

# UAB Retirees Association

## *UABRA Newsletter*

September 2022

**RSA NEEDS OUR VOICES:** In RSA's "The Advisor" in May and June 2022, Dr. Bronner sought our help in asking Governor Ivey and the Legislature to reimburse PEEHIP and the state employees' insurance, SEIB, for more than \$63 million dollars spent on COVID-19 testing and treatments. Failure to reimburse our insurance will cause our PEEHIP costs to increase significantly. Contact your Alabama senator and representative. Ask them to reimburse PEEHIP for COVID-19 expenses.

### **NEW UABRA eMAIL ADDRESS:**

Add [UABRA@UABretirees.org](mailto:UABRA@UABretirees.org) to your Contacts. UABRA emails may arrive in your "Promotions" folder. Email is the primary form of communication for UABRA announcements and meeting reminders. Please notify us if you change your email address.



Pre-COVID-19 Fall Meeting 2019.

### **FALL MEETING:**

*Homewood Library Auditorium*  
Tuesday October 25, 2022, 1pm-3pm

**1st Speaker- Amy Warriner, MD, CCD,**  
Director of UAB Weight Loss Clinic  
and Professor of Endocrinology,  
Diabetes, and Metabolism:  
"Prediabetes and Diabetes"

**2nd Speaker- Erica Collins-Thomas,**  
Assistant Director, PEEHIP:  
"PEEHIP Health Insurance Update"

### **Fall Meeting Service Project:**

To help us support UAB Blazer Kitchen, bring gift cards, toiletries, or shelf-stable food on October 25.

### **UABRA 2023 EVENTS:**

Tuesday, February 28, 1pm-3pm  
Winter Walk- "Kiwaniis Vulcan Trail Interpretative Hike" with Trip Leader, James Lowery

### **NOTE: Date change**

Tuesday, May 9, 1pm-3pm  
UABRA Annual Business Meeting  
Homewood Library Auditorium  
**Speaker: Steven Austad, PhD,**  
"Research in Aging"

**Share UABRA news with your former UAB colleagues and invite them to join UABRA and participate in our events.**

*UABRA thanks Alabama Education Retirees Association (AERA) for its ongoing in-kind support.*

**UAB NEWS FOR RETIREES:** In case of emergency, keep in mind that the UAB Hospital-Highlands houses an Acute Care for Elders (ACE) Unit, a 25-bed unit specializing in geriatric patients. Also housed there is the Geriatrics Clinic and the Geriatric Heart Failure Clinic. UAB Hospital-Highlands Emergency Department is the southeast's first accredited Level 1 Geriatric Emergency Department.

For more information about these services, visit: <https://www.uab.edu/news/health/item/12204-uab-hospital-highlands-emergency-department-designated-as-first-level-1-geriatric-ed-in-the-southeast>

**WE ARE TRYING SOMETHING NEW:**

We are offering a limited number of 2023 membership waivers to anyone for whom the \$15 yearly membership fee creates a hardship. If you know someone in this situation who would like to join us, please refer them to the membership form to request a waiver.

**UABRA BOARD OF DIRECTORS:**

Clint Bruess, Suzie Cooper, Leroy Cowans, Lou Ann Faulkner, Michael Geerts, Tim Heaven (Vice President), Janice Hofman (Membership/Recording Secretary), Pamela Jacobs (Treasurer), Mindy Lalor, Douglas Rigney, James Lowery, David Macrina, Carol Medders, Michael Anne Markiewicz (President), Earl Sanders, and Laura Atkinson (Past President).

**UAB Retirees Association Resources:**

The UABRA website is a quick resource for topics of interest to all UAB retirees.

- Check out our newest updates at the UAB Retirees Association official website [uabretirees.org](http://uabretirees.org)
- Use **BENEFITS** to find discounts and other services available to retirees.
- Use the **MENU** to view **Upcoming Events** that may interest you and come join us.
- Take a look at **Health Care Questions** and **Helpful Links** to get information that many other retirees have found useful.

UABRA members participate in various educational and social events in the Birmingham area during the year. In addition, members receive invitations to UAB New Horizons programs and Alzheimer's of Central Alabama Lunch and Learn events. The UABRA Board of Directors keeps members up to date on legislative issues relating to preserving retirement benefits.

- **Be part of this!** Record your volunteer hours on the easy-to-use **"Volunteer Hour Reporting"** form. You may also submit anonymously. We ask legislators to continue funding PEEHIP and to consider cost-of-living raises and bonuses. Raising their awareness of retirees as voluntary contributors to the wellbeing of Alabama citizens and communities reminds them that we are interconnected members of their voting constituencies. Report your hours today and put reminders on your calendar now to post monthly, quarterly, or annually.

**Share UABRA news with your former UAB colleagues and invite them to join UABRA and participate in our events.**

# UAB Retirees Association Membership Form

To join or renew, please mail this form with a check\* to:

UABRA  
P.O. Box 55682  
Birmingham, AL 35255

Membership is \$15 for the calendar year.

If this \$15 fee presents a hardship, each year a limited number of hardship waivers are made available by the Board.  Check here if you would like to request waiver for this year.

As a paid member your spouse/significant other is a member for no extra fee. Join anytime!

\*If you pay directly from the bank, email [UABRA@uabretirees.org](mailto:UABRA@uabretirees.org) and let the treasurer know to expect your electronic payment.

Date you completed this form: \_\_\_\_\_

Membership category:  New Membership in UAB Retirees Association  
 2023 UABRA Renewal

UAB Retiree Name: \_\_\_\_\_ Title \_\_\_\_\_

Email address: \_\_\_\_\_

Phone: \_\_\_\_\_

Please note we email members to provide meeting updates and reminders.  
If you do not use email, volunteers will call you with event updates if possible.

Date of Member UAB Retirement: \_\_\_\_\_ UAB Department: \_\_\_\_\_

Spouse Name: \_\_\_\_\_ Title \_\_\_\_\_

no spouse, or spouse deceased

spouse is UAB Retiree, date of UAB Retirement: \_\_\_\_\_ Department: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Contact me about joining the board of directors:

Contact me about joining the hospitality committee:

Contact me about joining the nomination committee:

Program or event suggestions:

revised June 23, 2022