

TIAA Charity Golf Tournament Benefits Seniors

By Max Post

The 10th annual TIAA Charity Golf Tournament, benefiting The Senior Source, is set for Monday, Sept. 14, at Woodbridge Golf Club in Wylie.

By supporting the golf tournament, TI alumni can lend a helping hand to seniors in our community who have needs.

The goal is to raise at least \$25,000 in donations. A team of retirees is at work contacting corporate sponsors.

Max Post, tournament co-chair, said, "With the severe economic downturn, some traditional sponsors cut back on contributions. We are appealing to both golfers and non-golfers to help us this year with individual donations."

How to Participate

To donate, phone the TIAA office at 214-567-8444 and ask for a donation form, which will be mailed to you. You may also visit the TIAA website at www.tialumni.org/golf/ and print out a form.

Golfers interested in playing in the tournament can call the TIAA office to request a golfer registration form or can print the form from the TIAA website. There's still time to form or join a team and get into the swing of the tournament.

Senior Source Services

The Senior Source, a non-profit agency, offers a variety of programs to improve the quality of life for older adults in the greater Dallas area. It may provide in-home assistance

so seniors can remain in their homes instead of being forced to move to a nursing home. For seniors in a facility, the agency may see that their needs are being met by providing an ombudsman to visit and monitor their care.

Employment Help

The Senior Source also helps seniors who are interested in working to find employment. Molly Bogen, Executive Director of The Senior Source, recently commented that the number of clients served by their Senior Employment Program is up 32 percent compared to this time last year.

The Senior Source participated in the April 6 seminar organized by the Ex-TI Network and TIAA to help former TIers and retirees who want to work.

Making a Difference

Since 2001, TIAA has raised more than \$200,000 through its annual charity golf tournament, thanks to the generosity of corporate sponsors, the golfers and individual donors. Texas Instruments and the Texans Credit Union underwrite the tournament costs every year, so that 100 percent of donations go directly to The Senior Source.

Whether it's by golfing, by calling a potential sponsor, or by sending a check, TI retirees can make a big difference in the life of one of our area's seniors through our partnership with The Senior Source.



OFFICERS REELECTED at the May 11, 2009, TIAA Annual Meeting at Meyerson Symphony Center in Dallas are Ronnie Brandenburg, president; Larry James, treasurer; Ellen McKee, secretary, and Tom Boedecker, executive vice president.

Photo by Jerry Brandenburg.

TIAA Announces United Way Campaign

The TI Alumni Association, with Texas Instruments support, will undertake a 2009 campaign for the United Way of Metropolitan Dallas starting in September.

Marv Lane and Betty Purkey will co-chair the campaign to enlist more TI alumni to support the United Way and its agencies such as The Senior Source.

The TIAA Community Service subcommittee chaired by George Consolver will team with Marv and Betty for the United Way campaign. Anyone who would like to help on this project is encouraged to call the TIAA office, 214-567-8444.

For many years, TI retirees have

contributed to the United Way. But, in today's tough economy, an increased level of support is needed.

This year many agencies — forced to reduce paid staff — need more volunteers. Others have seen budget reductions along with a higher demand for their services. The TIAA campaign will seek to increase contributions by TI alumni of both financial contributions and volunteer time.

In September, TIAA will launch its own United Way website — linked to the TIAA website, www.tialumni.org — for online donations. Donations can also be made by check. As in the past, donations can be specified for

the agency of your choice.

TIAA electronic communications will give details of upcoming service opportunities, including the United Way Volunteers Fair, at the Texins Activity Center on Sept. 1.

If you have questions about the TIAA United Way campaign, contact Marv Lane at marvinlane@sbcglobal.net or 972-386-5191 or Betty Purkey at bkpurkey@tx.rr.com or 972-415-2452.

Marv retired in 1996 after a 39-year TI career, serving as vice president and corporate controller. Betty retired this spring after 43 years with TI. Her last 15 years were as manager of work-life strategies in Human Resources.

TIAA Launches Community Service Initiative



TIAA VOLUNTEERS are pictured with lunch sacks they completed for distribution to children. Front row, left to right — Dolores Runyon, Dot Adler, Roberta Hill, Bobbie Mitchell and Jessica Stewart. Back row — Hugh Myers, Jon Campbell, Peg Ripple and Max Post.

Photo by Diane Maguire, The Senior Source.

By Max Post

The TI Alumni Association is forming a Community Service subcommittee, stepping up efforts to help others in today's deep economic recession.

George Consolver, a recent TI retiree, will chair this Activities Committee group. The subcommittee will coordinate the TIAA community volunteer activities and work closely with TI to focus on joint areas of opportunity.

George served many years as corporate director of TI's strategy process. Most of his career was in the defense business, where he worked on Global Positioning Systems (GPS), navigation systems and computer hardware/software development.

TIAA History of Volunteering

Since its startup in 1999, TIAA has been active in community service. Early on, TIAA developed a strategic partnership with The Senior

Source, which TIAA supports via the annual charity golf tournament.

Other TIAA community activities include volunteering for Habitat for Humanity home building, visits to local retirement centers to play bingo with residents, and greeting the troops at DFW Airport. Many non-profit agencies are invited to the annual TI Retiree Luncheons, giving them the chance to tell their story directly to retirees.

Volunteering at Network Ministries

The Activities Committee devoted its June 18 meeting to a community activity with The Senior Source RSVP program. This helped us to better understand how that program works to connect retirees and non-profit agencies needing volunteer help.

An RSVP van took nine volunteers from the Texins Activity Center to Network Ministries in Richardson. After a briefing, they were split into two teams. One group repackaged bulk items for distribution to families and seniors,

while the other group completed lunch sacks for children.

The retirees quickly set up assembly lines, using principles they remembered from their TI days. The teams completed more than 1,000 bags and packages for later distribution by Network Ministries.

The volunteers had fun and enjoyed a lunch provided by the Senior Source. All felt they had made a difference, even in a short time. They also learned that, by registering with RSVP, participants are covered by insurance from the time they leave home for the activity until they return. RSVP keeps track of volunteer hours and handles the logistics of the volunteer activity.

How to Join the Team

TIAA hopes to participate in more RSVP activities as the new Community Service subcommittee gets underway. Anyone who would like to be part of this new team is encouraged to call the TIAA office, 214-567-8444.

CALENDAR

Dallas-Area Alumni Groups

The following groups usually meet as shown below. Call or email contact person to confirm schedule.

Ex-GSIs — 11:30 a.m., second Wednesday, lunch at Tino's Too, 2201 Avenue K, Plano. Contact Martha Hamilton, fourfromtexas@verizon.net or 972-424-0297.

Ex-TI Network — 4:30-6:30 p.m., last Tuesday, meeting at Wizard's, Central Expressway at Spring Valley Rd., Richardson. Contact Joan Nichols, j.nichols4@yahoo.com or 214-543-2546.

First Monday Bunch — 1-3 p.m., first Monday, meeting at Richardson Senior Center, 820 W. Arapaho Rd., Richardson. Contact Ralph Dean, deanandcomp@sbcglobal.net or 972-235-2589.

GSIs — 11:30 a.m., third Tuesday, lunch at Poor David's Café, Park and Ave. K, Plano. Contact Dick Matthews,

rich12mat@yahoo.com or 214-432-0138.

North Texas Retiree Luncheon — 11:30 a.m., second Friday of each quarter at La Colina Restaurant, FM121 and FM3356, Van Alstyne. Contact Cliff Gibbs, tri-o@waymark.net or 972-742-1113.

Reunion Club — 10 a.m., second Saturday, meeting and lunch at Denny's Restaurant on Motor Street, Dallas. Call Gladys Jones, 214-376-9725, or Willie Demus, 214-331-2111.

TIAA Retiree Bunch — Middle of the third week each month. There will be no meeting in Aug. Next meeting Tuesday, Sept. 15, 10 a.m. at Texins CR 1&2 for photo tour of Israel by Jerry Esquivel — lunch at Spring Creek BBQ. For information on future dates and programs, contact Tom Gregory, tomtengreg@hotmail.com or 972-412-9332, or Lucy Salas, 469-878-1514.

TIAA Travel Events

Fort Worth Star-Telegram — Wednesday, Aug. 26.

Greet the Troops at DFW — Friday, Sept. 11.

Trinity River Audubon Center — Thursday, Sept. 17.

Tyler Rose Festival — Thursday, Oct. 8.

TIAA Major Events

Annual Charity Golf Tournament — Monday, Sept. 14, Woodbridge Golf Club, Wylie. Golf tournament to benefit The Senior Source.

TI Retiree Luncheon — Tuesday, Oct. 27, at Mesquite Convention Center.

Tech Smart Big Heart

The following currently planned activities are open to retired Tiers. Contact Andy Smith at wasmith@ti.com or 214-480-3462 to confirm date and details.

United Way Agency Volunteer Fair — Tuesday, Sept. 1, 11:30 a.m.-1 p.m., Texins Activity Center.

Senior Source Brown Bag

Lecture: Long-term Care Options — Wednesday, Sept. 9, 12-1 p.m., TI South Campus

Dallas Arboretum — Sept. 20-Nov. 1; TI retirees and up to five family members receive free admission to Autumn at the Arboretum. This offer is only valid on weekdays.

Juvenile Diabetes Research Foundation Walk to Cure Diabetes — Saturday, Sept. 26.

AIDS Lifewalk — Sunday, Oct. 11.

The Senior Source Activities

Open to adults 50+. RSVP is required. All meetings are free and parking is available at all locations. Unless otherwise indicated, please contact Renae Perry at 214-823-5700 or rperry@theseniorsource.org. For more information on the programs of The Senior Source, visit www.theseniorsource.org.

Senior Connection —

(Support group for job seekers) — 10-11:30 a.m., first and third Thursdays at The Senior Source, 3910 Harry Hines Blvd. Dallas, unless otherwise indicated.

The Internet: Unleash Its Potential In Your Job Search, Buffy Peschka Wehner, GoJobing.Com — Aug. 6

Making Staffing Agencies Work For You, Anita Paxton, The Lakeshore Companies — Aug. 20

Overcoming Job Search Challenges, Renae Perry, Senior Employment Program — Sept. 3

Getting The Most Out Of A Job Fair, Claire Turner, Senior Employment Program — Sept. 17

Required RSVP to 214-823-5700 or rperry@theseniorsource.org

To list a TIAA-related special event or monthly meeting in the Calendar, email admin@tialumni.org or call 214-567-8444.

You Can Opt Out From Mailed TI Alumni News

By Jon Campbell

TIAA members can now opt out of receiving a printed, mailed copy of our quarterly newsletter, *TI Alumni News*. Opting out of postal newsletter delivery will help the environment and also reduce printing and mailing costs.

Our electronic newsletter, *TI Alumni eNews*, alerts members to the posting on the TIAA website of an electronic version of each issue that can be viewed online or downloaded and printed.

Unless you previously stated a preference for electronic-only newsletter delivery on a blue membership form, you will continue to receive the newsletter through the mail.

How to Opt Out or In

You can choose to opt out of postal delivery (or opt back in) at any time by going to our website, www.tialumni.org, and clicking the "Update directory info" item in the Member Services menu. If necessary, log in and then check the box "I elect to receive quarterly newsletters electronically instead of via postal delivery". (Remove the checkmark to request a mailed copy.)

While on the Update directory page, you might want to verify your information and make any needed changes. Then click the "Submit" button at the bottom of the page.

If you prefer, you can contact us at admin@tialumni.org or 214-567-8444 and we will be glad to make this change for you.

Changes made now will be effective with the Fourth Quarter 2009 issue of the newsletter.

Future Plans

If this newsletter option proves popular, we will investigate whether a similar option for other TIAA postal mail is feasible.

Ramp Builder Detours to Presidio

Gary and Linda Stopani traveled to Presidio when returning from the TIAA Big Bend trip this spring.

Gary volunteers with the Dallas Ramps project, which builds access ramps for the handicapped. In Presidio, he had to survey a home, take measurements and calculate the material needed for a ramp.

Normally, Gary serves in the Dallas area, but the Presidio home is in the El Paso region. Gary detoured to Presidio so no one would have to drive over 200 miles from El Paso to get the information about the home there.

Presidio Adventure

"Surveying the Presidio home was challenging," Gary said, "Neither Linda nor I speak Spanish. The street was easy to find, but the houses lacked street numbers. We

phoned the house, but no one answered. Then we called the caregiver — a daughter — who spoke limited English.

"She agreed to meet us at the house — which we couldn't identify. A neighbor was outside and pointed out the client's house. We didn't meet the client, who was at her doctor's office, but did meet her daughter, granddaughter and two neighbors. One acted as an interpreter."

The El Paso group will build the ramp based on Gary's survey.

How Gary Began Doing Ramps

Gary has volunteered with Dallas Ramps for four years. He got involved in the program through King of Glory Lutheran Church. His church not only provides volunteers but has a line item in their annual

budget to help pay for supplies.

"I get immediate satisfaction when we complete a ramp, and the client comes out to 'try out' their ramp," Gary said. "In many cases, there are tears in their eyes. We not only 'free' the client but in many cases the freedom extends to family and friends."

Ramps can range from just a threshold ramp to 40 feet long or more, based on the door elevation above the ground.

Origin of Dallas Ramps

The group that became Dallas Ramps originated in 1985, when the Kiwanis Club of Richardson began building access ramps for residents of Dallas and its suburbs. Since then, with expanded corporate and volunteer support, the Dallas Ramps project has built over 2,100 ramps, at a

current rate of about 200 per year.

The ramp building is done on the second and third Saturday and last Monday of each month, starting at 8 a.m. from September through May and 7 a.m. from June through August. Volunteers meet at the DRP warehouse at 4720 Simonton Rd., just west of the Galleria. Most ramps are completed by noon to 1 p.m.

Ramps are made using pressure-treated wood and deck screws. Volunteers use impact drills to drive the screws. Each ramp is built with a skilled team leader and four to six volunteers

In the last three years, a Dallas Ramps member has been spreading the organization throughout Texas as "Texas Ramps," and nearly 700 ramps have been built across Texas.

Gary's TI Career

Gary joined TI in November 1983, working in the Defense Systems and Engineering (DSEG) group for five years as a tooling and methods engineer. Then he was administrator for a group out of Johnson City, Tennessee, for four years. Subsequently, he was In Information Systems and Services (IS&S) as a capital coordinator and financial planner for three years and was a Corporate financial planner for five years. Finally, he was a manufacturing engineer in the Semiconductor Group as a capacity and product planner. He retired in May 2008 after 24-1/2 years of service.

TI alumni who would like to volunteer for or contribute to the Ramps project can contact Gary at glstopani@verizon.net or 972-495-4545. Further information about Dallas Ramps is available on the websites dallasramps.org/ and texasramps.org/.



GARY STOPANI, seated on rail, helped build this ramp near Fair Park in Dallas.

TI Alumni News

The TI Alumni News is published quarterly by the Texas Instruments Alumni Association (TIAA) to help connect the TI alumni community and TI.

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TI Alumni News does not accept advertising or inserts of any kind. Alumni interested in contributing to the publication should contact Dot Adler at admin@tialumni.org or 214-567-8444.



BIG BEND TRIP: TIAA members Gary and Linda Stopani, Bob and Sheila Hettler and Ronnie and Jerry Brandenburg went on the TIAA Big Bend trip this spring.

Age-Related Medicine Management and Sensory Loss

By Dolores Runyon

Zanda Hilger with the Dallas Area Agency on Aging did a seminar on Age-Related Medicine Management and Sensory Loss to TI Alumni members on May 13. About 125 members attended the seminar at the Plano Centre.

Ms. Hilger is passionate about educating older adults on the good use of their dollars using the resources available through the Agency on Aging. The resources are not based on income and are not charity. They are a return on our investment of taxes paid.

Ms. Hilger stated, "There are a lot of myths about aging. It is inevitable that we are going to have some sensory loss as we age. However, aging does not cause illness – aging is a risk factor. Too often we focus on what's wrong. We need to keep our sense of humor and flexibility.

"The hope is to aspire to have balance in life. We will need to reorder our priorities as we age. Use common sense in doing this; this is not always

the same as common practice. Healthy aging is emotional. Aging does not mean we can't be strong and healthy – focus on the mental."

Medicine Management

Five rights for medications: The goal is the RIGHT drug for the RIGHT patient in the RIGHT dose by the RIGHT route at the RIGHT time.

- Medications are not necessary for a healthy life.
- Find a geotrician for second opinions. GPs may or may not have experience working with older adults.
- Build a strong relationship with your pharmacist. Pharmacists are not doctors – but are knowledgeable on medications on the market.
- Be assertive and knowledgeable about the medications you take. If a prescription doesn't work – ask for a different one.
- Keep a complete list of the drugs you take –including over-the-counter drugs.
- Keep track of side effects – the date, time and symptoms in a notebook to show your doctor.
- Carry all drugs in their original containers when going to the doctor.
- Have a list of questions to ask your doctor or pharmacist. To see a sample list, go to page 23 of the slide presentation at www.tialumni.org/seminar/.
- Prescription labels and receipts have your personal information – shred before discarding.
- To help cut costs ask for samples; ask if a lesser amount can be filled in case you need to switch; request generic drugs; check to see if mail order is cheaper; check prices at different pharmacies; ask for a senior discount.
- Major or chronic illnesses can

cause depression. This is often misdiagnosed as dementia. Depression is extremely treatable – it is not cured, but managed.

Sensory loss

- Sight – some eye diseases:
 - o Cataracts – Over half the people over age 65 have some degree of cataract development
 - o Glaucoma – The person with glaucoma is usually unaware of it until serious loss of vision has occurred. Damage from glaucoma cannot be reversed.
 - o Macular degeneration - Affects individuals over the age of 55 years
 - o May have a major genetic component
 - o Diabetic retinopathy – leading cause of blindness
 - o Blepharitis – term for infection of the eyelids
- Hearing
 - o One third of all people over 60 experience significant hearing loss.
- Taste, smell and touch
 - o Fifty percent of adults aged 60 and over lose taste buds.
 - o Loss of sense of smell can interfere with sense of taste.
 - o One of the most common symptoms for loss of touch is avoiding touching or being touched.

To access the entire presentation, a list of inappropriate medications for the elderly and a list of resources, go to www.italumni.org, click on Ongoing Education under Activities, then click on Health & Wellness under Seminar Archives.

Don't blame anything on getting older.



The mission of TIAA is to provide a link between TI and TI alumni that fosters communications, programs, services and activities about and of interest to TI and TI alumni.

Elected Officers

PresidentRonnie Brandenburg
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Activities Vice PresidentMax Post
 Communications Vice PresidentDot Adler
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 Administrator.....Jessica Stewart

To contact any TIAA officer, send mail to TIAA, P.O. Box 740181, Dallas, TX 75374; email admin@tialumni.org; or call 214-567-8444.

The TI Alumni Association is funded in part by TI Human Resources and TI Public Affairs.



FISH FRY: Pete Johnson, Doris Mott, Inez Ravell, Tom Gregory, Gabe Barna, and Hector Cardenas enjoyed the food and companionship at Tommy Chaddick's annual fish fry on May 19.

Travel & EVENTS

Fort Worth Star-Telegram – Wednesday, Aug. 26 – Join us as we visit the Fort Worth Star-Telegram Printing & Distribution Center. We'll tour a museum that traces the newspaper's history from the early 1900s and the days of hot type and mule-drawn wagons to the present computer age. Then we'll see a newsprint storeroom that holds 6,000 rolls of newsprint that weigh a ton each, nine robots that move the rolls that hold eight miles of paper, and a warehouse bigger than a football field. We'll view the pressroom and the offset printing presses that print 1,000 newspapers a minute. We'll leave Texins Activity Center at 8:30 a.m. and take the 10 a.m. tour which lasts approximately an hour. After the tour, we'll eat lunch at Mi Cocina in Sundance Square at our own expense and return about 2 p.m. Price is \$10 for members and \$11 for nonmembers. Please register by Aug. 19.

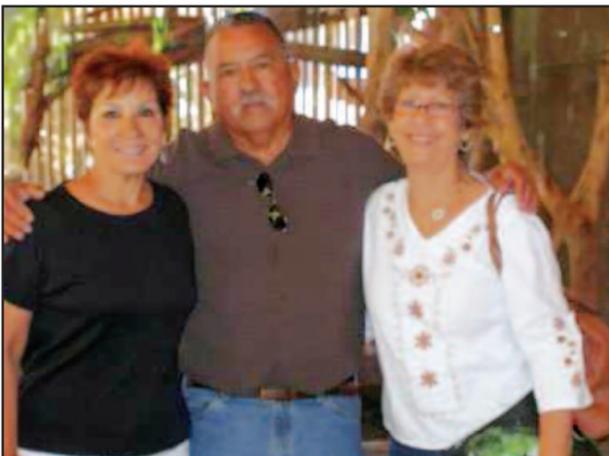
Greet the Troops at DFW – Friday, Sept. 11 – Help us greet more than 100 armed forces passing through DFW airport on their way home for two weeks of well-deserved R&R from Iraq and Afghanistan. The troops are currently scheduled to arrive about 8 a.m., so our bus will leave the Texins Activity Center parking lot at 7 a.m. After greeting the troops, we will stop to eat at IHOP on the way back. We should return to the Texins Activity Center about noon. If you have a maroon TIAA T-shirt, please wear it. The bus is free, so the only

expense is for our food. Be sure to register by Sept. 4 so we can inform you if the arrival time of the plane – and therefore the departure time of our bus – changes.

Trinity River Audubon Center – Thursday, Sept. 17 – Enjoy a guided tour of the new Trinity River Audubon Center just south of downtown Dallas. At 6,000 acres, the Great Trinity Forest is the largest urban hardwood forest in the United States and contains a unique mixture of bottom-land hardwoods, aquatic and wetland systems, and grasslands. We'll leave the Texins Activity Center at 9:30 a.m., tour the Audubon Center, enjoy lunch at Spaghetti Warehouse in the West End at our own expense, and return about 2 p.m. Price is \$10 for members and \$11 for nonmembers. Please register by Sept. 10.

Tyler Rose Festival – Thursday, Oct. 8 – Ride in comfort and smell the roses with us. We'll leave the Texins Activity Center at 10 a.m. and have lunch at our own expense at Rick's on the Square in Tyler. Then we'll experience the beauty and unbelievable aroma of thousands of roses growing in manicured beds at the Rose Garden, where we can take an optional tour of the Rose Museum (\$3.50 entrance fee) explaining how the Tyler Rose Festival began and displaying some of early festival queens' attire. After attending the Queen's Tea at 3 p.m. and viewing the Queen's Court in their fabulous costumes, we'll board the bus at 4 p.m. and return to Texins about 6 p.m. Price is \$15 for members and \$17 for nonmembers. We've reserved a coach bus that accommodates 50 riders, but we anticipate a sellout – so register early to reserve your place. Payment must be received by Oct. 1 to hold your reservation.

Contact Jessica Stewart at admin@tialumni.org or 214-567-8444 to register. Payments are due seven days prior to event. Make checks payable to TIAA and mail to TIAA, P. O. Box 740181, Dallas, TX 75374.



Dallas World Aquarium: In June, TIAA members visited the Dallas World Aquarium in Downtown Dallas. Shown are Angela Coronado, Dee Coronado, and Irma Montoya.

Health & BENEFITS

Save this reference list of useful web addresses and phone numbers for TI and TI-Raytheon retirees.

TI Health and Financial Benefit Plans

TI HR Connectnetbenefits.fidelity.com1-888-660-1411, Option 1

This phone number consolidates all benefit phone numbers into a 24-hr voice-recognition system. TI Benefits Center representatives are available Monday through Friday from 7:30 a.m. to 7:30 p.m., Central Time. First-time users of the web address need to register in order to log on. Or you can contact service providers directly at the following web addresses and phone numbers:

Aetna DMOaetna.com1-800-772-1416

Blue Cross Blue Shield PPO Planbcbstx.com/members1-866-866-2300

CVS Caremarkcaremark.com1-800-557-5749

CIGNA HMOs.....cigna.com1-800-244-6224

Computershare Investor Services

TI Stock Accounts1-800-981-8676

U.S. and Canada number for Employee Stock Purchase Plan tax and account statements prior to move to UBS in 2005.1-888-377-7896

Employee Assistance Program – Magellan1-800-888-2273

EyeMed Eye-Care Discount Programeyemedvisioncare.com1-866-723-0391

HFC LivingFree Smoking Cessation Program1-877-719-9860

Medicare Benefits and Claim Statusmedicare.gov1-800-633-4227

MetLife Dental Basic/Dental Plusmybenefits.metlife.com1-800-942-0854

Secure Horizons HMO (D-FW & San Antonio Areas)1-866-622-8055

PNT Nutrition Network (In Dallas Area, call 972-238-1811.)1-800-888-9560

UBS Financial Servicesubs.com/onesource/TXN1-800-597-7516
U.S. number for Stock Option and Employee Stock Purchase Plan inquiries; elsewhere call 1-201-352-3944.

Raytheon Health Benefit Plans

Raytheon Benefits Center.....raytheon.benefitcenter.com1-800-358-1231
TDD 1-800-562-2307

TI-Raytheon Systems retirees should have Social Security and personal identification numbers available when calling. Check with the Raytheon Benefits Center for latest benefit contact information. Or you can contact service providers directly at the following web address and phone numbers:

UMR Medicare Plus Planfhs.umar.com1-877-559-4244

MetLife Dental Customer Service1-888-262-4877