

Delaware Public Employees' Retirement System NEWSLETTER

Retiree Edition

July 2009

LEGISLATIVE UPDATE...

If you have been following the news the last few months you are aware of the difficulties that the State went through to balance the FY10 budget that was effective July 1, 2009. There are two areas that a retiree could feel (or not feel) a direct impact, your monthly pension benefit and health insurance.

As a member of the Delaware Public Employees' Retirement System (DPERS), you are participating in a Defined Benefit Plan and your retirement benefits are paid out to you regardless of various outside events. When you retired, DPERS calculated your monthly pension benefit

based on various factors such as years of service and salary, not budgetary results. We are participants in a defined benefit plan that is supported by a professionally managed, well diversified portfolio of securities and an employer's legally binding commitment to contribute the amounts necessary to support the retirement benefits provided by law. Therefore, retirees saw no downward adjustment of their benefits as part of the budget reductions while active employees received a 2.5% reduction in salary.

While there were some premium changes to the health care program approximately

75% of the retirees saw no changes to their premiums or programs for FY10. The active employees as well as retirees under age 65 received increases in their monthly premiums of 50%. Included in the FY 2010 budget were allocations of \$118 million to continue retiree health insurance. Of which approximately \$6 million was allocated to cover the increased costs of the healthcare program.

At a time of history making budget deficits your pension benefit remains secure and your health insurance benefit is still available at an affordable cost.

RETIREE FAQ'S

Q: How do I sign up for or change my current direct deposit?

A: The Direct Deposit Authorization form is available on our website: www.delawarepensions.com under Forms>Retiree Forms>Direct Deposit Authorization form. Download the form and either fax or mail it to the Pension Office after you complete and sign it.

Q: How can I make sure my changes will take effect before my pension is released at the end of the month?

A: Changes submitted to our office prior to the 15th of the month will be effective for that month.

Q: What happens if I submit a change after the 15th of the month?

A: Because our payroll deadline date is different each month, sometimes changes are processed after the 15th. A typical example of this would be a situation where your account has to be closed or changed because of circumstances beyond your control (fraud on your account, stolen checkbook, etc.). In cases like this, if you contact us by phone, we are usually able to make an arrangement so your monies do not go in the closed account.

Q: What happens if my pension is sent to an account that is closed?

A: If you retired before 01/01/1996 and are entitled to receive a live check, we will immediately reissue a live check to you. If you retired after 01/01/1996, you are required to have direct deposit, so we will request that you complete a new Direct Deposit Authorization form before we reissue your monies.

Recognition!

The Delaware Public Employees' Retirement System recently received the Government Finance Officers Association Award for Excellence in Financial Reporting. This is the thirteenth year that DPERS has received this award.



OFFICE OF PENSIONS

State of Delaware Office of Pensions

McArdle Building, Ste #1

860 Silver Lake Boulevard • Dover, DE 19904-2402

Toll Free Long Distance

Telephone: (800) 722-7300

E-mail Address: pensionoffice@state.de.us

Web Address: www.delawarepensions.com

Telephone: (302) 739-4208

Fax Number: (302) 739-6129

Safety Tip:

– Produced by the Delaware Insurance Coverage Office

Be aware that carbon monoxide (CO) poisoning may be the cause of flu-like symptoms such as headaches, tightness of chest, dizziness, fatigue, confusion and breathing difficulties. Because CO poisoning often causes a victim's blood pressure to rise, the victim's skin may take on a pink or red cast. Install a UL Listed CO detector outside sleeping areas. A UL Listed CO detector

will sound an alarm before dangerous levels of CO accumulate. CO indicator cards and other devices are also intended to detect elevated levels of CO, but most are not equipped with an audible alarm, and can not wake you at night when most CO poisonings occur.

HEALTH CORNER....

Tomatoes: Are They Fruits or Veggies?

Tomatoes are an enigma. Ask a botanist, and they will tell you it is a fruit. Based on its nutritional content, fresh tomatoes are commonly considered a vegetable. The tomatoes that become a jar of spaghetti sauce are considered by diabetes experts as a starchy vegetable because of the added sugar.

Many people with diabetes think they can not eat tomatoes because they have more carbohydrate in them than most other non-starchy vegetables. This is not true. As with all foods, portion size matters. Here's how to fit in your favorite types of tomato:

- Count fresh or canned tomatoes and tomato juice as a non-starchy vegetable. A ½ cup serving has roughly 5 grams of carbohydrate. You can fill half your plate with non-starchy vegetables.
- For most spaghetti or pasta sauces, ½ cup serving is considered a starchy vegetable and contains about 15 grams of carbohydrate.

There is an option to using tomatoes to top spaghetti instead of using a prepared spaghetti sauce. Warm chopped fresh tomatoes lightly in a skillet and add your favorite herbs and spices such as garlic, basil, oregano or a dash of cinnamon. Top cooked spaghetti. It's a much healthier alternative to the spaghetti sauces with added sugar and salt and by using tomatoes from your garden or local farmer's market. The taste of summer doesn't get any better.

Source: American Diabetes Association

FAMOUS QUOTATION

*It is pretty hard to tell what does bring happiness;
poverty and wealth have both failed.*

-Kin Hubbard

PENSION BENEFITS ARE PAYABLE ON THE LAST WORKING DAY OF EACH MONTH, WITH THE EXCEPTION OF DECEMBER. THE SCHEDULE FOR THE BALANCE OF 2009 IS AS FOLLOWS:

Monday, August 31, 2009
Wednesday, September 30, 2009
Friday, October 30, 2009
Monday, November 30, 2009
Thursday, December 24, 2009

The Pension Office will be closed on the following dates:

Labor Day	Monday, September 7, 2009
Veteran's Day	Wednesday, November 11, 2009
Thanksgiving Day	Thursday, November 26, 2009
Day after Thanksgiving	Friday, November 27, 2009
Christmas Day	Friday, December 25, 2009
New Year's Day	Friday, January 1, 2010

News on Prescriptions...Maintenance Medication Program

Effective 7-1-09 members must obtain maintenance medications as 90 day fills at a 90-day participating pharmacy or Medco-by-Mail to avoid paying a penalty after a third 30 day fill. Additional information is available by calling Medco's Member Services at 1-800-939-2142; Statewide Benefits Office at 302-739-8331 or 1-800-489-8933; or Pension Office at 302-739-4208 or 1-800-722-7300. A list of 90-day participating pharmacies and information on Medco-by-Mail may be obtained at <http://ben.omb.delaware.gov/script/index.shtml>