

Banner Blue News

In Memory

Wabash extends condolences to family members and friends of Wabash members who have recently passed away. Life can be the same after a trinket has been lost - but **never** after the loss of a treasure.

Joseph W Belcher
Della M Bof
Barbara Demers
Katherine Demeulenaere
Evelyn N Finster
Mildred Fristoe
Mary Ann Guy
Mildred C Hull



Marguerite Lecrone
Anna Leisure
Margaret Long
Arthur L Moore
Fern A Reed
Lucile F Smith
Bob E Smyth
Robert Tedrick

Wabash Grief Support Services has grief brochures and information that may help your walk through this difficult season. Call Janet at Wabash to receive Grief Recovery information (888-800-9161).

What better way to support your Wabash family and remember your friends and loved ones than a tax-deductible donation to the Wabash Hospital Association Foundation. Make your tax-deductible check payable to Wabash Hospital Association Foundation (PO Box 1340, Decatur, IL 62525) in memory of your loved ones. Call Tamara at 888-800-9161 for information on other ways to donate to the Foundation.

Summary Annual Report

The current Summary Annual Report for Wabash Association is posted on our website (www.wabashcannonball.org). A copy of the Wabash Privacy Notice is included in this newsletter and it is also posted on the Wabash website.

Quality People Serving Quality People



With twenty-seven years of nursing experience, Cathy Yates, LPN, recently joined the staff at Wabash Clinic. A Floridian for thirteen years, Cathy also worked for two local physicians for close to ten years. Cathy has two step-daughters, Taylor and Jenna. Her soon to be husband, Jason, is a cabinet maker. While Jason enjoys building, both Cathy and Jason are NASCAR fans and love their time together. Cathy is an avid gardener and bakes in her spare time. Vivacious Cathy freely

admits she enjoys her work at Wabash and thoroughly enjoys meeting and caring for Wabash members - facts you can discern within moments after meeting her. Welcome to Wabash, Cathy.

Wabash Management

Stephen Speagle - Board Chairman
Mike Patrick, Vice Chairman
Clarence Chabak- Retiree Rep
Stephen Stone, BRS
Eric Ashley, IBEW
Charles Cox, BMOWE
Rick Hayden, UTU
Tim Hunt, NCFO
Jeremy Jones, IAMAW
Paul Stewardson, BRC
Lucy Derlitzki, Alternate Retiree Rep
Tamara Bivins, Administrator

Contact Us

Administration

Customer Service

Claims and Benefits

Membership/Eligibility

888 - 800 - 9161

217 - 429 - 5246

Decatur Outpatient Clinic

217 - 425 - 9642

The Banner Blue News

is published quarterly by
The Wabash Memorial
Hospital Association.

Janet Rolofson, Editor, may be
contacted at
janet@wabashcannonball.org

Any crafts associated with
Wabash Association may submit
articles or announcements
concerning Health & Welfare
to Janet for publication in
future editions.
Their inclusion is
subject to space available
and appropriateness as judged
by Editor and management.

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Making Tracks

Members visiting Decatur may miss seeing the friendly face of Membership Coordinator, Carol Sincebaugh in the front office at Wabash. That is because she is making tracks up and down the Wabash line to reach out to our Active members, retired members and prospective members. Please call Carol at 888-800-9161 if your craft or group would like a Wabash representative to attend an upcoming meeting. Come and see Carol at one of these scheduled meetings. Hear what's new, ask questions and learn more about what your Association can do for you. Upcoming meetings include:



August 25th at 9AM	Retiree Meeting	Liberty, MO
August 29th - 31st	NS Local Chairmen (OH & PA)	Mingo Junction, OH
September 15th at 9AM	Retiree Meeting	Peru, IN
September 30th - Oct 1st	NS Northern Lines Meeting	Cleveland, OH

Medicare Members

Medicare members be on the look-out for your **new Member Handbook** which will replace the one published in 2005. If you have not received your new handbook by mid-November, please call Wabash at (888-800-9161).

HELP Is On The Way

The Senate Health, Education, Labor and Pension Committee (HELP) passed out their version of healthcare reform prior to going on recess. The Senate Finance Committee is expected to present their plan when Congress reconvenes. Wabash members should be alert, but not overly alarmed by the proposed changes that will affect every citizen, health care and benefits provider including the Wabash Association. Expect the reform process to be lengthy resulting in a final bill much different from the current version. It is in our member's best interest to stay informed and in contact with your elected representatives to enact legislation that is not only a change, but a change for the better.

Women's Health Notice

Wabash members are advised that benefit plans allow all of the benefits provided for in the "Women's Health and Cancer Rights Act of 1998" as well as the "Newborns and Mothers Protection Act of 1996".

NARVRE

The National Association of Retired and Veteran Railroad Employees, Inc., is the only federally chartered Railroad Retiree Organization in the industry having for its sole purpose the Protection, Promotion and Preservation of our Railroad Retirement Pension System. Every Railroad retiree, spouse, widow and widower wanting his/her pension represented should contact the National Office at 800-551-2588 and they'll tell you how to sign up.



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 Decatur, Illinois 62526
 www.wabashcannonball.org

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Signals From The Last 125 Years
 "What year did the Decatur, Illinois Wabash Hospital Open " was the question in our last newsletter. We had **several correct responses**. The correct answer was that the Decatur Wabash Hospital opened in **1903**. While Wabash Association began in 1884, the Decatur, Illinois Wabash Hospital opened in 1903.

Administration has requested that, in order to be fair to all our members, Wabash employees, Board members and Volunteers are exempt from entering.

In 1927, three hospitals were maintained by the Association with the largest at Decatur. They provided all medical and surgical attention needed by members. At that time, dues of Wabash members were based upon the size of their pay checks.



What year did the name change from the Wabash Employees Hospital Association to the Wabash Memorial Hospital Association?
The first three correct responses will receive a gift from Wabash.
 Call or email your response to Janet
 Phone -1-888-800-9161
 janet@wabashcannonball.org

At that time, dues were as low as fifteen cents per month and as high as \$1.50 per month. By 1940, the dues ranged from fifty-five cents to \$1.90 per month. As time went into the 1950s, dues ranged from \$4 to \$6 per month. All this reflective of other costs and wages during that time period.

Mr. Leonel E Lemaire (photo below) was appointed Wabash Administrator in 1977 succeeding Mr. Lowell K Adams. Mr. Lemaire was with the Wabash Association for sixteen years and served as Business Manager nine years prior to becoming Administrator



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125 Years of Railroaders Serving Railroaders
 Fall - 2009

A Publication of
 Wabash Memorial Hospital Association

FLU PREVENTION COMING YOUR WAY

Wabash is preparing for the Mobile 2009 Wabash Flu Clinic. Please make note of the following dates that we'll be coming to your area. Wabash members in the areas listed below will receive a letter with specific information (location, hours, etc). You're welcome to call Wabash at (888-800-9161) if you have questions regarding the Mobile Flu Clinic. Remember, flu shots are available to non-Wabash members having their primary coverage through the Railroad - **if their insurance card is presented**. This applies to contract or non-contract active employees. Furloughed employees of NS are welcome to come for their flu shot - remember to bring your card. Non-Wabash Medicare and those with no insurance to bill will be charged \$30 (which is payable at the time of service). Please take advantage of this service provided by the Decatur Wabash Outpatient Clinic. The Decatur Flu Clinic will be held October 5th through October 9th from 9-11:30AM and 1:30-4PM at the Wabash Clinic.



Note For All Locations: This is NOT the H1N1 flu vaccine and we do not have vaccine for children.

October 19th	Peru, IN	November 2nd	Moberly, MO
October 20th	Detroit, MI	November 3rd	Kansas City, MO
October 21st	Montpelier, OH	November 4th	Granite City, IL
October 22nd	Lafayette, IN	November 5th	St. Louis, MO

CDC Flu Facts

The Center for Disease Control (CDC) recommends a yearly seasonal flu vaccine as the first step in protecting against seasonal flu. The vaccine can protect you from getting sick from 3 particular flu viruses or it can make your illness milder if you get a flu that is related to those in the vaccine. Other helpful actions should be taken such as keeping a two-week supply of items needed for an extended stay at home (over-the-counter meds, alcohol based hand cleaner, tissue, prescription meds you take regularly, canned soups, fluids, etc.) Remember the following also:

- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash after using it.
- Wash your hands with soap / water (especially after cough).
- Avoid touching your eyes, nose or mouth
- Avoid contact with sick people
- Stay home for at least 24 hours after your fever is gone except to get medical care (fever free without fever reducing medicine)

