



Eugene Education Association

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4J BENEFITS AND WELLNESS NEWSLETTER

Prepared by Julie Wenzl • 541-790-7682 • April 18, 2018 • Issue Number 304

SHINGLES VACCINE COVERAGE

The Advisory Committee on Immunization Practices of the Center for Disease Control and Prevention (ACIP) recently updated its 2018 adult immunization schedule. This update includes a revised recommendation for the prevention of herpes zoster (shingles) and its complications:

- Administer 2 doses of RZV (Shingrix) 2–6 months apart to adults aged 50 years or older regardless of past episode of herpes zoster or receipt of ZVL (Zostavax).
- Administer 2 doses of RZV 2–6 months apart to adults who previously received ZVL at least 2 months after ZVL.
- For adults aged 60 years or older, administer either RZV or ZVL (RZV is preferred).

Moda covers the Shingrix vaccine for OEGBB members age 50 and over. The quantity limit is two shots per lifetime.

The Shingrix vaccine can be obtained at a network pharmacy. Call ahead of time to make sure the pharmacy has the vaccine in stock. Remember to show your OEGBB/Moda Health ID card to the pharmacist for billing before receiving the vaccine to ensure that your vaccine will be covered.

IS STRESS MAKING YOUR ALLERGY SYMPTOMS WORSE?

Seasonal allergies can be a messy business. Coping with watery eyes, a runny nose, coughing, or a sore throat affects how you get through each day and how you sleep each night.

Feeling stressed can affect allergies. One effect is psychological. Stress amplifies our emotional reaction to any symptoms we are having. Stress can intensify how bothered you are by your allergy symptoms.

The other effect of stress on allergies is physical by making the allergic response worse. Researchers aren't sure exactly why, but one theory is that stress

hormones can ramp up the already exaggerated immune system response to allergens.

If you suffer from seasonal allergies, you probably already have systems in place to help you combat them. You may want to consider adding stress management techniques to your arsenal.

KEEP STRESS FROM OVERWHELMING YOU

We all know that too much stress is not healthy, but sometimes, it comes creeping up anyway. Here are six tips to try when you start to feel overwhelmed.

- Avoid distressing thoughts and people – walk away.
- Focus on optimism – be more grateful.
- Take action you can control – achievable small steps.
- Take care of yourself: get plenty of sleep, eat a healthy diet, exercise, and take time to relax.
- Stay socially active with trusted friends and family members.
- Practice daily relaxation techniques.

PERS EDUCATION SESSION IN 4J

4J will be hosting a PERS education presentation: **Understanding Your PERS Pension**. The presentation is suitable for PERS members just beginning their careers, for those within a few months of retirement, and for all members in between. The session and will be presented by Kris Kartub of Valic and snacks will be provided. *This is a repeat of previous 4J/Valic presentations.*

Topics will include:

- **Understanding the differences between Tier 1, Tier 2, and OPSRP**
- **Pension benefit calculation methods**
- **Understanding your IAP account**
- **Retirement option choices**

The presentation will begin at 4:30 p.m. in the Ed Center Auditorium on Tuesday, May 1, 2018, and will last approximately one hour 15 minutes.

To sign up to attend, please send an e-mail to wenzl@4j.lane.edu. In your e-mail, please indicate whether you will attend alone or whether you will be bringing a guest.

PERS EDUCATION SESSION AT EEA

EEA will be hosting an informative presentation aimed at providing you with information about your PERS Pension: **PERS Financial Workshop**. The presentation will be provided by John Van Ravenhorst, Financial Advisor, Bridges Wealth Management, and is endorsed by OEA. This presentation is suitable for PERS members nearing retirement as well as those members still a ways off.

Topics will include:

- **PERS historical background**
- **Current legislative and PERS Board changes**
- **PERS retirement basics, including eligibility and payout options for each Tier and IAP**
- **Actions to take within five years, one year, and 90 days of retirement**
- **Personalized retirement strategies, including Social Security and Medicare planning and timelines**

The presentation will run from 5:30 – 6:30 p.m. at the OEA/EEA Office (2815 Coburg Road, Eugene) on Wednesday, May 16, 2018. Spouses are welcome and light snacks will be provided. **Pre-registration is required.**

If you have questions or would like to sign up to attend, please contact **John Van Ravenhorst** directly: john@bridgeswealth.com or 541-343-2928.

4J BLOOD DRIVES

4J will once again be partnering with Lane Blood Center to offer a district-wide blood drive and we are hoping to get at least 20 donations. The event is open to everyone, so feel free to bring along your family, friends, and neighbors to help our community in an important way.

The bloodmobile will be at the 4J Education Center, 200 N. Monroe in Eugene:

- **Wednesday, May 16, 2018 • 2:00 – 5:00 p.m.**

To book an appointment, please e-mail 4j_benefits@4j.lane.edu. Walk-in donors are also welcome to attend.

Statistically, 1 in 4 people will need a blood transfusion in their lifetime, but only 5% of eligible donors donate. To check donor eligibility requirements or learn more about the donation process, please visit Lane Blood Center's website: <https://lanebloodcenter.org/>.

If you can't make this event but would like to participate in an upcoming 4J blood drive, please mark your calendar for these upcoming drive dates:

- **Wednesday, September 26, 2018 • 2:00 – 5:00 p.m.**
- **Wednesday, December 5, 2018 • 2:00 – 5:00 p.m.**

SKINNER BUTTE PARK – WEST SUMMIT TRAIL

If you are looking for a new route to the top of Skinner Butte, you may want to try out the West Summit Trail. The trail is located above the climbing columns, and opened to the public this past December. The new quarter-mile trail features a gravel path, new cable handrails, and wooden steps.

Park officials believe the new trail will be safer for hikers, and will offer protection to the prairie remnant. Additionally, it will offer protection to climbers from falling rocks caused by hikers who leave the main route.

Skinner Butte Park was dedicated in 1914 and is one of Eugene's oldest parks. The park includes 100 acres of property along the Willamette River. In addition to Skinner Butte, the park includes the Columns climbing area, RiverPlay Discovery Playground, Campbell Senior Center, Lamb Cottage, Skinner City Farm community garden, acres of lawn and meadows, hiking trails, bike paths, picnic areas, and much more.

As the weather warms up and heading outdoors becomes more appealing, remember this fantastic Eugene resource!

MAXIMIZING MEMORY

Seven tips for learning new information:

1. Keep learning sessions brief;
2. Space out learning;
3. Review new information;
4. Vary your learning environment;
5. Write down the information/say it aloud;
6. Test yourself;
7. Get sufficient sleep.