



NRLN PACIFIC AND MOUNTAIN WEST REGION

Alaska, Hawaii, Oregon, Washington / Idaho, Montana, Utah



Greetings Pacific and Mountain West Region NRLN Chapters

An announcement was made in the last newsletter that an NRLN reorganization had taken place. Judy Stenberg, NRLN Vice President (email-VP-NRLN@msn.com/phone 425-746-5248) has regional responsibility for the Pacific / Mountain West Region, which includes the states of Alaska, Hawaii, Oregon, Washington / Idaho, Montana, Utah. As part of the reorganization there is a new look for the newsletter insert. You will see that the banner has changed, but the content that is relevant to all of our members for the seven states has not changed.

NRLN advocates retaining the following in a national health care program:

- Medicare beneficiaries' preventive screenings.
- Closing the Medicare Part D "donut hole" which is the difference between what a beneficiary has to pay after reaching the initial coverage limit and the amount the government pays for "catastrophic" drug coverage.
- Rewarding reimbursement to health plans, doctors and other medical care providers if they improve health outcomes and quality.

NRLN cautioned Congress that full repeal of the ACA would have the following impact on Medicare:

- 14% Subsidies Paid to Medicare Advantage Plans which will deplete the Medicare Trust Fund faster.
- 0.9% Medicare Part A payroll tax on earnings over \$200,000 would be lost.
- Budget that supports HHS Innovation Center would be lost.
- ACA slowed spending per Medicare beneficiary could be lost.

Please continue to call your Senators' offices and ask them to preserve in the ACA what has been beneficial to Medicare participants. You can obtain the phone numbers for your members of Congress by going to the NRLN website <http://www.hrln.org/congresslegs.html#legislators> . Scroll down to the USA map and select your state. Or call 1-202-224-3121 to be connected to their office.

Information about your Senators and Representatives and making contact:

- Do you want to know how much money Congress is receiving? Go to Open Secrets: <https://www.opensecrets.org/>.
- Would you like to know how your Representatives and Senators voted on bills that are important to retirees and seniors? Go to the following state websites:

AK - <http://www.congressweb.com/nrln/legislators?stateId=AK>

HI - <http://www.congressweb.com/nrln/legislators?stateId=HI>

OR - <http://www.congressweb.com/nrln/legislators?stateId=OR>

WA <http://www.congressweb.com/nrln/legislators?stateId=WA>

ID - <http://www.congressweb.com/nrln/legislators?stateid=ID>

MT- <http://www.congressweb.com/nrln/legislators?stateid=MT>

UT- <http://www.congressweb.com/nrln/legislators?stateid=UT>

(Choose your state, then Representative or Senator and go to the bottom of the page)

(Over)

Social media is a hot topic

You can access your congressional delegation's Facebook pages. The nice thing is you don't have to create a Facebook account. Using Facebook allows you to send a message directly and others can see what concerns you. Follow the navigation path illustrated below:

- >Log into your browser and enter the name of a Senator or Representative in Facebook (example: Senator Patty Murray Facebook)
- >Name Home | Facebook will come up
- >On the left go to post and to the right scroll down to where it says comment.

Milestones

In previous issues the newsletter highlighted CenturyLink and predecessor company retiree's milestones (deceased date). With the new combined region, we will no longer provide that service in the newsletter. Instead as each obituary is received there will be a notification sent to members in each of the seven states. Former US WEST employees Carol Lee & Dennis Hutchinson have forwarded notices for Washington members. Many thanks to **Dennis Hutchinson & Carol Lee** for contributing the Washington notices.

Acheson, Dave D. 09/23/16	Kling, Glen Walter, 12/21/2016
McClellan, Ruth "Ruthie" 06/18/16	Meece, James Charles Jr 12/31/16
McIntyre, Glenn Everett 05/14/16	Solomon JOY (KOENIG) 12/05/16
McNeilly, Howard "Mac" 06/19/16	Belkey, Phyllis Louise 03/06/16
Cooper Julie (Severson) 12/21/2016	
Binion, Glen David 03/07/16	

(NOTE: If you wish to have a retiree death reported for one of the states we rely on you to send a notice, with verification (for example a news clipping), to Susan Coulter, President, WA Chapter: pres.wanrln@gmail.com.

Using the Internet to Communicate With You

We have to rely primarily on Internet communication, because we can reach you almost immediately. It is critical that you be well informed about what is happening that could affect you in a timely manner. If you don't have Internet access you can go to the library in many locations and get access. The staff will be happy to assist you. We will continue using the Newsletter and conference calls.

Conference Call

We will have another conference call after you receive your newsletter. Anyone (relatives, friends, and neighbors) can call in. There will be up to the minute information on what is happening in Congress. The call will be concluded with any available information regarding Century Link.

Date: Monday, September 18, 2017

Time: 4 pm (Hawaii Time), 6 pm (Alaska Time), 7 pm (Pacific Time), 8 pm (Mountain Time)

Call in: 800-503-2899

Access no. 7225928#

Healthcare and Pension Advocate

Shirley Jones is the Oregon and Washington Advocate for problems related to your pension or healthcare. Shirley can be reached 206-368-8686. Shirley Jones' E-mail address: benefit65@clear.net.

If you would like to volunteer to be an advocate for Alaska, Idaho, Hawaii, Montana, or Utah, please contact Judy Stenberg (email VP-NRLN@msn.com or 425-747-7561