

Understanding Medicare: Part D

This plan became effective January 1, 2006 with an enrollment period prior to January 1. Anyone joining after the initial enrollment period is likely to pay a higher monthly premium UNLESS immediately prior to joining the Part D plan, they had a drug plan that equal to or better than the Medicare prescription drug plan.

Information sent to all current retirees as well as current employees during the last quarter of 2005 indicated the prescription drug plan provided by the City was equal to if not better than Medicare Part D. This determination was made by an outside actuary.

The **Medicare Part D** plan has a monthly premium (generally around \$37 in 2006) as well as an annual deductible (\$250). Participants also pay a part of the cost of the prescriptions, including a co-payment or coinsurance. Costs vary depending on which drug plan is chosen.

Is the Medicare D plan right for you? It's an individual choice. The best way to make that determination is to make a list of all medications



taken as well as what you pay for those medications. Then review the Part D plans to determine which ones cover your particular medications and view the costs for

those medications. Be advised not all of the plans are the same. Drugs can be listed under different copay levels for each plan. So, doing the comparison will involve some homework on your part.

You are required to notify City of Plano should you enroll in one of the Medicare Part D plans. You will still retain coverage under our plan; however we are required to notify Medicare of your enrollment in both plans.

Medicare has information related not only to the new Part D plan but all aspects of Medicare at www.medicare.gov.

Cranking Out Great Ideas



Linda Odom accepts the \$25 Chili's Bar and Grill giftcard as her prize for naming the newsletter, "Prime Times."

Make an Address Change with Mail-Order Prescription Drug

There may a time when you would like your prescription to be delivered to a different address than the one NMHC has on file for you. Maybe you're visiting out of state relatives for an extended period of time or possibly you're on a long relaxing vacation to some far away exotic place. In any case, it is imperative you contact NMHC RX Mail directly at 1-800-881-1966 to update your information.

Once you have returned home and reorder your medications, you will once again need to provide NMHC RX Mail with the proper address for delivery of your mail order prescription drugs.

If you have moved, you will need to contact NMHC RX Mail at 1-800-881-1966 to update your new address. By notifying Human Resources, we will update United Healthcare (UHC), Texas Municipal Retirement System (TMRS) and any other related retirement benefits however you must contact NMHC RX Mail directly. The mail order portion of the business does not accept address changes from us in the same fashion as other vendors.

Receiving mail-order prescriptions in a timely manner at the correct address is imperative; therefore it is important to keep your address information current..

Tips for Finding a Medicare Provider

Finding a physician who will accept the Medicare allowable amount (assignment) can be a difficult task. We have learned of three relatively new Senior Health Centers in Plano accepting the Medicare allowable amount. These facilities are associated with Medical Center of Plano and were opened to service this population.

They do accept United Healthcare (UHC) as a secondary insurance. Although these facilities are not listed on the UHC Web site, we have contacted them to ensure they accept UHC as secondary. The locations and staff physicians are below:

1600 Coit Road, #109 (Bldg. I attached to Medical Center of Plano)
(972) 519-1304
Brent Porter, M.D. (Internal Medicine)

2540 Ave K, #500
(Park & Ave K)
(972) 519-1414
Paul Anthony, M.D.
(Internal Medicine & Geriatric Medicine)

Starwood Medical Offices (southwest corner of the Dallas North Parkway & Gaylord Parkway)
2595 Dallas Parkway #403, Frisco
(972) 238-3675
Jennifer Attmore, M.D. (Internal Medicine)

If you live outside the DFW area, consider contacting your local hospital to ask if they are associated with any physicians in the same manner as Medical Center of Plano.



Volunteering can be Very Rewarding

Volunteer trends show Baby Boomers, or those born between 1946 and 1964, are volunteering more than ever. After taking a few years off, getting projects off the back burner, traveling and visiting with family, retirees are ready to give back. With so many City employees retiring, we thought it would be a good time to tap into your knowledge and skills, and invite you back to share your talents and energy with us again.

During the past several decades, the Volunteers in Plano (VIP) program has emerged as an important component of the workplace, offering benefits to both employees and volunteers. Many of you used volunteers in the past and know their value. Others have been volunteers out in the community and have enjoyed the experience.

There are many benefits to volunteering if the position is a good match:

- ☺ Gaining personal satisfaction by helping others.
- ☺ Trying out a department you want to know more about.
- ☺ Making a difference in someone's life.
- ☺ Knowing you provide a valuable service to the community.
- ☺ Being an integral part of City government again.

Retirees can be seen as a strategic part of the volunteer program by working hand-in-hand with employees to express a solid interest in our City and helping to navigate transitions in and between work and civic engagement.

Volunteer opportunities include one-time events or four to eight hours a week:

Office and Clerical Assistance: Various departments can use help with filing, getting papers ready for microfilming, data entry, envelope stuffing, answering phones, making packets and copies. A detail-oriented person is preferred.

Animal Shelter: Animal Shelter volunteers can greet visitors, socialize cats, walk dogs, help the front desk with lost and found cases, and assist with adoption counseling.

Interurban Railroad Museum Tour Docent:

Remember the days of the old railroad? Share those stories with groups of all ages. Docents are needed weekdays and weekends either with a set schedule or on-call. Training is provided.

Libraries:

Genealogy: Put your research skills to use helping people search for their ancestors. Two years of genealogy experience is required, but the hours are flexible.

Literacy for Life: Share your experiences while teaching an adult to read, one-on-one tutoring for those with ESL. For training information contact Suzette Cass at (972) 941-7175. Volunteers meet students at libraries and times are flexible.

Library Links with Seniors: Lead book discussions, facilitate story telling, or introduce books to seniors in assisted living homes and day-care centers and watch them smile.

Parks & Recreation:

Creative Arts and Plano Centre: Help promote at theater events or conventions throughout the year. Each event is open to the public and will need volunteers to assist with a variety of positions such as: host or hostess, registration, scorekeeping, timekeeping, hospitality, runner and event check.

Senior Center: Snack Bar Assistant are needed. We can use your good cheer and help at the Senior Center Snack Bar from 11 a.m.-12:45 p.m. weekdays. Call Carolyn Bowers at (972)-941-7155.

Police and Fire: Individuals completing the Police and Fire Academies have numerous opportunities to volunteer through alumni groups. Some positions include: Citizen Handicap Parking Patrol, Garage Door program, Warrant Round-up, Fire Rescue, City events and academy activities.

For VIP information, check out www.planotx.org/vip/ or call (972) 941-7114.

Happy Trails...

April 2006 retirements:

- Joyce Kyles – Print Shop

May 2006 retirements:

- Barbara Newell – City Manager’s Office
- Carl Duke – Police Department
- Alan Berentsen – Fire Department
- John Brockman – Police Department

June 2006 retirements:

- William Hurst – Streets/Drainage
- Joe Coles – Equipment Services



Birthday Wishes

July Birthdays

- | | | | |
|--------------------|-------------------------|----------------------|------------------------|
| 2 – Donald Cates | 10 – Frances Barker | 17 – Gerald Cartmill | 22 – Gary Burden |
| Philip McCluskey | Martha Jean Hall | Martha Honea | Angela Gurley |
| 4 – Marilyn Mast | 11 – Ricky Moore | 18 – James Crawford | 23 – Becky Medlock |
| 6 – Wayne Luttrell | 12 – Francis Norris | 19 – Andy Anderson | 25 – Dot Rombuck |
| 7 – Randy Andrews | 13 – Michael Westbrooks | Buddy Atkins | 28 – Glen Lang |
| Kenneth Larsen | 15 – Roger Grantham | 20 – Robert Anderson | Bill Peterson |
| 8 – James Price | 16 – Rosemary Balentine | Faustino Chapa | 30 – Jonathan Giddings |

August Birthdays

- | | | | |
|----------------------|---------------------|--------------------|---------------------|
| 2 – Pam Caldwell | Linda Odom | 22 – Billy Gentry | 27 – Dona Blodgett |
| 3 – Leona Bell | Mike Rodriguez | Donna Naylor | Russ Mower |
| 4 – Joseph Story | 14 – David Laney | Ken Presley | 28 – Sherry Abney |
| 7 – Carolyn LaGrange | 15 – Jean Brown | James Stout | Henry Edwards |
| 8 – James Chilton | 17 – Rodney McCrary | 23 – Ed Lanning | 29 – Helen Latham |
| 9 – Bobby Howell | Alan Ratliff | 25 – Charles Bixby | Dwayne Sprabary |
| 12 – Tom Gramm | 18 – Jean Cody | Joe Francis | 31 – Nancy Crabtree |
| 13 – Linda Cosper | 19 – Joe Parks | Robert James | Michael Mims |
| | 20 – Brian Yeager | 26 – James Oakry | Jerry Ragsdale |

September Birthdays

- | | | | |
|--------------------|-------------------------------|----------------------|-----------------------|
| 1 – Ann Moczygmeba | 8 – Liberato (Tito) Maldonado | 13 – Bruce Coleman | 22 – James McCarley |
| Beverly Sheffield | 9 – John Byers | Robert Jenkins | 23 – Tom Walton |
| 2 – Peggy Cooper | 10 – William Ladd | 15 – Roger Smith | 26 – Gary McRae |
| Rosa Gunn | 11 – Carl Duke | 16 – Ed Sassan | 28 – Billy McEuen |
| Gordon Kahn | Charles Holloway | 17 – Shirley Colbath | Ken Walls |
| 3 – John Kerr | Jack Youngblood | Dale Martin | 29 – Rosemary Jackson |
| Joe Coles | 12 – Evelyn Berry | 19 – George Caldwell | 30 – Jose Abrego |
| 4 – Ramon Tamez | | Larry Sherrin | Larry Lane |
| | | 21 – Dorris Certain | |

IN MEMORY

Eileen Hall,
retired Administrative
Assistant to Executive
Director

Linda Housewright,
wife of retired
Fire Captain
John Housewright

Ernie Roys,
retired Fire
Battalion Chief

**“Those
that live in
the hearts
of others
never die.”**

ON THE WELLNESS FRONT...

WELLNESS TESTING SCHEDULED For OCTOBER 2006



DATE	TIME	LOCATION/DEPARTMENT
Tuesday, October 3	8-10 a.m.	DAVIS LIBRARY Program Room
Wednesday, October 4	8-10 a.m.	PARR LIBRARY Public Conference Room
Thursday, October 5	8-10 a.m.	SCHIMELPFENIG LIBRARY Public Conference Room
Friday, October 5	7-10 a.m.	PLANO MUNICIPAL CENTER Building Inspection Training Room <i>1st Floor Departments</i> <i>Public Safety Communications/Print Shop</i>
Monday, October 9	7-10 a.m.	PLANO MUNICIPAL CENTER Building Inspection Training Room <i>2nd Floor Departments</i>
Tuesday, October 10	7:45-10 a.m.	PLANO MUNICIPAL CENTER SOUTH 2nd Floor Conference Room <i>Parks/Recreation</i>
Wednesday, October 11	7-10 a.m.	PLANO MUNICIPAL CENTER Building Inspection Training Room <i>Building Inspections</i> <i>Information Services</i>
Thursday, October 12	7-10 a.m.	PLANO MUNICIPAL CENTER Building Inspection Training Room <i>3rd Floor Departments</i>
Monday, October 16	8-10 a.m.	HAGGARD LIBRARY Program Room
Friday, October 13	8-10 a.m.	HARRINGTON LIBRARY Program Room
Tuesday, October 17	8-10 a.m.	PLANO CENTRE Spring Glade Room