

The Rejuvenator



Newsletter of the UWG Association of Retired Faculty & Staff

No. 43 July 2022

SAVE THE DATE

Assuming that COVID-19 will not interfere yet again, with our plans to honor retirees, our annual reunion/recognition of retirees will be held on Saturday, **October 29, 2022** from 10 a.m. to noon in the Campus Center Ballroom.

In addition to recognizing individuals retiring in 2021-2022, we will celebrate (in two groups) 2019-2020 and 2020-2021 retirees who missed out on an in-person event in the past two years.

Hope to see you there!

WANT TO BE INCLUDED IN A DIRECTORY OF USG RETIREES?

ARFS is exploring the possibility of putting one together. Contact Anne Richards (arichard@westga.edu/770-834-8143) to let her know whether you might want to be listed in such a directory.

More information about the process of setting it up and the information retirees could provide for it will be shared with those interested in being included.

PARKING PASSES AVAILABLE (FREE OF CHARGE) TO RETIREES

If you haven't already responded to the email message on our ARFS listserv sent out about parking for retirees, you can go to the following online link: <https://www.westga.edu/hr/arfs/retiree-perks.php> and scroll down to the section on the left labeled UWG Parking Permit. Then use the highlighted link: "Request Complimentary Parking Passes" to access the form involved in securing a pass.

If you prefer not to handle this online, or don't use a computer, you can simply contact Lauren Niedringhaus, Benefits Specialist, HR, UWG, by phone or email. You will need to give her the information that is required for her to arrange for a parking pass for you. Her phone number is: 678-839-1034. Her email is: lniedringhaus@westga.edu.

Aon becomes ALIGHT



Retirees who are 65 and older and have Aon Retiree Health Exchange accounts are likely well aware that Aon is now part of ALIGHT RETIREE HEALTH SOLUTIONS. For those of you who had healthcare coverage and an account with Aon, **there is nothing you need to do to continue that coverage and account.** It has all been worked out seamlessly through Aon, which had already been working closely with ALIGHT for some time.

We have been alerted to one feature associated with the conversion, however, that you might wish to address - involving the “cookies” setting on your account. To stop Alight from selling your personal data, go to Alight at <https://retiree.alight.com/usg>. Log in to your account. At the bottom of the page is a **Cookies** banner, which defaults to **Accept Cookies**, unless you click on **Manage My Preferences**.

To protect your privacy:

- * Click on **Manage My Preferences**.
- * Click on **Sale of Personal Data**.
- * If the Sale of Personal Data slider is blue and to the right, slide it to the left. It will then turn gray.
- * Click on **Confirm My Choices**.
- * The **Cookies** banner will disappear.

On a future visit to your Alight account, look for a tab at the bottom labeled DO NOT SELL MY DATA (US only) to assure the Cookie setting remembers your previous setting.

NOTE: If the above directions do not work for you, it may be because of the browser you are using. For additional assistance, contact Dennis Marks, Chair of the Communications Committee, University System of Georgia Retiree Council (USGRC) at dmarks@vsu.edu.

Using Your Health Reimbursement Account: Submitting a Claim for Non-Premium Expenses

While a large proportion of UWG and USG retirees using the Aon (now, Alight) Health Exchange allocate their annual benefit toward payment of health insurance and prescription drug plans, some retirees have funds they can use for reimbursement of other expenses. Often, these are retirees who have a Medicare Advantage plan instead of a Medigap (Medicare Supplemental) Plan. Retirees can choose to carry over unspent funds from year to year, but some retirees may not realize the great variety of items/services for which funds can be used or may not know how to request reimbursement for those expenses.

The list of eligible expenses can be found online at https://benefits.usg.edu/assets/documents/health-and-well-being/HRA_Eligible_Expenses.pdf. (We hope to have a link to this list on the ARFS website soon.) If you do not have access to this item online, please contact Meg Cooper (mcooper@westga.edu; 770-880-5078) or Lauren Niedringhaus (lniedringhaus@westga.edu; 678-839-1034) to make arrangements to get this document.

Step-by-step directions for going online to request reimbursement for these types of expenses are provided on pages 5-6 of this newsletter.

WHAT'S HAPPENING IN YOUR RETIREMENT?

Steven Broome (campus photographer, University Communications & Marketing, 2021 retiree) received the Achievement Award in Mass Communication at the recent Alumni Awards program held in the Campus Center ballroom.

Dr. Cecilia Castro Lee (Professor Emerita, Foreign Languages, 2007 retiree) was recently honored at an appreciation reception by the Department of Foreign Languages. During this reception, she delivered two of her recently composed poems.

A Lament for Ukraine

Dona Nobis Pacem

I raise my voice to the wind asking WHY, WHY, WHY?

A weak echo responds why, why, why....

There's not a logical answer for the fury of this war.

It is the whim of a beastly tyrant, eager to expand his empire.

Flames consume your homes, schools, churches, hospitals, and museums.

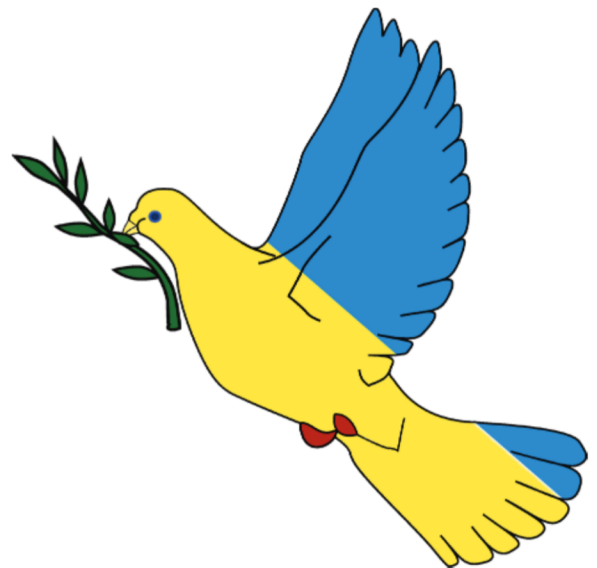
I cry for you, dear people of Ukraine.

This despot gives himself the right to send his soldiers
to massacre your people, burn your land, bomb your cities, and
poison your waters. He even dares to threaten with a nuclear attack.
Without remorse this autocrat deceives his own people.
Menacing tanks head towards your capital city, the soul of your nation.
I cry for you, brave people of Ukraine.

Women, children, and elderly men are leaving their homeland,
a journey of tears and uncertainty. What will the future hold?
Your brave men remain in the country to defend its sovereignty.
This family separation hurts deeply in your hearts.
A young mother, holding her baby, pleads for help from abroad.
I cry for you, courageous people of Ukraine.

I praise your President, his wisdom and valor,
an example of leadership, honor, and patriotism.
He is a true hero in your land facing the odds of the times.
His voice and presence bring you hope in the midst of adversity,
Gathered at a meeting, your Senators sing your National Anthem.
The world is with you, noble people of Ukraine.

(Cecilia Lee, March 7, 2022)



GUERNICA: RAGE AND DESPAIR

Trapped in an inferno, humans and creatures
suffer the horrors of war.
They shout piercing cries in the darkness of night.
A mother holds her dead child in her arms.
Her tongue takes the form of a sharp dagger.
Rage and despair

Mutilated bodies disfigured heads and limbs lie on the
ground.
A man raises his arms, his stretched fingers point upward.
A female figure carries a torch already extinguished.
A disjointed hand clenches a broken sword.
There is no exit from this chaotic world.
Rage and despair

The head of a bull with sharp horns exhibits a knife
for an ear. Its tail becomes a smoking flame.
In the center of the canvas, a gored horse approaches
death, a symbol of the pain and anguish of the people of
Guernica, victims of the cruel bombing of their town.
Rage and despair

I cannot help but remember *Guernica*,
as I watch in disbelief at the rage and despair,
the sorrow, and the courage of the people of Ukraine.
May the love of their homeland redeem them.
May fraternity and joy reign again.
Let there be peace in their land and hearts.

(Cecilia Lee, March 8, 2022)

Dr. Carl Quertermus (Professor Emeritus, Biology, 2005 retiree) captured fourth place in the Carroll Bassmasters' Angler of the Year competition.

Dr. Carole Scott (Professor Emerita, Economics, 2000 retiree) has published a book, *An Alternate History of North America: The Economic, Political, Social, and Technological History of the North American Confederation*. Additionally, the Summer 2022 issue of *Georgia Backroads*, includes her article "Between a Rock and a Hard Place," which is about a major, extremely rich, antebellum businessman who was first in business in Georgia. While information about him is very scarce, she has researched him for decades. "The most surprising aspect of his story is that when the Civil War broke out, he left his business in New York City and resided in Alabama during the war because he and his partners owned property in both the North and the South, and both the U.S. and Confederacy confiscated the property of enemies," said Scott. "He believed he could protect his and his partners property in the Confederacy. The U.S. confiscated stock he owned in an Illinois railroad that he was a director of. It may be the only case of this kind of confiscation."

"The engine of the train Lincoln took from Springfield to go to Washington to become president was named for him. For 10 years before the war, Lincoln was the lawyer employed by another Illinois railroad this man was a director of. A New York senator and New York City businessman who briefly served as a Union general asked President Johnson to pardon this man, and he did," she concluded.

Dr. Robert Lance Snyder (Professor Emeritus, English, 2007 retiree) has published three books: *The Art of Indirection in British Espionage Fiction* (2011), *John le Carré's Post-Cold War Fiction* (2017), and *Eric Ambler's Novels: Critiquing Modernity* (2020) in addition to guest editing a special issue of *Paradoxa: Studies in World Literary Genres* (2012). Since retirement he has also published 37 journal articles on the fiction of Graham Greene, Geoffrey Household, Len Deighton, Adam Hall, Charles McCarry, Olen Steinhauer, Dashiell Hammett, Frederick Forsyth, Jim Thompson, David Goodis, Ian McEwan, Stella Rimington, Patrick Hamilton, James M. Cain, Dan Fesperman, Ross Macdonald, and Dorothy B. Hughes. Another seven essays are still awaiting editorial decisions. He serves, finally, as the invited Advisory Author for a commemorative volume of *Contemporary Literary Criticism on le Carré*, forthcoming from Layman Poupard Publishing.

Since retiring from UWG, **Dr. Walter Todd** (Intramurals, Health and Physical Education, 2012 retiree) taught World, US and Georgia history as well as Public Health in Shorter University's adult continuing education program (2012-2016). He taught these classes across the metro Atlanta area while also teaching history at West Georgia Technical College (2015-2018), as well as presenting educational programs until 2018, when he retired from formal college teaching.

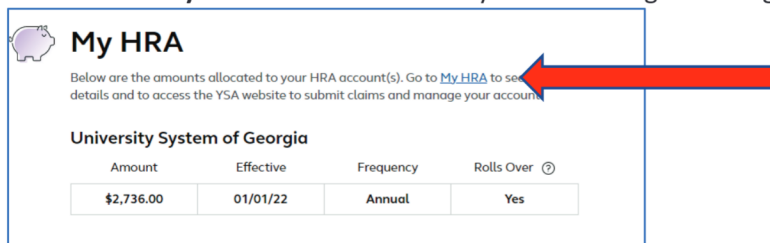
Todd has also earned his "wings" as a parachute jumper after meeting all criteria that included completion of 25 jumps. "There's definitely an art and a science to jumping. Anyone doing it has to be especially attentive to learning how to land without injuring himself or herself and it's important to not get tangled up with other parachuters," he said. "When persons jump from a plane, they cover about 1,500 feet in about one minute's time and are dropping at a speed of 20 mph as they come to the end of the jump."

Jumping isn't without threat of injury. On his 99th jump, he broke his pelvis but healed sufficiently to jump again to complete a lifetime record of 100 jumps. In June of 2020, he suffered a serious setback following a car crash. He is still recovering from the accident that broke numerous bones and required a four-month hospitalization and 13 additional months of physical rehab to learn to walk again.

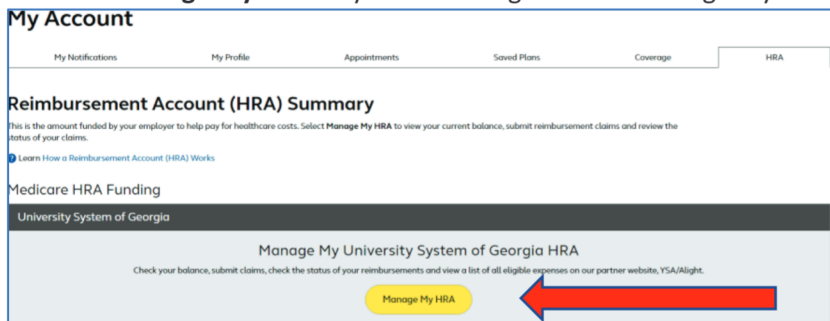
Submitting a Claim for Non-Premium Expenses (Online Submission)

To submit a claim for non-premium expenses (e.g., copays/deductibles, hearing aids, medical equipment, etc.), you will need a copy of your receipt. As you complete the steps below, one of your options will be to upload a digital copy of your receipt on the device you are using to submit your claim. If you choose to use this digital option, we recommend that you either scan the receipt or take a picture of it with your phone before you start the steps below. (The information below comes from use of the Google Chrome browser on a PC desktop.)

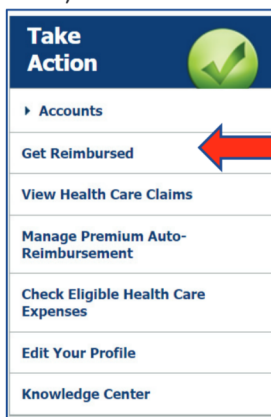
1. Go to <https://retiree.alight.com/USG> and log in under the “Log In to Your Account” heading.
2. Click on the “My HRA” link under the “My HRA” heading on the right side of the page.



3. Click on “**Manage My HRA**” – yellow rectangle under “Manage My University System of Georgia HRA.”



4. On the page you reach (“Your Spending Accounts”), click “**Get Reimbursed**” on the “Take Action” menu (right side of screen).



5. Select the method for submitting your documentation (“**Upload**” or “**Fax or mail**”).
6. Under the “Enter Expenses” heading, provide the information requested for “Expense 1.” First select the Type of Service from the “**Choose One**” dropdown box. Then provide the information for Date of Service, Service Provider, Patient, and Requested Amount. For example, you might be requesting \$95.00 for Dental services provided on May 25, 2022 by Georgia Dental Group to John Doe.

7. If you are submitting more than one expense, click on the **“Add New Expense”** link and repeat step 6.
8. Click **“Continue”** and review your list of expenses. You may click on **“Change This Expense”** on the right hand side of each Expense line to fix any errors.
9. Click **“Continue.”** You will go to a page with the heading of **“Create Health Care Claim.”**
10. If you chose to upload your documentation, upload the file(s) verifying your expenses on this page. To upload a file, click on the Browse button and locate the file. Then, click on the Upload button. Repeat if you have more than one file to upload.

Create Health Care Claim

Enter Expenses Review Expenses **Send Documents** Information Submitted

Upload Documents

To upload receipts or documentation for expenses:

1. Choose a file to upload.
(You may only upload **one** file at a time.) No file chosen
2. Choose **Upload** to send your documents.

Files Uploaded

File	File Size
You don't have any uploaded files at this time.	

Note: By uploading documents and submitting your claim(s), you agree that any expense paid through the account hasn't been reimbursed. You also agree not to seek reimbursement from another plan for any expenses that are paid by the account. Claims decisions will be made according to plan provisions.

I certify that the expenses for which I'm requesting reimbursement, or for which I'm validating:

- Were incurred for services received by my eligible dependents or me under the plan
- Were for services furnished on or after the date my spending account takes effect
- Haven't been reimbursed in any other way or from any other source and won't be submitted for future reimbursement
- Don't include any amounts that are otherwise payable by plans for which my dependents or I are eligible
- Are limited to expenses listed as eligible for this account on this Web site

Tips for Uploading

- Verify each file is 5 MB or less.
- Limit the total size for all files to 10 MB or less.
- Send documents by fax or mail if the files exceed the size limits.
- Each file should not exceed 25 pages.
- Use a file format this site accepts.
- File names can only contain alphanumeric characters. Special characters such as \ / : @ * ? ' " < > are not supported.

Once your documentation is uploaded, click on **“Submit Claim.”** The submitted claim will appear as Pending on your Account Summary until it is approved.

11. If you chose to the Fax or Mail option, click on **“Create Cover Sheet.”**

Create Health Care Claim

Enter Expenses Review Expenses **Prepare Documents** Send Documents

Fax or Mail Documents

To send receipts or documentation for expenses by fax or mail:

1. Choose **Create Cover Sheet** below.
2. Print the cover sheet and send it **with** your receipts or other documentation

Note: By creating and sending the cover sheet by fax or mail, you certify that any expense paid through the account hasn't been reimbursed, and you agree not to seek reimbursement from another plan for any expenses that are paid by the account. Claims decisions will be made according to plan provisions.

Tips for Faxing

- Create a cover sheet, which will open in a secondary window.
- Print and sign the cover sheet.
- Place cover sheet in fax machine before your receipts or documentation.

A new window will come up that will allow you to click on **“Print”** (blue rectangle) to print the cover sheet you have created. You will need to sign and date the page and also write in the number of pages before you send or FAX it in along with your documentation.

UWG Center for Public History

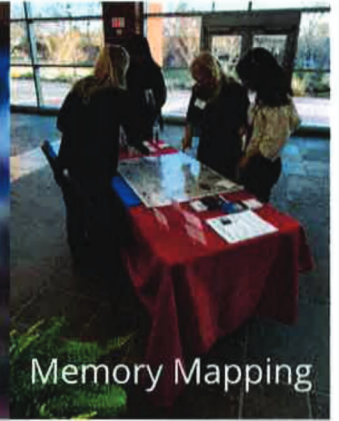
Share your Stories



Play by Play Exhibit



Nise Freeman



Memory Mapping

University History Project

The University History Project documents, preserves, and shares the university's past. The project connects former, present, and future students, as well as the broader university and regional community, to the school's rich heritage through curated exhibits, guided walking tours, and more.

Anise Freeman's Story: 50 Years at UWG

Do you remember eating on the West Georgia campus? I'm sure we all have memories from our experiences here, including Nise Freeman, who cooked on campus for many years!

After attending Bowdon High School, Freeman's first cooking job was in Bremen, Georgia, and she eventually became the chef for the first Holiday Inn. She came to West Georgia College as a cook in the late 1960s and started working in Z-6 when it was newly built. She recalled some of her experiences in a recent interview with the Center for Public History for the *CookWest: A Taste of UWG* project:

"I was a cook when I first came to West Georgia. We would have ribs, chicken and dumplings, greens, and things like that. Back then, you had to clean them and then cook them--they weren't in cans or the freezer. We'd go through them, pick them out, and then cook everything from scratch."



UNIVERSITY OF WEST GEORGIA

Connect with Center for Public History

We'd love to hear your stories about your experiences here on campus. There are several ways to contact us to participate:

1. Fill out the online form at <https://universityhistoryproject.uwgcp.org/share-your-story/> to share a story, photographs, or schedule an oral history with us. We can do the oral histories online or in person. We'll contact you to set up a time and place.

2. Fill out the form on this sheet (below) and mail it to us at:

Center for Public History
Attn: Ann McCleary and Keri Adams
TLC 3200, History Program
University of West Georgia
Carrollton, Georgia 30118

1. Send us an email:
 - a. Dr. Ann McCleary, amcclear@westga.edu
 - b. Keri Adams, MA, madams@westga.edu
2. Call us! 678-839-6141

Mail-In Form Information

Complete this section and mail it to the address listed above.

Name: _____

Phone # and/or email: _____

Preferred method of contact (check one): Email Phone Call

When did you work at UWG? _____

What was your job at UWG? _____

What would you like to share with us (check your choices below):

- Request more information through an email or phone call (indicated above)
- Schedule an oral history interview
- Share my photographs, documents, or video recordings
- Share a memory of short story about my time at West Georgia
- Other or not listed
- Not Sure

Do we have permission to contact you about this form? (check one): Yes No