

BREA NEWS

www.bnl.gov/bera/activities/brea/

Volume 10 Issue 4

November 2010

BREA Meetings

BREA meetings are held on the second Tuesday of every month (except for August), at 1 p.m. in one of the conference rooms in Bldg. 400 (except where noted).

All BREA members are invited to attend and participate.

Meeting Schedule

November 9, 2010

December 14, 2010

BREA Officers

President

Eena-Mai Franz
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Vice President

Dave Cox
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Treasurer

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Secretary

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Newsletter Editor

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From the President

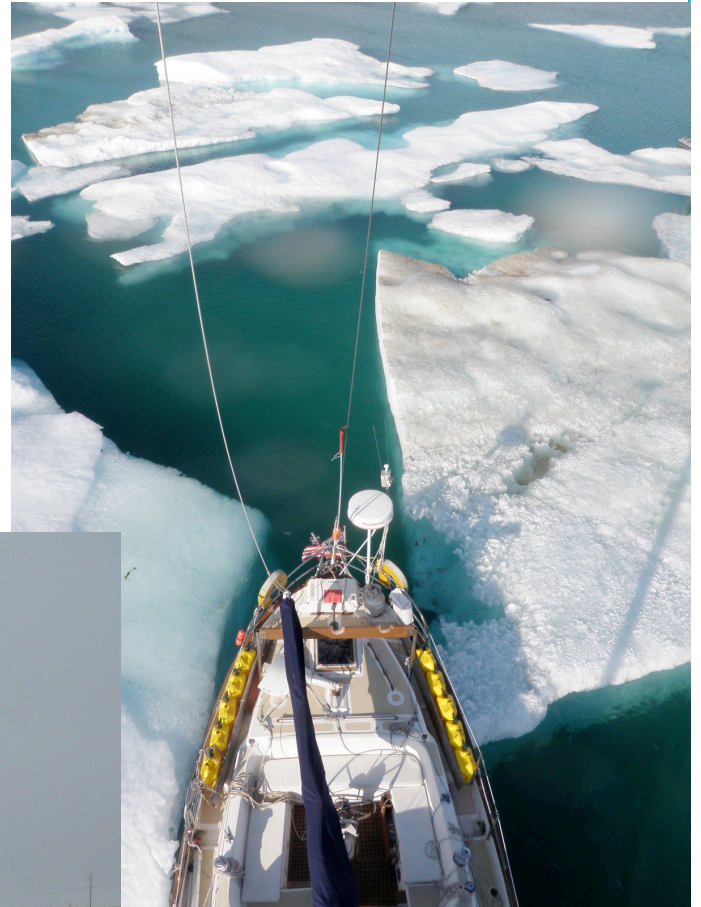
by Eena-Mai Franz

Fiona, pictured above, stars in the video that retiree and BREA member Eric Forsyth will show on November 16 at the Lab. See page 2 for details about Forsyth's journey through the Northwest Passage.

I would like to point everyone to the BREA website -- www.bnl.gov/bera/activities/brea/. Thanks to Joanne Rula, Staff Services, it has been redesigned and is now linked on the Lab's A-Z directory on the homepage -- www.bnl.gov. With the newsletter and our website, BREA has a fresh, new look.

The October 13 tour that BREA arranged for our members had to be cancelled because of a conflicting event. That day, Brookhaven held a ceremony to mark a construction milestone at the National Synchrotron Light Source II.

(continued on page 4)



Forsyth and Fiona Challenge the Northwest Passage

On Tuesday, November 16, at noon in Berkner Hall, retiree Eric Forsyth will present a video he made depicting his eleven-month cruise in his yacht, Fiona, from Long Island, NY, and back.

The voyage took him to Greenland, the Northwest Passage, and through the Bering Strait to the Aleutian Islands. From there, the boat sailed across the Gulf of Alaska to San Francisco. After a brief stopover, the cruise continued to Mexico, Costa Rica, the Panama Canal, Colombia and home through the Windward Passage, thus completing a circumnavigation of North America. Frequent reference is made to early explorers who pioneered the discovery of the Northwest Passage. There are exciting scenes, as Fiona became trapped in the pack ice for three days. As all sailing adventurers who have seen Forsyth's earlier videos of his voyages will agree — don't miss it!

- Liz Seubert, Bulletin Editor

New Healthcare Law Affects Medicare

Some provisions of the new Healthcare Law affect Medicare, Part B. When you get your Medicare Handbook for 2011 (“Medicare and You”), be sure to read the section on “new policies.” In previous editions this has been near the front of the handbook.

In particular, the new law mandates that an annual checkup visit to a primary care physician be covered. (In the past, this was available only in the first year you were on Medicare.)

Again, here’s a reminder about deductibles:

- Medicare has an annual deductible (\$155 in 2010) and our Cigna plan has one with respect to out-of-network providers only (currently \$500).
- It is to your advantage to use in-network providers first at the beginning of the calendar year. That way, you use up the Medicare deductible while paying only the Cigna copayment for those visits. Once you have burned through the Medicare deductible, your out-of-network visits will be covered at 80 percent by Medicare.

- Elliot Auerbach

SeniorNet Needs Volunteers

SeniorNet needs volunteers to instruct and coach adults 50 and over. This organization provides seniors with education in and access to computer technology.

To learn more about SeniorNet, go to:
<http://www.seniornetli.org/>

The next open house and student registration at their Yaphank facility will be held on December 7. Informative meetings with lectures are held on the third Tuesday of every month at 3:30 p.m. at their Huntington facility. One of their new course offerings -- in Huntington -- will focus on job skills for the 21st century.

- Ronnie Evans

Aqua Therapy for Active Seniors

BERA has scheduled a low-impact, fitness aerobics class for active seniors. The program will include strength, balance, stretching and toning, which is perfect for folks with arthritis.

WHEN: Wednesdays
 Nov. 3 – Dec. 22, 2010
 9-10 a.m.

WHERE: Pool, Bldg. 478

FEE: \$40

Advanced registration is required. Payment must be made in full; classes cannot be pro-rated.

Fill out and return form with your payment

Aqua Therapy for Active Seniors

Name (please print):

Email address:

BNL Life/Guest Number:

Phone: Bldg.

Emergency contact and phone number:

Make checks payable to BERA and mail to:
 BERA, Recreation Office, Bldg. 400A, Upton,
 NY 11973

Note: Participation in BERA events is limited to employees, their adult children, parents of employees, and retirees.

President's note (cont'd from p. 1)

The \$912-million NSLS-II began construction in 2009. In just over a year, workers have nearly completed the building that will house the accelerator ring and experimental equipment. With the NSLS-II project on the horizon, this is an exciting time at Brookhaven Lab.

- Eena-Mai Franz

Tidbits

- You can change medical and dental benefits during the Lab's open enrollment period, which started on October 22 and will end at 5 p.m. on November 22, 2010. Go to: <http://www.bnl.gov/hr/Benefits/OpenEnrollment.asp>
- Join BERA for the latest fitness programs, trips, and events. Go to: www.bnl/bera
- Volunteer to be a teacher of English for speakers of other languages (ESOL). Contact ESOL Program Coordinator Jennifer Pieniazek at (631) 344-4894 or jpieniazek@bnl.gov.

Renew BREA Membership

Your BREA membership expires at the end of the year shown on your address label. If you see 2010 (or even 2009!), it's time to renew your membership. Fill out the form below (please print) and mail it with a check made out to BREA. Consider five-year or lifetime memberships, which are discounted.

Membership type:

annual (\$10) 5 years (\$40) life (\$95)

Last name: _____

First name: _____ MI: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Check enclosed made out to BREA for \$ _____

Mail to: BREA, Brookhaven National Laboratory, Bldg. 421, Upton, NY 11973

Brookhaven Retired Employees Association

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