



What's inside this Summer 2020 issue:

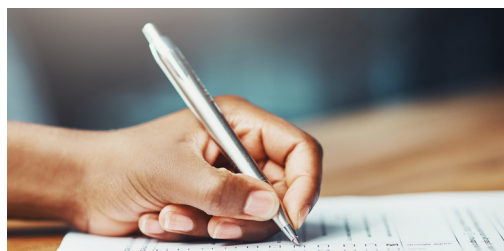
- Coping with COVID-19
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Retiree marriages, deaths & divorces

Here's the steps you need to take to notify us

When you have a life event such as a marriage, death of a spouse or a divorce, we need you to notify us as soon as possible. This will ensure that any applicable updates to benefits and personal information are processed correctly. Here's what you need to know.



Who do I call? In the event of a marriage, divorce or a death—whether it is the retiree or spouse—contact at 1-833-442-7547 or email us at askhr@imail.org.

What information do I need to provide?

When you call, you will need to provide us with the information listed on the checklist to the right.

How long does it take to process? As soon as we receive a copy of the marriage certificate, death certificate or divorce decree and all the information listed to the right, we can usually update our system and transfer applicable pension payments and/or benefits within 30 business days.

Life Event Checklist

We need the following information/documents in order to process a marriage, death of a retiree or spouse, or a divorce.

- Full name
- Social Security Number
- Date of marriage, death or divorce
- Name of person notifying us of the life event
- Mailing or email address to send updates
- Copy of the marriage or death certificate or divorce decree
- Whether or not the spouse is currently living

Contact the Intermountain Retirement Program by calling AskHR at **1.833.442.7547** or email us at askHR@imail.org.



Don't forget!

Please remember to update the address of the retiree and/or spouse when reporting a death so we can continue to communicate important updates in the future.



Top ten websites for seniors

Do you spend more time online than your grandchildren? Contrary to popular belief, a number of seniors are Internet savvy. But what are the top websites for Boomer traffic? From health and humor to finance and fine dining, here are the sites that every senior should check out.

- **AARP for deals and discourse:** aarp.org
- **Pogo for fun and games:** pogo.com
- **Lots of laughs at Suddenly Senior:** suddenlysenior.com
- **Interact at Third Age:** thirdage.com
- **Seniors guide to computers:** seniorsguidetocomputers.com
- **Love to know ... everything!:** seniors.lovetoknow.com
- **Retirement in style:** retirewow.com
- **Travel with the Evergreen Club:** evergreenclub.com
- **Socialize from your desktop:** senioronly.club
- **And don't forget about Facebook:** facebook.com

Source: humangood.org



Annual enrollment coming up!

Watch your mail in the coming weeks for your 2021 Retiree Annual Enrollment packet, which includes information about changes to your retiree health and/or dental insurance for next year.

All changes will be effective January 1, 2021. If you have any questions, contact AskHR at **1.833.442.7547** or email us at **askHR@imail.org**.



Go Green one step at a time

10 ways to create change in your community

1. **Skip bottled water.** Use refillable water bottles instead.
2. **Opt for reusable grocery bags.** Invest in reusable grocery bags instead.
3. **Ditch plastic straws.** Opt for no straw or paper straws instead.
4. **Eliminate plastic utensils.** Instead, invest in a few inexpensive sets of silverware that you use for special gatherings.
5. **Bring your own coffee cup.** Most coffee shops will happily fill your mug if you bring it with you.
6. **Make your own cleaning products.** Vinegar, baking soda, and a few drops of essential oil can keep your house looking and smelling clean while avoiding harsh chemicals.
7. **Recycle electronics.** Cell phones, old televisions, and computers are another source of waste.
8. **Buy local.** Support small businesses and eliminate the packing and supplies that shipping online purchases requires.
9. **Adjust the thermostat.** Keep the temperature a little lower in the winter and a little higher in the summer.
10. **Wash in cold water.** Whenever possible, wash clothes in cold water instead of hot. It's an earth-friendly step you can take that will help reduce utility costs.

Source: Sunrise Senior Living



Recipe: Yogurt Watermelon Pizza

Ingredients: 1 center-cut slice of watermelon, 1/4C plain yogurt, 1tsp honey, blueberries, raspberries, strawberries, 1Tbs chopped pistachio nuts, 1tsp shredded coconut

Prep time: 10 minutes
Servings: 8

Instructions: Cut watermelon slice into 8 wedges, spoon yogurt evenly then drizzle honey, sprinkle berries, nuts and coconut.

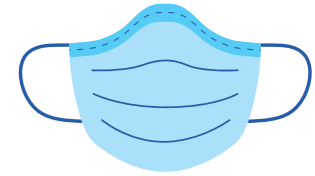
Source: allrecipes.com

Coping with COVID-19

12 ways to stay positive and manage your stress

Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger. Here's some tips that can help:

 <p>Talk with your family & friends</p>	 <p>Maintain your routine where possible</p>	 <p>Focus on positive activities</p>	 <p>Acknowledge your feelings</p>
 <p>Keep a healthy lifestyle</p>	 <p>Don't smoke or use alcohol or drugs</p>	 <p>Disconnect from media and limit panic</p>	 <p>Seek accurate information</p>
 <p>Talk to a counselor</p>	 <p>Use your past coping skills and techniques</p>	 <p>Follow safety and hygiene procedures</p>	 <p>Prepare an emergency supply</p>



Face masks: tips and tricks to success

How to avoid foggy glasses

- Wash your glasses with soapy water, which leave a surfactant film that prevents misting of surfaces.
- Place a folded tissue between your nose and the mask.

Best fabric for face masks

- If you're sewing your own mask, masks made with one layer of cotton and two layers of chiffon (a net like fabric often found in evening gowns) or silk will filter out some 80 to 99 percent of particles.

Keep cool while covered up

- Keep your mask dry by staying in well-ventilated locations.
- Avoid going out during the hottest part of the day
- Bring a spare mask
- Go easy on the makeup which can amplify perspiration.

Source: aarp.org

Camping? Follow these COVID-19 safety ideas

As the pandemic has spurred an upsurge of ambitious campers, here's some tips to keep you safe as you enjoy the great outdoors:

- Keep your camping group small
- Avoid congregating around the campfire and sharing food
- Don't forget the hand sanitizer
- Use your RV bathroom instead of public restrooms
- Follow all the campground rules
- Make reservations ahead of time
- Give other campers plenty of space
- Put on your face mask when you can't social distance

Source: cnn.com



How to find GOODNESS in these very days

LiVe Well Moment by Terri Flint



Imagine that you were given a chance to push a fast forward button that would allow you to skip over the next six months of your life. Would you push it?

Tempting, isn't it? Optimistically, in six months we'll have a coronavirus

vaccine, the elections will be over, travel will be opening up along with restaurants, and we'll be able to spend time with our loved ones without restrictions. And yes, no more masks.

But, would you really want to abandon these precious days of your life, however hard they may be? Would you give up sweet summer mornings, relish the fruits of your gardens, or see the autumn leaves? Would you forfeit seeing your grandchildren grow a bit taller or hear their most recent funny stories? Would you miss any chance to tell your loved ones you love them? Would you give up even one day to breathe deeply and live fully?

Instead of wishing away the present, this is the very time we need to embrace it. Buddha states: The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

Living in the present or living mindfully is an evidence-backed lifestyle that is proven to help us manage anxiety and stress in our day-to-day life. It's a skill that can be learned and then practiced until we experience its full benefits. And now is our opportunity to do just that.

ABOUT TERRI

Terri Anne Flint, Ph.D., L.C.S.W. is a recently retired EAP & Employee Wellness Director at Intermountain.

To read more from Terri, subscribe to her Life Experienced blog at terrianneflint.com or contact her at terria.flint@gmail.com.



Here are six ways to help you live more in the present

- **Think about the future** just long enough to prepare for it. Limit the dose of conversation, social media, and worry time that focuses on what hasn't yet happened.
- **When thinking about the past**, enjoy memories or remember lessons learned that can be applied to the now. Limit the dose of time spent on what cannot be changed.
- **Spend most of your time** savoring the present moment with all of your senses. Engaging your sight, hearing, taste, touch, and smell helps you focus on the here and now.
- **When spending time with others**, give them your full attention. Let coronavirus remind you to never take friends and family for granted.
- **Find a daily meditation that you enjoy.** It will require some exploration and experimentation, but the practice of quieting the mind is the tool that enables us to live mindfully.
- **Identify three good things** that happen each day by sharing them with another person or writing them in a journal. Because we're so accustomed to seeing the negative, finding good things will require mindful attention.

Start by finding one or two mindful moments each day. With intention and practice, you'll find the light in the darkness and the goodness in these very days.