



Retiree FOCUS

SPRING | MARCH 2020

SCHOOL EMPLOYEES RETIREMENT SYSTEM OF OHIO | SERVING THE PEOPLE WHO SERVE OUR SCHOOLS®



Payment Schedule

Your payment is directly deposited into your bank account on the dates listed in the payment schedule.

Payments are usually deposited on the first day of the month. If the first day of the month falls on a weekend or holiday, your payment will be deposited on the previous business day, with the exception of January, which is deposited on the first business day of the new year.

Quarterly Payment Stubs

You receive quarterly payment stubs from SERS. This quarter's stub is enclosed with the *Retiree Focus*. You also receive a stub anytime there is a change in your benefit, such as a change to your tax withholdings or health care premiums. ■

PAYMENT SCHEDULE	
March	February 28, 2020
April	April 1, 2020
May	May 1, 2020
June	June 1, 2020
July	July 1, 2020
August	July 31, 2020
September	September 1, 2020
October	October 1, 2020
November	October 30, 2020
December	December 1, 2020



Serving You: Sustainability

You recently received a *SERS Update: Sustainability Edition*

for *Members and Retirees* newsletter in the mail. It detailed the SERS Retirement Board's monthly discussions about sustaining the pension and health care funds.

Periodically, the Board examines and explores new ways to keep the System sailing into the future. These discussions are a normal process and function of the Board, which takes its fiduciary responsibility seriously.

The System is currently strong and stable, and rather than waiting for a situation to arise before investigating available options and consulting with advocacy groups, now is the perfect time for the Board to discuss sustainability issues.

Serving the People Who Serve Our Schools® isn't just a tagline. The recent newsletter is just another way SERS is working to keep you informed of its proactive approach. ■



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Shine in Your Golden Years: It Pays to be Vintage



Just because you have some mileage, doesn't mean you should stay in the garage. It's never too late to stash away a few dollars.

Keep the Income Coming

Some people like working. If you enjoy working and interacting with people, then consider reentering the work force. Get another job, something fun. Put your career experience to work—become a driving instructor or teach a cooking class—freelance in your free time. Depending on your skills and desires, there are many possibilities.

Older and Wiser

Being older works in your favor. If you are 50 or older, you can make additional “catch up” contributions toward 401(k) accounts, individual retirement accounts (IRAs), or 457 plans. A catch-up contribution is a type of retirement savings contribution that allows people age 50 or older to make higher contributions to their 401(k) accounts and/or IRAs than younger workers.

Compound Interest

You can still harness the power of compound interest to multiply your money even at an older age. Compound interest is the “interest on the interest.” Bank accounts are types of compounding vehicles. Key to most savings accounts is the interest they pay. If you save \$10 a month for the next five years in a savings account with compounding interest, you could be pocketing a nice chunk of change.

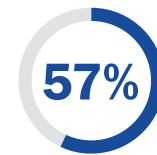
For more information, contact your local financial advisor. ■



SERS' Demographics are Changing



More than 19% of SERS' retiree population has lived longer in retirement than they contributed to the System.



Fifty-seven percent of SERS' retirees since 2010 have retired with 20 or more years of service credit; that's more than twice as much as retirees in the 1970s.



In FY2019, SERS had 150 retirees age 100 or older compared to 67 in 2010.



Q: Why does SERS need my address if my pension is deposited directly into my bank account?

A: For your security, SERS needs to know that any information we send about your pension and health care gets to you safely, and since not all types of mail can be forwarded, we need to have your current address on file.

Returned mail may lead to your pension being suspended until we have an updated address.

Forwarding your address at the post office does not update your address with SERS. To update your address with SERS, use the Account Login or complete the Personal Information Change Form on our website at www.ohsers.org, or call us toll-free at 800-878-5853.

Having your current address on file is a safety precaution that protects your pension, and your identity. ■

Help: I Lost My 1099 Form



SERS mailed 1099-R Forms in January.

Can't find yours? Don't worry.

Account Login

It's easy to get your 1099-R with an online account. If you have not yet set up an online account, contact our office at 800-878-5853 to begin the registration process.

Next, go to our website at www.ohsers.org,

click on the Retirees login button, and follow the step-by-step instructions to register.

Once you have an online account, you will be able to instantly access all your personal retirement information, including your annual 1099-R Form.

Call Us

You also may call us toll-free at 800-878-5853 to have a reprint of your 1099-R mailed to you. ■

Be Well: Call Your Inner Artist or Altruist

Participating in activities you enjoy support healthy aging



As people get older, they often find themselves spending more time at home alone.

Isolation can lead to depression.

Try adding a volunteer or social activity to your routine.

According to the National Institute on Aging, engaging in activities you enjoy, such as taking an art class, may help to maintain your well-being.

People with an active lifestyle:

- **Are less likely to develop diseases.**
Participating in hobbies may lower risk

for developing some health problems, including dementia.

- **Have a longer lifespan.**

One study showed that those who engaged in social activities, such as playing games, belonging to social groups, or traveling, or productive activities, such as having a paid or unpaid job, or gardening, lived longer than people who did not.

- **Are happier.**

Studies suggest that those who participate in what they believe are meaningful activities, like volunteering, say they feel happier and healthier. ■



CAFR and SAFR

SERS' 2019 Comprehensive Annual Financial Report (CAFR) and Summary Annual Financial Report (SAFR) are now available.

The CAFR presents SERS' financial health, investment performance, and accomplishments of the last fiscal year (July 1-June 30). It also provides detailed

financial statements, statistical information, and in-depth explanations of the numbers.

The SAFR is a more condensed document that summarizes the financial information contained in the CAFR.

Both can be found on the Financial Reports page of our website at www.ohsers.org. ■

Election Update



Employee-member Matthew King has been chosen to fill the unexpired term of a member who resigned. King, treasurer and chief financial officer at East Central Ohio ESC in New Philadelphia, is beginning his first term, which runs through June 30, 2020.

The Board also certified that King submitted sufficient petitions to qualify as a candidate for the four-year employee-member seat term that begins July 1, 2020, and ends on June 30, 2024.

Under Ohio law, because only one candidate qualified for this open seat, no election will be held, and King will take office on July 1, 2020, as if elected.

In accordance with the rules of a Special Board Election, Frank Weglarz was chosen to fill the

open retiree-member Board seat, which runs through June 30, 2021.

Weglarz, who retired from Cleveland Heights-University Heights City Schools, served on the Board from November 2013 to June 2015.

Additionally, the Board certified that Catherine Moss and Beverly A. Woolridge submitted sufficient petitions to qualify as candidates for the four-year retiree-member seat term that begins on July 1, 2020 and ends on June 30, 2024.

Ballots for this election were sent out in January.

Completed ballots must be received by March 2, 2020.

For more news on the election, visit our website at www.ohsers.org. ■

Scammers Never Rest: Watch for Fake Social Security Email



The Inspector General of Social Security is warning the public that telephone scammers may send fake documents by email to convince you to comply with their demands.

The Social Security Administration Office has received reports of victims who received emails with attached letters that appeared to be from Social Security.

The letters used official letterhead and government jargon to convince victims they are legitimate. These fake emails also often contained misspellings and grammar mistakes.

If you receive a suspicious call or email about a problem with your Social Security number or account, hang up or do not respond.

Report suspected Social Security phone scams at <https://oig.ssa.gov>. ■

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RETIREMENT BOARD

CATHERINE D. MOSS
Chair, Retiree-Member

HUGH GARSIDE, JR.
Vice-Chair, Employee-Member

JEFFREY DELEONE
Appointed Member

JAMES A. ROSSLER, JR.
Appointed Member

DANIEL L. WILSON
Appointed Member

JAMES H. HALLER
Employee-Member

BARBRA M. PHILLIPS
Employee-Member

FRANK A. WEGLARZ
Retiree-Member

MATTHEW A. KING
Employee-Member

RICHARD STENSRUD
Executive Director

Partners

IN HEALTH & WELLNESS



March 1, 2020

Pickleball Paves the Way to Friendship and Fun



All ages tend to be quick learners because the rules are relatively simple. Many retirees enjoy the game because of the social aspect and fact that it does not require a lot of running.

The Hoovers play three times a week. Sandi is grateful that she is even still able to play pickleball.

Last year, due to an accident, Sandi had surgery to repair broken bones in her legs and spent months in a wheelchair. She maintained a positive attitude despite the challenges.

“A positive attitude always makes healing happen,” she said. “As you age, you don’t spring back from things as quickly,” said Sandi, who worked hard on her recovery. She was motivated to get well soon in part due to a month-long trip to Iceland, Ireland, and Scotland.

Retirees spending the winters in a Sunbelt state are probably familiar with pickleball, a paddleball sport similar to racquetball that combines elements of tennis, badminton, and ping-pong, but the sport with the funny name is quickly gaining fans in the Midwest.

A family friend introduced Sandi and Scott Hoover of Bexley, Ohio, to pickleball three years ago.

“It’s a fun community of people,” said Sandi, who worked as a mental health specialist with Educational Service Center of Central Ohio. “It’s a very easy game to pick up.”



After the couple returned from their travels, Sandi was able to join her husband and friends playing pickleball at the Eldon and Elsie Ward Family YMCA in Columbus.

“I call it a big ping-pong game on the ground,” said Scott. “The ball has a lot less bounce than a tennis ball, and the court size is that of a badminton court.”

The “paddles” used in pickleball look like oversized ping-pong paddles, and the ball invites comparisons to the whiffle ball. The game scoring allows for quick play, and there is no need to bring along a partner due to the round-robin format.

“We’ve taught all three of our kids and neighbors,” said Scott.

In warmer months, the Hoovers and other players gather at makeshift courts in Bexley. The sport’s popularity in the community has resulted in the building of dedicated pickleball courts in Jeffrey Park.

Although longtime Bexley residents, Sandi said that their pickleball playing has allowed them to get to know neighbors they would otherwise have never met.

“It’s opened up a whole new friend group, which is nice,” said Sandi. “It’s just as much social as it is a workout.” ■



Pickleball Anyone?

According to the National Institute of Health, aerobic exercise, including swimming, walking, and gardening, have been proven to reduce anxiety and depression. Additionally, the same good-feeling endorphins that make you feel better, help you concentrate as well. Exercise also stimulates the growth of new brain cells and helps you stay mentally sharp.



SERS' Health Care Partners Making Calls for Your Benefit

While we all must be careful not to become victims of fraudulent calls, some calls are legitimate.

Legitimate calls are often made on behalf of SERS' Health Care Services. Our partners are reaching out to you for various reasons, including helping lower health care costs for you and the health care fund.

You may receive a call from one of SERS' partners, but at no time will any SERS partner ask for payment in the form of gift cards or threaten you with legal action for not complying.

Some organizations making legitimate calls to retirees on SERS' behalf include:

SERS' Medical and Prescription Drug Plans

Medical and prescription drug plans often call enrollees regarding a prescription fill or programs for in-home health assessments, diabetes prevention, or care management. Medicare regulations also require that specific calls go out during the year. We ask that you respond to their calls.

Know Your Rx



Know Your Rx pharmacists started making calls this year

to select Aetna health care plan enrollees with Express Scripts prescription coverage.

Know Your Rx is reviewing pharmacy claims and contacting retirees who may have a prescription alternative available.

For example, a dose of a tablet medication may be much less expensive than the capsule version and have the same effect for the patient. In such cases, a switch to the tablet could save money for the retiree and the SERS plan without changing the outcome of treatment. These small opportunities make a big difference, helping to save thousands of dollars across our entire group.

With your consent, the Know Your Rx pharmacist will contact the prescriber to discuss a possible change.

The pharmacist will not ask for any financial information and only discusses prescription issues. The discussion is confidential.

Human Arc

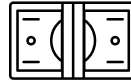


New disability recipients joining SERS' health care coverage can expect a call from Human Arc. This organization assists eligible disability retirees in filing paperwork for Social Security Disability Insurance (SSDI) benefits.

Service retirees may also receive a call from Human Arc if their claim history indicates a possible benefit from this process.

SERS members approved for SSDI might not receive a monthly income benefit from Social Security, but would qualify for Medicare before age 65, which is significantly less expensive.

SaveonSP



SaveonSP makes calls to Aetna Choice POS II enrollees taking certain specialty medications who are eligible for a co-pay assistance program through a drug manufacturer.

Express Scripts' specialty pharmacy, Accredo, determines whether a specialty medication is eligible for co-pay assistance. If so, the retiree is contacted by SaveonSP to enroll and lower his or her cost to \$0. SaveonSP only contacts retirees if the specialty medication qualifies for the program.

HealthSCOPE Benefits



This organization assists non-Medicare retirees in signing up for a Health Insurance Marketplace plan, which is necessary to receive SERS' Wraparound Health Reimbursement Arrangement (HRA) benefits. SERS members exploring this plan option reach out to HealthSCOPE directly at 888-236-2377 for general information.

Current Wraparound HRA participants may receive a call from HealthSCOPE during the fall to confirm Marketplace re-enrollment information.

If you have a question whether or not a caller is legitimately representing SERS, please call our office toll-free at 800-878-5853 to verify. ■

SCHOOL EMPLOYEES RETIREMENT SYSTEM OF OHIO

We want to hear from you. Please send comments or story suggestions to: SERS Health Care Services, 300 E. Broad St., Suite 100, Columbus, Ohio, 43215-3746 or email: healthcare@ohsers.org. The information in this newsletter is intended to complement – not take the place of – your health care provider's recommendations. Consult your physician before making major changes in your lifestyle or health care regimen.