

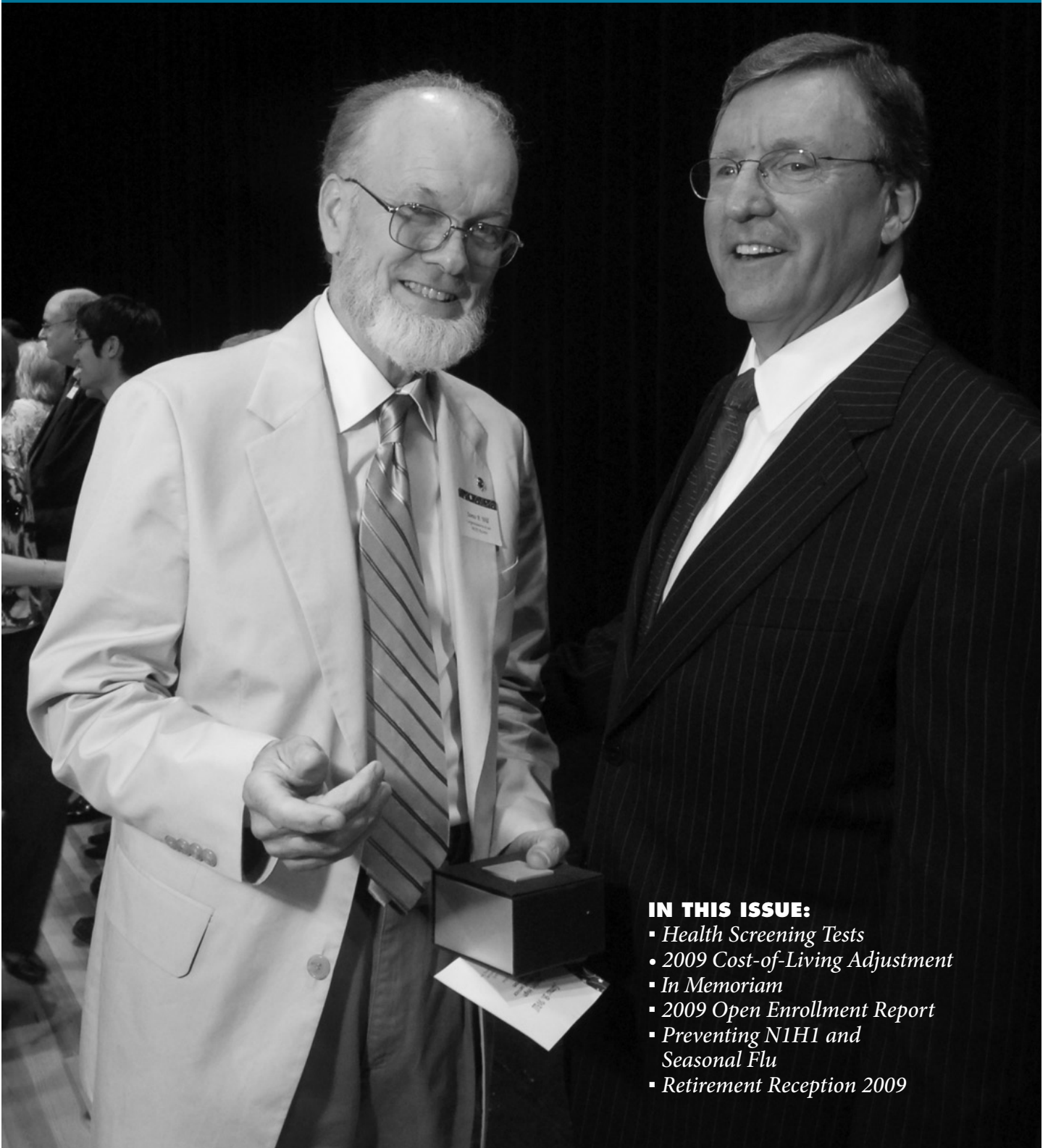


Retiring Times

New Directions for MCPS Retirees

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Regular Health Screenings and Your Long-Term Health

Regular visits to your health care provider are an important part of caring for your long term health. These visits can help you learn valuable information about maintaining a healthy lifestyle and can assist you in building a relationship with your provider that will benefit you in case of a future illness.

Most important, though, is your ability to proactively manage your health during these visits by updating vaccinations, screening for diseases, and assessing your risk of future medical problems.

Even if you feel fine, regular visits enable you to check for potential problems that may otherwise go undiagnosed. For instance, most people who have high blood pressure, high blood sugar, or high cholesterol are not aware of their conditions. Without the proper screenings, they may remain unaware of these conditions until the diseases become advanced. In order to intervene before such conditions become health problems, have your blood pressure, blood sugar, and cholesterol levels checked regularly.

The following age-specific guidelines will help you keep track of when to see your health care provider.

Recommended Health Screening Tests for Age 65 and Older

WHAT	WHO	WHEN
Physical exam: With each exam, you should have your height and weight checked. Routine diagnostic tests are not recommended unless your doctor finds a problem.	Everyone	Yearly
Hearing test	Everyone	Yearly
Eye exam, including a screening for glaucoma	Everyone	Every 2 years
Dental exam	Everyone	Every 6 months
Blood pressure screening	Everyone	Yearly
	If you have diabetes, heart disease, kidney problems, or certain other conditions, talk with your health care provider about more frequent monitoring.	
Cholesterol screening	Everyone	Every 3-5 years
	If you have diabetes, heart disease, kidney problems, or certain other conditions, talk with your health care provider about more frequent monitoring.	
Colon cancer screening	Everyone	
A stool test	Talk with your health care provider to determine which of these screening tests is right for you.	Yearly
Flexible sigmoidoscopy along with a stool guaiac test		Every 5 years
Colonoscopy* or Computed tomographic colonography (virtual colonoscopy)		Every 10 years
*Note: Patients with risk factors for colon cancer, including long-standing ulcerative colitis, personal or family history of colorectal cancer, or history of large colorectal adenomas may need a colonoscopy more often.		
Pelvic exam and Pap smear to check for cervical cancer and other disorders	Women	Yearly
	Women whose Pap smears have been negative for 3 years in a row	Your health care provider may tell you that you only need a Pap smear every 2-3 years.
	Women who have had a total hysterectomy (uterus or cervix removed)	May choose not to have Pap smears.
	Women who are over 70 and have a 10-year history of normal Pap smears	May choose not to have Pap smears.

Recommended Health Screening Tests for Age 65 and Older

WHAT	WHO	WHEN
Abdominal aortic aneurysm screening	Men between ages 65 and 75 who have smoked	Once
	Others	Discuss with your health care provider
Prostate exam: May involve a Prostate-Specific Antigen (PSA) test or Digital Rectal Exam (DRE)	Men	Discuss with your health care provider
Breast exams:	Women Contact your doctor immediately if you notice a change in your breasts, whether or not you do self exams.	
Breast self-exam		Monthly
A complete breast exam by a health care provider		Yearly
Mammograms		Every 1-2 years depending on risk factors
Osteoporosis screening: Bone density test (DEXA scan)	Women: Ask your doctor about the proper calcium intake and exercise needed to help prevent osteoporosis.	
	All men over age 70	Discuss with your health care provider

In addition to regular screenings for potential health problems, you may also need to update or receive regular vaccinations to guard against common diseases. The following age-specific recommendations will help you keep track of when to request an immunization.

Immunization Recommendations for Age 65 and Older

WHAT	WHO	WHEN
Pneumococcal vaccine	Everyone over 65 who has not received this vaccination in the past or who has received the vaccination more than 5 years prior to turning 65	Once
Flu shot	Everyone	Yearly
Tetanus-diphtheria booster	Everyone	Every 10 years
A shingles or herpes booster vaccination	Speak to your health care provider to determine your level of necessity	Once after age 60

Sources for all recommendations: U.S. Preventive Services Task Force, American Diabetes Association, National Osteoporosis Foundation, *Braunwald's Heart Disease: A Textbook of Cardiovascular Medicine*, *CA: A Cancer Journal for Clinicians*.

These recommendations should serve as general guidelines; not all screenings or vaccinations will be right for all patients who meet the general age requirements. Therefore, your primary health care provider is always the best resource to help you determine which screenings or vaccinations are right for you. Together, you can proactively manage your long term health. ■

For Your Information

The 2009 Cost-of-Living Adjustment (COLA) for retirees receiving retirement benefits from the State Retirement Agency was effective on July 1, 2009. Retirement system members received a 3.839 percent increase and pension system members received a 3.0 percent increase. Retirees who retired on or before July 1, 2008, received this COLA. The adjustment was included in pension payments that were deposited to retiree accounts at the end of July. The COLA for retirees receiving benefits from the MCPS core and supplemental plans is effective each January. The next scheduled COLA for the MCPS core and supplemental plans is January 1, 2010.

For details regarding cost-of-living adjustments for state plan retirees, please refer to the State Retirement Agency publication *Retiree News and Notes*, available at www.sra.state.md.us/newsletters/RetireeNewsJuly2009.pdf.

Retiring Times

In Memoriam

Retirees deceased between July 1, 2008, and June 30, 2009.

It is with great sadness that we share the loss of our fellow MCPS retirees.

Retirees are listed in alphabetical order with their date of passing.

Jacob E. Adams	October 28, 2008	Catherine Fauley	August 29, 2008
Donald C. Allen	September 26, 2008	Mirella Faustini	April 13, 2009
Dorothy Allen	March 31, 2009	Lloyd M. Ferrell	March 13, 2009
Bertha B. Austin	December 20, 2008	Robert L. Finney	January 27, 2009
Margaret A. Banos	June 27, 2009	Ann T. Fisher	March 10, 2009
George M. Beckert	February 24, 2009	Elizabeth J. Foster	April 4, 2009
Edna Belbin	December 25, 2008	Sally D. Francis	March 13, 2009
Mary S. Bell	November 30, 2008	J. F. Freeman	April 17, 2009
Carole Boris	March 23, 2009	Edmund Geiger	July 13, 2008
James N. Bradshaw	February 6, 2009	Mary L. Gibbons	March 18, 2009
Edward W. Brakus	February 8, 2009	Katherine B. Gimmel	September 27, 2008
M. M. Brill	January 5, 2009	Billye J. Goff	November 22, 2008
Margueritte Bryan	May 8, 2009	Grace R. Goldberg	July 5, 2008
H. Ruth Bryant	June 17, 2009	Joseph B. Good	December 26, 2008
Douglas M. Burgess, Jr.	December 14, 2008	Alan L. Gotoff	November 16, 2008
Jimmy C. Burkholder	April 5, 2009	Sammy L. Green	February 23, 2009
Karl J. Busic	February 28, 2009	Harold W. Green	November 21, 2008
Fayette C. Butler	October 11, 2008	John H. Grentzner	November 5, 2008
Grace I. Carr	December 13, 2008	Joseph Griffin	September 8, 2008
June B. Caspi	January 21, 2009	Dianne Grimsley	July 31, 2008
Laroy Cobbs Jr	December 13, 2008	Bradley I. Grogan	June 15, 2009
Margaret M. Coffey	December 2, 2008	Mildred L. Groves	January 9, 2009
James R. Collins	August 22, 2008	David T. Gupton	April 10, 2009
Marie Consroe	November 26, 2008	Anthony Hilliard	November 25, 2008
Beverly A. Cordell	August 14, 2008	Frances E. Hoell	November 26, 2008
Roxanne Corrado	August 15, 2008	Diane F. Hoffman	August 28, 2008
Mary Crosby	March 8, 2009	Ferby Holmes Jr	January 25, 2009
Mary B. Curry	November 5, 2008	James E. Holston	July 8, 2008
Cynthia B. Curry	July 3, 2008	Victor B. Hooper	October 15, 2008
Ruth A. Cuthbertson	November 6, 2008	Homer F. Horn	October 28, 2008
Maryan D. Dahmer	November 8, 2008	Andrew L. Hugar	December 27, 2008
P. J. Dalla-Santa	April 28, 2009	Eligah Huggins, Jr.	December 25, 2008
Laura F. Davis	January 12, 2009	Audrey B. Hurdle	June 7, 2009
Barbara M. Davis	August 17, 2008	Pauline E. Ingram	June 29, 2009
Sue C. Dawson	March 15, 2009	Eileen K. Isaacs	January 3, 2009
Raymond J. Debalso	September 23, 2008	Anthony S. Jackson	March 24, 2009
Catherine J. Denerville	October 27, 2008	Ruth I. Johnson	January 29, 2009
Catherine L. Derby	October 15, 2008	M. Keiter	November 19, 2008
Idell Dornheim	March 7, 2009	William E. Keith	December 22, 2008
Theodore W. Dorsey	July 6, 2008	Gail E. Kelley	February 2, 2009
Melba Downey	January 19, 2009	John S. Kelley	March 20, 2009
A. Du Bois	May 7, 2009	Lawrence G. Kelley, Sr.	July 28, 2008
Charles J. Dudash	November 22, 2008	John C. Kern	December 15, 2008
James R. Duppins, Jr.	December 14, 2008	Loretta King	March 29, 2009
Norita F. Early	August 31, 2008	Judith A. Kinney	September 3, 2008
Willard L. Edmiston	July 15, 2008	Nancy L. Koontz	August 11, 2008
Frank G. Edwards	June 9, 2009	Anna E. Kowalewski	February 24, 2009
Alice K. Eiss	July 9, 2008	Marie M. Lancaster	May 16, 2009
Jessie Fair	December 24, 2008	Helen Lange	December 24, 2008

Edna R. Larson	September 20, 2008	Richard Reese	March 27, 2009
Mary L. Leone	March 1, 2009	Carol A. Reichgut	January 8, 2009
Elaine S. Lessenco	April 18, 2009	Helen Remaley	November 19, 2008
Edwin W. Lewin	December 13, 2008	Aileen Rhodes	March 7, 2009
Eugenia F. Limparis	January 14, 2009	Lula M. Richardson	April 9, 2009
Eva J. Littles	December 27, 2008	Alfred B. Rico	August 25, 2008
E. Lowe	July 14, 2008	Mary A. Roberts	March 10, 2009
Victor Lumovich	May 10, 2009	Melvin W. Robertson	April 28, 2009
Kenneth Lundberg	November 12, 2008	Leslie S. Rogers	July 24, 2008
Lawrence B. Luzenski	February 25, 2009	Martha F. Rogers	August 30, 2008
Dorothy M. Madison	December 23, 2008	M L. Sanderson	April 17, 2009
Elizabeth Mainhart	November 5, 2008	Sophie M. Sandy	November 27, 2008
Carolyn T. Marley	May 30, 2009	E. Sargent	August 12, 2008
Jack Q. Martin	May 2, 2009	Helen Schneider	February 20, 2009
James F. Mason	November 4, 2008	Margaret E. Schuhmacher	May 20, 2009
A. A. McCrary	April 1, 2009	Regina R. Sclar	December 19, 2008
Leora C. McElroy	November 22, 2008	John R. Scott	April 19, 2009
Julia McKenzie	October 1, 2008	Jonita C. Sears	May 3, 2009
Mary Milic	March 13, 2009	Leona M. Shankle	December 24, 2008
M. J. Miller	November 20, 2008	Elton L. Shumaker	November 18, 2008
John P. Miller	May 19, 2009	Flora M. Singer	February 25, 2009
Miles L. Moore	February 18, 2009	James W. Smith	June 7, 2009
Robert M. Moore	October 19, 2008	Bancha Southivong	February 4, 2009
Doris E. Morris	April 24, 2009	Marjorie W. Spaulding	December 19, 2008
Vincent P. Mroz	July 22, 2008	Irene F. Stillman	April 2, 2009
Murray Mullinix	January 13, 2009	Jeanette A. Stockton	February 2, 2009
John R. Murdock	July 25, 2008	William R. Stratton	July 27, 2008
Thomas F. Nelson	October 15, 2008	Cecilia J. Stuart	May 28, 2009
Gerald Nelson	May 15, 2009	Theresa M. Sykes	December 22, 2008
Daniel Oboyle	March 25, 2009	Ivory E. Thomas	January 7, 2009
Anita M. O'Brien	May 5, 2009	Louise Turner	November 25, 2008
Erna H. Odenkirchen	August 10, 2008	Rita M. Wagner	June 19, 2009
Agnes M. Osman	March 18, 2009	K. Walker	October 20, 2008
Helen A. Owens	December 12, 2008	A. W. Warfield	November 15, 2008
John D. Page	March 2, 2009	Mary A. Watters	August 15, 2008
Charles C. Parker	April 8, 2009	Shirley W. Weakley	June 26, 2009
Barbara A. Parker	September 17, 2008	Mary D. Weld	June 17, 2009
Elizabeth A. Patten	January 18, 2009	Fern Will	February 8, 2009
Jean A. Pauls	August 19, 2008	Mary A. Williams	December 1, 2008
Harold U. Peddicord	February 16, 2009	Harry Williams	September 2, 2008
Renee T. Perkins	December 16, 2008	Janice K. Wilson	March 20, 2009
Robert Pinkney	August 31, 2008	Marie H. Wilson	September 14, 2008
Barbara A. Poerstel	July 14, 2008	Rosalie Wolfson	May 31, 2009
Allen S. Proctor	February 9, 2009	Esther M. Wood	November 27, 2008
Vera Procyk	March 11, 2009	Sylvia Wubnig	October 19, 2008
Martin Rabunsky	August 26, 2008	Theophus Younger	May 25, 2009
Phillip W. Raines	July 4, 2008	Dorothy P. Zedler	September 22, 2008
Robert L. Ranofsky	June 30, 2009	Dorothy B. Zeller	March 4, 2009
Donald H. Reddick	July 30, 2008	Mortimer M. Zeroth	June 27, 2009

2009 Open Enrollment Report

Montgomery County Public Schools (MCPS) recently concluded the annual retiree health plan open enrollment for the 2009–2010 plan year. Open enrollment was held over a three-week period and concluded on Friday, May 15, 2009. During that time, MCPS and the health plan vendors conducted three health fairs where retirees had the opportunity to learn more about the benefit offerings and meet with vendors. In addition, the Employee and Retiree Service Center (ERSC) handled hundreds of inquiries from MCPS retirees and dependents regarding their options for the plan year.

All changes made during open enrollment were effective on July 1, 2009.

Health and Dental Plan Enrollment

There was only modest change in health plan enrollment during the open season. As of July, 234 retirees are enrolled in the BlueChoice Health Maintenance Organization (HMO), 847 are covered by the Kaiser Permanente Health Plan, 1,379 are covered by the United HealthCare Select HMO, 730 are enrolled in a Point-of-Service (POS) plan, 147 are enrolled in the Indemnity Plan, and 3,814 are covered by the Medicare Supplement Plan.

Ninety-five percent of retirees are covered by the dental preferred provider option (PPO), while 5 percent are covered by the Dental Maintenance Organization (DMO).

Prescription Plan Enrollment

Six years ago, MCPS began offering retirees the opportunity to choose between two prescription drug plan options with CVS/Caremark. Option A offers lower co-pays but higher monthly premiums, while Option B offers higher co-pays but lower monthly premiums.

In 2003, 80 percent of retirees chose prescription Option A and 20 percent chose prescription Option B, even though, in many situations, Option B may have been a more financially beneficial option.

During the most recent open enrollment period, the gradual shift from Option A to Option B has continued. Now, 61 percent of retirees are enrolled in Option A and 39 percent are enrolled in Option B.



If you have questions, please contact ERSC via e-mail at ERSC@mcpsmd.org or at 301-517-8100. Call volumes are typically lower Tuesday through Thursday, so wait times may be shorter. ■

Preventing H1N1 and Seasonal Flu

As flu season approaches, you may have questions concerning the H1N1 virus, commonly referred to as the “swine flu.” You may wonder how to best protect yourself from this virus and whether you should obtain the H1N1 vaccine in addition to your regular flu vaccination.

Currently, the Centers for Disease Control and Prevention’s (CDC) Advisory Committee on Immunization Practices (ACIP) recommends that the H1N1 vaccine be made available to the following groups first:

- **Pregnant women**
- **Health care workers and emergency medical responders**
- **People caring for infants under 6 months of age**
- **Children and young adults from 6 months to 24 years**
- **People aged 25 to 64 years with underlying medical conditions (e.g. asthma, diabetes)**

These groups, according to the ACIP, represent a total population of approximately 159 million people in the United States.

According to the ACIP, “the risk for infection among persons age 65 or older is less than the risk for younger age groups.” Therefore, they recommend that as needs are met for these priority groups, providers should offer the vaccination to people over the age of 65.

Contact your health care provider to determine if the H1N1 vaccine is appropriate for you.

Even without the H1N1 vaccination, there are steps that you can

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Retirement Reception 2009

Over 120 retirees from the Class of 2009 attended the annual Retirement Reception on June 11, 2009. Retirees were recognized for their service to MCPS and the students of Montgomery County.

Outgoing MCPS Retiree Association (MCPSRA) president Fred Evans honored retirees by announcing their names, job titles, locations, and years of service. Retirees were congratulated by a receiving line that included vice president of the Board of Education Mrs. Patricia O'Neil and County Council president Mr. Phil Andrews. Superintendent Dr. Jerry D. Weast acknowledged retirees' service with a retirement gift.

After being recognized for their many years of loyal service to MCPS and the students of Montgomery County, retirees enjoyed a reception on Richard Montgomery's Main Street. A recent design in school construction, Main Street merges new endeavors and past accomplishments, not only housing many school operations, but also serving as the new home of the historical Park Street School façade. Here, retirees had the chance to mingle while being entertained by student musicians.

All retirees are invited to join the MCPSRA. Questions can be directed to the incoming president of the association Mr. Gerald Johnson via email at Gerald_W_Johnson@mcpsmd.org. ■



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take to protect yourself from the H1N1 virus. Because H1N1 is thought to spread in the same manner as seasonal flu, the CDC recommends the following steps to protecting yourself and others from any strain of flu:

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth. Germs spread this way.**
- **Try to avoid close contact with sick people.**

In addition, the CDC advises that people who are sick with flu-like

symptoms should stay home for at least 24 hours after their fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) You should also keep away from others as much as possible to avoid making others sick.

Being aware of your contact with others and practicing good hand washing techniques can help prevent both seasonal and H1N1 flu.

In consultation with your primary health care provider, schedule your yearly seasonal flu vaccination and discuss his or her recommendations for the H1N1 vaccine. For more information on H1N1 flu or on avoiding the flu, visit the CDC website at www.cdc.gov/h1n1flu. ■

Retiring Times

News from the Employee and Retiree Service Center

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Employee and
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