



the LiVe Well RetireeConnection

A NEWSLETTER FOR INTERMOUNTAIN HEALTHCARE RETIREES

SPRING 2019



What's inside this Spring 2019 issue:

- Two new Intermountain hospitals
- Volunteer with Create the Good
- Recipe: Strawberry Spinach Salad
- Eat well as you get older
- Drive safe with hearing loss



Simplify your life: Visit us online

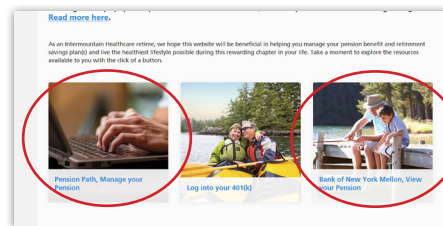
Go to intermountainhealthcare.org/retiree

If you haven't visited us online, do it! Our website—dedicated entirely to our Intermountain Healthcare retirees—can help you stay up-to-date with all things retirement and manage your pension benefit as well.



Access two important pension links from the homepage:

Pension Path and Bank of New York Mellon and much more!



1 Pension Path

Update your pension ...

- address,
- tax withholdings, and
- bank information.

2 Bank of New York Mellon

View your pension ...

- payment history,
- direct deposit/check statements,
- tax withholdings, and
- tax forms/check images.

One-stop resource for all your retirement needs

Here's just a few things you will find:

- ▶ **Updates and changes** to your retirement benefits
- ▶ **Direct links to retirement resources:**
 - Intermountain Pension Plan
 - Savings Plus 401(k)
 - Abenity Discount Program
 - Employee Assistance Program
 - Intermountain LiVe Well
- ▶ **Helpful contacts and phone numbers**
- ▶ **Retiree Connection**
 - Access past issues of our quarterly newsletter

By visiting intermountainhealthcare.org/retiree, you can access Pension Path, BNYM and T. Rowe Price and clicking on applicable links.

Expanding our care across the valley

Layton Hospital opens and Spanish Fork Hospital in the works

Intermountain Healthcare opened its 23rd hospital in Layton, Utah and construction on the Spanish Fork Hospital is currently under way.

Before Layton Hospital opened its doors on October 12, 2018, it had been almost a decade since Intermountain built its last hospitals in Park City and Riverton in 2009. Intermountain held a groundbreaking for the Spanish Fork Hospital on August 13, 2018 and is scheduled to open for the end of 2020.

Taking a closer look



LAYTON HOSPITAL

- 300,000-square-foot building located at 201 W. Layton Parkway
- Holds 43 beds and employs approximately 415 caregivers
- Major services include emergency services, women and newborn, special care nursery, surgical services, and infusion therapy.



SPANISH FORK HOSPITAL

- 30-bed hospital will sit on approximately 45 acres east of I-15 and north of U.S. Highway 6, near the Walmart supercenter
- Estimated cost: \$150 million
- Will focus on women's and medical/surgical services consistent with a community hospital



More Americans working past age 65

The share of retirement-age Americans in the labor force has doubled since its all-time low in 1985. As of February 2019, **more than 20 percents of Americans aged 65 or older** are working or looking for work, double the 10 percent who were in the labor force in 1985.

Improved health has been a key driver of this increase in labor force participation. Seventy eight percent of Americans aged 65 or older report being in good health or better, up from 73 percent in 1997 and 69 percent in 1985. As a result, more retirement-age people can work.

Source: *UnitedIncome.com*

6 Ways to Eat Well As You Get Older

1 Learn how to build a healthy plate



Visit **Choose MyPlate.gov** for more details.

2 Look for important nutrients

Eat enough protein, fruits, and vegetables, whole grains, low-fat dairy, and Vitamin D.



3 Read nutrition labels

Find items that are lower in fat, added sugars, and sodium.



4 Use recommended servings



Learn the recommended daily servings for adults aged 60+ at **heart.org**.

5 Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.



6 Stretch your food budget

Get help paying for healthy food at **BenefitsCheckUp.org/getSNAP**.



Source: *National Council on Aging*

Volunteer: Just a click away

Check out Create the Good today!

Create the Good is an online volunteer website—established by AARP—that connects you with volunteer opportunities within your own community.



WHAT IS IT? The website has more than 7,000 and more than 200,000 volunteers participating. Many Boomers and older Americans are already giving back to their communities in their own ways. Many individuals are looking for more flexible volunteer options. That’s why AARP established Create the Good.

HOW MUCH DOES IT COST? Participation in Create the Good is free of charge. In addition to volunteer opportunities, you will find do-it-yourself project guides and ideas and articles to get you inspired.

HOW DO YOU SIGN UP?

- Visit www.createthegood.org
- Click “Find Volunteer Opportunities”
- Enter your zip code
- Find the right volunteer opportunity for you

Visit createthegood.org for more information.



Three money lessons to teach your grandchildren

Here’s three critical lessons on how you can teach your grandchildren about money:

Lesson 1: Save Money. Teaching the savings habit early is critical. A penny saved is a penny earned.

Lesson 2: Grow Money. You can teach your grandchildren how the power of compound interest has worked over your lifetime and likely will over theirs.

Lesson 2: Spend Money. Whether for a rainy day or a desired purchase, the purpose of saving and growing money is to be able to enjoy it later on.

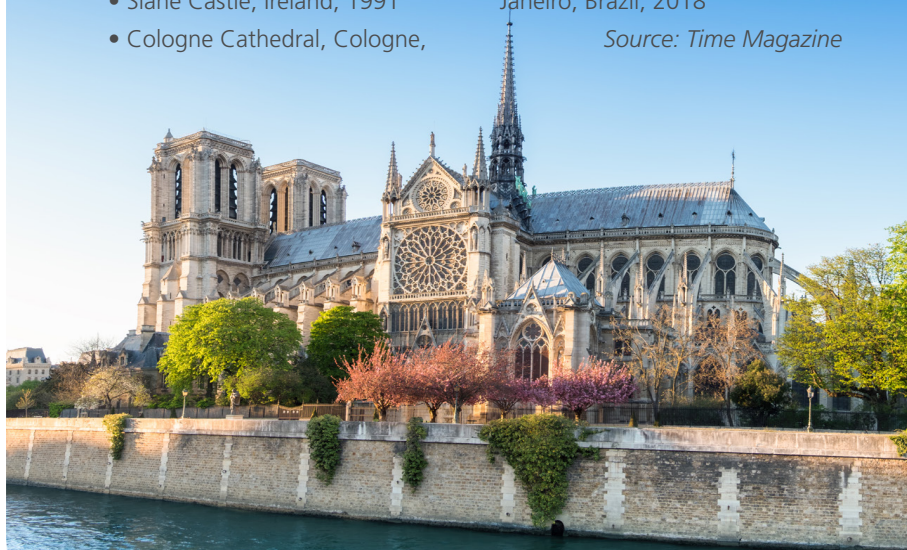
Source: aarp.org

Notre-Dame: TIME TO REBUILD

The world watched as Paris’ iconic Notre-Dame Cathedral went up in flames on April 15, 2019. Here’s six historic buildings that were rebuilt after burning down.

- Windsor Castle, England, 1992
- Grace Cathedral, San Francisco, California, 1906
- Slane Castle, Ireland, 1991
- Cologne Cathedral, Cologne, World War II
- Old St. Paul’s, London, 1666
- National Museum of Rio de Janeiro, Brazil, 2018

Source: *Time Magazine*



Take smart breaks not fake breaks

What can help you refresh and recharge during the day? Take a smart break. A smart break is when you briefly pause what you're doing or thinking about (it's like pushing a pause button) to do something pleasant and relaxing. If it's a smart break, you'll feel a new surge of energy when you resume your activity.

EAP
Quick
Tip

Fake breaks are when we don't stop thinking about our to do lists or when we do something that's not really relaxing—we cruise around the internet, schedule a dentist appointment, or get distracted with another task. We can recognize it wasn't a helpful break because we don't feel refreshed when we attempt to resume the activity we left.



"It isn't the quantity of break time that makes the difference, it's the quality."

Science proves it isn't the quantity of break time that makes the difference, it's the quality. A 90-second smart break can be more effective than a 15-minute fake one. And that's good news for all of us who don't get formal breaks.

Experiment with smart break ideas to find what works best for you. Maybe it's listening to a favorite song, walking outside or down a long hallway, doing a few stretches, or just sitting quietly and recounting things you're grateful for. Discover the difference in your mood and energy when you intentionally take a smart break.

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DRIVING WITH HEARING LOSS?

Stay safe behind the wheel with these tips

If your hearing is impaired, you'll want to take these steps to be a safe driver



Work with an audiologist. It takes time to learn how to fine-tune hearing aids. A doctor can help with the proper procedures.

Have your vision checked. If your hearing is going, make sure your vision is as sharp as possible while you're driving.

Expand your fields of view. A clip-on, wide-angle rearview mirror can help you see more of and process your surroundings.

Reduce the noise. Keep the windows closed and lower the volume on the radio to help you concentrate.

Minimize distractions. Keep phone use to an absolute minimum. If you must talk to someone while you're behind the wheel, hearing aids with Bluetooth technology that sync to your phone make it easier and safer to take a call.

Make your navigation tool easier to follow. Place the GPS device or phone on a dashboard holder where you can easily see it without looking down.

Keep an eye out for improved car technology. Car technology is advancing at a whiplash pace, and drivers who have hearing impairments will soon have built-in assistance.

Source: aarp.org



Prep time: 10 min
Ready in: 10 min
Serves 8

Source: allrecipes.com

Recipe: Strawberry Spinach Salad
Ingredients: 2 bunches spinach, 4C sliced strawberries, ½C vegetable oil, 1/4C white wine vinegar, ½C white sugar, 1/4tsp paprika, 2Tbs sesame seeds, 1 Tbs poppy seeds
Instructions: In a large bowl, toss together the spinach and strawberries. In a medium bowl, whisk together the oil, vinegar, sugar and paprika, sesame seeds and poppy seeds. Pour over the spinach and strawberries. Toss to coat.