

# Living power

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



North Carolina

Retired  
Governmental  
Employees'  
Association

Volume 36, Number 6

November-December 2020

## President's Message

Dear fellow retirees,

Your friends at NCRGEA congratulate you on making it to the holidays!! After all we have been through this year, we know this holiday period will be especially sweet and memorable. There is nothing like time with friends and family during the holidays even if it is done safely and virtually; we hope you enjoy them.



My calendar for November and December lists the following holidays and remembrances: Veterans' Day, Thanksgiving, Pearl Harbor Remembrance Day, Hanukkah, Christmas, and Kwanzaa. As we celebrate these days let us remember that all these celebrations are about thankfulness. This year especially all of us are very thankful for those who have cared for us (many of them fellow government employees) and we are thankful for our fellow citizens who have worked together and abided by public health advice so we could survive this pandemic. We hold in our hearts the memories of those who have crossed the bar this year and may their memories be a blessing.

As your association president, I am especially thankful for our staff who have continued to work from home keeping our office up and running during this pandemic. They have worked even harder than in a normal year to ensure you get the service you deserve. So for me, they are on my thankful list! By the way, do you know who else is on my thankful list? Why it's every single one of you who have served the citizens of this great state and its many localities for your entire career. You lived out the adage that "we all do better when we work together." Thank you!

I would like to encourage you to schedule some time to visit our website which has been greatly enhanced during this pan-

Continued on Page 2

### NCRGEA Board of Directors

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NCRGEA  
District Map

## President's Message *cont'd*

demic. You will find lots of discount opportunities, dental and vision insurance plans, and especially for our local government members access to Medicare Supplemental plans. There is even a cooking video made especially for you. Be sure to take a look at the ad in this newsletter for AmWINS Medicare Supplemental plans for local government retirees and spouses.

This month we appointed a committee to conduct a SWOT analysis of NCRGEA to be completed before year's end. SWOT stands for strengths, weaknesses, opportunities and threats. We will analyze these with a ten-year horizon. The purpose of this analysis is to better anticipate the future in which we will operate so that NCRGEA can be even stronger and more valuable to our members. Based on the findings of the SWOT analysis, by June we will develop a strategic plan to guide our direction into the future. We will keep you informed as our work progresses, and if we reach out to you for help on this project, please say "yes".

Now what can you be doing while we are working on this? Recruit one additional member from among your friends to join NCRGEA this month. Almost every one of us retirees knows fellow retirees who are not members of NCRGEA - in that case, you are the best qualified person to recruit that friend. Give them this phone number (1-800-

356-1190 or 919-834-4652) or this website ([www.ncrgea.com](http://www.ncrgea.com)) so they can join right away - it's only \$40.00! Help yourself while helping a friend. All retirees will be better off as NCRGEA grows larger and stronger to better advocate for you.

As I write this letter in October, all of us remain concerned that a second wave of Covid-19 may sweep across our state during the winter. While this pandemic has already taxed our patience, this is not the time to slack off on social distancing, frequent hand washing, and wearing masks in public places. These practices are still absolutely necessary for all of us to survive and not be contagious to others. Happy holidays to each of you! We look forward to serving you in 2021!

Vann Langston  
NCRGEA President

### NCRGEA Holiday Hours

The NCRGEA office will be closed on the following days for the Thanksgiving and Christmas holidays:

November 26 and 27

December 24 through January 1, 2021

Happy holidays from your NCRGEA staff!  
Wishing you a prosperous New Year in 2021!  
Thank you for allowing us to serve you!

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**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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919.834.4652 • 1.800.356.1190 • [www.ncrgea.com](http://www.ncrgea.com)

To receive **Living Power** newsletter electronically, please send an email to [info@ncrgea.com](mailto:info@ncrgea.com) and include your full name and the city where you live.

## A Reminder – 2020 Retiree Pay Dates are Different This Year!!!

We have grown accustomed to getting our retirement checks a little early in the months of November and December. Please note the change for upcoming dates when retiree pay checks will be deposited or mailed, depending on your choice.

**Wednesday, November 25, 2020 • Wednesday, December 23, 2020**

If you have specific questions about your retirement check, bank deposit, etc. contact the NC Retirement System 1-877-627-3287.

## Member Spouses: Be an Associate Member!

A spouse of any dues-paid active member can join NCRGEA as an Associate Member for only \$40 a year. Associate Members can access all full member benefits of our Association and are covered by the \$10,000 Accidental Death & Dismemberment benefit.

With your spouse as an Associate Member, you can save on your monthly dental and vision premiums. The monthly dental premium for Member and Spouse is \$107.48 – that’s \$1,289.76 a year. With your spouse as an Associate Member for \$40 a year, the dental premium drops to \$95.52 a month or \$1,146.24 a year – a savings of \$103.52.

A spouse can enroll as an Associate Member at any time and the dental and vision premiums will be reduced when the membership is processed. The Superior Vision monthly premium for Member and Family is \$15.88 and Member & Associate monthly premium is \$13.98.

Call our office 1-800-356-1190 to join by phone, download an enrollment form on our website [www.ncrgea.com](http://www.ncrgea.com); or email your request to [info@ncrgea.com](mailto:info@ncrgea.com).

## Join our Email List!!!

Sign up to receive NCRGEA news by email! NCRGEA members can get an email update on the status or progress of legislation that impacts retirees.

On our website you can sign up to receive our email and newsletter. Sometimes we send a “Take Action Now!” alert with information and ask you to contact your legislators. Over the past couple months we have emailed important information and links about the COVID-19 with tips to help you stay safe and details about which Phase our state is observing and what it means to you.

Go to: [WWW.NCRGEA.COM](http://WWW.NCRGEA.COM) - click on: **Sign-up to Receive NCRGEA Communications Electronically!** You can also sign up to receive our email communications or our *Living Power* newsletter.

## Retiree Pay Dates

(Dates pension checks are direct deposited or date checks are mailed.)

Be sure to keep the NC Retirement Systems informed of your current mailing address. Call 877-627-3287 for all questions about your retirement check or deductions.

November 25, 2020	December 23, 2020
<b>2021</b>	
January 25, 2021	July 23, 2021
February 25, 2021	August 25, 2021
March 25, 2021	September 24, 2021
April 23, 2021	October 25, 2021
May 25, 2021	November 24, 2021
June 25, 2021	December 22, 2021

## SHARE LGFCU BENEFITS WITH YOUR FAMILY!

If you're a member of LGFCU, your family is eligible to join too!



**LGFCU**  
LOCAL GOVERNMENT  
FEDERAL CREDIT UNION

Learn more at [lgfcu.org/membership](http://lgfcu.org/membership).

# Important Information Regarding Your Standard Dental and Superior Vision Plans

The annual open enrollment for NCRGEA's dental and vision plans ended on October 31st. After this date, only new retirees who enroll within 60 days of becoming a dues-paying NCRGEA member **and** current NCRGEA members with a life-changing event will be allowed to enroll in the dental and vision plans.

For those who did not make changes to your plan levels, add or drop dependents, or terminate plan coverage, no action was required. You will continue in your current Standard Dental and Superior Vision plans.

New enrollees with an effective date of January 1, 2021, you will have your first premium deduction from your December 21, 2020 retirement check. You can expect to receive your dental and vision cards directly from The Standard Insurance and Superior Vision companies mid-to-late December.

## Things to Remember: about Your Dental Plans:

- There is no waiting period to use your plan after the premium deduction has been made and the plan becomes effective on January 1, 2021.
- The Standard Dental plan uses the Ameritas Network of providers.
- Beginning January 1, 2021, subscribers can visit our member portal [standard.com/dental](https://standard.com/dental) and register for a new account to print ID cards, review a summary of your benefits, check the status of claims, review your Explanation of Benefits, download a claim form or find a dental provider.
- You can choose any dentist but you will benefit from lower out-of-pocket savings when you visit an in-network provider. To find a provider in your area visit [https:// www.standard.com](https://www.standard.com). click on **Find a Dentist**. You will receive a pop-up message: Click **Continue to Ameritas**. On the provider search page, you can enter the area you would like to search. Or click **Additional Filters** to search by specific provider name. On **Select a Network**, click **Classic (PPO)**.

**The Standard Dental Customer Service number is 1-800-547-9515.**



## Superior Vision Plan

Superior Vision is one of the top eyecare providers in the United States. It is important to use an eye care provider in the Superior Vision network to maximize your benefits. If you use a provider outside of the Superior Vision network, you can still complete and file a claim form for some reimbursement.

You can find providers as well as claim forms and request replacement cards on the Superior Vision website.

To find a provider visit [superiorvision.com](https://superiorvision.com) and click on **Locate a Provider** and follow the instructions. **Superior Vision's Customer Service number is 1-800-507-3800.**



**SUPERIOR VISION**  
See yourself healthy.

*Ready to Enjoy Life?*

**ARE YOUR FINAL EXPENSES COVERED?**

**BE PREPARED.**

- Relieve your family from financial burden of final expenses.
- Benefits Never Decrease.
- Rates Locked-In for Life

**IT'S SIMPLE TO GET COVERAGE**  
Call us toll-free 1-833-599-1751 or email [ncrgea@walkerinsurance.biz](mailto:ncrgea@walkerinsurance.biz) for assistance or more information.

**No medical exam for guaranteed issue, just a few yes or no questions.**

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# Districts Connections



Deryl Davis Fulmer, PhD | Community Liaison

My Fellow Retirees, 2020 has indeed been a difficult and yet memorable year! We are approaching the holiday season and still practicing social distancing and covering our faces. So, please do so until we are given the green light to stop!

We, at the NCRGEA, are committed to your safety as well as ours, and have launched some new activities with that in mind. Please visit our website at [www.ncrgea.com](http://www.ncrgea.com), YouTube Channel and Facebook page to stay informed and connected. Featured below are some of our new activities.

## Healthy Living and Cooking at Home

On YouTube, you can view easy and delicious dishes that you can do at home. If you are like me, you are always seeking exciting recipes to just change the scenery a bit. Plans are underway to feature a variety of chefs from different backgrounds. Our first feature is Jason Smith, a Raleigh native and owner of Cantina 18 in our Cameron Village area. He graciously offered to be our first *Featured Chef*. Yum!

## Get to Know NCRGEA Trivia Game

The trivia game starts now and you must go to our website at [www.ncrgea.com](http://www.ncrgea.com) to participate. The first 50 members who submit the correct answer will receive a small prize. We will mail the prize to you so be sure we have your correct address. At the end of each quarter, we will place all those who participated in the Trivia game in a drawing for a \$100 gift card. Each quarterly winner will be featured in a future newsletter to showcase our membership. Remember, to go to the website to participate! Questions and responses for Trivia will run from the 15<sup>th</sup> to the 30<sup>th</sup> of each month.

## District Community Group Meetings

The District Community Group meetings will start in November. Because we are still “Safer at Home,” we will need to meet virtually. A zoom link will be sent to your email and you will only need to click it. It’s so easy! If you need a little

help, there will be a video on the NCRGEA YouTube Channel to help you learn how to connect. For those of you who prefer to use the phone for these meetings, a number will be provided. The meetings are planned for no more than 90 minutes. The first three meetings are scheduled as follows. Members from these districts, please note these dates and plan to participate virtually:

District 3 November 18, 2020 at 1:30 – 3:00pm

District 4 November 12, 2020 at 1:30 – 3:00pm

District 8 November 17, 2020 at 1:30 – 3:00pm

Plans are being developed to expand the District Community group meetings statewide in 2021.

## Retiree Buddy Initiative

The Retiree Buddy initiative is something everyone can participate. Just check on your friends and colleagues by phone, email, Facebook or other social media. That is all it takes! We are in this together and one by one we can do our part to minimize isolation and support one another! Become a Retiree Buddy!

## Email Address Campaign

We are on a mission to collect your personal email addresses so we can stay better connected and be more informative. In addition to your email address, please make sure we have your correct phone/cellphone number and address. You can email me at [deryl@ncrgea.com](mailto:deryl@ncrgea.com) and I will make sure your information is updated in our database. My phone number is: 919-980-6681.

Thank you for your support and remember to take care of yourselves and to stay safe! Have a wonderful Thanksgiving and a safe and beautiful Christmas!

Many Blessings for a phenomenal holiday season and a Happy New Year!  
Your Retiree Buddy! Deryl





Check out NCRGEA on YouTube channel. You can view our videos through our website [www.ncrgea.com](http://www.ncrgea.com) or you can go to [www.YouTube.com](http://www.YouTube.com) and search NCRGEA. To make comments during live webinars, you will need to subscribe on the YouTube site. (It's free!)

## NC SHIIP – the Seniors’ Health Insurance Information Program

We have just finished the annual open enrollment. And as you know, health insurance plans are confusing! More worrisome, if you talk with the wrong person for information or advice about your own health insurance, you might get incorrect information – that can be costly for you!

The Seniors’ Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. The counselors on our toll-free line offer free and unbiased information regarding Medicare health care products. SHIIP also helps people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol Program.

SHIIP counselors are not licensed insurance agents and they do not sell or endorse any product, plan, or company. If you have questions about your specific health insurance plan, we encourage you to contact your insurance agent or the insurance company.

Email - You can send SHIIP an email at [ncdoi.ncshiip@ncdoi.gov](mailto:ncdoi.ncshiip@ncdoi.gov) and a SHIIP counselors will promptly respond to your inquiry.

Find a SHIIP Counselor - SHIIP has counselors in every county across the state who are trained to be the go-to people for seniors and Medicare beneficiaries in their local communities. Local counseling is done by appointment in each county.

Call SHIIP  
Toll-free at 1-855-408-1212  
Monday - Friday 8am - 5pm



### Still Receiving Paper Statements from State Employees’ Credit Union?

By choosing E-Statements you can:

- Receive contactless delivery and view your statements online
- Choose your statement cutoff date\*
- Reduce the risk of identity theft from lost or stolen paper statements
- Help SECU and the environment – reduce the amount of paper, ink, and other resources used to produce paper statements

For information on how to enroll, SECU members can visit [www.ncsecu.org](http://www.ncsecu.org).

\*Except for Visa® credit cards and mortgage loans, which have set statement dates.

## Amplifon Hearing Health Care Program

One of the benefits of your NCRGEA membership is the Amplifon Hearing Health Care Program. Through Amplifon, you or your family members who need hearing aids can benefit from the ample cost savings through Amplifon.

Starting in January 2021, Amplifon is offering a new simplified hearing health program. Check out their plans on page 7! Call Amplifon for more information 1-877-806-7054.





# Your hearing program

If you think you may have hearing loss, rest easy. NCRGEA has teamed up with Amplifon to offer you quality hearing health care.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<b>Hearing Aid Features</b>	Standard features	Additional, easy-to-use functions	Designed for work and play	Enhanced to keep you on the go	Leading technology keeps you connected
<b>One Simple Price</b>	\$995	\$1,495	\$1,795	\$2,195	\$2,645
<b>+ Complimentary Aftercare*</b>	<b>Risk-free trial</b> – find your right fit by trying your hearing aids for 60 days <b>Follow-up care</b> – ensures a smooth transition to your new hearing aids <b>Battery support</b> – battery supply or charging station to keep you powered <b>Warranty</b> – 3 year coverage for loss, repairs, or damage				

**To learn more, call or visit:**  
[www.amplifonusa.com/NCRGEA](http://www.amplifonusa.com/NCRGEA)  
 1-877-806-7054



**\*Risk-free trial** - 100% money back guarantee if not completely satisfied, no return or restocking fees. **Follow-up care** - for one year following purchase. **Batteries** - two year supply of batteries (80 cells/ear/year) or one standard charger at no additional cost. **Warranty** - Exclusions and limitations may apply. Contact Client Services (1-844-267-5436) for details.

Amplifon Hearing Health Care is solely responsible for the administration of hearing health care services, and its own financial and contractual obligations. NCRGEA and Amplifon are independent, unaffiliated companies. The Amplifon Hearing Health Care discount program is not approved for use with any 3rd party payor program, including government and private third-party payor programs. Hearing services are administered by Amplifon Hearing Health Care, Corp.

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# Medicare Supplement Plans for Local Government Retirees and Spouses

Receive access to 24/7 telephone physician consultations, hearing benefits, counseling and more!

REQUEST YOUR FREE INFORMATION KIT!

Call 800.349.2178 or visit [rhp.amwins.com](http://rhp.amwins.com)



Are you enrolled in Medicare Part A & B? If so, you are eligible to enroll in a Retiree Health Program with access to competitively-priced, "A+ Rated" Medicare Supplement plans. Plans are tailored for seniors who will be turning 65 or are over 65 and looking to add to their Medicare insurance plan.

### You can receive:

- ✓ A choice of two medical plans
- ✓ No network restrictions
- ✓ Optional spouse coverage
- ✓ No waiting periods when transitioning from another plan
- ✓ Prescription Drug plans (Medicare Part D) are also available

### No underwriting! Guaranteed acceptance!

2021 Rate Chart*		
AGE	Gold Plan Cost Per Person	Platinum Plan Cost Per Person
65	\$88	\$156
66-69	\$94	\$165
70-74	\$116	\$193
75-79	\$152	\$233
80+	\$153	\$251

*\*\*Issue-age" Premiums—You always remain in the age-bracket you originally joined in.*

*\*\*Rates above are locked in until 1/1/2022.*

*\*\*\*Rates vary for residents of FL, MD, MN, WA*

This program is sponsored by the National Seniors Coalition and administered by AmWINS Group Benefits, Inc. AmWINS offers more than 25 years of retiree health insurance administration including policy and billing support, member advocacy and more.

The insurance program is underwritten by United American Insurance Company. United American Insurance Company has been serving policy holders with quality insurance since 1947 and is rated A+ Superior by A.M. Best.

## MEDICARE SUPPLEMENT PLAN COMPARISON

THIS CHART COMPARES KEY FEATURES OF THE AVAILABLE MEDICAL PLANS

PLAN FEATURES	United American GOLD PLAN AMOUNT YOU PAY	United American PLATINUM PLAN AMOUNT YOU PAY
ANNUAL DEDUCTIBLE	\$0 for Part A Hospital \$198* Part B Deductible	\$0 for Part A Hospital \$198* Part B Deductible
COINSURANCE AMOUNT	20% for Part B Services Only	\$0
COINSURANCE MAXIMUM OUT-OF-POCKET AMOUNT (OOP)	\$1,000 - Incl. Part B Deductible	\$198* Part B Deductible
LIFETIME MAXIMUM BENEFIT	Unlimited	Unlimited
NETWORK REQUIREMENTS	Any Medicare Provider	Any Medicare Provider
PART A HOSPITAL SERVICES	\$0	\$0
PART B MEDICAL SERVICES	20% up to \$1,000 max, then \$0	\$0
PHYSICIAN OR URGENT CARE OFFICE COPAY	\$20	\$0
EMERGENCY ROOM COPAY	\$50 (waived if admitted)	\$0
PREVENTIVE/WELLNESS SERVICES	\$0 for Medicare Approved Benefits	\$0 for Medicare Approved Benefits

*\*Please note that \$198 is the 2021 Medicare Part B Deductible amount. Your plan will automatically adjust each year to the Medicare Part B Deductible Amount. This is only a summary. In case of errors or differences, please reference the official plan documents.*



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**DOWNLOAD COUPONS** from your computer or mobile app for Restaurants, Retailers, Hotel, Grocery Stores and More – Nationwide!

### FREE PROGRAM

Coupons are available but the vendor base and discounts will be less than the Premium Access Perks.

- ① Go to: [ncrgeafree.accessperks.com](http://ncrgeafree.accessperks.com)
- ② Click on **SIGN UP** and enter registration code **RETIRED**; enter your name, email address, set up a password and click signup.

That is it! Once you hit enter, you will be returned to the screen where coupons and vendors are made available to you. If you want more choices and deeper discounts, upgrade to the Premium Access Perks.

**SAVE 10%, 25%, EVEN 50%  
ON PURCHASES YOU  
MAKE EVERY DAY!**

### PREMIUM PROGRAM

Includes entertainment, travel, fitness, and other venues not included in the free program. You will also reap deeper discounts with the Premium Access Perks Program. **THIS PROGRAM COSTS \$18.00 PER YEAR**, and you can enroll by going to our website [www.ncrgea.com](http://www.ncrgea.com), **select benefits, Access Perks Program, and then CLICK HERE TO ENROLL**. Or complete the form below, and mail to us with your payment. Once your enrollment is received, it will take approximately two days for your account to be live.

#### PREMIUM ACCESS PERKS ENROLLMENT

Prefer to mail payment: *(Please Print)*

Name \_\_\_\_\_

Mailing address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Mail check for \$18.00 payable to NCRGEA to 528 Wade Avenue, Raleigh, NC 27605**

**Enrollment questions, please contact NCRGEA at 800-356-1190**

# North Carolina Baptist Aging Ministry Receives Fire Prevention and Safety Grant

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North Carolina Baptist Aging Ministry (NCBAM) has been awarded a \$40,000 Fire Prevention and Safety Grant from the Department of Homeland Security/FEMA.

NCBAM will use grant funds to enhance its Priority #1: Prevention outreach to make aging adults safer in their homes. Trained volunteers will install long life, battery-powered smoke alarms, at no charge, in the homes of individuals 65+ who do not have working alarms and replace alarms that are more than 10 years old. In addition, the ministry will have carbon-monoxide alarms to provide



in homes with appliances that burn fossil fuels as well as a limited number of Lifetone alarms for deaf individuals.

Properly-identified

volunteers will canvas neighborhoods and ask permission to check residents' smoke alarms. When alarms need to be replaced, new alarms will be installed in the proper locations at no charge. To follow Covid-19 safety precautions, volunteers will wear masks and gloves and maintain social distancing. Residents will also be asked to wear masks during installation.

**Individuals may contact the NCBAM Call Center at 877.506.2226 to request smoke alarms.** Alarm recipients must be 65+, not currently have properly working smoking alarms, or have alarms that are more than ten years old.

Churches or other community groups wishing to participate in canvassing or installation may contact NCBAM at 877.506.2226. Training is provided.

NCBAM has been connecting volunteers with aging adults in need since 2009. Its mission is to help aging adults maintain their independence and quality of life. NCBAM is a ministry of Baptist Children's Home of North Carolina.

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## Your Car Key Security Alarm

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If your car has a key fob - put your car keys beside your bed at night. Tell your spouse, your children, your neighbors, your parents, your doctor's office, the check-out girl at the market, everyone you run across. Put your car keys beside your bed at night.

If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: it's a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button

on the key fob chain. It works if you park in your driveway or garage.

**To Chase Off a Burglar:** If your car alarm goes off when someone is trying to break into your house, odds are the burglar/rapist won't stick around. After a few seconds, all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won't want that.

**Parking Lot Safety:** Be sure to remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there. This is something that should really be shared with everyone. Maybe it could save a life or a sexual abuse crime.

**Get Help After a Fall:** Carry your key fob with you when you go outside. If you fall while outside you can activate the car alarm and someone will know there's a problem. This may save a life!

## Thank you NCRGEA friends and family!

*We have heard from many of you who are anxiously awaiting to embark on your next travel experience – and believe me, we want that too! Serving you is what keeps us going! The travel and hospitality industries have been hard hit by the pandemic as a result of people wary to travel for the fear of contracting the virus and having to deal with guidelines associated with visitors entering another state. Our No. 1 concern has always been the safety of our passengers.*

*With the current status of the areas we were scheduled to visit, we unfortunately have had to cancel the remainder of our 2020 tours.*

*Stay safe and know we will travel again soon!*

**Karen Britt**  
**Britt Travel Group (Carolina Cruise Tours)**  
919-889-4900 • [kbritt@dreamvacations.com](mailto:kbritt@dreamvacations.com)

### **SNEAK PEAK AT 2021!**

#### **CANYON COUNTRY ADVENTURE • MAY 7-14, 2021**

On this popular National Parks tour, discover the unique landscapes of Arizona and Utah as you travel through four national parks - as well as Lake Powell and Monument Valley - and lots of beautiful scenery. Your tour begins in Scottsdale and ends in Las Vegas with overnights in Grand Canyon National Park, Lake Powell, and Bryce Canyon. This is a GLOBUS tour – featuring great guides, 5 hotels, breakfast daily and 3 dinners. Optional excursions and pre/post stays available.

**Land Pricing \$2276 pp** (based on dbl occupancy)

*We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.*

#### **\*\*UPDATED DATE\*\* HISTORIC TRAINS OF THE OLD WEST • JUNE 21-29, 2021**

Discover the spirit of the Old West and its historic trains on this incredible vacation. Your Colorado and New Mexico train tour starts and ends in Denver with overnights also in Glenwood Springs, Durango, Santa Fe, and Colorado Springs. As you travel to each destination, you will witness beautiful landscapes along the way. Train rides, Trolleys, National Parks and more!

**Land Pricing \$2699 pp** (based on dbl occupancy)

*We will continue to monitor the area, hotel and attractions for safety protocols during COVID-19, keeping you informed and safe.*

### **PLANNING FOR 2021 & 2022 TRIPS & TOURS – YOUR FEEDBACK IS VALUABLE!**

We want to hear from you! Let us know if you prefer air, cruise or motorcoach travel and where you would like to go! Send your thoughts and ideas to: [kbritt@dreamvacations.com](mailto:kbritt@dreamvacations.com) or call us 919-889-4900.



#### **To our Valued Clients:**

*We want to open the door to the world and all that it has to offer; to be able to give our clients the very best travel opportunities and the best rates in the travel industry. Therefore, all of us here at Carolina Cruise & Tours are so excited to announce that we have partnered with Dream Vacations and will officially be operating under the Britt Travel Group. Contact us for the very best deals on cruises, tours and more!*



919-889-4900 • [kbritt@dreamvacations.com](mailto:kbritt@dreamvacations.com)  
[www.bookwithbritt.com](http://www.bookwithbritt.com)





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**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](http://www.ncrgea.com).
- Click on: **Sign-up to Receive NCRGEA Communications Electronically!**

**IMPORTANT PHONE NUMBERS**

NCRGEA .....	1-800-356-1190
In Raleigh Area .....	919-834-4652
The Standard .....	1-800-547-9515
Superior Vision .....	1-800-507-3800
NC Retirement Systems.....	1-877-627-3287
Seniors' Health Insurance Information Program ...	1-855-408-1212
In Raleigh Area .....	919-807-6900
NC State Health Plan .....	1-919-814-4400
Blue Cross/Blue Shield.....	1-888-234-2416
Amplifon Hearing Health Program .....	1-877-806-7054
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 Total Retirement Plans 401K/457 Plans.....	1-866-627-5267
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