

# THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

March 2014  
Volume 14, 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  
Rob Pierce – 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](mailto:contact@rcrv.org)

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

## RCRV Charitable Grant Program

The 2014 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. The RCRV website ([www.rcrv.org](http://www.rcrv.org)) contains a link to application materials and the details of the program. 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 2014 program. The annual theme determines what types of organizations will be eligible to apply for funding. The Executive Committee decided on the theme, "Inspiring Tomorrow's STEM Professionals". Emphasis will be placed on those applications that show how volunteers will be used to support the program needs. 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 again chair the committee. The deadline for submitting a grant application is April 3, 2014.

In 2013, the RCRV Charitable Grant program awarded funding to four

organizations. HACAP North Benton Center was awarded \$1000, to be used to purchase 3 heavy-duty wide wheelchairs, 3 heavy-duty bath benches, and 4 heavy-duty transfer benches. Benton County Volunteer Program was awarded \$2500 to be used for training, driver reimbursement, and administrative costs. St. Lukes Health Care Foundation is using its \$3000 grant to provide homemaker and/or respite services to patients who qualify for these services but have no financial support. Horizons Meals On Wheels (MOW) formed a partnership called *Healthy Horizons* with Feed Iowa First, and their \$3500 grant is focused on increasing fresh, local produce and limiting the harmful environmental effects of excessive food transportation. RCRV is very grateful to Rockwell Collins, Inc. for its support of this grant program on behalf of its retirees. ♦

## RCRV Board welcomes new members; retains officers

At its November 2013 Annual Meeting, the RCRV Board of Directors voted to retain the majority of the 2013 officers for another year. Terry Lamb remains as President of RCRV, and Dave Knuth retains the Vice-President role. Chuck Wehage voluntarily stepped down from the Secretary-Treasurer position, and Rob Pierce was elected to that role. All of the

committee chairs were able to keep their jobs, as listed on the left banner on page one.

Members of the Board remained essentially unchanged for 2014. However, Kathy Horan from Aging Services, Laura Nass from Horizons, and Kristen Weaverling from the Salvation Army were elected to fill open seats on the Board. The entire list of the Board members may be viewed at [www.rcrv.org](http://www.rcrv.org). Congratulations to everyone on their election for 2014!

## 2013 President's Report

Terry Lamb

RCRV has had another good year. We are slowly improving our way of doing things and continuing to provide more services for our clients. A few of the more visible efforts include:

The WRAP program continues to be a big show piece for the organization. Each year the WRAP volunteers under the direction of Angie Ehle build more ramps. This has been a great boon to handicapped clients. Lots of the people in the community are aware of these efforts.

SHIIP medical insurance advice literally helps hundreds of individuals get the right health insurance and to get their insurance problems solved.

The Collins Museum is finally moving to higher levels with much support from RCRV members. This legacy is important to the area and to Collins history with many untold Collins accomplishments coming to

light and being formally documented for the first time.

Recognition awards continue to be received by RCRV members for their outstanding volunteer work. Additionally, RCRV supports these award ceremonies by ushering and directing traffic.

Once again, the \$10,000 from the RCI Foundation was awarded to deserving programs in the community.

It is especially important to recognize all the effort members provide to support many other non-profit causes that don't get lots of attention, but which are extremely important to the recipients and the community. **I would personally like to thank each of these individuals.** Our members continue to log over 40,000 hours a year in volunteer efforts.

The non-profits we rely on to provide guidance to RCRV in finding matches for our volunteers and the clients are invaluable to RCRV efforts.

We continue to increase our membership: 233 volunteers, 16 new members in 2013, 145 members have reported hours this year (still need to encourage volunteers to report hours)

The top five organizations that RCRV has logged volunteer hours for in 2013 are:

RCRV	14578
SHIIP (St Lukes)	5508
REACT Center	4870
Marion Food Pantry	1263
WRAP	1161

As a begging organization with no bank account or money, it is obvious that the great support of RCI, UWECI and RSVP, their representatives (Melanie Richert & Kayla Paulson) and the diligent work of the RCRV Officers and Committees is essential for our success.

Thanks to all who have made 2013 a successful year for helping the community. ♦

## Answers to your Medicare Questions

John McDonough

Since Open Enrollment is over, many of you encounter various Part C and/or Part D questions. I thought this would be a great time to review a few of these topics.

### How can a client change plans after the OEP?

If a person is on Medicare and Medicaid, or if a person is a resident of a nursing home, then he or she can change Part D plans monthly. See your local SHIIP counselor for assistance.

### **Medicare Advantage Plans:**

1. Medicare Advantage Disenrollment Period – between January 1 and February 14, you could have left your Medicare Advantage Plan and switched back to Original Medicare. You could have changed to a Medicare drug plan, even if your current MA plan did not have drug coverage. Obviously, this can't be done this year due to the current date. Simply



mark your calendar for next year that if you want to change plans in that time frame, you need to contact Extend Health to get it done.

- 2. Special Needs Plans – any time during the year you can enroll in a Special Needs Plan if you meet the criteria. See a counselor for that criteria.

**Medicare Advantage and PDP plans:**

5-Star Enrollment Period – We **do not** have any 5-Star Prescription Drug Plans this year. This enrollment option can only be used to enroll someone in the Medical Associates Cost Plan or one of the Gundersen Senior Preferred Medicare Advantage plans. It can be used one time between December 8, 2013 and November 30, 2014.

**Low-Performing Plan Special Enrollment Period**

Low-Performing Plan Special Enrollment Period – If you are enrolled in a PDP, MA or MA-PD plan with an overall rating of less than 3 stars for three consecutive years, you get a Special Enrollment Period to change to a plan with a 3 star rating or higher. You must call 1-800-Medicare to enroll. This SEP can be used anytime during the year.

**When can Part D Plans change their formulary?**

Except when the Food and Drug Administration deems a Part D drug unsafe or a manufacturer removes a Part D drug from the market, a Part D plan **cannot remove** a covered Part D drug from its formulary, or make any change in preferred or tiered cost –sharing status between the beginning of the Open

Enrollment Period and 60 days after the beginning of the contract year. So the first time a beneficiary should see a negative formulary change is March 1.

**What Part D transition policies are in place to ensure beneficiaries are not left without coverage?**

Sometimes people find after a new year starts or they change plans during the year, that a drug they took previously is not covered by their Part D plan. Part D plans are required to provide a transition supply of ongoing medication to give beneficiaries adequate time to talk to their prescriber to move to a drug that is on a plan’s formulary or file a formulary exception request. These rules are particularly important for low income beneficiaries receiving **extra help** who were automatically reassigned to new plans which may or may not cover their medications.

**When a brand name drug becomes generic, when can you expect it to appear on the Plan Finder?**

It takes at least six months from the time the generic drug is approved by the FDA before it appears on the Plan Finder. Until the generic appears in the Plan Finder, you will need to call the plan to see if they cover the generic and its cost. The list of drugs scheduled to become available as generic in 2014 are available at any of the area SHIP offices.

**How can you help your clients reduce their drug costs?**

Pharmaceutical assistance is available from some drug manufacturers for people whose drugs are not covered by their Part D plan or coverage becomes reduced in the coverage gap. There

are income and resource requirements and they vary by company. Contact your local SHIP office for assistance. ♦

**Volunteer Opportunities Abound**

There are many readers of this newsletter who may want to donate some of their retirement hours volunteering, but they have not found a way to connect, or they feel that their talents may not match the needs of an organization. Let us persuade you to jump in!

United Way’s RSVP, a 55+ Initiative, offers volunteer opportunities for every skill set, interest, and schedule. If you are looking for an opportunity to share your time, talents and passion with our community, take advantage of RCRV’s relationship with United Way’s RSVP.

Kayla Paulson is the RSVP, a 55+ Initiative Coordinator at United Way of East Central Iowa and RCRV’s Membership Director; she connects volunteers that are 55 or better with opportunities at almost 90 non-profits in the community. If you know what you want to do, Paulson can help make that connection, or RSVP offers volunteer placement services to help you explore possibilities and determine what you may be good at and enjoy doing.

Volunteer opportunities range from the traditional assistive devices and technologies that RCRV is well-known for to tutoring youth. There is currently high demand for volunteers to serve in a variety of roles including:

- **Staffing an Emergency Volunteer Center** – Learn how to run an Emergency Volunteer Center in the event of another devastating flood or tornado in our area. We need volunteers that are trained to set-up and help run the Volunteer Center.
- **Senior Companionship** – Visit home-bound senior(s) on a regular basis for conversation and companionship. This can greatly improve a senior’s outlook and reduce the feeling of isolation.
- **Building and Refurbishing Homes** – Grab your hammer. Hopefully soon the ground will thaw and Habitat for Humanity will be looking for additional volunteers to help build new homes and possibly refurbish some donated homes.
- **Simple Home Repairs** – Help out with the Honey-Do List. One of the best ways to keep a senior independent in their home is by helping do some simple home repairs and modifications. These requests may be as simple as changing a doorknob, cleaning gutters, fixing a broken storm door, or installing a handicapped accessible toilet.
- **Supplemental Nutrition Assistance Program** – Help seniors and low income families learn about nutrition and ways that they can supplement their food budget. This program has an opportunity for individuals that like public speaking or that would rather have one-on-one conversation.
- **Veteran Efforts** – Support one of the groups that we work with to raise awareness about veteran issues, provide social opportunities, fundraise for

veteran programs, or provide assistance to veterans.

- **Transportation** – Consider sharing your ability to drive with a senior that is no longer able to. In our community, when your license is taken away it can be hard to get to medical appointments, the pharmacy or grocery store. As a volunteer driver, you would be able to take seniors to non-emergency medical appointments.
- **Tutor, Mentor or Reader** – Become a positive role model and help a child succeed. There are opportunities to connect with children from toddler to teen. You can volunteer in schools, afterschool/summer programs, or as a mentor. No matter what position you select you can make a difference for them today and impact their future.

To learn more about these opportunities or many additional opportunities that are available, contact Kayla Paulson at [KPaulson@uweci.org](mailto:KPaulson@uweci.org) or 319.398.5372 x37. ♦

## UWECI 100<sup>th</sup>

United Way of East Central Iowa is celebrating its 100<sup>th</sup> anniversary in the community; as part of this celebration, United Way has various ways to connect and engage individuals in the community. One of the ways is through a volunteer challenge. We have the chance to come together as a community to make an impact and create solutions through volunteering. United Way is asking individuals to pledge and complete 100 hours of volunteer service in 2014.

Those who take this challenge will be part of the Centennial Volunteer Club. Just think of how much of an impact RCRV can make if we all sign-up for this. Contact Kayla Paulson, RCRV’s Membership Director, at 319.398.5372 x37 or [KPaulson@uweci.org](mailto:KPaulson@uweci.org) to sign-up and learn more. ♦

## RCRV Meetings

The Community Projects Team meets every Thursday at 10:00 in our office in the REACT Center (927 N. Compton Dr. in Hiawatha) where we discuss future and current volunteer 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 normally held at 9 AM on the third Thursday of each month at the REACT Center. ♦

## Electronic Distribution of the Volunteer

If you would prefer to receive this newsletter by email, simply supply RCRV with your name and email address. If there is more than one retiree in the household, please provide information for all. Send your information to [contact@rcrv.org](mailto:contact@rcrv.org). ♦

