

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

August 2009
Volume 9, Issue 3

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

Jim Green – Chairman
Rod Thorpe – Vice
Chairman
Barbara Hoffman – Secretary
Arlo Meyer - Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Barbara Hoffman – Recruiting/
Retention/Recognition
Chuck Wehage –
Communications
Angela Berns – Agency Liaison
Jim Klein – Data Base

Web Site

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

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



RCRV Meetings

Community Projects Team

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.

New Retirees Orientation

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). Those of you interested in learning more about RCRV and the many volunteer opportunities we offer are encouraged to attend. ♦

Computer Course for PC Maintenance

RCRV member Don Wickenkamp has developed a four-week (two days a week) course for maintenance of personal computers, with emphasis on Windows XP. Much of the junk that clutters computers can be cleaned off, and setup tricks that can speed up operation are in the course. Call Barb Klawitter at 393-9632 to see when Don may again conduct the class. In the meantime, check out the REACT web site (www.reactcenter.org). Click on "Classes", and then click "here" under

the Class Notes heading to get Don's notes. With the notes, you can generally self-teach the basics, and check out the complete outline. ♦

Retiree Health Insurance Plans for 2010

Again this year, Rockwell Collins retirees will have several opportunities to learn about changes to the health insurance plans for 2010. RCRV, SHIP and the Heritage Agency on Aging are sponsoring twelve presentations on the changes at the Kirkwood Training and Outreach Services Center, 3375 Armar Drive, Marion. You must register to reserve a seat. Registrations can be made calling Kirkwood Community College Continuing Education at 319-398-1022 or 1-800-322-8833 or on the Heritage website www.heritageaaa.org. Registrations will be taken beginning October 1.

The presentation dates are October 26, 27, 29 and 30, and November 2 and 3. There are two sessions each of those days, at 10 a.m. and 1:30 p.m. ♦

Pharmacy Move

We have been asked to remind retirees that the pharmacy has moved to 5070 Rockwell Drive NE – a west entrance to the Recreation Center, building 154. Telephone numbers and hours remain the same. ♦

Governor's Awards to RCRV Members



On June 19, Governor Culver presented RCRV members with volunteer awards for their valuable work with schools, SHIIP, and many other nonprofits. Pictured with the Governor are Arlo Meyer, Rod Thorpe, Les Hearther, Helen Potthoff, Vern Jackson and Harlan Hanson. In the individual pictures with the Governor (top left clockwise) are Vern Jackson, Arlo Meyer, Les Haerther and Dick Kittrell.

RCRV award at Options awards night Apr 2009

Options of Linn County provides vocational training and personal support services for adults with disabilities. For 10 years now, the RCRV volunteers have supported our program by creating customized assistive technology for Options' consumers. Through the years, RCRV's creations have helped consumers in every area of the building as well as various community worksites to be more independent and productive. Examples of the devices include rivet dispensers, pen barrel tighteners, a conveyor belt for a shredder, CD-ROM devices that put contract work into boxes at the touch of a switch, envelope stampers and envelope stuffers. The devices are low cost, practical solutions that are customized for the individual

consumer. Through RCRV's efforts, consumers with even severe disabilities have gained better access to work and activities of daily life. ♦



To honor their many contributions, Options gave RCRV an award at their annual Awards Night recognizing 10 years of distinguished community service. Pictured are Wayne Clayton, Options manager, RCRV members Keith Sutherland and Rod Thorpe and Jim Nagel, director of Options.

Order your RCRV Shirt

Shirts with an embroidered RCRV logo may be ordered from Arlo Meyer, phone 393-7461. Available in denim or knit, white or blue, and long or short sleeves. ♦



Minimize Being a Victim of Identity Theft

By Tom Brennom

I just read a report by Javelin Strategy & Research Institute regarding protecting oneself against becoming an Identity Theft victim. Javelin is a leading provider of nationally representative, quantitative research focused exclusively on financial services topics. They utilize rigorous statistical methodologies to conduct in-depth primary research studies to pinpoint dynamic risks and opportunities. In their “Account Risk and Fraud” area, their goal is providing effective business intelligence surrounding consumer attitudes related to identity fraud, and the most effective ways for financial institutions and others to combat identity fraud.

Javelin advises that “Better Safe than Sorry” is important advice relative to protecting your personal information. They have provided a list of safety tips below. Some of the tips below may be counter intuitive to the way one has thought in the past, such as using online bills rather than paper.

- **Bank and Pay Bills Online** - Move your financial transactions online and turn off paper bills, statements and checks (including paychecks), replacing them with electronic versions. Avoid writing checks and placing the bill payment in your unsecured mailbox. Instead, pay bills online and arrange automatic deposits.
- **Monitor Accounts Online** - Frequently monitor your accounts online at bank and credit card websites. Individuals who do this uncover and resolve fraud the fastest.

- **Monitor Credit Report** - Review your credit information no less than once per year. You can do this for free at www.annualcreditreport.com.
- **Keep Personal Information Private** - Never provide sensitive financial or personal data such as passwords, PINs or account numbers over the phone unless you call directly to a verified and trusted location.
- **Keep Software Updated** - Install and regularly update firewall, browser, security, anti-spyware and anti-virus software on your personal computer and keep operating systems up to date.
- **Secure Paper Documents** - Reduce unnecessary access to personal information wherever possible. For example, don't carry Social Security cards, checks or credit cards you're not currently using, and don't leave sensitive documents out in the open.

I believe utilizing these safety tips provided by Javelin can thwart the criminals and help you avoid being an identity theft victim. A number of other tips exist, but these are an excellent start. The bottom line is that we all need to work to keep our personal information private, monitor our accounts and statements for accuracy and be vigilant. ♦

United Way of East Central Iowa launches 2009 United Way Campaign

First and foremost, thank you for all you've done as RCRV members to

support United Way of East Central Iowa and our community in the past. Your contributions are being put to work in over 40 partner agencies, helping thousands of people in desperate need.

The 2009 United Way Campaign was officially launched on Thursday, August 27th, with a special presentation and lunch at Rockwell Collins facilities. As one of our leading Pacesetter companies, Rockwell helped to set the pace and helped us to officially Kick-off the Campaign for the rest of our community.

This Campaign will be unlike any in recent history, as we continue to rebuild our flood damaged neighborhoods and businesses in the midst of substantial economic hardship. Seventeen partner agencies had direct flood-related damage to their facilities, significantly impacting their ability to serve clients and meet ever-increasing demands.

Now, more than ever, we need to do all that we can to make sure children are nurtured, families remain financially stable and people have access to healthcare and other critical services. These are the building blocks of success for our communities and the three pillars of United Way's efforts to advance the common good. We know there is much work to do and difficult days ahead. We understand that you want to make a difference and improve lives right here in eastern Iowa. Together, we can achieve results that no individual or single organization can accomplish alone.

In the coming weeks, you will receive information from United Way and asked to make a difference in our community. Please consider a financial gift to this worthy cause. United Way needs YOU to help create opportunities for those less fortunate. Thanks in advance for your support! ♦



Member Profile

Dick Kittrell

Dick came to Collins in July, 1957 from Purdue's grad school after starting his engineering career at Honeywell, and Eastman Kodak. He said the only thing he knew about Collins was that they made the "Cadillac of Ham Radios", but that was enough for him to sign up for



Dick Kittrell

an interview, and the beginnings of a 35 year career. His work activities varied from control surface analysis, to aircraft display electronics, to Blue Cube circuits. Major projects were a new Air Data System and safety analyses. Most of his efforts were in the system design area.

Dick retired in 1992, and was one of the early volunteers in the RCRV program when it was just a handful trying to get an organization started. He said, "none of us in those days had any idea it grow into what we have today!" What makes it attractive to him is the variety in the scope and types of work we get asked to do. This is particularly true in the design of gadgets to aid or assist the handicapped in some way. What seems a simple task to the able-bodied can be an enormous challenge to them, and even a small improvement can make a world of difference in their lives, and this is a very satisfying reward for the volunteers.

Working with former colleagues can be a lot of fun, and people can surprise you with talents and capabilities you did not see during working hours. It seems there is always good advice available when you need it, and nobody expects you to do things you simply are not equipped to do. ♦

How Well Do You Know Your Medicare Drug Coverage?

By John McDonough, SHIIP Counselor

Can your Medicare drug plan or Medicare Advantage (MA) drug plan stop paying for a drug you take mid-year? My doctor just prescribed a drug that is not on my plan's formulary. Is there anything I can do to get it covered?

"Getting the most from your Medicare drug plan requires understanding the drug benefit and your specific plan's coverage," says John McDonough from St Luke's Senior Health Insurance Information Program (SHIIP). "We get calls from people who aren't sure what their benefits and rights are," he adds.

Individuals choose a plan because it covers the drugs they take. Medicare allows plans to change their formularies (drugs they cover) during the year, but since you must stay with your plan for the entire calendar year, Medicare also has protections in place for you, the consumer. First, drug plans are required to notify affected plan members 60 days before they make a change to their formulary. This notice usually comes with the monthly explanation of benefits you received. If you have filed a claim with your plan for a drug that is going to be dropped, you are exempt from the change and the plan must cover the drug for the rest of the calendar year. Two exceptions to this are drugs that no longer found to be safe or effective and drugs where a brand-name is replaced with a new generic.

What happens when your doctor prescribes a drug that is not on your plan's formulary? If a drug is not on the plan formulary, you will have to pay the

full cost of the drug. However, if your doctor believes you need the non-formulary drug because the formulary drug is medically inappropriate for you, you can request an "exception." Your doctor's office can call or write to your plan to request the exception. The plan must respond within 72 hours (24 hours for expedited requests). If the exception is approved, the plan must cover the prescription for you for the remainder of the year. You can appeal if your request is denied.

For more information on Medicare or MA prescription drug coverage, call RCRV at 319-393-9637. As our RCRV phone is not answered, leave a message, spell your name and leave your phone number. An RCRV SHIIP Counselor will return your call shortly. ♦

Official Notice of Annual Meeting

As required by our bylaws (see www.rcrv.org for the complete bylaws), the membership of Rockwell Collins Retiree Volunteers will hold the 2009 Annual Meeting at 1:30 PM on November 19, at the American Red Cross, 6300 Rockwell Drive NE, Cedar Rapids. Election of officers for next year will take place at the meeting. If you have an urge to participate more fully in the organization, and perhaps relieve some of the current overworked officer corps, let Jim Green know – 319-377-4073 or email jgreen@aea10.k12.ia.us.

All are welcome at the meeting, and members – generally those who have registered with the membership committee and report volunteer hours – are eligible to vote. ♦