

Living power

For all who have made a living and now wish to make a life

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North Carolina

**Retired
Governmental
Employees'
Association**

TSERS & LGERS Board of Trustees Act on Retiree COLAs

The North Carolina Retirement Systems Board of Trustees met on January 15, 2015 and *adopted* COLA increases for both state (TSERS) and local (LGERS) governmental retirees.

The Board of Trustees for the Teachers' and State Employees' Retirement System (TSERS) has recommended a 1% COLA increase. This *recommendation* will be considered by Senate and House budget committees as they develop the State's biennial budget for 2015-16 during the session now underway. NCRGEA will support this increase for TSERS.

The Board of Trustees for the Local Governmental Employees' Retirement System (LGERS) *approved* a .625% COLA increase for local governmental retirees which is the legislative maximum that can be approved. While this COLA is appreciated, it is not adequate given the LGERS members have had only a 0.1% COLA increase since 2009.

The NCRGEA has endorsed the Board's COLA for the TSERS, and will support LGERS in seeking a larger LGERS COLA.

We will keep you abreast of these issues as the legislative session moves forward.

2015 NC General Assembly Convenes

The General Assembly has organized and is ready to go to work. With a budget deficit for this fiscal year of at least \$200,000,000 (two hundred million dollars), it is all but certain that the General Assembly will be turning over rocks looking for funds to keep the budget in balance. A request for a 2% reduction from state agencies has already been implemented to help cover the short fall in revenue. The lack of revenue will also make it difficult to craft a biannual budget (2015-2016) that includes the funding priorities of the Governor and the General Assembly. Because there is much uncertainty in revenues, it will be some time before the legislature begins to develop its budgets. April tax returns will provide better figures on what the General Assembly will have to develop their budget. We will look for the Governor's budget in late February. This will begin the budget process and provide the legislature a starting point for their budget debates.

While we wait for the budget process to begin in earnest, the General Assembly is filing bills and beginning committee work to process the hundreds of bills which will be introduced between now and the bill introduction deadlines set for mid-March in the Senate and the beginning of April in the House. NCRGEA will track all legislation pertaining to our legislative priorities.

In this issue of *Living Power*, we have provided you a list of the members of the 2015-2016 General Assembly for your reference. We have included contact information for your state Senators and Representatives respectively by county represen-

tation, and then alphabetized by last name.

We also will provide weekly updates on the happening in the General Assembly through our emailed Legislative Updates so *Stay Tuned!!!*

State Health Plan (SHP) Considers 2016 Changes

The State Health Plan Board of Trustees is considering several changes to the State Health Plan for 2016. We are working to keep changes to benefits and increased premiums to a minimum; however, our goal is to retain all benefits with no premium increases and we will work diligently to obtain this goal.

The State Health Plan Board of Trustees met in February to approve recommended adjustments to the State Health Plan for 2016. The approved adjustments to the 2016 plans will be forwarded to the General Assembly for consideration.

Lake Case Documents Still Needed

Just a reminder! The NCRGEA requests your assistance in locating any documents that may pertain to this case. You can send to the association originals (or complete copies) of any documents in your possession that mention any qualifications or vesting periods for retirement health benefits or specific terms of the retirement health benefits (such as provided “free of charge,” “for life,” “non-contributory,” “on an 80/20 basis,” etc.). If you will need to retain these documents, submit a complete copy as the documents may not be returned. Documents may include pamphlets or handbooks handed out to new employees or retirees, benefits statements provided to current employees, contracts containing reference to retirement health benefits, or job postings or promotional materials that reference retirement health benefits as a perk of employment with the State of North Carolina. Limit any submissions to documents created or circulated prior to 2011 that specifically mention retirement health benefits provided through the State Health Plan. ***Copies of the annual or biannual State Health Plan Handbooks should NOT be submitted.*** Mail to: NCRGEA Attn: Lake Case Documents, Post Office Box 10561, Raleigh, NC 27605.

The Key to Better Health

By SilverSneakers® Fitness program

Did you know physical activity can help you avoid many problems that come with age? Exercise helps your muscles get stronger so you can keep doing what you enjoy without having to depend on others. When you start incorporating physical activity into your day and start making positive changes, those habits develop over time into a healthier lifestyle. The key is just to overcome any doubt you may

have, lace up your sneakers and get started!

What defines a healthy lifestyle? It includes eating well – the right foods in the right amounts – to prevent nutritional deficiencies. Proper amounts of physical activity can help you control your blood pressure and maintain a healthy heart, both essential to brain health. An active lifestyle is essential to maintaining a healthy mind. New activities and making new friends are also great ways to keep your mind sharp.

How much should you exercise? The Centers for Medicare and Medicaid Services offers guidelines for how much exercise older adults need to be healthy. You need at least **two hours and 30 minutes of exercise** such as brisk walking every week. If that sounds overwhelming, try breaking your workouts into 10-15 minute sessions. The key is to just get started. Remember to add exercises that work the muscles in your legs, hips, back, chest, shoulders and arms on two or more days per week.

One of the best ways to get the exercise you need to stay healthy is with **Healthways SilverSneakers® Fitness program**. SilverSneakers may be available to you through your current health plan benefits **at no extra cost**. It includes a fitness membership you can use at **more than 12,000** SilverSneakers locations across the nation. You can take group fitness classes designed just for older adults, use equipment such as weights and treadmills, and meet new friends who share your interest in a healthy lifestyle.

Using your SilverSneakers membership can help you:

- Reach or maintain a healthy body weight
- Avoid or manage health conditions including: heart disease, stroke, Type 2 diabetes, depression, arthritis, osteoporosis, and certain types of cancer.
- Improve your balance
- Reduce your risk of falling
- Improve your mood
- Sleep better
- Maintain your independence.

Feeling better can help you have more fun too. You can enjoy spending time with your family, and you'll be able to meet new friends at SilverSneakers.

It's easy to get started. Visit **silversneakers.com** or call SilverSneakers Customer Service at **1-888-423-4632** (TTY: 711), Monday - Friday, 8 a.m. to 8 p.m. EST to check your eligibility, view a list of health plans that offer the program, get your ID number and locate your closest participating SilverSneakers locations. When you visit your closest location, just bring your ID number and ask for a tour of the location.

Senate Representation By County 2015-2016 Session

Find your Senator by county; an alphabetical listing follows on Page 5 with address, phone and email.

County	District: Members		
Alamance	24: Rick Gunn;	Cumberland	19: Wesley Meredith; 21: Ben Clark;
Alexander	42: Andy Wells;	Currituck	1: Bill Cook;
Alleghany	45: Dan Soucek;	Dare	1: Bill Cook;
Anson	25: Tom McInnis;	Davidson	33: Stan Bingham;
Ashe	45: Dan Soucek;	Davie	34: Andrew C. Brock;
Avery	45: Dan Soucek;	Duplin	10: Brent Jackson;
Beaufort	1: Bill Cook;	Durham	20: Floyd B. McKissick, Jr.; 22: Mike Woodard;
Bertie	3: Erica Smith-Ingram;	Edgecombe	3: Erica Smith-Ingram;
Bladen	8: Bill Rabon;	Forsyth	32:(Vacant) 31: Joyce Krawiec;
Brunswick	8: Bill Rabon;	Franklin	18: Chad Barefoot;
Buncombe	49: Terry Van Duyn; 48: Tom Apodaca;	Gaston	43: Kathy Harrington; 44: David L. Curtis;
Burke	46: Warren Daniel;	Gates	1: Bill Cook;
Cabarrus	36: Fletcher L. Hartsell, Jr.;	Graham	50: Jim Davis;
Caldwell	45: Dan Soucek;	Granville	20: Floyd B. McKissick, Jr.;
Camden	1: Bill Cook;	Greene	5: Don Davis;
Carteret	2: Norman W. Sanderson;	Guilford	27: Trudy Wade; 28: Gladys A. Robinson; 26: Phil Berger;
Caswell	22: Mike Woodard;	Halifax	4: Angela R. Bryant;
Catawba	42: Andy Wells;	Harnett	12: Ronald J. Rabin;
Chatham	23: Valerie P. Foushee;	Haywood	50: Jim Davis;
Cherokee	50: Jim Davis;	Henderson	48: Tom Apodaca;
Chowan	3: Erica Smith-Ingram;	Hertford	3: Erica Smith-Ingram;
Clay	50: Jim Davis;	Hoke	21: Ben Clark;
Cleveland	46: Warren Daniel;		
Columbus	13: Jane W. Smith;		
Craven	2: Norman W. Sanderson;		

Hyde 1: Bill Cook;
Iredell 34: Andrew C. Brock;
 44: David L. Curtis;
Jackson 50: Jim Davis;
Johnston 12: Ronald J. Rabin;
 11: E. S. (Buck) Newton;
 10: Brent Jackson;
Jones 6: Harry Brown;
Lee 12: Ronald J. Rabin;
Lenoir 7: Louis Pate; 5: Don Davis;
Lincoln 44: David L. Curtis;
Macon 50: Jim Davis;
Madison 47: Ralph Hise;
Martin 3: Erica Smith-Ingram;
McDowell 47: Ralph Hise;
Mecklenburg 37: Jeff Jackson;
 38: Joel D. M. Ford;
 39: Bob Rucho;
 40: Joyce Waddell;
 41: Jeff Tarte;
Mitchell 47: Ralph Hise;
Montgomery 33: Stan Bingham;
Moore 29: Jerry W. Tillman;
Nash 11: E. S. (Buck) Newton;
 4: Angela R. Bryant;
New Hanover 8: Bill Rabon;
 9: Michael V. Lee;
Northampton 3: Erica Smith-Ingram;
Onslow 6: Harry Brown;
Orange 23: Valerie P. Foushee;
Pamlico 2: Norman W. Sanderson;
Pasquotank 1: Bill Cook;
Pender 8: Bill Rabon;
Perquimans 1: Bill Cook;
Person 22: Mike Woodard;
Pitt 7: Louis Pate; 5: Don Davis;

Polk 47: Ralph Hise;
Randolph 24: Rick Gunn;
 29: Jerry W. Tillman;
Richmond 25: Tom McInnis;
Robeson 13: Jane W. Smith;
Rockingham 26: Phil Berger;
Rowan 34: Andrew C. Brock;
 25: Tom McInnis;
Rutherford 47: Ralph Hise;
Sampson 10: Brent Jackson;
Scotland 25: Tom McInnis;
Stanly 25: Tom McInnis;
Stokes 30: Shirley B. Randleman;
Surry 30: Shirley B. Randleman;
Swain 50: Jim Davis;
Transylvania 48: Tom Apodaca;
Tyrrell 3: Erica Smith-Ingram;
Union 36: Fletcher L. Hartsell, Jr.;
 35: Tommy Tucker;
Vance 4: Angela R. Bryant;
Wake 14: Dan Blue;
 15: John M. Alexander, Jr.;
 16: Josh Stein;
 17: Tamara Barringer;
 18: Chad Barefoot;
Warren 4: Angela R. Bryant;
Washington 3: Erica Smith-Ingram;
Watauga 45: Dan Soucek;
Wayne 5: Don Davis; 7: Louis Pate;
Wilkes 30: Shirley B. Randleman;
Wilson 11: E. S. (Buck) Newton;
 4: Angela R. Bryant;
Yadkin 31: Joyce Krawiec;
Yancey 47: Ralph Hise;

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**For additional legislative
contact information, go
to www.ncleg.net**

NC House Representation By County - 2015-2016 Session

Find your Representative by county; then, alphabetical listing follows with address, phone and email.

<u>County</u>	<u>District: Members</u>		
Alamance	63: Stephen M. Ross; 64: Dennis Riddell;	Clay	120: Roger West;
Alexander	73: Lee Zachary;	Cleveland	111: Tim Moore; 110: Kelly E. Hastings;
Alleghany	94: Jeffrey Elmore;	Columbus	46: Ken Waddell;
Anson	55: Mark Brody;	Craven	3: Michael Speciale; 10: John R. Bell, IV; 12: George Graham;
Ashe	93: Jonathan C. Jordan;	Cumberland	42: Marvin W. Lucas; 43: Elmer Floyd; 44: Rick Glazier; 45: John Szoka;
Avery	85: Josh Dobson;	Currituck	1: Bob Steinburg;
Beaufort	3: Michael Speciale; 6: Paul Tine;	Dare	6: Paul Tine;
Bertie	5: Howard J. Hunter, III;	Davidson	80: Sam Watford; 81: Rayne Brown;
Bladen	22: William D. Brisson; 46: Ken Waddell;	Davie	79: Julia C. Howard;
Brunswick	17: Frank Iler; 18: Susi H. Hamilton;	Duplin	4: Jimmy Dixon; 21: Larry M. Bell;
Buncombe	114: Susan C. Fisher; 115: John Ager; 116: Brian Turner;	Durham	29: Larry D. Hall; 30: Paul Luebke; 31: Henry M. Michaux, Jr.; 50: Graig R. Meyer;
Burke	112: Mike Hager; 86: Hugh Blackwell;	Edgecombe	23: Shelly Willingham;
Cabarrus	82: Larry G. Pittman; 83: Linda P. Johnson; 76: Carl Ford;	Forsyth	79: Julia C. Howard; 74: Debra Conrad; 75: Donny Lambeth; 71: Evelyn Terry; 72: Edward Hanes, Jr.;
Caldwell	87: Vacant (1/15/2015)	Franklin	25: Jeff Collins; 7: Bobbie Richardson;
Camden	1: Bob Steinburg;	Gaston	110: Kelly E. Hastings; 108: John A. Torbett; 109: Dana Bumgardner;
Carteret	13: Pat McElraft;	Gates	5: Howard J. Hunter, III;
Caswell	65: Bert Jones;	Graham	120: Roger West;
Catawba	89: Mitchell S. Setzer; 96: Jay Adams;		
Chatham	54: Robert T. Reives, II;		
Cherokee	120: Roger West;		
Chowan	1: Bob Steinburg;		

Granville 2: Larry Yarborough; 32: Nathan Baskerville;

Greene 12: George Graham; 10: John R. Bell, IV;

Guilford 57: Pricey Harrison; 58: Ralph C. Johnson; 59: Jon Hardister; 60: Cecil Brockman; 61: John Faircloth; 62: John M. Blust;

Halifax 27: Michael H. Wray;

Harnett 51: Brad Salmon; 53: David R. Lewis;

Haywood 118: Michele D. Presnell; 119: Joe Sam Queen;

Henderson 113: Chris Whitmire; 117: Chuck McGrady;

Hertford 5: Howard J. Hunter, III;

Hoke 48: Garland E. Pierce; 66: Ken Goodman;

Hyde 6: Paul Tine;

Iredell 84: Rena W. Turner; 95: John A. Fraley;

Jackson 119: Joe Sam Queen;

Johnston 26: N. Leo Daughtry; 28: James H. Langdon, Jr.; 22: William D. Brisson;

Jones 13: Pat McElraft;

Lee 54: Robert T. Reives, II; 51: Brad Salmon;

Lenoir 10: John R. Bell, IV; 12: George Graham;

Lincoln 97: Jason Saine;

Macon 120: Roger West;

Madison 118: Michele D. Presnell;

Martin 23: Shelly Willingham;

McDowell 85: Josh Dobson;

Mecklenburg 88: Rob Bryan; 92: Charles Jeter; 98: John R. Bradford, III; 99: Rodney W. Moore; 100: Tricia Ann Cotham; 101: Beverly M. Earle; 102: Becky Carney; 103: William Brawley; 104: Dan Bishop; 105: Jacqueline Michelle Schaffer; 106: Carla D. Cunningham; 107: Kelly M. Alexander, Jr.;

Mitchell 85: Josh Dobson;

Montgomery 67: Justin P. Burr; 66: Ken Goodman;

Moore 52: James L. Boles, Jr.; 78: Allen McNeill;

Nash 25: Jeff Collins; 7: Bobbie Richardson;

New Hanover 18: Susi H. Hamilton; 19: Ted Davis, Jr.; 20: Rick Catlin;

Northampton 27: Michael H. Wray;

Onslow 14: George G. Cleveland; 15: Phil Shepard; 16: Chris Millis;

Orange 56: Verla Insko; 50: Graig R. Meyer;

Pamlico 3: Michael Speciale;

Pasquotank 1: Bob Steinburg; 5: Howard J. Hunter, III;

Pender 16: Chris Millis;

Perquimans 1: Bob Steinburg;

Person 2: Larry Yarborough;

Pitt 9: Brian Brown; 8: Susan Martin; 24: Jean Farmer-Butterfield;

Polk 113: Chris Whitmire;

Randolph 78: Allen McNeill; 70: Pat B. Hurley;

Richmond 48: Garland E. Pierce; 66: Ken Goodman;

Robeson 66: Ken Goodman; 48: Garland E. Pierce; 46: Ken Waddell; 47: Charles Graham;

Rockingham 65: Bert Jones; 91: Bryan R. Holloway;

Rowan 76: Carl Ford; 77: Harry Warren;

Rutherford 112: Mike Hager;

Sampson 22: William D. Brisson; 21: Larry M. Bell;

Scotland 66: Ken Goodman; 48: Garland E. Pierce;

Stanly 67: Justin P. Burr;

Stokes 91: Bryan R. Holloway;

Surry 90: Sarah Stevens;

Swain 119: Joe Sam Queen;

Transylvania 113: Chris Whitmire;

Tyrrell 1: Bob Steinburg;

Union 68: D. Craig Horn; 69: Dean Arp; 55: Mark Brody;

Vance 32: Nathan Baskerville;

Wake 33: Rosa U. Gill; 34: Grier Martin; 35: Chris Malone; 36: Nelson Dollar; 37: Paul Stam; 38: Yvonne Lewis Holley; 39: Darren G. Jackson; 40: Marilyn Avila; 41: Gale Adcock; 11: Duane Hall; 49: Brig Gen (R) Gary Pendleton;

Warren 32: Nathan Baskerville;

Washington 6: Paul Tine;

Watauga 93: Jonathan C. Jordan;

Wayne 4: Jimmy Dixon; 10: John R. Bell, IV; 21: Larry M. Bell;

Wilkes 73: Lee Zachary; 90: Sarah Stevens; 94: Jeffrey Elmore;

Wilson 24: Jean Farmer-Butterfield; 8: Susan Martin;

Yadkin 73: Lee Zachary;

Yancey 118: Michele D. Presnell;

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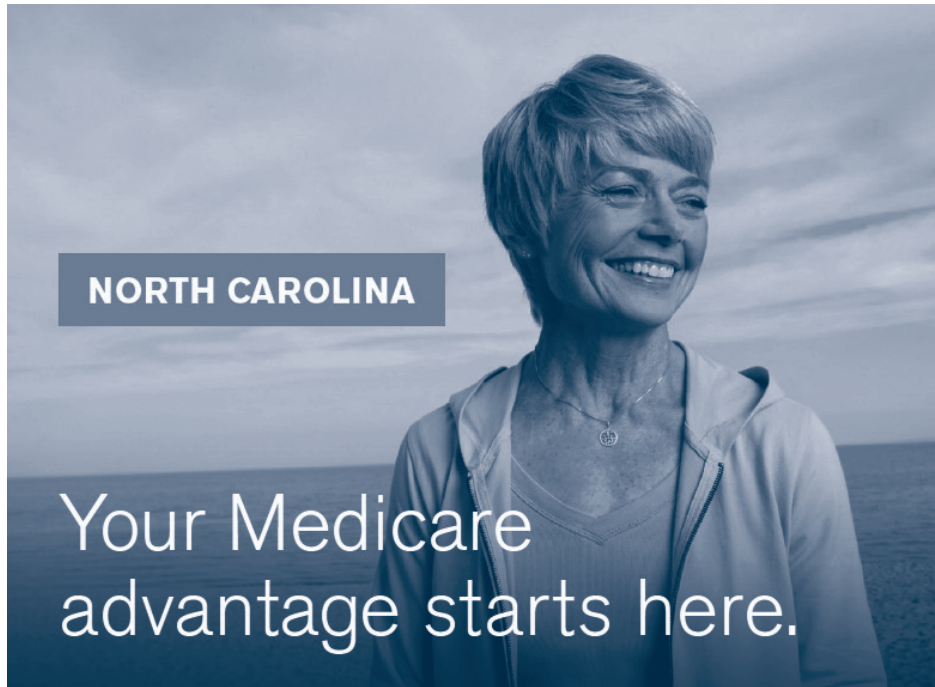
Superior Vision Plan Copays Reduced!!

NCRGEA's Superior Vision Insurance plan, an optional member benefit, continues to be valued by members. NCRGEA negotiated some enhancements to the current plan that are effective as of January 1, 2015.

These changes are reductions in copayments for materials and contact lens fittings. The copay for materials for an in-network eye provider has been reduced from \$20 to \$15. Materials include both frames and lenses. The copay for the contact lens fitting for standard contact lens has been reduced from \$25 to \$20. All other benefits of the vision insurance plan will remain the same.

New vision ID cards were mailed on February 1st by Superior Vision to those currently enrolled in the vision insurance plan along with an outline of benefits for the vision insurance plan.

For further information about Superior Vision and other members benefits, visit our website at: www.ncrgea.com.



Medicare Advantage plans from UnitedHealthcare



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.
 H2001_150113_151233 SPRJ20791

2015 Retiree Pay Dates

Date Retirement Payment is issued (Date payment is direct deposited or date a check is mailed).

2015 Pay Dates		
March 25	July 24	November 25
April 24	August 25	December 18
May 22	September 25	
June 25	October 23	

If you have any questions about your retirement check, call the NC Retirement Systems at 1-877-733-4191 or 919-733-4191 in Raleigh area.

Weekly Legislative Updates

NCRGEA members can get a weekly update on the status or progress of legislation that impacts retirees. You can sign-up to receive NCRGEA Legislative Updates by email!

- Go to www.ncrgea.com.
- Click on: **Sign-up to Receive NCRGEA Communications Electronically!**

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Superior Vision	1-800-507-3800
NC Retirement Systems.....	1-877-733-4191
In Raleigh Area	919-733-4191
CIGNA (Medicare Administrator).....	1-800-633-4227
Seniors' Health Insurance Information Program.....	1-800-443-9354
In Raleigh Area	919-807-6900
NC State Health Plan	1-919-881-2300
Blue Cross/Blue Shield	1-888-234-2416
Express Scripts (SHP Rx Drug Administrator)	1-877-680-4882
Humana	1-800-944-9442
United Healthcare	1-866-747-1014
Social Security Administration	1-800-772-1213
State Employees' Credit Union	1-888-732-8562
Local Government Federal Credit Union.....	1-800-344-4846
NC 401(k)/Deferred Comp (457).....	1-866-627-5267

Living Power is published to provide current information for NCRGEA's membership. Newsletters are printed bimonthly and mailed to all members of NCRGEA. Your comments are welcome.

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