



# COPRA CHRONICLE

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

May 2016

**MEMBERSHIP IS OUR STRENGTH**

Issue 5

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### **MEMBERSHIP**

Membership for COPRA is \$12 per year or \$50.00 for 5 years. If you have changed your address, email address or phone number or have any questions about dues payments, please contact Linda Henderson.

Linda can be reached by:  
telephone at (623) 693-9955, or by  
e-mail at [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com)

Mail payments to:  
COPRA  
PO Box 2464  
Litchfield Park, AZ 85340

## GENERAL MEMBERSHIP MEETING ANNOUNCEMENT

Don't forget to put on your calendar the next upcoming COPRA General Membership Meeting! It will be held on Thursday, May 26, 2016 at 1:30 p.m. at the Washington Activity Center located at 2240 W. Citrus Way in Phoenix. City Manager, Ed Zuercher, will be presenting his "State of the City Address" to all COPRA members.

**We hope to see everyone there!**

## CITY OF PHOENIX RETIREE DENTAL COVERAGE ENROLL BY JUNE 1ST

The City of Phoenix is once again offering the same retiree dental plans through Cigna Dental to City retirees effective July 1, 2016. A refresher on how we got here:

- August/September 2015: Retirees were notified by mail and at numerous information sessions that City sponsored retiree medical, pharmacy and dental coverage would terminate 12/31/2015.
- December 2015: The City Manager, with input from COPRA board members, made the decision for the City to continue retiree medical coverage for non-Medicare retirees. It was also decided that retiree dental would return for all City retirees sometime in mid-2016 because the City's dental plans offer more coverage than plans found on the Exchange or open market.

See announcement on page three. The announcement, enrollment form, and ACH form will be mailed to all benefits-eligible retirees on May 2<sup>nd</sup>. Retirees wanting to enroll must complete an enrollment form and mail it to Allegiance, a subsidiary of Cigna, along with their first month's premium, by June 1<sup>st</sup>. Retirees will again be offered an opportunity to enroll in the Cigna dental plan during Open Enrollment, October 24 to November 14, 2016.

### **DID YOU KNOW?**

You can trim your electric bill by raising your thermostat setting while you are away from home and lowering the setting before your return.

A programmable thermostat can handle this energy-saving task for you automatically. And it can save you up to \$180 a year or reduce 20% of cooling and heating costs, if set properly. You can purchase programmable thermostats at major home improvement centers.

From: SRP Contact Newsletter March 2016

## PRESIDENT'S MESSAGE



Laura Ross

This is the last Chronicle before our summer hiatus. I know many of you will take advantage of your retirement status to flee the heat by going to cooler places to enjoy the summer. I want to wish you all a happy and healthy summer vacation, wherever you choose to spend it. I'd also like to give you some food for thought to occupy your mind during those lazy, hazy days of summer...volunteer.

As you know, the COPRA Board is made up of volunteers. The definition of volunteer is "to do charitable or helpful work without pay". Those fellow retirees from the City of Phoenix who volunteer on your COPRA Board have chosen to do "helpful work without pay" for the benefit of us all. They have chosen to do this because they believe that they have some skill to offer that would further the interests of, or support their fellow retirees. I ask that you remember this when you contact them for assistance. Like you, they are retirees. They are committed to furthering our interests, whether it might be to protect our pensions, our health care benefits, offer a communication tool or a social outlet for those of us who have the common denominator of having spent our careers as public servants. Sometimes they can help you directly and sometimes they can get you to others who still work for the City of Phoenix to help you. They do not have access to any personal information about you or your benefits since they no longer work at the City. If you have questions or need help on benefits that require specific information, you will have to contact the City of Phoenix directly. The contacts that can help you with individual specific questions are available at the numbers provided in the box on the last page of the Chronicle... the City Retirement Office (COPERS) and the City of Phoenix Human Resources Department-Benefits Office. I point this out because it may save you time in getting to the place that can provide you answers more quickly. This may be especially important during the summer months. Since we are retirees just like you, many of us take advantage of our ability to spend our summers on vacation in other locations and therefore may not be as available as other times of the year.

As we further ponder volunteerism, I'd like you to consider whether there might be something out there that you could volunteer to do. The Longevity Project found that helping others not only feels good, it might even bring with it some mental and physical health benefits. With that in mind, please consider your options to get involved in some form of volunteerism. Of course we'd love to have more people volunteer for the COPRA Board, but that may not be for everyone. Helping others comes in many forms. If you have a particular favorite cause, check and see what opportunities they offer for volunteering. If you want to check out a variety of opportunities to pick what might fit you, here are some sites that offer options:

- ✓ Volunteer options for the City of Phoenix:  
<https://volunteer.phoenix.gov/custom/501/index.php>
- ✓ AARP Volunteer Portal:  
<https://volunteers.aarp.org>
- ✓ Volunteer Match:  
<https://www.volunteermatch.org>

Whatever you choose to do, you will be successful in helping yourself as well as others. So, give some serious thought to what might work for you. And in the meantime, join me in thanking those on the COPRA Board who decided to volunteer to help all of us. Enjoy a wonderful and safe summer.

Laura

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language."

— Henry James

# COP Retiree Dental Coverage - Enroll by June 1st !

Dear City of Phoenix retiree,

You are invited to enroll in a City sponsored Cigna dental plan with coverage beginning on July 1, 2016.

Choose from the Dental PPO or the Dental HMO. These are the same plans retirees had available through the City in 2015. 2016 rates are slightly higher than last year's rates:



## Monthly Dental Rates As of July 1, 2016

	Dental PPO	Dental HMO
Single	\$47.45	\$34.94
Single +1	\$96.28	\$57.08
Family	\$137.34	\$94.88

**Important!** Retiree dental plan enrollment and premium collection are now administered by **Allegiance COBRA Services**, a subsidiary of Cigna. The retiree dental plan is not a COBRA plan, but Allegiance will provide the enrollment and billing support for the plan. This means dental premiums cannot be deducted from your pension check. You enroll directly with Allegiance and pay premium to Allegiance directly. Make premium payment by check, cashier's check, or automatic payment from a checking or savings account.

### Enrollment and premium payment questions:

1-800-259-2738

cobrainquire@askallegiance.com

### Plan coverage and dental network questions:

1-800-244-6224

#### Mail Forms to:

Allegiance COBRA Services, Inc.

PO Box 2097

Missoula, MT 59806

### Mail Your Enrollment Form To Allegiance by June 1st

1. Complete the enclosed **Dental Enrollment /Change Form**. Eligible family members are your spouse, your domestic partner, and/or children to age 26. This form is available online at [employee.phoenix.gov/benefits](http://employee.phoenix.gov/benefits).
2. Mail the enrollment form to Allegiance at the address provided on the form along with a check for your first month's premium. You will receive confirmation of your enrollment from Allegiance via mail.
3. If you wish to have your premium automatically deducted from your checking or savings account each month, please complete the Premium ACH Agreement, also enclosed, and mail it to Allegiance. Include your first month's premium payment by check or cashier's check with your enrollment form to activate your enrollment.

## VA BENEFITS

You may be eligible for VA benefits if you are a veteran; or spouse, child, or parent of a deceased or disabled service member or veteran.

Here are **some** of the benefits available if you are a veteran:

- **Healthcare** – The VA provides a number of health care services, here are some:
  - Hospital, outpatient medical, dental, pharmacy and prosthetic services.
  - Domiciliary, nursing home, and community-based residential care.
- **Disability Compensation** – Service-connected disability compensation is a tax-free benefit paid to veterans for a disability or disabilities that are related to service.
- **Pension** – Pension is a tax-free benefit paid to wartime veterans with limited or no income, who are either age 65 or older or who are permanently and totally disabled due to a non-service connected cause.
- **Life Insurance** – The VA provides valuable insurance benefit to service members and veterans to help protect their families. There are a variety of Group Life Insurance plans available.
- **Home Loans** – Veterans may be eligible for VA's home loan program. VA loans have favorable terms, including no down payment or mortgage insurance premiums. There are a number of programs including Guaranteed Loans, Re-financing Loans and Specialty Adapted Housing Grants.
- **Burial** – The VA offers burial and memorial services to honor certain deceased veterans.

You can go to **eBenefits** at [www.ebenefits.va.gov](http://www.ebenefits.va.gov), to learn about your VA benefits and apply. You can also visit the nearest VA regional office, call 1-800-827-1000, or go to the VA Web site at [www.va.gov/benefits](http://www.va.gov/benefits) for more information.

## NEW RETIREES (FEBRUARY 2016)

Arthur Alejandro	Aviation: Sky Harbor	Debra Hoelscher	Housing
Eugene Bankson	Water Services	Gail LaTour	Public Works
Wilbert Bell	Housing	Edna Matamoros	City Court
Mike Bohrn	Aviation: Sky Harbor	Fred Murillo	Public Works
Toby Davis	HSD	Marvin Palmer	Public Information
Michael Day	Water Services	Carl Roybal	Public Works
Thomas Godbee	Street Transportation	Linda Valenzuela	City Clerk

## NEW RETIREES (MARCH 2016)

Darilyn Berg	HSD	Heather Kneale	City Auditor
Matthias Bryant	City Court	Winford Labombarde	Parks & Rec.
Charlene Carpenter	City Manager	Nenette Parr	HSD
Rita Dzurenda	Public Works	Gabriel Peiz	Public Transit
Verna Elmer	Neighborhood Services	Richard Quinones	Public Works
Larry Gilliland	Street Transportation	Lucila Sandoval	Aviation: Sky Harbor
Heriberto Gonzalez	Aviation: Sky Harbor	Theresa Shaw	Library Dept.
Kathryn Graef	Parks & Rec.	Rodolfo Silva	Police
Lucia Graham	Water Services	David Skiver	Public Works
Sheri Harris	Street Transportation	Ray Suniga	Convention Center
Tamae Hawley	Aviation: Sky Harbor	Dwain Watts	Property Management
Mitchell Hayden	Community Dev.	Gregory White	Street Transportation
Leroy Hunt	Public Works	Gilbert Ybarra	Parks & Rec.
		Serafino Youvella	Street Transportation

## BECOME AN ARIZONA FOSTER CARE REVIEW BOARD VOLUNTEER

The Arizona Foster Care Review Board is in the middle of their Blanket the State Recruitment Campaign to make sure that 140 Boards statewide are fully staffed with volunteers.

The program reviews the cases of children in foster care in each of Arizona's 15 counties. Each of our Boards that review the cases consists of 5 volunteers from across the community (from that county). These individuals are at least 21 years old, have filled out an application, submitted to a fingerprint background check and must be appointed by the Presiding Juvenile Court Judge in each county. It is a one weekday a month commitment from 8 to 5.

Boards meet Monday through Friday in all weeks of the month to allow for people to find a day that fits best in their schedule. Those interested can call or email to request an application through the website at [www.azfcrb.org](http://www.azfcrb.org).

***VOLUNTEER***



*Advocating for permanent and safe homes for Arizona's abused and neglected children.*

*Around 16,000 children are currently in Arizona's foster care system.*

Foster Care Review Board (FCRB) volunteers are citizens from the community who are appointed by the Presiding Juvenile Court Judge to serve on a five-member board. Each month, volunteers commit one weekday to reviewing the cases of children in foster care. Volunteers read various reports including: court reports, case plans, psychological evaluations, drug screens, etc., and listen to the parties of the case who attend the reviews. The volunteers utilize this information to make informed recommendations to the Juvenile Court and other interested parties regarding services and permanency options for the children whose cases they are reviewing.

For more information, please contact: FCRB Office at 602-452-3400  
Toll Free 1-866-320-1959  
Visit our website at: [www.azfcrb.org](http://www.azfcrb.org)

## GUEST COLUMN

### DEANNA JONOVICH, DEPUTY CITY MANAGER



Deanna Jonovich

#### Take a Hike, Do it Right

In a collaborative effort to educate about the importance of hiking safety, the Phoenix Parks and Recreation Department and the Phoenix Fire Department launched the “Take a Hike. Do it Right” campaign in August of 2015. With dozens of mountain rescues each month, it’s time to remind the public to dress appropriately, bring water, watch the weather, and carry a cell phone when hiking in our mountain parks and preserves.

Phoenix is home to tens of thousands of acres of beautiful desert – all just minutes from downtown Phoenix. So, it’s no surprise Phoenix is one of National Geographic’s recommended best hiking cities. But if you’re not prepared, hiking our mountains in Phoenix can be dangerous and even deadly. More than 200 hikers annually are rescued from City of Phoenix desert and mountain parks and preserves. In fact, Phoenix Park Rangers and Firefighters have already responded to nearly a hundred mountain rescues since just the first of the year! For more information please go to <https://www.phoenix.gov/parks/trails>.

### YOUR E-MAIL IS YOUR ENTRY!

As you all know, receiving the COPRA Chronicle by email significantly defrays the printing and postage costs for COPRA. An added benefit is that if there is any important information that COPRA wants to send to you, we have your email address on file and can transmit to you in a timely fashion!

In order to encourage our COPRA members to receive the Chronicle by email, your COPRA Board started a new program! Each month, we will randomly select one member who receives their Chronicle by email and that member will receive a \$25 gift certificate to a grocery store (Fry’s or Safeway).

April’s winner is **FRANK BARREY. CONGRATULATIONS, Frank!!** If we already have your email address, you are automatically entered! If you do not receive the Chronicle by email, do so NOW! You can provide your email to Linda Henderson at [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com). She can also be reached by phone at (623) 693-9955.

**Sign up now!**

### USEFUL WEB SITES

**Health questions answered:** Columbia University health professionals tackle emotional issues, health fads, nutrition, sex and other topics—especially potentially embarrassing ones such as UTIs, bad breath and food addictions. [GoAskAlice.columbia.edu](http://GoAskAlice.columbia.edu)

**Need help in getting a job done?** Vetted “taskers” in major cities will help with moving, heavy lifting, yard work, furniture assembly, parties and other odd jobs—even waiting in line. You also can sign up to offer your services at minimum wage or higher. [TaskRabbit.com](http://TaskRabbit.com)

**Bereavement assistance:** Search by state for support groups, kids’ camps and other local resources that help people cope with grief. Also includes links to national organizations and reading lists for different age groups. [MoyerFoundaton.org/nbrg](http://MoyerFoundaton.org/nbrg)

# CIGNA Medical Group Clinic Changes

Cigna has shared some upcoming Cigna Medical Group (CMG) clinic changes with COPRA. First, the **Deer Valley** and **Gilbert** CMG clinics are closing and the doctors working in those clinics will be relocated to other nearby CMG clinics by May 26<sup>th</sup>. Members affected will receive a letter from Cigna. Second, Cigna is removing several specialties from their clinics: gastroenterology, neurology and urology. These specialists will continue to be available in-network at a new location. Members affected will be notified. And, a new CMG clinic will be opening in Sun City this year. Cigna is expanding the number of their behavioral health and substance abuse practitioners in their network, and adding dermatologists to their network. Below is a message from Cigna.

Cigna Medical Group (CMG) continually evaluates existing services and locations to ensure they are enhancing the ability to deliver exceptional quality, service, access, reliability and value. As a result, CMG will be making two core changes that impact City of Phoenix employees and dependents, and retirees.

First, two CMG facilities will be closed and their staff and services relocated to nearby facilities. These facility changes will occur no later than May 26<sup>th</sup>. CMG identified centers that made sense to relocate and consolidate based on their close proximity to other centers, additional services available to patients and patient demographics. **Patients impacted by these changes will be notified over the next couple weeks via letters mailed to their homes.** Some patients may also receive phone calls from the physician's office (e.g. if an appointment was already scheduled for after the transition date)

- Gilbert – 4001 E Baseline Rd. #107
  - Relocating to Stapley Multispecialty Center – 1840 S Stapley Dr. #101
  - The Stapley Multispecialty Center is 4.2 miles from the Gilbert location
- Deer Valley – 16635 N 43<sup>rd</sup> Ave
  - Adult medicine, lab, and pharmacy relocating to North Valley – 710 W Bell Rd (4.2 miles)
  - Pediatrics relocating to Paseo Multispecialty Center – 5891 W. Eugie Avenue (4.0 miles)
  - \*A small selection of the pediatrics team may be relocated to the Paradise Valley Multispecialty Center – 3805 E Bell Rd. #2100 (8.9 miles)

Second, CMG will discontinue services for three of the specialties currently being offered at CMG and transition patients to external, in-network specialty practices. This change will occur effective June 1, 2016. **Patients that have received care from these CMG specialist in the past 18 months will receive notification of the change via mail and phone call.** Continuity of care for patients is of utmost importance. A team is working to ensure there is a smooth transition of care for all patients. When a patient needs to be referred to a specialist that CMG no longer has in house, they will be referred to an in-network preferred practice provider. Note, if a departing specialist physician decides to open a practice or join another practice that is contracted with Cigna, CMG will be happy to notify their patients of their new location.

- Gastroenterology (including Endoscopy suites), 2 specialists
- Neurology, 4 specialists
- Urology, 2 specialists

The changes are being made to best serve CMG patients. Cigna deeply values our relationship with City of Phoenix. It is one we hope to maintain and grow for many years to come. Please let us know if there are any other questions that arise that we can help answer. We want to make this change as smooth as possible for patients.

## IN REMEMBRANCE

Ebodio Ceja	02/01/2016
Thomas Wilson	03/07/2016
Bloyce Blackwell	03/17/2016
Ernest Ramirez	03/18/2016
Terry Ulsh	03/19/2016
Dorothy Iles	03/21/2016
Elaine Brown	03/24/2016
Aline Gillatt	03/29/2016
Rene E. Vera	04/01/2016
Alfred G. Hernandez	04/06/2016
Delores Davis	04/06/2016
James Redditt	04/07/2016
Thomas Guidoboni	04/13/2016
Betty Coates	04/13/2016
Georgia Gilbreath	04/13/2016
Leona Watson	04/19/2016

### 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 Franklin at 602-705-8822.

## VOLUNTEER OPPORTUNITIES CITY OF PHOENIX

The Citywide Volunteer Office was created in 2011 as a central source for volunteer opportunities throughout the City of Phoenix. Today, there are more than 30,000 active volunteers working with city departments.

You can visit the Citywide Volunteer Program resource center that will link you to hundreds of exciting service opportunities in departments throughout the city of Phoenix.

You can access the City Volunteer Office at <https://volunteer.phoenix.gov/custom/501/index.php> to see what "Hot Opportunities" are new, or search "Search all Opportunities" to find your perfect match. You can also call 602-262-7177 for more information. You can make a difference in our community!

**"Membership is our Strength"**

## 2016 COPRA BOARD

### President/Benefits Chair:

**Laura Ross** (623) 878-3334  
E-mail: [ljross50@gmail.com](mailto:ljross50@gmail.com)

### Vice President/Chronicle Chair:

**Karen Clifford-Anderson** (623) 772-7472  
E-mail: [kcliffander@yahoo.com](mailto:kcliffander@yahoo.com)

### Treasurer:

**Louis Matamoros** (623) 734-6624  
E-mail: [biglou6415@yahoo.com](mailto:biglou6415@yahoo.com)

### Secretary:

**Dawnell Navarro** (623) 412-0854  
E-mail: [navarro2@cox.net](mailto:navarro2@cox.net)

### Board Members:

**Greg Binder** (602) 469-2540  
E-mail: [gbinder69@q.com](mailto:gbinder69@q.com)  
**Jack Thomas** (623) 825-6999  
E-mail: [jtnt@cox.net](mailto:jtnt@cox.net)

### Membership Chair:

**Linda Henderson** (623) 693-9955  
E-mail: [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com)

### Events Coordinator:

**Dawnell Navarro** (623) 412-0854  
E-mail: [navarro2@cox.net](mailto:navarro2@cox.net)

### COPERS Representative:

**Susan Perkins** (602) 448-4511  
E-mail: [sjperkins@msn.com](mailto:sjperkins@msn.com)

### Website Support:

**Sue Stites** (602) 819-7106  
E-mail: [sstites@cox.net](mailto:ssstites@cox.net)

### Chronicle Editor:

**Mary Dysinger-Franklin** (602) 705-8822  
E-mail: [copranewsletter@gmail.com](mailto:copranewsletter@gmail.com)

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COPERS website.....	<a href="http://www.phoenix.gov/phxcopers">www.phoenix.gov/phxcopers</a>
COPMEA website.....	<a href="http://www.copmea.com">www.copmea.com</a>
City Retirement Systems (COPERS).....	(602) 534-4400
Human Resources - Benefits Section.....	(602) 262-4777
COPMEA.....	(602) 262-6858

### 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](mailto: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.

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## MAY COPRA CHRONICLE



*Wishing you  
all a safe and  
happy summer!*

### 2016 MEMBERSHIP MEETING ANNOUNCEMENTS

Washington Activity Center  
2240 W Citrus Way, Phoenix, AZ

**Thursday, May 26, 2016 at 1:30 pm - State of the City**  
Thursday, October 27, 2016 - Healthcare  
Thursday, December 1, 2016 - Annual Holiday Party/Meeting

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