

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

October 2003
Volume 3, Issue 4

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

Mike Wilson – Chairman
Jim Spencer – Vice Chairman
Phyllis Brooks – Secretary
Colleen Bickford - Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Ted Fuhrer – Recruiting/
Retention/Recognition
Rod Thorpe – Communications
Pat Marshall – Agency Liaison
Jim Klein – Data Base

Web Site

www.collinsclubs.com/rcrv
e-mail:
rcrv@collinsclubs.com

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



Community Projects Team 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. Service agency representatives submit new project requests on the 2nd and 4th Thursdays of the month. You are always welcome at any of the meetings.♦

RCRV Annual Meeting

The annual meeting of RCRV will be held on November 19, 2003 at 1:30 pm at the Kirkwood Training and Outreach Center at 3375 Armar Drive in Marion.

The agenda will include election of officers and board members for the coming year, committee and agency reports and a discussion of future plans for the organization.

This will be an excellent opportunity for all Rockwell Collins retirees to learn about the activities of RCRV and to participate in the planning for next year.

Please mark this on your calendars and plan to attend.♦



The crew that installed cabinets at Harding Middle School.

SHIIP News and Information

Kris Gross with the Senior Health Insurance Information Program in Des Moines has recently provided information that the Medicare coverage for outpatient physical, speech and occupational therapy will be limited effective September 1, 2003. The limit for the 2003 calendar year is \$1590 for physical and speech therapy combined and \$1590 for occupational therapy.

The limits are for all Medicare outpatient therapy received in a calendar year. The amount of the limit is indexed so it may increase on January 1, 2004 when the new calendar year begins.

It is important to understand that the limit does NOT apply to therapy you get at hospital outpatient departments. This means you may receive medically necessary covered therapy even after reaching the limit if you use an outpatient hospital.

You will be responsible for paying ALL therapy services in non-hospital settings after the limit is exceeded. The Medicare Summary Notice you get after receiving therapy will include notice when you have reached or exceeded the limits. You will also be able to call Medicare Part B to check on the amount of therapy you have received that has been applied to the limits. Your outpatient therapy provider can also help you get this information.

Remember that RCRV has several trained SHIIP counselors available to answer any questions you have on these therapy limits and procedures for making the claims as well as any other insurance or Medicare related topics. Contact the counselors at the RCRV number 393-9637.♦

K-12 Kick Off Breakfast

The annual Rockwell Collins K-12 Partnership Program breakfast was held at the Collins Plaza Hotel on August 21, 2003. Several hundred employees, retirees and school officials attended. The keynote speaker for the event was Dr. David Skorton, President of the University of Iowa who spoke on the importance of education and partnership in the 21st Century.

Special Service Awards were presented during the meeting to several Rockwell Retirees for their effort as K-12 Liaisons. These included Marv Frerking, John Wauer, Bill Lacy, Bill Winduss, Roy Oberholtzer and Jim Wolfe. K-12 Liaisons represent one of the integral components of the K-12 Partnership Program. This group of dedicated individuals is the communicating link between the teachers and the administration at the schools, and Rockwell Collins employee volunteers. The liaisons visit their school on a weekly basis to meet with teachers and discuss ideas for potential projects. After a project has been initiated the liaisons contact employees and retirees to recruit volunteer assistance with the activity.

Several RCRV members also act as mentors providing K-12 students with support, counsel and friendship as well as academic and social skill development. If you are interested in becoming a mentor please contact the RCRV office.♦

Caregivers Wellness Day

A Wellness Day for informal caregivers of older adults will be taking place on Friday, November 14, 2003, at the Kirkwood Training and Outreach Center (KTOS) at 3375 Armar Drive, Marion. The Heritage Area Agency on Aging, in collaboration with the Hospice of Mercy, Prairiewoods Franciscan Spirituality Center, Evergreen Estates, Aging Services, and the East Central Iowa Chapter of the Alzheimer's association are planning this free event to honor those caregivers in our region.

The events of the day will include keynote speaker, Sara Sanders, PhD, LSW, from the University Of Iowa School Of Social Work, who will be speaking about, "The Joys of Caregiving". There will be various educational sessions offered as well as Tai Chi and Art for Health sessions and a session on Health, Stress, Body and Mind. Caregivers will also be given an opportunity to experience alternative health care therapies throughout the day, such as massage, Reflexology, Reiki and Healing Touch.

Family and friend caregivers provide an invaluable resource to their loved ones. Their courage, compassion and dedication allows the person they are caring for to remain in a loving environment, often at great cost - economic, physical and mental - to the caregiver. This event is being held to recognize and



K-12 Rocketry class at Pierce School

celebrate the contributions that in-home caregivers in our region make and to support them in their role of caring for an older love one.

Thanks to the sponsors, this event is able to be offered free of charge to family and friend caregivers of older adults. The nearby Village Ridge Assisted Living facility will be offering free respite care, enabling caregivers to enjoy this special day.

Please call the Heritage Area Agency on Aging at 319-398-5559 or 1-800-332-5934 for a brochure and registration information.♦

Cell Phones for Seniors

The Heritage Area Agency on Aging has asked RCRV to join the agency in its project which provides cell phones for seniors to dial 911 in an emergency. For the past few years Heritage has received a large number of donated cell phones from the Cedar Rapids Police Department and others in the community to distribute to seniors.

Looking for a partner to assist the agency with the preparation of the phones for distribution, Heritage invited RCRV members Pat Marshall and Jim Spencer to look at the possibility of the volunteer group helping with the project. As a result, RCRV will now accept phone donations at REACT, clear all data from the phones, charge the batteries and generally check out the phones in preparation for distribution to seniors from referral lists supplied by Heritage. There is no charge to seniors for these phones, but the phones may only be used to call 911.

If you wish to donate a used cell phone to the project, drop it off at REACT, 927 N. Compton Dr, Hiawatha, or if you would like to receive a phone, call the Heritage Agency at 398-5559.♦

Project News

Harding Middle School Student Council Store cabinets

RCRV was asked to install “kitchen” cabinets in the Student Council Store at Harding Middle School. A crew led by John McDonough installed nine cabinets in one morning. The cabinets were supplied by the school.♦



Installing cabinets in the Student Council Store

RCRV Web Site

The server that hosted the RCRV web site has crashed. We are in the process of transferring this web site to a new server. In the mean time some of the functionality including access to the RCRV project data base is not available.♦



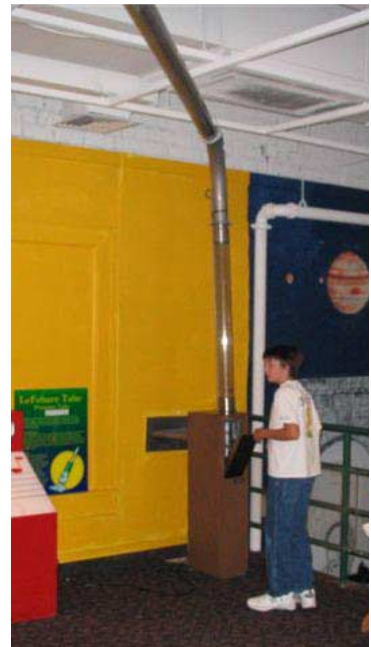
Cabinet installation at Harding Middle School

Science Center pneumatic tube exhibit

Jack Murphy, Leroy Willey, Arlo Meyer and Les Haerther reconditioned the pneumatic tube exhibit at the Science Center. The exhibit transfers a container across the ceiling of the 2nd floor Science Center. It is very popular and gets lots of wear. Leroy designed the original pneumatic system.♦



Pneumatic tube system at the Science Center



Other end of the pneumatic tube system

Member Profile

John McDonough

John is one of the founding members of RCRV and since retirement has been one of the community's tireless volunteers. He has been the leader of the Community Projects Team of RCRV since its inception and in that position has been the primary focus for recruiting, assigning tasks and working with our customer agencies to be sure their needs are met. In addition to managing these endeavors he can usually be found as an active participant in getting them accomplished.



John McDonough

John is a native of Fort Dodge, Iowa and after graduation from high school there pursued a course in mechanical engineering at Iowa State University. He joined Collins Radio in Cedar Rapids in 1957 and spent thirty-nine years there in various mechanical engineering and management positions. During his career he was responsible for many of the company's significant designs in aircraft instruments most notably the horizontal situation indicator for the Space Shuttle.

After retirement from Collins John became involved with the Retired and Senior Volunteer Program (RSVP) and has served as the Chairman, Vice Chairman and board member of that organization. He was sponsored by RSVP to become certified as a counselor for the state Senior Health Insurance Information Program (SHIIP)

and serves in that capacity as a volunteer at St. Luke's Hospital as well as at RCRV. Volunteer efforts for John reached the statewide level in 1999 when he was appointed as a commissioner to the Iowa Commission of Volunteer Service and has also served on the Governor's Award Ceremony planning team for the past two years.

In 2002 John was awarded the prestigious Hero Award by the Cedar Rapids Freedom Festival in recognition for his many volunteer efforts. He has also received several Governor's awards in recognition for these efforts.

John takes great pleasure in his many volunteer activities and in helping others in their needs but he also finds time for pursuit of his avid hobby of bowling and an occasional fishing venture. He and his wife Eddie live in Cedar Rapids, have four children and four grandchildren. ♦

Collins Retirees Potluck Meetings

A group of Collins Retirees meets the third Tuesday of each month at noon at the Kenwood United Methodist Church located at 302 33rd. St. NE for a potluck lunch and program. All retirees are welcome.

The following is a list of upcoming programs:

November 18 - Thanksgiving dinner with music by students from McKinley Middle School

December 16 - Rick Sellers from KMRY

January 20 - Bingo

February 17 - Old country and polka music by Larry and Leo

March 16 - Bingo ♦

RCRV and the United Way

Recently you received a request from the United Way. As mentioned in earlier RCRV newsletters, RCRV is running their campaign separate from Rockwell Collins, the requests are directly from United Way with Jack Cosgrove leading the effort. We hope that all retirees will make a significant contribution to the meaningful organization.

A contribution to the United Way is a great way to contribute to many organizations that are in place to help people from all situations. As well as the needy, and there are many, others include those with Alzheimer's, cancer, and heart disease. Almost everyone is aware of someone who has been helped by an agency supported by the United Way.

Through our working years we enjoyed a great community supported by dedicated people and loyal contributors. Now in retirement we should carry on with these traditions. We have had a low number of retiree's contributing in the past and we would like to see a much higher number of retiree's participating this year.

We realize that many retirees are contributing their time and energy to meaningful activities and that is great, but money is also needed. The community needs your additional support.

Please send in the envelope with your contribution today. ♦

