

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

June 2013
Volume 13, Issue 2

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>
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RCRV
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Hiawatha, Iowa 52233
319-393-9637 (voice mail)

RCRV Charitable Grant Recipients Named

At the June 19th Board meeting, RCRV gave away \$10,000 through its Charitable Grant Program. Four worthy recipients were selected by an evaluation committee of RCRV members chaired by Dave Knuth. Nine applications were received for this year's grant program, with requests totaling over \$39,000. The 2013 program focused on organizations that provide assistance to the elderly. The purpose of the RCRV Charitable Grant Program is to allow RCRV and its members to recognize and reward deserving nonprofit organizations in support of the RCRV mission.

Hawkeye Area Community Action Program, Inc.

HACAP North Benton Center, located in Vinton, operates a free on-site Medical Equipment Loan Closet service as part of the Rural Senior services operations. The loan closet offers wheelchairs, walkers, crutches, canes, commodes, transfer benches, stool risers and other small durable medical equipment. Items are available for loan to any individual residing (permanent or temporary) in Benton County. Individuals of any age may check the items out as needed, with seniors (individuals age 60 or older) borrowing the majority of the items available. Marty Cutter sponsored this application. HACAP was

awarded \$1000, which will be used to purchase 3 heavy-duty wide wheelchairs, 3 heavy-duty bath benches, and 4 heavy-duty transfer benches.



Linda Lough received the award check from Dave Knuth.

Benton County Volunteer Program (BCVP) Medical Transportation Assistance Program is provided for people who cannot drive, do not have family of friends available to drive or cannot afford transportation to medical appointments. Clients are usually 60 years of age or older. Volunteers provide their time, but are minimally reimbursed for their services.



BCVP was awarded \$2500 to be used for training, driver reimbursement, and administrative costs; the request was sponsored by

Dave Knuth. Charmaine Wickwire accepted the check on behalf of the program.

St. Luke’s Foundation

Funds from RCRV will be used to provide homemaker and/or respite services to patients who qualify for these services but have no financial support. We will work collaboratively with Home Choice Senior Care to contract services for the discounted rate of \$19/hour (rate is typically \$21/hour). Home Choice is locally owned and operated and provides nonmedical in-home care to allow people to stay safe and comfortable in their own home as long as possible.



Jim McLaughlin sponsored the Horizons grant request, resulting in an award of \$3,500. Laura Nass accepted on behalf of Horizons.



Renee Miller accepted the grant of \$3000. John McDonough sponsored this request.

Horizons, A Family Service Alliance

Horizons Meals On Wheels (MOW) formed a partnership called *Healthy Horizons* with Feed Iowa First, an organization focused on increasing fresh, local produce and limiting the harmful environmental effects of excessive food transportation. *Healthy Horizons* aims to increase the amounts of fresh fruits and vegetables used in food for home-delivery MOW clients, expand community volunteerism and engagement, and reduce costs for the MOW program.

The annual RCRV Charitable Grant Program is funded through the Rockwell Collins Charitable Corporation. All active RCRV members are eligible to sponsor an application from a deserving non-profit organization with which the member has become affiliated. The application process for next year’s grant program will be advertised in early 2014, and all applicant materials may be found on the RCRV website.♦

Medicare Changes for 2013

John McDonough

Important changes have taken place for Iowans on Medicare in 2013. “Some of the most significant changes relate to mental health coverage,” says Kris Gross from the state of Iowa’s Senior Health Insurance Information Program (SHIIP).

People with Medicare Part B pay less out of pocket for outpatient mental health treatment now.

The co-payment is now 35%, down from 50%. Medicare Part D

(prescription drug) plans are now allowed to cover benzodiazepine and barbiturate medications, such as those used to treat chronic mental disorders, as well as cancer and epilepsy. Prior to this year, Medicare did not pay for these prescription drugs.

People with Medicare Part D plans will also see a greater discount for their medications once they reach the coverage gap or “donut hole.” The discount has increased from 50% in 2012, to 52.5% for brand-name medicines your plan covers, and from 14% in 2012 to 21% for generic medicines, in 2013. These discounts will be applied automatically at the pharmacy or by the mail-order supplier.

Those with Original Medicare should see newly-designed, easier to understand quarterly Medicare summary notices starting later this year. The language is simpler, the print is larger, and there are clear definitions right on the form. There are also step-by-step instructions to check the form’s accuracy, appeal anything that is wrong, or report potential fraud. The new forms were phased in earlier this year.

Medicare premiums and deductibles have increased slightly in 2013. The Part B premium for most people in 2013 is \$104.90 per month, up \$5, and the annual Part B deductible is \$147, an increase of \$7, compared to 2012. The Part A deductible, if you are admitted to a hospital, is \$1,184, an increase of \$28.

If you have questions about Medicare, RCRV SHIIP counselors are available to sit down and talk with you face-to-face. SHIIP is a service of the Iowa Insurance



Division and all services are free, confidential and objective. To find the SHIP site nearest you call our office at 319-393-9637 and leave a detailed message. Please spell your last name, define the reason for your call and make sure that you leave a return phone call. Our phone is not answered so please leave a detailed message. ♦

New Sandbox for NewBo City Market

RCRV volunteers designed, built, and installed a new large sandbox just in time for the Cedar Rapids Freedom Festival.



The project was a request from the Freedom Festival Committee. Jim Vacherlon led the team that defined the requirements and turned them into reality. John Keefer supervised the installation. A removable cover will be installed after the sand has been delivered. ♦

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). ♦

Governor’s Volunteer Awards Received in June

Several RCRV members were recognized by Governor Branstad for their volunteer efforts during a ceremony in June at Linn-Mar High School. Congratulations to Tom Brennom, Norm Wright, Harlan Hanson, Terry Lamb, Jack Murphy, John Slusher, and Esther Wilson. The WRAP volunteers, most of whom are RCRV members, were also recognized. Apologies to any other members whose names I missed.

As usual, several RCRV members volunteered at the ceremony to assist as ushers and parking monitors. Thanks to Pat Fox, Jim Green, Cliff Koop, Arlo Meyer, Kay Nelson, Bob Ocken, and Faye Spading ♦

DMEPOS—New Medicare Program For Diabetic Testing Supplies

John McDonough

For years, Medicare and its beneficiaries have been paying too much for durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS). To reduce costs and the fraud resulting from excessive prices, the Centers for Medicare & Medicaid Services (CMS) introduced a competitive bidding program in 2011.

That program is now being expanded to include diabetic testing supplies which are provided by mail-order suppliers. The National Mail-Order Program for diabetic testing supplies will begin July 1, 2013. When it starts, you’ll need to use a Medicare national mail-order contract supplier for Medicare to pay for diabetic testing supplies that are delivered to your home. Medicare will list the contract suppliers on www.Medicare.gov/supplier. You can also call 1-800-MEDICARE (1-800-633-4227) for help finding a contract supplier. Local counselors from the state of Iowa’s SHIP (Senior Health Insurance Information Program) can also assist in locating contract suppliers. Call our office at 319-393-9637 for assistance. (Note, this phone is not answered so please leave a detailed message including your name, please spell it for us and a phone number that you can be reached at. Your message will be returned by a RCRV SHIP counselor shortly after you leave your message.)

If you don’t want diabetic testing supplies delivered to your home, you can go to any local store that is enrolled with Medicare and buy them there. Medicare has set an allowed payment amount that will be the same for diabetic testing supplies you buy at the store or have delivered to your home. Your cost in either case will include any Part B deductible you have not yet met and 20% coinsurance.

The National Mail-Order Program applies to Original Medicare only. If you’re enrolled in a Medicare Advantage Plan (like an HMO or PPO), your plan will let you know if your supplier is changing. If you’re not sure, contact your plan.

If you have questions about DMEPOS and purchasing diabetic testing supplies call our office at 319-393-9637. SHIIP is a service of the Iowa Insurance Division and all services are free, confidential and objective. ♦

Member Profile Ron Tonneson



The shiny red fire truck being used at St. Luke's Center for Women's and Children's Health was built by RCRV member Ron Tonneson. Sparky's Truck is a miniature fire truck filled with interactive games and toys such as Kindles, iPads and iPods that will 'respond' to requests so patients and families have a bright spot and pleasant memories during their hospital stay. In addition, the toys and activities serve as gifts for special occasions

such as birthdays and holiday celebrations.

Ron began his career in 1965 as a test tech on the 618-T radio, after graduating from North Dakota State College of Science. He retired in April 2000. His hobbies include woodworking, ham radio, and geocaching.

Ron and his chop saw are regular volunteers with the WRAP program. He also works at Safe Haven of Iowa County, a no-kill animal shelter. In recent months, Ron has helped convert a former factory in South Amana into a facility suitable for housing homeless dogs and cats.

Ron and his wife Sue have been married for almost 43 years. They have two children and two grandchildren. ♦

Insurance Seminars

The Rockwell Collins Retiree Volunteers Insurance Seminars will be held again this year on October 7th, 8th, and 9th at the Kirkwood Training and Outreach Service Center at 3375 Armar Drive in Marion. Please mark your calendars so that you may attend one of the 9 seminars being held this year. The seminars will identify what insurance programs will be available to you next year in 2014. Reservations will be required again this year. Details for reservations will be provided in the next issue of the Volunteer. ♦

Electronic Distribution of the Volunteer

Jim Green

In the February edition of the Volunteer, I asked our readers whether or not they would prefer to receive their newsletter electronically, rather than through the mail. I was disappointed to receive only about 80 emailed responses, which indicates that either most of you are happy with the printed version of the newsletter, or most of you didn't even read the column. As a result, all 4000+ recipients will get this issue via the U.S. Postal Service.

In spite of the early returns, I know that it takes more than one time for a new idea to percolate through an organization, so I'm not giving up!

If you would prefer to receive this newsletter by email, and you have not yet notified us, 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 a few weeks 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. ♦

