to EmblemHealth companies.

The EmblemHealth companies are separate companies from Empire BlueCross BlueShield.

Empire and EmblemHealth have come together to create a new, customized, fully insured Group Medicare Advantage program for the City of New York.

New York City Verrazano 10-13 Association, Inc.

Comprised of Retired & Active NYPD Police Officers of all ranks
(501 (c) (3) Not-For-Profit Organization)



P.O. Box 061725
Staten Island, New York 10306

Website: www.vz1013.com



Email: Info@vz1013.com

2021 MEETINGS

All meetings will be held at the Knights of Columbus
S.I. Council, 22 Hillside Terr, Staten Island, NY 10308

Meetings are on the 3rd Wednesday
of the month at 7:15 PM as follows:

- January 20th —
- February 17th —
- March 17th —
- April 21st —
- May 19th —
- June 16th —
- July — No Meeting
- August — No Meeting
- September 15th —
- October 20th —
- November 17th

December 15, 2021 Christmas Luncheon

*** Due to Covid 19 ***

All Events are subject to change or cancellation

Annual Holiday Luncheon Meeting

Noon, Wednesday, December 15, 2021
Nuccis South Italian Restaurant
4842 Arthur Kill Rd (Near the Outerbridge)
Staten Island, NY 10309
(718) 967 – 3600



**Application in this newsletter
Selection at the Holiday Luncheon
Presentation at the January Meeting**

Police Relief Fund Emergency Medical Squad

The Police Relief Fund and the Emergency Medical Squad is a FREE benefit that all active and retired members of the service receive (this benefit includes spouses, children and parents)

Benefits include, but are not limited to: Ambulance to/from New York City up to 250 miles; medical equipment: oxygen therapy, pulmonary aid supplies, wheel chairs, electrical hospital beds, crutches, canes, tens unit therapy and other durable medical equipment.

Police Relief Fund / 1-718-626-9320
Emergency Medical Sqd 1-718-626-9321
(See our website for benefit information)

IMPORTANT PHONE NUMBERS

NYPD General Information	1-646-610-5000
Pension Section	1-212-693-5100
Out of State, call Toll Free	1-866-692-7133
PBA Union Office	1-212-233-5531
PBA Health & Welfare	1-212-349-7560
PBA Toll Free	1-877-844-5842
DEA	1-212-587-9120
SBA	1-212-226-2180
LBA & SOC	1-212-964-7500
NYPD License Division	1-646-610-5560
Social Security	1-800-772-1213
GHI	1-800-358-5500
Empire Blue Cross	1-800-433-9592
Medicare "A"	1-800-433-9592
Medicare "B"	1-212-306-7300
Caremark	1-877-722-7911
Ret.Health Ben (Rector St.)	1-212-513-0470
NYC Health Line	1-800-521-9574
VA Benefits	1-800-827-1000
ID Card Selection	1-646-610-5150

IMPORTANT WEB SITES

NYC Pension <http://www.nyc.gov/html/nycppf/home.html>