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We want your opinion!

Would you attend a Medicare meeting?



Understanding and enrolling in Medicare can be difficult and overwhelming. As an Intermountain Healthcare retiree, we want to help you make this process easier.

WHAT?

The Intermountain Retirement Program would like to provide you the opportunity to attend a Medicare presentation catered specifically to you.

The presentation would include information such as:

- ABCs of Medicare
- Medicare Plan Types
- Is Medicare Advantage a good option for you?
- How to join SelectHealth Advantage

WHEN?

The presentations would most likely be held the first half of October 2018, depending on the interest that you provide as a retiree.

WHERE?

All of the presentations would be held at Intermountain Healthcare facilities.

You would be able to register for a presentation that is most convenient for you to attend.

WHO?

A licensed employee from SelectHealth will be presenting the information and answering any questions you might have.

SEND US AN EMAIL

Is this something you would be interested in? Email us at retirement@imail.org and give us your opinion. You can also include in the email, specific questions that you have concerning Medicare.

You can also give us a call at **1.800.528.7845** and speak to a representative directly. Our office hours are 8 a.m. to 5 p.m., Monday through Friday.

One Intermountain



New approach to serve patients and families

Providing extraordinary care to every patient consistently across the organization is the ultimate goal for Intermountain Healthcare new reorganizational efforts.

Since the announcement in October 2017, Intermountain leaders have rolled out some major changes, including the company's regionalized structure.

"This new One Intermountain organization will help us provide the same high quality and cost-effective care everywhere," Rob Allen, Senior Vice President and Chief Operating Officer said.

One Intermountain defines a way of doing work that should signal to patients and their families that they can expect

the very best of what we have to offer every single time they seek care from Intermountain, no matter where they seek that care. Imagine our entire team working together and learning together—with a unified commitment to safety, quality, patient experience, access and stewardship—to give our patients what they want and need. That's One Intermountain, said Intermountain President and CEO Marc Harrison,

For more information visit intermountainhealthcare.org.

Sharpen your tipping etiquette

- **Mail carriers:** When tipping a mail carrier, you can offer only a gift such as a gift card or coffee mug, valued at under \$20.
- **Hair salon:** It's customary to tip the stylist, colorist and the owner of the salon.
- **Valet parking driver:** Two to five dollars is the minimum you should give.
- **Movers:** If a crew of movers hauled your furniture up three flights of stairs in your new home, \$20 per mover is customary.
- **Home cleaning service personnel:** Ten to 15 percent is suggested.
- **Road service:** Ten to 20 dollars is ideal for jumping your car.

Source: aarp.org



Live Connected: Create and sustain healthy and positive relationships

Keys to Live Connected

- Be a great listener. Be present as you listen.
- Give relationships the attention they require to grow and thrive.
- Have a person (or people) in your life you can call to share both highs and lows and who inspire you to be your very best.
- Know and use the love language of your friend, partner, spouse or child.
- Express appreciation more often than criticism.
- Forgive yourself and others.
- Accept and honor differences.

Check out other target behaviors

Live Connected is just one of five dimensions of the Intermountain Live Well Program. Check out other target behaviors in past issues of the Retiree Connection by visiting intermountainhealthcare.org/retiree



Prep time: 15 min
Cook time: 1 hour
Serves 16
Source: allrecipes.com

Recipe: Cinnamon-Roasted Almonds
Ingredients: 1 egg, 1tsp cold water, 4C whole almonds, 1/2C sugar, 1/4tsp salt, 1/2tsp ground cinnamon
Instructions: Lightly beat the egg white, add water and beat until frothy but not stiff. Add the nuts and stir. Mix the sugar, salt and cinnamon. Sprinkle over nuts, toss to coat and place on pan. Bake for 1 hour at 250 degrees, stirring occasionally.

Three ways to manage your pension online

Visit intermountainhealthcare.org/retiree today to get started

Did you know that you can go online NOW to manage your current Intermountain pension benefit? Here's three features available to you through PensionPath:

- 1 ADDRESS**
If you've moved recently, you can go online now and update your address.
- 2 TAX WITHHOLDINGS**
No need to send a letter to update your pension tax withholdings. Go online.
- 3 BANK INFORMATION**
If you want your pension payment deposited in a different account, just go online to change that information.

You can access PensionPath by visiting intermountainhealthcare.org/retiree and clicking on the PensionPath link. In order to sign in to Pension Path, you will need to create a username and password. Once you are signed in, follow the prompts.

Why go online? The Intermountain Retirement Program is transitioning to online-only updates and soon we won't be able to accept changes to your pension via mail in the near future. Watch your mail for updates.

Aside from accessing your pension benefit online, you can still call the Intermountain Retirement Program at 1.800.528.7845, Monday through Friday, 8 a.m. to 5 p.m. If you have any questions or concerns about the information above, feel free to give us a call.



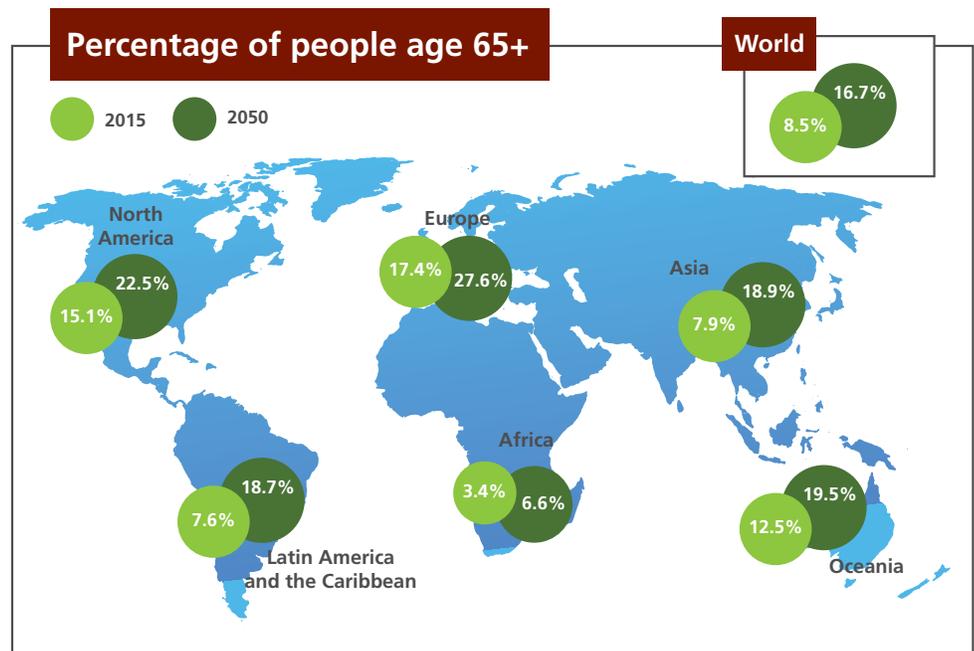
Guess where's the germiest spot at the airport ...

A recent study by insurancequotes.com tested 18 surfaces inside airplanes and terminals at three major U.S. airports and found that the most disgusting surface travelers come in contact with are the self-help ticketing kiosks, which are increasingly popular at airports all over the globe.

The screens on the machines contained the highest germ count of any surface tested, coming in at 253,857 colony-forming units (CPUs).

Aging: A global perspective

The U.S. population is aging. Take a look at the infographic below to see how we stack up compared to the rest of the world now and in the future.



Source: agingstats.gov and census.gov

RETIREE SPOTLIGHT

Two is better than one for this retired couple

With 46 years of combined employment at Intermountain Healthcare, retired couple Jeff and Nancy Lowder are reaping the benefits of their hard work and loving every minute of it.



After retiring together in the spring of 2011, the happy couple have embraced their new lifestyle.

NANCY. From reading books to spoiling her grand kids, Nancy—a retired nurse—is grateful for the time she now has for other pursuits.

“I love our neighborhood book club, especially now I have more time to read. And I may have picked up a little habit of playing games on my phone,” Nancy admitted. “Retirement has given me more options and Grammie time.” Nancy also had the opportunity to visit Rome with her two daughters-in-law

JEFF. He ended his career at Intermountain Healthcare as AVP of Employee Relations and jumped right

into writing. “So far, I’ve managed to finish two novels, a humorous (I think) memoir, and dozen or so short stories,” he said. He also trained for and completed a half Ironman triathlon in Phoenix.

“If you don’t have a dozen passion projects you can’t wait to begin or finish [when you retire] shame on ya.”

TOGETHER. Jeff was also finally able to take Nancy to Pangandaran, Indonesia where he owns a little patch of land. Aside from forming and strengthening life-long friendships with the wonderful people there, they reveled in the local produce including fresh pineapples, bananas and rambutan (small fruit produced by a tropical tree).

Overall retirement has treated the two quite well and they are “happy doing just what they are doing.” Nancy admitted that being retired has been more “comfortable” than she expected.

For those who may be considering retirement, Jeff recommends not putting it off too long. “It’s tempting to look at the numbers and say, ‘one more year’ again and again,” he said. “Whatever your version of writing a novel or exploring rural Indonesia may be, it won’t wait forever.”

Jeff and Nancy have five children who are all married and seven grandchildren ages five to 19. They currently reside in Sandy, Utah.



For more information catered specifically for seniors about emergency preparedness, including a free booklet, visit www.redcross.org.

Emergencies happen anytime, anywhere. Here’s some tips to be prepared

- Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster and, if needed, offer assistance.
- Exchange important keys.
- Show support network where your emergency supplies are.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree on and practice methods for contacting each other in an emergency. Do not count on the telephones working.
- You and your personal support network should always notify each other when you are going out of town and when you will return.