

**OFFICERS  
AND  
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First Vice President  
Membership

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**Donna Lumpkin**  
Secretary

**Loretta Morman**  
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**Dixie Tucker**  
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**Richard Briggs**  
Legislation

**Linda Briggs**  
Programs

**Becky Dungan**  
Yearbook

**Lynne James**  
Newsletter  
Technology Contact

**Olive Hall & Jolene Lemaire**  
Historian

**Clara Graham**  
Foundation Representative

**Beulah Thompson**  
Community Volunteer  
Services

**Dana Wasser**  
Member Benefits

**Helen Reynolds**  
Healthcare

**Linda Fong**  
Memorials, Get-Well, &  
Protective Services

**Rosalie Reese**  
Retirement Education

**Wanda Borne**  
Audit

**Beverly Minaldi**  
Hospitality

# MID-JEFFERSON COUNTY RETIRED SCHOOL PERSONNEL DECEMBER 2017 NEWSLETTER



## November Program: *Insurance Changes*

EFFECTS OF 85 <sup>TH</sup> SPECIAL SESSION	
85-1 Legislature/Board Adopted Final Premiums	
Calendar Year 2018	
PREMIUMS	
Medicare Retirees	Non-Medicare Retirees
Retiree Only - \$135	Retiree Only - \$200
Retiree & Spouse = \$529	Retiree & Spouse = \$689
Retiree & Child(ren) = \$468	Retiree & Child(ren) = \$408
Retiree & Family = \$1020	Retiree & Family = \$999

DEDUCTIBLES		
Medicare Retirees	Non-Medicare Retirees	
In or Out of Network	In-Network	Out-of-Network
<ul style="list-style-type: none"> <li>\$500</li> <li>\$3,500 maximum out-of-pocket</li> <li>5% co-pay after meeting deductible</li> </ul>	<ul style="list-style-type: none"> <li>\$1,500/\$3,000</li> <li>\$5,650/\$11,300 maximum out-of-pocket</li> <li>20% coinsurance after deductible</li> </ul>	<ul style="list-style-type: none"> <li>\$3,000/\$6,000</li> <li>\$11,300/\$22,600 maximum out-of-pocket</li> <li>40% coinsurance after deductible</li> </ul>

- ◆ **Next Meeting:** Tuesday, December 12, 2017 @1:30 PM, Ritter Senior Center, 914 Boston Avenue, Nederland, TX
- ◆ **Program:** County Commissioner Brent Weaver—*Jefferson County Issues*
- ◆ **Hostesses: Members** bring favorite holiday treats; **Decorations & Beverages** by Rosalie Reese (chairman), Linda Briggs, Linda Fong, Becky Dungan, & Dana Wasser. **(Please bring food items in disposable containers to facilitate deliveries to MCT and PN library.)**

### *Times, they are a changing'*

... a message from MJCRSP President Lynne James



The calendar year is drawing to a close and with it come changes and challenges in 2018. The biggest change, and challenge, are the new health care offerings from TRS. By this time we should all be aware of the fine details and ready to make the change. The new ID cards for health insurance and prescription drugs should be on their way by the time you receive this newsletter.

Our scholarship ad sales are going smoothly. Please return renewals at the December meeting so we know how many new ads we need to sell in January to support our scholarship program.

The local unit membership has grown faster that we could have ever imagined! In November 2016 the membership report showed 268 local members. We currently have 315, an increase of 47 members. Obviously, the work of TRTA to secure quality health care for retirees made an impact on some who had never joined our local until this year. In addition, our membership committee has worked tirelessly to communicate the benefits of joining TRTA.

While our successes are many, we still have work to do. The spring primaries will determine who will make legislative decisions about our health care for 2020-2022 as well as determine the future of our retirement fund. We can expect a challenge to the current status when the Texas legislature meets again.

Thanks for being a member and your willingness to face the challenges that lie ahead!

VISIT OUR WEBSITE: [www.mjcrsp.org](http://www.mjcrsp.org) AND OUR  
FACEBOOK PAGE: [www.facebook.com/MJCRSP/](http://www.facebook.com/MJCRSP/)

SPECIAL THANKS to MCT Credit Union and Hebert Library for the use of their facilities in preparing our monthly newsletters.

## November meeting highlights



**Row 1:** Lynne James calls the meeting to order before members and guests pledge their allegiance to our flags; members listen carefully as Lynne reviews major

changes to our health care program. **Row 2:** Members are amazed at the increase in deductibles and premiums; others deeply involved in insurance concerns are Linda and Richard Briggs; Curtis Harrison, Candye Martin, and Jolene Lemaire; Loretta Morman, Becky Dungan, Rosalie Reese, Beulah Thompson, and Olive Hall. **Row 3:** New members JoAnn Gay, Pam Lawson, and Gloria Aguirre pose for the camera; Donna Lumpkin and Wanda Borne take notes; Billy and Sue Neal attend their first meeting; Frances Thomas, JoAnn Gay and Candice Zummo are involved in the meeting.

**Row 4:** Patricia Allen, and Carol Pagan listen to reports with Pam Lawson and Gloria Aguirre in the background; hostesses Jolene Lemaire, Beulah Thompson, Linda Harrison, Helen Reynolds, and Candye Martin always have healthy, delicious refreshments; Helen Reynolds and Linda Harrison make sure Olive Hall, Barbara Russell, and Linda Briggs are served.

**REMINDER:** It is time for everyone to calculate volunteer hours! Hours are counted from January 1 through December 31. The 2017 reports are due by the January 9, 2018, meeting. Any hours you give to MJCRSP meetings can be counted, as well as church activities, community organizations and any other worthwhile projects. Members that do not attend the meetings can participate in the volunteer hour program. There is plenty of time left to accomplish additional volunteer hours by December 31. **Each Volunteer Hour is worth an estimated \$24.66.** Last year 13,949 volunteer hours were recorded supplying our area with **\$343,982.34** worth of economic support from MJCRSP Reports can be made to Beulah Thompson: Home 409-722-2648 cell 409-718-6032 Email [beulaht@gt.rr.com](mailto:beulaht@gt.rr.com).

**HELEN'S HEALTH TIP:** Fiber is an important element of a good diet: men should eat 38 grams per day, while women should eat 25 grams per day. The average of fiber grams consumed per day is 15 grams; therefore, one should eat more fiber-rich foods, such as navy beans, raspberries, artichokes, pears, almonds, sweet potatoes, oats, and whole wheat pasta.