



PACRA: JANUARY-FEBRUARY 2021 UPDATES—WE'RE BAAAAAACK!!

Text of the email sent on March 11, 2021

VACCINES IN YOUR AREA

You probably have received this email from Medicare (<https://www.medicare.gov/>) with a link to the CDC for the latest on the vaccines in your area: [COVID INFO FOR AGE 65](#) — but it never hurts to see it again!

INTRODUCING OUR NEW MEMBERS

I have been remiss in letting our *seasoned* members know that we have new faculty, staff, administrators, and a GB member who have joined our ranks from July 2020 through February 2021—***very happy to have ALL of you aboard!! We are 183 PACRA strong!***

Sheila Atkins, EHPS	Diane and Carl Lutz, VP Instruction
Bruce Bishop, Speech and Comm	Steve and Marlyee McDonald, Dean, Lang and Lit
Linda Carrillo, Reading Services	Mac McKinney, Library Technician
Nancy Chadwick, Past GB member	Brenda Morris, ESES
Rebecca Clements, Behavioral Science	Bruce Orton, English
Berta Cuaron, VP Instruction	Jim and Meg Pesavento, Earth Sciences
Ava Davis, Library	Michele Rocheleau, Senior Library Technician
Bob and Pam Deegan, President/Super	Barbara Schnelker, Behavioral Sciences
José Esteban, EHPS	Richard Stegman, CSIT
Kathyrn Garlow, Dean, Lang and Lit	Suzanne Szames, IS
Gay Gilchrist, IT	Janien Thompson, Payroll Services
Brent Gowen, English	Al Trujillo, ESES
Chris Johnson, EHPS	

BENEFITS UPDATE | MARCH 3 MEETING

from your PACRA representatives to the BC: Steve / Becky / Jayne / Judy D / Judy C Alternate

No meeting was scheduled for January; the February meeting was canceled—understandably, because the Spring Semester started Feb 1 and the new VP/HR David Montoya began his employment on January 28!

The Agenda was light, but PACRA members spoke to some new dental techniques that are not covered by Delta Dental affecting both active employees and retirees; and, asked how the District is saving money on having to reimburse retirees for their Medicare D expenses.

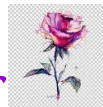
The PACRA Board is scheduled to meet with VP Montoya on March 25 via Zoom to discuss the status of retiree benefits.

Please see the BC Agendas and Minutes at:

<https://www2.palomar.edu/pages/benefits/minutes-and-agendas/>



WE REMEMBER LYDIA BACKART AND JADENE DUGAS



*So much to say about these two lovely ladies:
sweet, kind souls; good friends; true professionals*

JaDene gave many years of service to PACRA as an active member from the association's earliest days and serving as President for at least 3 years. Many of us remember her as the Secretary to Dean Bergman, Instruction, in the '60s and what a wonderful help she was in guiding us through the hiring process!

Some of us knew **Lydia** as Kent's wife; although she did not teach at Palomar, she retired from the Escondido Elementary School District and was a Precious Gem member of Div 63 CalRTA, at the age of 92. She was living in Portland, OR with her daughter, Renée:

rbartart@gmail.com or 10905 NE Knott St | Portland, OR 97220-2969

EGWP REIMBURSEMENT

Reminder to submit your *EGWP* form for reimbursement by the District for your out-of-pocket expenses for Medicare D Rx. Please see **Attachments A** (for some background for our new members;) **and B** (the actual form itself in .pdf format including a short explanation and steps for reimbursement).

HIGHLIGHTS OF THE PACRA JAN AND FEB BOARD MEETINGS

January 28, 2021:

Reports:

1. Treasurer: Tom reported the total in our PACRA Foundation account as of January 1, 2021 is \$18,375.07; as of the Dec 2020 database, there are 180 active members
2. Secretary: Judy D. reported a new Directory will be mailed after the membership renewal date of July 1, 2021; however, an Addendum of our newest members will be included in the Annual meeting mailing in March.

An email blast to members was sent on Dec 3 2020; the next blast will be sent in February.

Discussion: Update to UNUM Long-Term Health Care premium increase effective Jan 2021

Discussion/Action:

1. PACRA Emergency Fund for PC Students. The Board agreed by consensus that any future consideration of cash donations by PACRA should be funneled and stipulated through the Foundation's existing student-need categories.
2. The Board agreed by consensus to cancel the face-to-face April 15 2021 Annual Meeting at the Spaghetti Factory. However, the Board will continue to assess the ongoing pandemic situation for alternatives for additional discussion at its Feb 25 Board meeting.

February 25, 2021

Reports:

1. Treasurer: Tom reported there are 183 active members as of the Feb 16 2021 database,
2. Secretary: Judy D. reported an email blast for Jan-Feb 2021 will be sent to members in early March.

Discussion:

The Board agreed by consensus to schedule the April 15 2021, Annual Meeting as a Zoom meeting. Annual meeting materials, the Pacer, and an Addendum to the directory will be USPS mailed to all members the week of March 21.

UNUM LONG-TERM HEALTH CARE PREMIUM INCREASE EFFECTIVE JAN 2021

If you have the above insurance that you received at retirement, then you noticed an increase in your premium depending on the level of care you chose. In our Board discussion, Judy C. summarized data from *Consumer Reports* and other sources, stating that long-term care costs have been in flux since the early 2000's and that data is not accurate in age calculations. We retired with the District giving us the Basic coverage from UNUM; if we wanted any additional coverage, we paid for it. It would be up to individual retirees to research their own needs in relation to the premium increase from UNUM and what other companies have to offer; this is not a negotiable item with the District for retirees.

In a similar vein, Steve discussed various options for planning for long-term care including information from the CA Department of Insurance, STRS, and PERS.

ANNUAL MEETING ON ZOOM—WEDNESDAY, APRIL 15, 2021 AT 1 P.M.

Your Board has mastered meeting on Zoom for over a year; now—with Bob Larson as our Zoom wizard—we are ready to offer that same amazing experience to **ALL PACRA MEMBERS—at no charge!!** Look for the mailing the week of March 21; Jack Kahn, Interim President/Superintendent will be our guest speaker!

Call for Nominations: the following PACRA Board positions will be on the ballot in the Annual Meeting mailing for July 2021 through June 2023:

- President
- Vice-President
- Member-At-Large (1)

Any currently active member of PACRA can apply; if you are interested in any one of the listed positions, please email Secretary, Judy Dolan at judyldolan@gmail.com by March 14 to include your name on the ballot. Each position description is listed in **Attachment C**.

TAKING GOOD CARE OF YOURSELF!

From Jayne Conway via the UC San Diego Center for Healthy Aging

Successful Aging: Social Isolation, Health & Homelessness:

<https://sdscf.org/news/convening-examines-the-intersection-of-social-isolation-health-homelessness/>

For more pertinent articles/videos, please view at

<https://medschool.ucsd.edu/research/aging/Pages/default.aspx>

Your PACRA Board recognizes that there is a plethora of information relating to healthy aging during the pandemic and in more normal times; please feel free to send other links to Bob Larson for posting on our PACRA website Blog: blarson350@gmail.com

REMINDER OF SUPER/PRES KAHN'S COVID-19 CAMPUS UPDATE & COMMUNITY CONNECTIONS

FOR EXAMPLE: March 11, at 4:00 p.m.

<https://palomar-edu.zoom.us/j/520394277?pwd=MmRIK1hxaTYyRVJhYWtrZ251cGdVQT09>

Meeting ID: 520 394 277

Passcode: 930838

One tap mobile

+16699009128,,520394277# US (San Jose)

+13462487799,,520394277# US (Houston)

Dial by your location

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 520 394 277

Find your local number: <https://palomar-edu.zoom.us/u/aQUxkB7wd>

Join by Skype for Business <https://palomar-edu.zoom.us/skype/520394277>

Take good care, everyone!



Judy

Judy Dolan, Secretary

PACRA Board

<https://www2.palomar.edu/pages/pacra/>

Attachments in the March 11, 2021 email

- Email Blast Text
- Attachment A *Background letter to HR*
- Attachment B *EGWP form*
- Attachment C *Position Descriptions*