

# ROSE Newsletter

Retired Oregon School Employees



Looking out for the rights and benefits of retired OSEA members

## ROSE Leaders

### Chair

Bonnie Luisi  
chair@rose.osea.org

### Vice Chair

Merlene Martin  
vice-chair@rose.osea.org

### Secretary-Treasurer

Tim Stoelb  
sec-treas@rose.osea.org

### Zone I Coordinator

Missy Johnson  
zone1@rose.osea.org

### Zone II Coordinator

Everice Moro  
zone2@rose.osea.org

### Zone III Coordinator

Gloria Lundin  
zone3@rose.osea.org

### Zone IV Coordinator

Marilyn Moss  
zone4@rose.osea.org

### Zone V Coordinator

Kathryn Riegger  
zone5@rose.osea.org

### Zone VI Coordinator

Bob Bradetich  
zone6@rose.osea.org

### Zone VII Coordinator

Delores Piersol  
zone7@rose.osea.org

Benefits of being a ROSE (Retired Oregon School Employees) member include OSEA life insurance, member discounts, OSEA publications, PERS information, training, events and social activities.

As President of ROSE, one of my duties is attending the annual in-person meeting of the AFT National Retiree PCP in Washington, D.C.

I recently returned from the last meeting. It was a whirlwind for three full days. Thirty-eight retirees make up the committee. I serve as one of three PSRPs.

The committee hears federal legislative reports as well as state reports for all the states present, and we are given time to ask questions. As part of the federal and state legislative reports, we learned that the federal government is proposing more agency cuts: 3 percent from the Department of Education, 12 percent from the Department of Health and Human Services, and 25 percent from Department of Labor. These cuts will hurt several of the services our retirees depend on.

There will be a 44 percent increase in the Department of Defense budget.

We were reminded to do our civic duty: check your voter registration status,



By **BONNIE LUISI**  
ROSE Chair

and encourage family and friends to do the same. The midterm elections will be important to many of the services retirees depend on. **Let's get out the vote!**

The highlight of the Retiree meeting for me was the opportunity to go up the Hill and see Senator Bernie Sanders introduce a new bill regarding technology. Sen.

Sanders spoke about the importance of getting ahead of Artificial Intelligence (AI), to make sure it does not infringe on our rights as well as our identities. He is asking for a moratorium on building any new technology centers until we can assure the long-term effects on our surroundings. We will have to wait to see how this plays out in the future.

We also talked about membership communication, recruiting new members and the upcoming AFT National Convention in July. We spent a lot of time on the importance of getting information on prospective new members and

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Election results on page 3**

## Calendar

All ROSE members are invited to our monthly meetings!

### ROSE Meetings

- Friday, June 5, at 10:30 a.m.  
State Office

## GET CONNECTED AND STAY CONNECTED

Like and follow OSEA and ROSE on Facebook



OSEA: [www.facebook.com/osea6732](http://www.facebook.com/osea6732)  
ROSE: [www.facebook.com/RetiredOregonSchoolEmployees](http://www.facebook.com/RetiredOregonSchoolEmployees)

Visit our website

OSEA: [www.osea.org](http://www.osea.org)  
ROSE: [rose.osea.org](http://rose.osea.org)

# Navigating Medicare Networks and Providers

By JANE DOUGLAS

What happens when you get a letter from your Medicare Part C insurance saying your provider may be leaving the plan network at the end of the month?

Panic. That's what I did. What does it mean? It means your providers (doctors) are in negotiations with the network (insurance company) and their contract will end because they cannot come to an agreement. Providers will now be "out of network" which means higher out of pocket costs, or you can start finding new "in network" providers. Good luck. Many clinics are not taking Medicare patients or new patients at all.

I have been with my doctors for many years. They are all connected. Any of them can bring up chart notes from my primary care provider, specialists, labs, current medications, screenings, tests, hospital charts, etc. The thought of losing providers who know me and my health, the personal connections that took years to establish, and starting over with strangers is, at least for me, stressful and scary. What if prescriptions are at a "no refill" point and you are in between

doctors? It's all more money out of your pocket.

Maybe you think it would be easier to simply switch insurance right now. Well, this is not considered a "qualifying life event" and you have to wait until open enrollment in October.

It wouldn't hurt to call your provider's department that handles coverage. With your best professional negotiation voice, ask to speak with someone in the department handling the negotiations and tell them the impact on you if they don't settle. Then call the insurance company and do the same.

I am writing this before April 1. If my providers do not come to a settlement with the insurance company by that date, they will be out of network. Since I have ongoing appointments, I have decided to bite the bullet, stay with my providers, and begin paying out of pocket - picking my stress battles so to speak. For the last few years, friends have told me about the difficulty they've had finding new doctors in this situation.

In the meantime, I will contact my insurance broker to help

me research other reputable insurance companies in Oregon in case I need to switch in October.



When I retired, engaging a broker to navigate finding an Advantage plan was the best decision I made. A broker will help you compare companies and your needs and will know which insurance companies are the best in Oregon. My broker even suggested calling my providers to make sure they are in network with insurance companies I was considering. There is no cost to you for this service. Plus, you will avoid the unwanted calls from every insurance company (and there are a lot of them) with a "too good to be true" plan just waiting for you. Don't be ripe for that picking.

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keeping an accurate database. It seems everyone has issues with this part of communication. Keeping accurate records seems to be a constant uphill battle. We (ROSE) are lucky to have the OSEA State Office help, as well as the ROSE Secretary-

Treasurer, Tim Stoelb, to help with this information. For AFT's Nation Convention, the retiree group plans to meet and give presentations. As ROSE Chair, I am an automatic delegate. I plan to help with the presentations and return with more valuable

resources for retirees.

Thank you for the opportunity to represent you not only locally, but nationally. I look forward to our OSEA Conference in June and the AFT Convention in July.

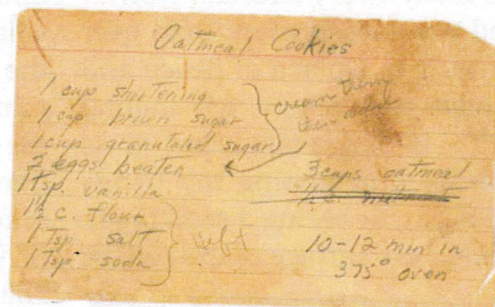
# Wilma R's Oatmeal Cookies

By NICOLLE LANDAU

This oatmeal cookie recipe was my mother's, and it dates back to the war years when butter was in short supply. Like many cooks of that time, she found ways to make something delicious with what was available. She had quite a sweet tooth and believe that dessert belonged at the dinner table every single night.

On cold, snowy afternoons or hot, humid days, I would come home to the comforting smell of something sweet baking in the oven. My mother was a gifted home baker, and these cookies were one of the many treats she made for us.

I still bake them today using the original spattered recipe card in her handwriting, and every time they bake, the familiar aroma brings back warm memories of her kitchen and the love she poured in to everything she made. For a moment, the years seem to fall away and I am once again that child walking through the door to something sweet waiting at home.



## Ingredients:

- 1 cup shortening
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 eggs beaten
- 1 tsp vanilla
- 1<sup>1</sup>/<sub>2</sub> cups flour
- 1 tsp. salt
- 1 tsp baking soda
- 3 cups oats

## Directions:

1. Heat oven to 375 degrees. Either grease or line a baking sheet with parchment paper.
2. Cream the shortening, brown sugar and granulated sugar together.
3. Stir in the eggs and vanilla.
4. Sift flour, salt and baking soda into mixture and stir.
5. Stir in oats.
6. Dollop batter on prepared baking sheet.
7. Bake for 10-12 minutes.

## ROSE Election Results

### Board Positions

#### Chair

Bonnie Luisi

#### Secretary-Treasurer

Tim Stoelb

## Conference 2026 Delegates

**Zone I:** Missy Johnson

**Zone II:** Vicky Poyser

**Zone III:** Gloria Lundin

**Zone IV:** Susan Hardy

**Zone V:** Kathryn Riegger

**Zone VI:** Bob Bradetich

**Zone VII:** Delores Piersol

# Gardening for Sanity and Wellness

By EVERICE MORO

Zone II Coordinator

In today's very stressful world I need my garden more than ever before. It is a place of peace and exercise and beauty. My mental health is important, and it is amazing how getting my hands in the dirt, or seeing a seed break through the surface of the soil, or



listening to a bird sing can fill my heart with joy. I get a real workout some days (after which I am grateful for Tylenol). I can take out my frustrations on a stubborn plot of dirt and make it submit to my desires for another spot to put a plant. I can revel in the beauty of a rose or relish the fragrances of not only the roses but the lilacs and the lavenders. Each season brings something new to look forward to and appreciate.

During the winter when the rain may keep me indoors, I peruse the catalogs and gardening books for ideas for the spring. I take stock of my tools (not as well as I should) and see what needs fixing or replacing. I dream. I picture the

different areas of the garden and what needs to be done. Replace the mulch pathway with quarter minus gravel? Done! Refurbish the lawn? Done! My Christmas tree garden along the back fence is full of baby Douglas Fir trees (if you need one for your yard). That area also got a revamp just this week with lots of shade plants in the ground. Rethink the Strawberry beds? In progress now. Redo the back corner where the 100+ year old Rhododendron looks dreadful? Sadly, it is still there as of this report.

There is always something going on in the garden, even if you can't always see it. The weather has its way with the garden. Millions and millions of leaves. So much rain! And maybe even snow or freezing temperatures. During the winter with all the leaves off the big Crimson King maple in the front there is more light in the front garden. The Hellebores are the first to come out to say hello with their nodding blossoms and spiky leaves and their delicate colors. Then the Snowdrops show their dainty blossoms, followed by Daffodils, and so the season begins. There are jobs to do in the late winter and early spring. The ferns need an annual trim. Things I don't remember the name of pop up and I'm so grateful to see them once again. The white Candytuft is amazing! The blue Speedwell is spreading everywhere. The early pollinators are out and enjoying the blooming Rosemary as much as I enjoy cooking with it and the other herbs. The lilacs have come and are on their way out in

April. But the roses have begun to bloom and their fragrance is wonderful. I have more planting to finish, probably even more than is already in the yard; and waiting, because I simply can't help myself.

I read about gardens and I look at gardens in my neighborhood. I even I recently went on a garden tour, because you can never have enough inspiration, and I saw five wildly different but beautiful and unique gardens. I walked away with photos and memories of meeting interesting gardeners, and I even received a gift of a plant from an outstanding, completely hidden, wonderland of a garden. When I am in the front yard working in the garden, I am often stopped by people passing by (usually with a dog or two) and we get to talking about gardens and dogs and the neighborhood and the world, and that brings me hope for the future. I hope you will one day visit my garden and enjoy your time and find some peace within my little bit of heaven.

