



COPRA CHRONICLE

Issued by and for the City of Phoenix Retirees Association
Your advocate in pension and insurance matters

January 2010

MEMBERSHIP IS OUR STRENGTH

Issue 6

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MEMBERSHIP

Changed your address or phone number? For address and/or telephone number changes, or for any questions about your COPRA membership, please contact Marvin Roelse, Membership Chairman. Marvin can be reached by telephone at (480) 288-1046, or by mail at: COPRA Chronicle, 10701 E. Peralta Canyon Dr., Gold Canyon, AZ 85118, or by e-mail at marvir567@msn.com

OPEN ENROLLMENT FOR RETIREES DENTAL CHOICE

January 11 - 29, 2010

The City of Phoenix is pleased to offer Retiree Dental Choice effective March 1, 2010. The Open Enrollment period runs from January 11- 29, 2010. This plan offers either a Dental HMO plan or a Dental PPO plan. Both plans offer a network of dentists located throughout the U.S.

CIGNA Dental will mail enrollment packets to every retiree's mailing address during the first week of January 2010. Listed below are key pieces of information included in the enrollment packet.

Cover letter from the City of Phoenix

This is where you'll find information about the Open Enrollment period, how to enroll, the plan year, the monthly premium rates, plan requirements, and what to do if you are currently on COBRA or currently on the CIGNA Conversion Plan.

CIGNA's Enrollment Information Hotline

Call the CIGNA Information Hotline at 1-800-564-7642 seven days a week, 24 hours a day with any questions you have about the dental plans.

Retiree Dental HMO Fee Schedule

This Fee Schedule lists the dental procedures that are covered under the Retiree Dental HMO and the dollar amount that is your responsibility to pay to the dentist for each procedure.

Retiree Dental PPO Benefit Summary

This gives you an overview of the Retiree Dental PPO coverage. The 12-month waiting period for Tier 3 benefits such as root canals, crowns and dentures is waived if you enroll during this Open Enrollment period!

Please contact the CIGNA Enrollment Information Hotline at 1-800-564-7642 with questions, the city's on-site CIGNA Representative at 602-495-5724, or the City of Phoenix Benefits Office at 602-262-4777.

PRESIDENT'S MESSAGE



HAPPY NEW YEAR to all of you as we face new opportunities for 2010 and the new decade.

The COPRA Board is getting ready to meet to put our 2010 agenda together and we are excited about the work ahead on behalf of all retirees. Of course folks on the Retirement/Pension Committee and Health and Benefits Committee were continuing their hard work in December right through the holidays. All retirees should be receiving material very quickly about the upcoming new Dental Insurance plan that will be offered starting in March. COPRA has additionally shared some information in the Chronicle and on our website, www.phoenixcopra.com, that you may want to look at to help you

plan for the March roll-out of this new insurance. We can all thank Laura Ross, Al Zielinski, and Karen Clifford-Anderson who worked hard along with City staff in making this new plan a reality and one that many of you have been asking for.

As you may also have noticed, we have set the calendar for 2010 with the three important meetings on Pension, Health and Benefits, and the State of the City and hopefully you will be able to make these excellent meetings. The turnout in 2009 was fantastic and we hope to get even more of you out in 2010 since a great deal of information is shared in these meetings, especially the question and answers segment. We, of course, will continue to summarize these meeting for those of you out-of-town or otherwise unable to attend these meetings. Please do try to attend if possible.

I look forward to seeing you all in March. Enjoy the start of this New Year and may we all prosper and grow in 2010. May the City of Phoenix also continue to grow in revenues as well to support the very important programs that are provided to its citizens.

Jack

CHRONICLE ISSUES VIA E-MAIL

If you are interested in receiving your copy of the CHRONICLE electronically, send a request (including your name) to COPRAchronicle@gmail.com. We will, of course, continue sending CHRONICLE issues to all members who prefer to receive it in the mail. Receiving your newsletter electronically will help defray some of the printing and mailing costs and be COPRA's effort to help make the world a little greener!

GET YOUR DRUGS AT 50% OFF- OR EVEN FREE

Article by Edward Jardini, MD, a family physician at Twin Cities Community Hospital, Templeton, California, where he has served as chair of the pharmacy and therapeutics committee. He's also the author of *How to Save on Prescription Drugs: 20 Cost-Saving Methods (Celestial Arts)*. His Web site is www.howtosaveondrugs.com.

Anyone who regularly uses prescription medication knows how pricey drugs can be. Fortunately, there are places where you can buy your drugs for less-or even get them for free. The key is knowing where to look.

Important: Although most low-cost drug programs have income eligibility requirements, do not assume that you won't be accepted into a program just because your income is officially too high. Many programs will consider applications on a case-by-case basis.
Best resources for finding low-cost or free medications

DRUG DISCOUNT NETWORKS

Some groups connect patients with public and private assistance programs that provide discounted or free drugs to eligible patients. *These include:*

- **Partnership for Prescription Assistance** (888-477-2669 or www.pparx.org). This large collaborative network of professional medical organizations, including the American Academy of Family Physicians, and private groups links patients with more than 475 public and private patient assistance programs that offer more than 2,500 drugs at reduced cost or no charge.* Income qualifications vary by state.
- **Together Rx Program** (800-444-4106 or www.togetherrxaccess.com). Backed by a consortium of big pharmaceutical companies, this *Dollars and Sense* program provides a 15% to 40% discount on more than 300 brand-name and generic prescription drugs. The program targets patients who do not have prescription drug coverage with annual incomes of \$45,000 or less for individuals, \$60,000 for a family of two, and up to \$105,000 for a family of five.

PHARMACEUTICAL PATIENT-ASSISTANCE PROGRAMS

Major pharmaceutical companies have their own patient-assistance programs that provide many-though not all-drugs for a discount, or even for free, to people who cannot afford them. Eligibility requirements vary-even families earning up to \$70,000 a year can qualify. Some companies evaluate the applications on a case-by-case basis.

To obtain a free copy of *Directory of Prescription Drug Patient Assistance Programs*, call the Partnership for Prescription Assistance at 800-762-4636. To determine the manufacturer of a particular drug, ask your pharmacist or go to www.PDRhealth.com/drugs/drugs-index.aspx. Among the pharmaceutical companies with programs:

- **Abbott Patient Assistance Program** (800-222-6885, www.abbott.com). Click on "Global Citizenship."
- **AstraZeneca's AZ & Me Prescription Savings Program** (800-292-6363, www.astrazeneca-us.com).
- **GlaxoSmithKline** (888-825-5249, www.gskforyou.com).
- **Lilly Cares Patient Assistance Program** (Eli Lilly) (800-545-6962, www.lillycares.com).
- **Merck Patient Assistance Program** (800-727-5400, www.merck.com/merckhelps/patientassistance/home.html).
- **Novartis Patient Assistance Foundation** (800-277-2254, www.pharma.us.novartis.com).
- **Pfizer Connection to Care** (866-776-3700, www.pfizerhelpfulanswers.com).
- **Roche Labs Patient Assistant Foundation** (877-757-6243, www.rocheusa.com/programs/patientassist.asp).
- **Schering-Plough Cares** (800-656-9485, www.schering-plough.com). First click "Consumer Health Care," then "Patient Assistance and Support Programs."

*Offers and rates subject to change.



2010 CENSUS: IT'S IN OUR HANDS

**United States[®]
Census
2010**

The Census is Coming to Your Mailbox This Year

- By filling it out, you're helping you and your family with:



- Safe and clean parks
- Libraries with bilingual material
- Senior services
- Head Start programs
- Neighborhood fire stations
- Local bus services
- Neighborhood revitalization
- And much, much more.



- Fill out the 10-question Census questionnaire and guarantee the services you need.
- The information you provide is private. It is guaranteed by law to remain totally confidential.



**The Census is safe. It's easy.
And it's completely confidential.**

www.2010census.gov

Get the Word Out -

Print this flyer, hand them out to neighbors and friends. The more we get the word out, the better chance we have of keeping vital community services alive such as safe and clean parks, libraries with bilingual material, senior services, Head Start programs, neighborhood fire stations, local bus services, neighborhood revitalization, and much more

www.2010census.gov

STAND UP AND BE COUNTED

ARIZONA. REPUBLIC, DEC. 30, 2009

The economy and a crackdown on undocumented immigrants may make an accurate census of Phoenix residents difficult in 2010. "Every person we miss costs the city \$400 a year," says Tammy Perkins who is coordinating Phoenix's census efforts. "If we miss a family of four, that's \$1,600 a year for 10 years.

The census counts every resident in the United States and is required by the constitution to take place every 10 years. The 2010 census will help determine how the federal government allocates money to communities each year for schools, hospitals, senior centers, police and public-works projects.

Forms will be mailed to every household in late February and early March. They are due by April 1. In May and June, census takers will call or knock on doors of households that have not responded to the census.

With many people moving, because of the lagging economy and home foreclosures (over 60% of homes sold last month were foreclosures) and a crackdown on undocumented immigrants, there is significant concern to get an accurate count of Phoenix residents.

The information you provide is **not** shared with any other agency or organization. And the census does **not** ask about the legal status of immigrants.

SO STAND UP AND BE COUNTED!

NEW YEAR RESOLUTION: RENEW YOUR COPRA MEMBERSHIP DUES FOR 2010

Please check the mailing label on this Chronicle for the "Dues Paid Thru:" year. If the "Dues Paid Thru:" year is "2009", you should renew your COPRA membership now!

If you have elected to receive the Chronicle by email you will also receive an email notification when your dues are up for renewal.

As a retiree, it is important that you stay abreast of events happening in the City that may have an impact on your benefits and the retirement fund. Please renew your membership today. As our motto on the front page of the Chronicle says, "Membership is Our Strength."

Based on by-law changes approved at the December 3, 2009 annual meeting, COPRA membership dues are now \$10.00 for all members. The dues special is still available so if you pay dues for 4 years (\$40.00), you get credit for 5 years. To renew your COPRA membership, send a check payable to "COPRA" to the following address:

COPRA
% Marvin Roelse
10701 East Peralta Canyon Drive
Gold Canyon, AZ 85118-5130

NEW RETIREES

October 2009 Retirees

E. Robert Bogardus
Cecil Chandler
Allen Cutler
Brandon Darkins
Martha Doheny
Adam Hernandez
Robert Hogan
Philip Jones
Gary Powell
Rafael Robles
Frances Shaw
Clifton Shaw
Thomas Smith
Joseph Spina
Ann Warner

NEED A NEW APPLIANCE?

ARIZONA REPUBLIC, DEC. 30, 2009

If you are in the market for a new washing machine, dishwasher or water heater you might want to hold off until March.

That is when rebates from \$75 up to \$425 will become available to Arizonans who scrap their old appliances for more-efficient models. The rebate is expected to boost lagging appliance sales and help the environment by encouraging consumers to purchase more energy-efficient appliances.

Arizona officials chose to offer rebates on dishwashers, washing machines and water heaters because they offer an opportunity to save on both water and energy use.

HAPPY NEW YEAR TO ALL

"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man."

-Benjamin Franklin

"Membership is Our Strength"



ARIZONA SCIENCE CENTER FREE NIGHT OUT



The first Friday of every month adults can enjoy speakers and exhibits free from 5:30 – 9:00 p.m. at the Arizona Science Center. Regular admission fees do apply for the IMAX and planetarium presentations. Additional fees also apply for entrance to featured exhibitions.

Next event: February 5, 2010

Located at 600 E. Washington St., Phoenix. AZ

Lecture Presentation: (free) Aviation Anatomy: The Interworking of US Airways Phoenix Hub

Join guest Matt Eggers, Phoenix Tower Operations of US Airways, as he delves into the interworking of US Airway's Phoenix Hub Operations, from flight schedule creation to a behind-the-scenes look at what it takes to safely transport a customer from point A to B.

GUEST:

Matt Eggers, MPS
Director, Phoenix Tower/Operations
US Airways

Their telephone number is 602-716-2000. Or visit them at their website: www.azscience.org.

In Remembrance

James Meure	11/11/09
Jack Frew	11/25/09
Alvin R. Corbin	11/26/09
Julia Jensen	11/28/09
Marjorie Davis	12/02/09
Jesus Acuna	12/03/09
Richard Reynolds	12/09/09
Barbara Harris	12/10/09 Survivor
Lucille Middleton	12/10/09 Survivor
Domingo H. Rodriguez	12/13/09
Henry Eylicio	12/14/09
Henry (Dutch) Bernhart	12/18/09
Earl Zwagerman	12/19/09
Ernest Lee	12/21/09
Carl Craig	12/21/09
Tom Mentis	12/22/09
Cruz Valenzuela	12/26/09

HEALTH AND COMPASSION

We care about our members and their families. If someone in your family is ill, whether at home or in a care facility, or if a loved one has passed away, please call Mary Dysinger-Franklin at (602) 705-8822

TIDBITS OF INFORMATION

Phoenix Recycles recently added several items as acceptable in blue recycling containers. The following materials have been approved: all hard plastic containers numbered 1-7 with the exception of number 6 foam and plastic bags; beverage and frozen food boxes (wet strength paperboard); and shredded paper in a tied, clear plastic bag so sorters can identify the materials. For more information about the Phoenix Recycles program, call Public Works at 602-495-2441 or visit the department's Web site on phoenix.gov.



2010 COPRA BOARD

President:	Jack Thomas(623) 825-6999 E-Mailjtnt@cox.net
Vice President:	Laura Ross(623) 878-3334 E-mailljross50@gmail.com
Treasurer:	Gary Gross(602) 992-7495 E-mailgwgross1@cox.net
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Chronicle Editor:	Mary Dysinger-Franklin(602) 705-8822 E-mail.....copranewsletter@gmail.com
Past President:	John Burke (ex officio).....(928) 427-9461

COPRA website.....	www.phoenixcopra.com
COPERS website.....	www.phoenix.gov/phxcopers
COPMEA website.....	www.copmea.com
City Retirement Systems (COPERS).....	(602) 534-4400
Personnel - Benefits Section	(602) 262-4777
COPMEA.....	(602) 262-6857

Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **20th day of the month** before you want the article to appear. Any member may submit material for publication, but the Editor determines what will appear in the final copy based on suitability and available space.

This is your Chronicle. Help us by submitting articles of general interest. Tell us about yourself, your family, a trip you've taken or an interesting hobby you have. Suggestions are always welcomed.

E-mail to: COPRAnewsletter@gmail.com
Or mail to: Mary Dysinger-Franklin
6208 E. Desert Cove Ave
Scottsdale, AZ 85254

Disclaimer

Acceptance of advertisements or articles in the COPRA Chronicle does not constitute an endorsement by COPRA of goods or services.



JANUARY COPRA CHRONICLE

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10701 East Peralta Canyon Dr.
Gold Canyon, AZ 85118



COPRA wishes everyone
A Happy, Healthy & Prosperous
New Year!

MEMBERSHIP MEETING ANNOUNCEMENTS

Washington Adult Center, 2240 W. Citrus Way, Phoenix, AZ

March 25, 2010 - COPERS Report to Retirees

May 20, 2010 - Benefits Information Meeting

October 7, 2010 - State of the City with the City Manager

December 2, 2010 - Holiday Party

(Mountain Preserve Center)

**Board meetings are at 10 am on the 2nd Thursday of the Month
Except for June, July and August**