

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

February 2013
Volume 13, Issue 1

Rockwell Collins Retiree Volunteers

If you can dream it,
we can do it.

Mission

Rockwell Collins retirees connecting to identify and support volunteer needs in our community and beyond, while enriching the lives of the volunteers.

Officers

Terry Lamb – President
Dave Knuth – Vice
President
Chuck Wehage – Secretary /
Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Kayla Paulson – Membership
Jim Green – Communications
Jim Klein – Data Base

Web Site

<http://www.rcrv.org>
e-mail: contact@rcrv.org

RCRV
927 N. Compton Drive
Hiawatha, Iowa 52233
319-393-9637 (voice mail)

RCRV Charitable Grant Program

The 2013 RCRV Charitable Grant program will provide up to \$10,000 this summer to deserving organizations in the local community. Grants are awarded based on applications from non-profit or educational organizations nominated by active RCRV members. Watch the RCRV website beginning in March (www.rcrv.org) for the invitation to submit applications. Every RCRV member is eligible to nominate a favorite agency or organization for a grant. No more than ten grants may be awarded in any year, so the program is competitive. The process has already begun, with the Executive Committee deciding on the theme of the 2013 program. The annual theme determines what types of organizations will be eligible to apply for funding. The Executive Committee decided on the theme, “organizations that provide assistance to the elderly”. An evaluation committee is appointed each year by the RCRV President to read all of the applications for grants and to make a recommendation to the Board of Directors as to which applicants should receive funding. This year, Dave Knuth will chair the committee. In 2012, the RCRV Charitable Grant program awarded funding to four organizations. College Community Schools received \$2000 for technology devices to assist English Language

Learners and special education students. Grant Wood Area Education Agency was awarded \$4000 for purchase of adaptive bikes and accessories for disabled students. His Hands Ministries received \$2000 for diabetic meters. St. Lukes Health Care Foundation will utilize its \$2000 grant for electronic augmentative communication system devices in its Witwer Children’s Speech Therapy Program. RCRV is very grateful to Rockwell Collins, Inc. for its support of this grant program on behalf of its retirees. ♦

RCRV Board retains officers

At its November 2012 Annual Meeting, the RCRV Board of Directors voted to retain the 2012 officers for another year. Terry Lamb remains as President of RCRV, Dave Knuth retains the Vice-President role, and Chuck Wehage remains the Secretary-Treasurer. All but one of the committee chairs were able to keep their jobs, as listed on the left side of this page. Kayla Paulson (introduced below) is the new Membership committee chair, replacing Jessica Link.

Members of the Board remained essentially unchanged for 2013, both the RCRV members and the representatives from the partner agencies who serve on the Board. Congratulations to everyone on their election for 2013! ♦

Special Enrollment Periods for Medicare Advantage and Part D Plans

John McDonough

Most people on Medicare used the annual open enrollment period from October 15-December 7, 2012 to choose their Medicare Advantage or Part D drug plan for 2013. What if you missed this opportunity? Kris Gross from the State of Iowa's Senior Health Insurance Information Program (SHIIP) says, "If you missed the open enrollment period, you may still be able to take advantage of one of the special enrollment periods Medicare offers to choose a plan that best meets your needs."

A special enrollment period is offered for individuals whose 2012 Medicare Advantage or Part D plans did not renew their contract with Medicare for 2013, like MedicareBlue PPO. This period runs from December 8, 2012 – February 28, 2013 and offers a one-time opportunity for those affected by non-renewals to choose a plan for 2013. For more information see the "Medicare Advantage Non-Renewal" factsheet in the Medicare Advantage section on the SHIIP website, www.therightcalliowa.gov.

For the first time, Medicare has identified "low performing plans." These plans had an overall rating of less than three stars for three years in a row. Anyone enrolled in one of these plans gets a special enrollment period once during 2013 to enroll in a plan that has a rating of three or more stars. Call Extend Health to enroll if you qualify.

All Iowans on Medicare qualify for the 5-star special enrollment period. A few Medicare Advantage and Part D drug plans received the highest rating of 5 stars. Anyone on Medicare can change to one of these plans (if the plan is offered in their county) once between December 8, 2012 and November 30, 2013. Iowans who qualify for Medicaid, the Part D extra help or live in a nursing home qualify for special enrollment periods which allow them to change their coverage monthly all year long. The Medicare Advantage "disenrollment period" runs from January 1-February 14. If you are in a Medicare Advantage plan you can leave your plan and switch to Original Medicare during this 45 day period. Over 30 SHIIP counselors in the area are available to sit down with you face-to-face to explain Medicare and help with your questions. All services are free, confidential and objective. For questions, call and leave a message at 319-393-9632. Questions will be answered shortly by a RCRV SHIIP counselor. ♦

RCRV Meetings

The Community Projects Team meets every Thursday at 10:00 in our office in the REACT Center where we discuss future and current projects. You are always welcome at any of the meetings. Informational meetings for new retirees or others interested in becoming active members of RCRV are held at 9 AM on the third Thursday of each month at the REACT Center (927 N. Compton Dr. in Hiawatha). ♦

Mike Wilson named to Iowa Volunteer Hall of Fame

One year ago, RCRV was honored to be inducted into the Iowa Volunteer Hall of Fame. This year, one of the outstanding members of RCRV has also been recognized with the same honor. Mike Wilson will receive a plaque from Gov. Terry Branstad at a ceremony at the Iowa Statehouse on February 17th. The official press release describes Mike this way.

"Myron (Mike) Wilson of Cedar Rapids is a role model for volunteerism. A devoted husband, World War II Navy veteran, retired electrical engineer, and father of four, Mike is fiercely dedicated to improving Cedar Rapids and serving its people. He sees needs within the community and uses his leadership and resources to address them by working with appropriate agencies. Mike creates solutions to issues when no agencies exist to address them; where agencies exist, he serves to make them stronger. Through a long list of volunteer activities, Mike has impacted lives of the young and old for decades."

We congratulate Mike for the well-deserved recognition of his contributions to this region and its people.

♦

WRAP sets more records in 2012

The WRAP (Wheelchair Ramp Accessibility Program) coalition achieved new heights in 2012. The



program, which originated through RCRV, established a new record for the number of projects completed during the calendar year. WRAP volunteers were able to complete a wheelchair ramp project in every month of the year, reflecting the mild winter weather of 2012. The total number of projects completed during 2012, according to Angie Ehle, program intake coordinator, was 38. This was the highest number completed since the program began about five years ago. WRAP volunteers were able to build 22 new wooden wheelchair ramps and six aluminum (temporary) ramps during the past year. They also repaired two ramps and removed five aluminum ramps and two wooden ramps.

WRAP also set a new record on the United Way Day of Caring last summer, when three ramp projects were completed in one day. WRAP’s primary activity is to build wheelchair ramps for people with disabilities that have inadequate financial resources. Volunteers provide free labor. For clients that are able, they are asked to purchase materials. For those that are qualified, WRAP will assist them in applying for grants to fund the material purchases. WRAP is looking for volunteers to design wheelchair ramps, as well as carpenters to help build. Training is provided. Contact Angie Ehle at 319-369-7377 or online at wrap@crstlukes.com.♦

RCRV Welcomes New Members

RCRV is very happy to welcome the following new members to our organization during 2012. We trust that they will find many worthwhile projects and volunteer opportunities

through RCRV that will help make their retirement rewarding.

- Dean Abramczak
- Sandra Boyer
- Gerri Fenton
- Glenn Flaten
- Wendy Forrester
- Jeanne Hepker
- Steve Hostert
- Pat Knuth
- Michael Luken
- Doreen Meier
- Esther Miceli
- Bob Miller
- Laura White
- Fred Zehr ♦

New RSVP Coordinator hired

In December, 2012, Kayla Paulson became the coordinator of RSVP of Linn and Jones County. The Retired Senior Volunteer Program provides administrative support and supplemental insurance benefits to all RCRV member.



By way of introduction, Kayla says, “Where did I come from you may ask ... I was born and raised in Linn County. I grew up in rural Marion (Midway) and rural northern Linn County; went to Alburnett High School and attended Iowa State University. Over the years I have worked for both non-profits and for-profits (including Rockwell Collins, the Cedar Rapids Chamber, Trees

Forever, and Home Instead Senior Care to name a few). I have now settled in Robins where my husband and I are raising our two children. When I heard about the opening with [RSVP](#) I applied right away. **This role combines my passions for giving back to the community and working with seniors.**

I am proud to support the volunteer efforts of over 400 volunteers that give back to our community. My role as RSVP Coordinator will be to promote volunteerism and engage individuals age 55+ in volunteer efforts to strengthen our community by addressing critical needs and providing impactful volunteer opportunities.”♦

It’s A GIRL!!!



Melanie and I are happy to announce that we are now a family of four! Brooke Lavina Richert was born Sunday, 11/18 at 3:56 p.m. and was 18.5” long and weighed 5 pounds – 5 ounces. Both Melanie and Brooke are doing great. Blake was very excited to have a baby sister.

Jeremy & Mel Richart ♦

Health Reimbursement Arrangements (HRA)

John McDonough

March 31, 2013 is the deadline for claiming your 2012 HRA. All claims for 2012 Dollars must be in the hands of Extend Health (PayFlex Systems USA, Inc, Extend Health, PO Box 3039, Omaha, NE 68103-3039) by close of business 3/31/2013. There will not be any carryover. You must collect it or lose it!

You must show proof that you paid the premiums when you file a claim. Previous newsletters provided info on how to claim your HRA moneys. If your insurance program's premium reimbursement did not claim the entire HRA, then you can use the premiums you paid for your Medicare Part B coverage to get the balance. You can also use your Medicare Part B premiums to collect the entire HRA. Premiums for 2012 were \$99.90 per month (the premium increased to \$104.90 for 2013).

To claim the moneys, you must either file a claim online or fill out a claim form, (EHF-103 Extend Claim Form Premium.) Claim forms are available online under <http://www.extendhealth.com/rockwellcollins/>, in the RCRV office, or in the local SHIIP offices.

Header information must be for the retiree. You should use one claim for yourself and your spouse, wife or husband whatever the case may

be. You must show proof that the premiums were paid. You received a letter from the SSA Office in December of 2011 describing your New Benefit Amount for 2012. A copy of this letter and a copy of the letter your spouse received is sufficient proof that you paid the Part B premiums for 2012. If you lost this info, you can request a copy via the local Social Security Office or you may use a copy of Form SSA-1099 for 2012 which you received in January of 2013 for your 2012 income taxes. You may also use proof of payment for your drug plan premium, supplemental insurance premium and/or your Medicare Advantage premiums. Submit the claim form and the justification to Extend Health at the address identified above. You may also FAX the information to PayFlex Systems USA, Inc via FAX # 402-231-4310. PayFlex is the organization that was hired by Extend Health to process the HRA claims.

On January 1, 2013 another HRA in the amount of \$669 each for retiree and spouse (if you had 25 years at Rockwell Collins) was deposited in your account at Extend Health. You can also claim these dollars at this same time.

Again, the HRA is for reimbursement of premiums only. Co-pays, deductibles, etc. will not be reimbursed by Extend Health. ♦

If you need assistance, please call 319-393-9637 and leave a message detailing your needs. Please spell your last name and leave a phone number. An RCRV SHIIP counselor will return your message shortly and will assist you in your claim. You can also call your local

SHIIP office in the Cedar Rapids area and receive the same assistance. If you lost your spouse over the past year, contact your local SHIIP counselor.

Electronic Distribution of the Volunteer

RCRV mails approx. 4000 newsletters to eligible Rockwell Collins Retirees several times per year. In order to be more efficient, and more environmentally friendly, the Editor would like to change to electronic delivery methods. Our feeling is that most, but not all, of today's retirees utilize a home computer for daily tasks, communications, entertainment, etc. and would be able to receive this newsletter electronically.

We are asking for your opinion. If you would prefer to receive this newsletter by email, simply supply RCRV with your name and email address. If there are more than one retiree in the household, please provide information for all. Send your information to contact@rcrv.org.

If you wish to continue receiving this newsletter by mail, then you do not need to do anything differently. We will continue to maintain your mailing preference in our database.

The electronic version of the newsletter is available much earlier than the printed version, and it looks better in color on the computer. All current and back issues may be found on the RCRV website, www.rcrv.org. ♦

