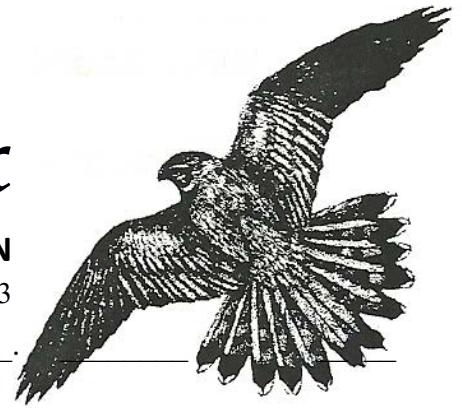


The Gray Hawk

UNIVERSITY OF IOWA RETIREES ASSOCIATION

November 2022 • Vol. XXVIII, Issue 3



November Programming

Making the Right Health Insurance Decision

Gary Schwartz, SHIIP counselor

Thursday, November 3, 2:00 p.m. [via Zoom](#)

Expect the Zoom link on November 1. If you lose the link, contact Carolyn Wanat, carolyn-wanat@uiowa.edu.

Gary Schwartz has been a SHIIP counselor for 15 years and is very familiar with the UI plans. He will provide particularly relevant insights about what issues should be considered when choosing among health insurance plans, including the UI plans. He will also discuss these two useful websites: <https://shiip.iowa.gov> and <https://hr.uiowa.edu/benefits/ui-retiree-benefits>.



Annual Insurance Options Q&A Session

Sonatina Fernandes, UI benefits specialist, and **Anne Thurston**, community and broker liaison with Health Alliance Medical Plans

Thursday, November 10, 2:00 p.m. [via Zoom](#)

Expect the Zoom link on November 8. If you lose the link, contact Carolyn Wanat, carolyn-wanat@uiowa.edu.

Sonatina Fernandes from UI Benefits and **Anne Thurston**, from Health Alliance Medical Plans, will again present an overview of health benefit options available to UI retirees and answer your questions. Plan to attend this session to get answers to all your questions about the 2023 health benefits options.

Docent-Led Tour of Stanley Museum of Art

Friday, November 18, 10:30 a.m.

Stanley Museum of Art, [in person](#)

Space is very limited. RSVP by November 1 to Evalyn Van Allen-Shalash, van-allen-shalash@uiowa.edu. Parking is available below the museum, and it fills quickly. Enter from the west side off Burlington St. Other parking can be found here: <https://tinyurl.com/mryeur7f>. Meet in the lobby.

Note: The museum opens at 10:00 AM.



December UIRA Programming

A Conversation with UI President Barbara Wilson

Thursday, December 1, 1:00 p.m. [via Zoom](#)

Expect the Zoom link on November 29. If you lose the link, contact Ed Dove, edwin-dove@uiowa.edu.



Barbara Wilson

Dr. Barbara J. Wilson is the 22nd president of the University of Iowa. She earned her bachelor's degree in journalism and master's and PhD degrees in communication arts from the University of Wisconsin-Madison. She came to Iowa having served as the executive vice president/vice president for academic affairs of the University of Illinois System. Prior to that, she served in several administrative positions, including interim chancellor, at the University of Illinois Urbana-Champaign, where she was a member of the communication faculty for 21 years.

Hancher Auditorium: A Conversation with André Perry

Tuesday, December 6, 1:30 p.m. [via Zoom](#)

Expect the Zoom link on December 4. If you lose the link, contact Ellen Herman, ellen-herman@uiowa.edu.



Joseph Cress photo

André Perry

In August 2005, André Perry moved to Iowa City from San Francisco to pursue an MFA in the University of Iowa's Nonfiction Writing Program. In the years since relocating to Iowa City, he has had a range of leadership positions. He was the executive director of the Englert Theatre for 11 years, and he is co-founder of the Mission Creek and Witching Hour festivals. In 2021, André joined the University of Iowa's Division of Diversity, Equity, and Inclusion, serving as its director of arts, engagement, and inclusion and as the senior advisor to the associate vice president and to the executive officer of diversity, equity, and inclusion. In May 2022, André was named the Chuck Swanson executive director of Hancher Auditorium and the executive director of the Office of Performing Arts and Engagement. In addition, Perry serves on numerous boards, including the National Independent Venue Association, Arts Midwest, and Iowa Arts Council. As an MFA graduate of Iowa's

Nonfiction Writing Program, he continues to remain connected to students as a visiting adjunct assistant professor at the university. A range of past leadership experiences in the arts helps inform André's work at Hancher.

Most Beautiful Place UIRA Members Have Visited

Responses to Ed Dove's question last month. Maybe add these to your bucket list!

From Lesanne Fliehler:
Negril, Jamaica

From Linda Jones:
Santorini

UIRA President's Column

A New Relationship Between the UI and the UIRA

Last month I stated that since its formation in 1995, the UIRA has had no formal affiliation with the University of Iowa, i.e., UIRA has operated independently of the university. All the work of UIRA has been performed by volunteer UIRA members. The UIRA has funded all its programs and events through the annual dues and other volunteer monies collected from its members.

I am happy to inform everyone that the UIRA Board of Directors has reached an agreement with the University of Iowa (UI) and University Human Resources (UHR). The agreement is outlined in a Memorandum of Understanding (MOU) that was signed on October 6, 2022. The signatories were **Laura McLeran**, **Cheryl Reardon**, and me. Laura is the senior advisor to **President Barbara Wilson** and associate VP. Cheryl is the chief HR officer and associate VP. I signed on behalf of UIRA. The UIRA expressed its gratitude to President Wilson for her support for this initiative, and to Laura and Cheryl for their hard work.

Briefly, UI and UHR commit to fund a 25% FTE effort of an individual (presently **Kellie Digmann**) to provide administrative support to UIRA. UI and UHR further commit to redesign the UIRA website and to modernize our communication capabilities. UIRA commits to provide content for communications and to continue to raise funds for the UIRA Scholarship Fund. We will continue to contribute to the Student Food Pantry and the Student Life Emergency Fund. UIRA will provide the university opportunities to request aid or support from UIRA with problems as they occur, such as recently identified problems with the Student Food Pantry.

These changes will be a huge benefit for us. For example, Kellie will maintain membership records, support communication with UIRA members, and recruit new members as they retire from the university. The IT and Finance departments will provide the capability to pay dues with charge or debit cards. Those who must pay dues by check will be accommodated. (Dues will remain at \$10 per annum.) Recent problems with our email listserv system will disappear.

These changes will help UIRA move forward and be even more effective in providing many new opportunities and helpful information for our members. Though at this time there will be no changes required of the UIRA membership, the changes will come soon, but they will be carefully explained.

Thank you to the members of the Board of Directors for taking on this challenging initiative. Once again this demonstrates that participation in our committees' work can be personally satisfying, and an effective way of contributing to our fellow retiree colleagues. Feel free to contact me if you have questions, suggestions, or comments at edwin-dove@uiowa.edu.

Question of the Month: What did you and your siblings do for fun that you now would suggest that young people not do? Send your reply to *The Gray Hawk* editor, **Lesanne Fliehler**, at lesanne-fliehler@uiowa.edu. Submissions for last month's question are on page 2.



Present at the signing of the Memorandum of Understanding were Cheryl Reardon, UI President Barbara Wilson, Ed Dove, Deb Cobb, and Laura McLeran.

FAQ Part 2: Medicare and Health Insurance Coverage

If you missed the first part of this FAQ, read the October issue of *The Gray Hawk* online at <https://uira.org.uiowa.edu/newsletters>. You might want to review this information prior to the “Making the Right Health Insurance Decision” on November 3 (see page 1).



What options do I have for receiving Medicare benefits and health insurance coverage?

University of Iowa Retirees have three ways to receive Medicare benefits and health insurance coverage, with options within each approach:

1. University retirees may continue to participate in the employee insurance plans, UI Choice and UI Select, and the university may contribute \$288/month toward this coverage for qualified retirees. The university also offers two Medicare Advantage plans sold by Health Alliance with lower premium costs, but with limitations on provider choice, deductibles and co-insurance, up to a maximum out of pocket per year.
2. University retirees may utilize traditional Medicare benefits: Part A (inpatient care) and Part B (outpatient/physician services), plus a “Medigap” supplement to cover most deductibles and co-pays for health care services. A Part D prescription drug plan is also a part of the traditional model, since prescription drugs are not covered by Parts A&B. This approach does not provide coverage for routine dental, vision, or hearing care or appliances, however, university retirees do have the option of maintaining their Delta Dental coverage.
3. University retirees may also elect to enroll in any of the publicly available Medicare Advantage plans offered where they live. Most Medicare Advantage plans include prescription drug coverage, as well as dental, vision, and other expanded benefits, and many are available at a zero-premium cost. Like the Health Alliance Medicare Advantage options, each plan will contain limitations on provider choice, deductibles, and co-insurance for services utilized, up to an out-of-pocket maximum for health services per year.

What considerations are most important to consider in making a decision about my coverage?

Among the common considerations:

- What flexibility do you want/need in selecting your providers? Do you want to maintain your current provider relationships, including not only your primary care provider, but also any specialists, therapists, dentists, and pharmacies you currently use? Do you plan to live part of the year in a different geographic location, where you may need to utilize local providers for ongoing care?

- What medications do you utilize and how would those costs be paid under the various options you consider, particularly a Part D prescription drug or Medicare Advantage plan?
- Your cash flow and financial resources, including your ability to pay monthly premiums (in addition to the cost of Medicare Part B) and/or shared costs of health services up to out-of-pocket maximums, where they apply.
- Do you qualify for payment assistance, e.g., Medicare Savings program or Part D Low-income Subsidy?

Who can I talk to about my personal situation?

Senior Health Insurance Information Program (SHIIP) counselors offer individual appointments throughout the year at the Iowa City Senior Center; Mercer Recreation, and North Liberty Library, as well as via phone or Zoom. Register at this website: <https://tinyurl.com/ynymh8md>.

Upcoming Retiree Health Information Sessions

The University Benefits Office is hosting two more retiree health informational sessions to help you better understand your health benefit options so you can make an informed decision in regard to your health coverage for 2023. Guest speakers include Kevin Ward, UI retiree and Senior Health Insurance Program (SHIIP) counselor, and Wellmark BC/BS Medicare Supplement/Advantage Plans. Provided below are the session details.

- Thursday, November 17, 9:00-11:00 a.m. (Bioventures Center, Coralville)*
- Tuesday, November 29, 1:00-3:00 p.m. (Bioventures Center, Coralville)*

During the first week of October, you were mailed a University Benefits Office's annual Medicare Open Enrollment notification of new insurance rates, plan changes, and specific details concerning the informational sessions, as well as how you may register to attend.

*To locate the Bioventures Center, visit <https://www.facilities.uiowa.edu/building/0063>.

New UIRA Members



Richard Hichwa, Radiology and Office of Vice President
for Research

Paula McKenna, Dentistry/Accounting

Mary Jo Meggers, UIHC Nursing

Julie K. Scott, Hancher Auditorium



A Little Rain Couldn't Keep Them Away

What a great turnout! About 50 UIRA members attended the Sept. 23rd hike at the Two Horse Farm, Johnson County Conservation's most recent land gift/acquisition.

Help Fight Food Insecurity Within the UI Community

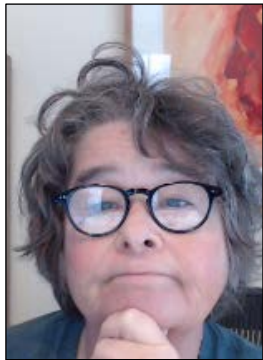
The Food Pantry, established at the university in 2016, supports UI students who may be unable to pay for the necessities to survive while attending college. In addition, the pantry is open to UI faculty and staff to make sure that no one goes hungry or sacrifices a healthy diet.

Certain nonperishable food items are always needed (pasta, rice, potatoes, etc.), but there is a need for fresh produce, hygiene products, and nonfood items (dish soap, foil, plastic wrap, etc.).

To learn more about donating and to check lists of needed items, visit <https://imu.uiowa.edu/imu-services/food-pantry-iowa/donate-pantry>.



Emeritus Faculty Council Lecture



Retirement Time Management: Oxymoron or Essential?

Susan R. Johnson, M.D., M.S., Professor Emerita,
Obstetrics & Gynecology

Thursday, November 17, 4:00 p.m.

Kollros Auditorium (101 Biology Building East)

Lecture will be recorded and posted to

<https://emeritus-faculty.uiowa.edu/efc-lecture-series-2022-23>

Susan R. Johnson

In popular culture “time management” means planning every minute, being efficient, and getting everything done. It’s something you need for your career, not your life. This time management does not fit with anyone’s vision of “retirement.” But there is another, more useful, more accurate version of time management: Time is all we have. We want to use our time to create a life worth living. To do that, we need to decide what to do, plan (enough) to make those things happen, and do them with joy rather than stress. Join me in discussing how this time management framework can enhance your retirement life.



BOARD OF DIRECTORS 2022-2023

(year term on board expires)

Ed Dove	President (2024) edwin-dove@uiowa.edu
Deb Cobb	President-Elect (2024) deborah-cobb@uiowa.edu
Carolyn Wanat	Past President (2023)
Pat Mason-Browne	Secretary (2023)
David Fitzgerald	Treasurer (2023)
Lesanne Fliehler	Editor, <i>The Gray Hawk</i> (2024)
Phil Klein	Webmaster (ex-officio)
Michael Barron	Director (2023)
Billie Townsend	Director (2023)
Maureen McCormick	Director (2024)
Vicki Siefers	Director (2024)
Mike Hovland	Director (2025)
Evalyn Van Allen-Shalash	Director (2025)
TBD	EFC representative (ex-officio)

Monthly meetings of the UIRA Board of Directors are held online via Zoom at 1:00 p.m. on the second Tuesday of the month.