

# The Good Life!™

## Health Plans Office Retiree Newsletter



### Medicare Reminders

#### Quarterly Reimbursement Program Participants

If you are receiving a monthly Social Security check, you must submit your 2024 Social Security Administration (SSA) Benefit Verification Statement (aka "Annual Award Letter") to renew your enrollment in the quarterly Medicare Part B Reimbursement program. This statement, provided by the SSA, indicates your Medicare Part B premium for the following year (2024).

**Starting December 2023, it is suggested that members submit their Benefit Verification Statements to the Health Plans Office for 2024. The statements are due no later than January 31, 2024. Failure to submit by the due date will result in termination from the reimbursement program.**

#### Group Pay Program Participants

If you are currently enrolled in the Medicare Part B Group Payment program (payment of your Medicare Part B premium is handled by LADWP), annual submission of your Benefit Verification Statement is not required.

However, if you start receiving a Social Security check, you must notify the Health Plans Office immediately.

Please be advised that enrollment into the quarterly Medicare Part B reimbursement program or the Group Payment program is not automatic. It is your responsibility to request enrollment in writing by completing the appropriate forms and submitting the required documentation. Annual renewal of your quarterly Medicare Part B reimbursement is required to remain enrolled in the program. **LADWP will not process requests for reimbursement retroactively.**

For questions or additional information, please refer to your Benefit Guide or contact the Health Plans Office via email at [healthplans@ladwp.com](mailto:healthplans@ladwp.com).

#### Enrollment in Medicare

If you are turning age 65, you must provide proof of Medicare Part B to continue with your LADWP-sponsored Health Plan. You should contact the SSA **three (3) months prior to turning age 65** to enroll in Medicare Part B.

### New Supervisor Appointments



We are pleased to announce the recent appointments of our new supervisors in the Health Plans Office!

**LaShaun McCloud** has been promoted to Principal Clerk Personnel. LaShaun, who was featured in the Summer 2021 issue of The Good Life, was previously a Principal Clerk Utility (PCU) in Health Plans.

Additionally, **Lizette Jimenez and Natasha Santana** have been hired as PCU's. Lizette has been a Benefits Specialist in HPO for the past three years, and Natasha was most recently a Senior Administrative Clerk in Information Technology Services at LADWP.



**Name: Lizette Jimenez**

Position: Principal Clerk Utility

Phone: (213) 367-2023

Email: [healthplans@ladwp.com](mailto:healthplans@ladwp.com)

LADWP Hire Date: January 2020

Retirement Goals: Travel and spending quality time with family.



Hello everyone, I began my Health and Benefits career in 2017 working in the Benefits office at Torrance Unified School District. In 2020, I made my transition to LADWP's Health Plans Administration office serving as a Benefits Specialist for retirees. I am happy to now be the Principal Clerk Utility for the Benefits Specialists. Outside of work, I enjoy traveling, outdoor activities, attending concerts and spending time with my family and friends. To stay healthy and fit, I like to attend yoga classes.

# Oatmeal Pumpkin Pancakes

provided by Healthy Adventures Foundation



- 1 cup whole wheat flour
- 1/2 cup rolled oats (old fashioned)
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- Pinch ground nutmeg
- Pinch ground ginger
- Pinch salt
- 1/2 cup sugar
- 2/3 cup canned pumpkin purée
- 2 eggs
- 2 Tablespoons canola oil
- 3/4 cup milk, non-fat

Heat a large frying pan over medium heat.

In a large mixing bowl, whisk together the flour, oatmeal, baking powder, spices and sugar. Add the remaining ingredients and stir until combined. Spray the pan well with cooking spray, or use a small amount of oil. When the pan is hot enough, spoon some of the batter onto the frying pan and spread it slightly into a circle. When the pancakes are set on top, flip it and fry for a couple of minutes until both sides are golden brown.

Serve hot with maple syrup, sugar free maple syrup and a sprinkling of chopped toasted pecans.

## Nutrition Facts

Amount per serving	
Calories	380
	% Daily Value*
<b>Total Fat</b> 11.2g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 86mg	<b>29%</b>
<b>Sodium</b> 57mg	<b>2%</b>
<b>Total Carbohydrate</b> 62.9g	<b>23%</b>
Dietary Fiber 3.4g	<b>12%</b>
Total Sugars 28.8g	
<b>Protein</b> 9.3g	
Vitamin D 8mcg	40%
Calcium 174mg	13%
Iron 3mg	17%
Potassium 403mg	9%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

## Cost Analysis

Item	Price	Per Batch	Per Serving
Whole Wheat Flour	\$3.39/ 5 lbs	\$0.85	\$0.21
Rolled Oats	\$3.59/ 18 oz.	\$0.90	\$0.23
Baking Powder	\$2.39/ 10 oz.	\$0.60	\$0.15
Cinnamon	\$2.79/ 2.37 oz.	\$0.70	\$0.18
Nutmeg	\$5.99/ 3.25 oz.	\$1.50	\$0.38
Ginger	\$1.49/ 3 oz.	\$0.37	\$0.09
Salt	\$2.59/ 17.6 oz.	\$0.65	\$0.16
Sugar	\$3.99/ 4 lbs.	\$0.99	\$0.25
Pumpkin Puree	\$3.39/ 15 oz.	\$0.85	\$0.21
Eggs	\$2.89/ dozen	\$0.72	\$0.18
Canola Oil	\$3.39/ 32 fl oz.	\$0.85	\$0.21
Non Fat Milk	\$2.09/ 64 oz.	\$0.52	\$0.13
<b>Total</b>	<b>\$37.98</b>	<b>\$9.50</b>	<b>\$2.38</b>

## Contacts

### LADWP Health Plans Administration Office

Our current office hours are 8:00 a.m. to 3:00 p.m. Monday through Thursday. If we are unable to assist you in person, please contact us as follows:

**Phone:** (213) 367-2023,  
(800) 831-4778 Monday-Friday,  
7:00 a.m. – 4:00 p.m.

**Fax:** (213) 367-2078

**Email:** [healthplans@ladwp.com](mailto:healthplans@ladwp.com)

**Website:** <https://eBenefits.ladwp.com>

### Mailing Address:

111 N. Hope Street, Room 564  
Los Angeles, CA 90012

### IBEW Local 18 Benefit Service Center

**Phone:** (800) 842-6635  
(818) 678-0040

### Email:

[local18@mybenefitchoices.com](mailto:local18@mybenefitchoices.com)

### Website:

[mybenefitchoices.com/local18](http://mybenefitchoices.com/local18)

### Mailing Address:

9500 Topanga Canyon Blvd.  
Chatsworth, CA 91311

## Retiree Health Spotlight



Retiree John Otoshi on a hike in Estes Park in Rocky Mountain National Park.

Send a photo of yourself doing a healthy activity, and you may be featured in an upcoming newsletter! Email your best shot to [healthplans@ladwp.com](mailto:healthplans@ladwp.com).

## Immunity Boosters

provided by Healthy Adventures Foundation



This time of year is really important for taking care of yourself. It is often the time when people get sick with the cold, flu and COVID-19. In fact, the common cold is usually caused from some COVID virus. Of course, getting your immunizations is one of your best defenses against getting sick, getting very sick and avoiding hospitalizations.

But ... there are also many other ways to boost your immune system. Some ways include:

- 1) Getting enough sleep – adults need somewhere between 7-8 hours of sleep each night.
- 2) Managing stress – practice mindfulness and meditation, things you enjoy, talking to people, etc.
- 3) Eating a proper and balanced diet – get plenty of foods that are rich in antioxidants, brightly colored, high in vitamin C and have zinc in them.
- 4) Getting exercise and physical activity – get at least 150 minutes per week of physical activity.
- 5) Having a good social support network – maintain connections with friends and family and cultivate relationships that are positive and affirming.
- 6) Washing your hands regularly – wash your hands for at least 30 seconds after you use the restroom and after general exposure to the world around you about every 1-2 hours.
- 7) Wearing a mask when there is risk of exposure – wearing a well-fitting surgical mask can decrease the likelihood of you getting exposed as well as you possibly exposing others to illnesses.
- 8) Managing chronic disease – if you have things like diabetes, hypertension, or high cholesterol, take care of those chronic diseases and maintaining them at target ranges.
- 9) Drinking plenty of fluids – women need about 2.7 liters and men need about 3.7 liters of water per day.

- 10) Positivity and finding joy in your life – find your purpose.

You don't have to tackle all of these tasks at once. The things you are already doing great at, keep them as they are. Pick the ones that are interesting to you, or that you want to work on, and focus your energy on those. Little changes go a long way at building your immunity and maintaining your health over the cold and flu season.

## New Supervisor Appointments

*continued from page 1*



### Name: **Natasha Santana**

Position: Principal Clerk Utility

Phone: (213) 367-2023

Email: [healthplans@ladwp.com](mailto:healthplans@ladwp.com)

LADWP Hire Date: December 2022

Retirement Goals: Travel the world with family and take photographs.

Hi everyone! It was my pleasure to join the Health Plans Office in August 2023 as the new Principal Clerk Utility. I have been with the City and LADWP for over five years now. During this time, I've been able to work with different groups including the General Services Department, Information Technology Services Division and now the Health Plans Office. One of my favorite things about working in the City and LADWP are all the amazing people I've met along the way! I've made many friends and look forward to making many more.

Outside of work my favorite things to do are to take photos, paint and travel. I like to take portraits and landscape photos but will photograph anything and everything in between.

One of my favorite travel memories was going to the Metropolitan Museum of Art in New York. It was great to see all the beautiful art and to even see original paintings by Van Gogh himself. One of the next places I hope to travel before retirement is Japan.

I'm excited to be a part of the Health Plans Office, and I look forward to all the valuable information I will learn in my new role. It is my privilege to supervise part of the team handling your health benefits! I look forward to serving you in this new role and hope you are enjoying retirement!

*Congratulations*



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## Health Plans Office Retiree Newsletter

FALL 2023

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*Cover and header photos taken by LADWP photographer  
Chris Corsmeier of the Owens Valley fall foliage*

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