

Important Telephone Numbers

Anthem Blue Cross/Blue Shield
Medicare Supplement Plans
1-866-649-2041

Medicare Advantage Plans
Current members: 1-833-848-8730
More information: 1-833-848-8729

AMBA
Dental/Vision/Long Term Care/Cancer/Whole Life/
Medical Transportation Plans
1-800-258-7041

TruHearing
Hearing Plan
1-800-250-9993

INPRS/PERF
Retirement Checks & Benefits
1-844-464-6777

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Howard Buchanon
South Bend

Bob Cherry
Greenfield

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South Bend

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www.RIPEA.org

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Milroy

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Indianapolis

Marriette (Marty) Montgomery
Indianapolis



RIPEA
RETIRED INDIANA PUBLIC
EMPLOYEES ASSOCIATION

August 2025



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A Message from the Executive Director

I am so PUMPED!!!

Literally and figuratively. Knowing that we had a health-focused convention coming up this year and considering myself a person of integrity (and having seen unfortunate photos of me in that Elvis onesie costume after last year's convention), I embarked more intentionally on an improved personal health journey.



Jessica B. Love

But I'm more focused on the long game, not get-thin-quick strategies. So, of late, my health journey has increasingly included pumping iron.

For months, I'd only been doing cardio. And I'd been doing lots of it. So, I'd seen results and was feeling better, but I wasn't necessarily feeling stronger.

Then in May this year, my youngest (yet often wisest) sister told me, that especially as you age, strength training is increasingly important. So, I've reduced the amount of cardio and added in strength training since then. And while the extra muscle is probably making me weigh more at the moment, I'm certain that this is a better path for wellness for me.

What about you?

Article after article of late seems to add to "a growing consensus among experts that strength training is linked to increased longevity and improved quality of life," according to Google's AI overview, which highlights the following key points supporting the notion that "even a small amount of strength training, such as 30 to 60 minutes per week, can significantly reduce the risk of mortality, cardiovascular disease, and cancer. This benefit extends to improved mental health and can help

individuals feel stronger both physically and psychologically.

Key points:

- Longevity
- Disease Prevention
- Improved Mental Health
- Enhanced Quality of Life
- Muscle Mass is Key
- Progressive Overload is Powerful

But Google and I are not doctors or health experts. So, don't just take our word for what's important to consider when thinking about your health!

Join us for our 33rd annual convention on August 26th – a Tropical-themed party with a healthy twist: Fitness & Flamingos!

I'm so pumped about this year's speakers, and I hope you are as well! As the old (1980s) SNL bit with Dana Carvey and Kevin Nealon goes, "all we want to do is just PUMP [clap], you UP!"

Check out the rest of this issue for more details. Then please join us for a day of fun, connection, and learning, which will strengthen us all.

We can't wait to see you (and slightly less of me!) at the convention this year!

Jessica Love
Executive Director

Have questions about Medicare ahead of Open Enrollment?

Contact

Desiree Harrison
Member Success Manager

317-789-0244
800-345-9214
Desiree@RIPEA.org

Indy Eleven

Join us on Saturday, August 23, 2025, at 7:00 PM as Indy Eleven takes on Miami FC at Michael A. Carroll Track and Soccer Stadium, located at 1001 W New York St., Indianapolis, IN 46204. It's a great opportunity to celebrate All Things Indiana while connecting with fellow RIPEA members, family, and friends over exciting live soccer action.

RIPEA members receive an exclusive ticket discount for this event. To take advantage of the offer, simply log in to your RIPEA InfoHub account and visit the Discounts tab in the "Resources" section for full details and the purchase link.

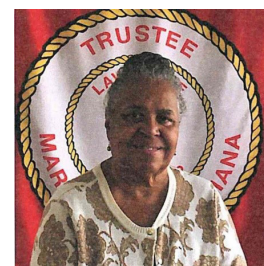
All tickets are mobile only, and must be purchased by 7:00 PM on August 23. Don't miss this fun-filled night of Indiana pride and professional soccer!

Special Thanks

RIPEA extends its deepest gratitude to Billie Breaux and Suzanne Handshoe, who concluded their service on the RIPEA Board of Directors in June 2025.

Billie and Suzanne have each brought invaluable leadership, insight, and passion to RIPEA's mission. Billie's distinguished career in public service and advocacy, along with Suzanne's strong municipal leadership and dedication to public retirees, have helped shape the direction and growth of the association.

We thank them both for their years of service, and we wish them continued success in all their future endeavors.



In Case You Missed It!

RIPEA's webinars are full of timely tips and valuable insights to help Indiana's retired public employees stay informed and empowered. If you missed any of our AMBA-partnered webinars hosted this year, please find them posted under the Events section of our website.

Recent topics included:

- Emergency Transportation Issues in Indiana (April)
- Preparing for Summer with Discounts (May)*
- Dental and Vision Plans (June)
- All About Long-Term Care (July)

Our American Heart Association webinar and our legislative update webinar recordings are only available by logging in to our InfoHub member portal. The Mid-Session and Post-Session Legislative Update and AHA events are ready and available to view.

*Congrats to Linda Murphy and Patricia Hall, both of Indianapolis, for being randomly selected webinar registrant winners of a free Budget Rental Car day and \$50 towards 1-800-Flowers, respectively, from RIPEA partner AMBA!

Save \$ this Summer

RIPEA members enjoy exclusive summer discounts on top attractions like Dollywood, Holiday World, and the Indianapolis Zoo — plus travel, dining, car rentals, and more through our partner, AMBA.

Featured Deals Include:

- Dollywood & Splash Country: Save up to \$28 per ticket
- Holiday World & Splashin' Safari: Special pricing & free perks
- Indianapolis Zoo: Adults just \$21.75 (Regularly \$34.75)

Log in to your InfoHub account and visit the "Resources" tab to access all discount details and ticket links.



Get ready for a full day of connection, learning, and celebration — with a bright and playful twist! RIPEA’s 2025 Annual Convention, themed Fitness & Flamingos, brings together the best of health, retirement resources, and fun. Here’s some of what you can expect:

- Engaging speakers on wellness, benefits, and advocacy
- Live steel drum music and tropical entertainment
- A festive Tiki Bar with alcoholic & non-alcoholic options
- Interactive Vendor Passport raffle and exhibits
- Light breakfast, delicious lunch, and plenty of flamingo flair!

Check-in begins at 9:00 AM
 Early Bird Pricing: \$15 for members | \$30 for non-members
 Register by August 13th to save your seat!

Register by mail using the form included in this newsletter; online under the Events tab of ripea.org; or by phone by calling 800-345-9214.

Learn more about some of our featured topics:

Living Heart Healthy

Dr. Julie Clary, MD, MBA, FACC
 IU School of Medicine & IU Health Methodist Hospital

Part of retiring well includes maintaining a healthy lifestyle. The tough reality is: The number one cause of death in America is heart disease. The upside is: In many cases, cardiovascular disease is preventable.

From an expert in lipids and Lipoprotein(a), we will learn what we need to know AND DO to prevent cardiovascular disease. We’ll also hear about exciting advancements in the field, including clinical trials designed to address heart health challenges.

Addressing the Demand/Supply Mismatch in Mental Health Solutions

Jay Chaudhary
 Sagamore Institute

Having led the Indiana Division of Mental Health and Addiction through the COVID-era realization that mental health affects us all, Jay will share how devising and advancing policy frameworks and implementation strategies are critical to moving the needle on Indiana’s mental health crisis. He’ll help us move from awareness and acceptance of mental and behavioral health challenges to understanding state systems for solving the various challenges facing families and communities across the Hoosier state.

Special Thanks to our Convention Sponsors



Featured Speakers



Dr. Julie Clary is a cardiovascular disease prevention specialist at Indiana University School of Medicine, where she serves as Vice Chair of Clinical Affairs. Board-certified in Clinical Lipidology and Cardiovascular Disease, she is active in advocacy through the American College of Cardiology. Outside of work, she enjoys time with her husband, three children, and mountain climbing.



Jay Chaudhary is a Senior Fellow for Mental Health and Wellness at the Sagamore Institute and former Director of Indiana’s Division of Mental Health and Addiction. He led a major transformation of the state’s behavioral health system and continues to champion equitable access to care. Jay is an Aspen Ascend Fellow and award-winning policy leader.



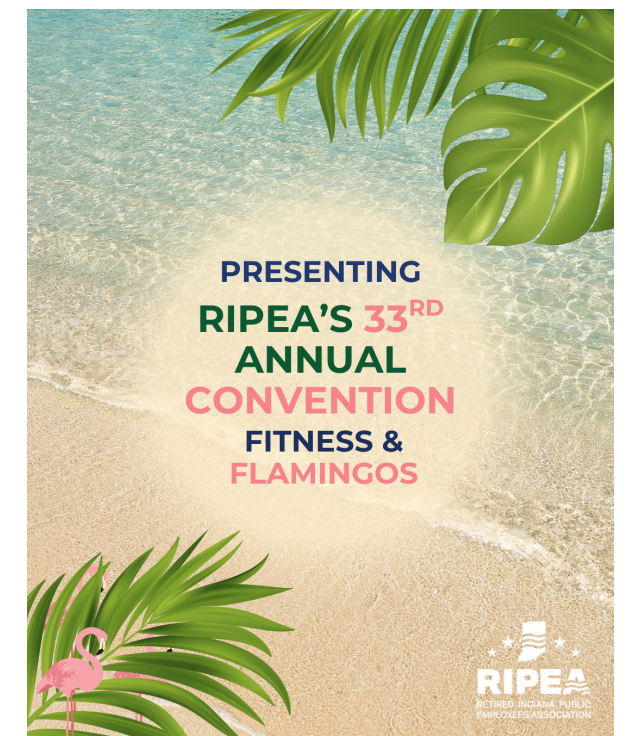
Rep. Mike Karickhoff, House Speaker Pro Tempore, has represented Indiana House District 30 since 2010 after decades of public service in Kokomo and at Ivy Tech. A retired public employee himself, he partnered with RIPEA in 2025 to secure the 13th check and will be honored as RIPEA’s Legislative Champion of the Year.

Feel the Rhythm with Circle City Steel

We’re turning up the tempo at the 2025 RIPEA Annual Convention with a special performance by Circle City Steel — Indianapolis’s premier steel drum band! Their high-energy Caribbean-inspired music will bring tropical vibes and toe-tapping rhythm to this year’s celebration.



Whether you’re a longtime fan or hearing them for the first time, get ready for a fun, feel-good performance that will leave you smiling. Don’t miss it!



It's Official!



RIPEA staff and board members join Gov. Mike Braun, legislators and partners for the signing of HB 1221.

We're pleased to announce that the 2025 13th check — a bonus check for eligible retirees — will be included with the September 15th pension payment. The check amount is based on years of creditable service:

- 5 to 9 years: \$143
- 10 to 19 years: \$261
- 20 to 29 years: \$356
- 30 or more years: \$428

This important benefit is the result of strong legislative advocacy. RIPEA extends heartfelt



"This is a huge win for RIPEA members. The 13th check provides real, meaningful support for our retirees."

— RIPEA Executive Director Jessica Love

thanks to Rep. Mike Karickhoff (bill author), Rep. Greg Porter (co-author), and Sen. Brian Buchanan and Sen. Linda Rogers (sponsors), and the many other

legislators, partners, and RIPEA members who championed this effort at the Statehouse.

Together, we've delivered meaningful support to thousands of retired public employees.

RIPEA Board Updates

RIPEA is proud to welcome former State Representative Bob Cherry to its Board of Directors. With over two decades of legislative experience and a strong record of supporting public employees and retirees, Bob brings valuable insight and advocacy expertise



to our leadership team. In his final session of the Indiana General Assembly, Rep. Cherry was able to secure reinstatement of the 13th check as a House bill priority, HB 1004. Prior to this legislative victory in 2024, PERF retirees had not received a 13th check since 2020.

Rep. Cherry's dedication to fiscal responsibility and public service aligns perfectly with RIPEA's mission to protect and enhance the quality of life for Indiana's retired public employees. We're honored to have him on board!

Legacy Award

The Bill Murphy Legacy Award – presented by the RIPEA/William R. Murphy Foundation – is named in honor of William R. Murphy, longtime Executive Director of RIPEA, whose life and leadership have been defined by generosity, humility, and unwavering dedication to public service. Through his tireless work, Mr. Murphy championed the dignity and well-being of Indiana's retired public employees, always placing people before politics and purpose before recognition.

The Bill Murphy Legacy Award is presented to an individual whose actions reflect these same values — someone who works sometimes quietly but always persistently to improve the quality of life for retirees and their families. Recipients

demonstrate a deep sense of service, integrity, and a genuine commitment to advocacy, benefits, and connections that help public employees retire with peace of mind.

This award is not simply a recognition of what has been achieved, but a tribute to how it has been done — with compassion, humility, and the belief that everyone deserves to live and age with security and respect.

Bill Murphy is the inaugural (2025) recipient of the Bill Murphy Legacy Award.

2026 Dues Update

RIPEA has recently launched a strategic planning process to set a vision and outline goals that will guide the association's growth and impact. While that work is just beginning, one thing is already clear: current dues revenue is not sufficient to sustain — let alone expand — the services and advocacy our members rely on.

To ensure we can continue to deliver strong benefits, representation, and outreach, RIPEA membership dues will increase beginning in 2026. The new annual dues rates will be:

- \$25 for members who pay by pension deduction
- \$30 for members who pay by recurring credit or debit card (autopay)
- \$35 for members who pay annually by check or card

We strongly encourage pension deduction or autopay as the most convenient and cost-effective ways to maintain your membership.

This increase will allow RIPEA to keep fighting for public retirees at the Statehouse, expanding valuable insurance and member benefits, and offering educational opportunities.

Thank you for your continued support of RIPEA's mission. Renewal billing for 2026 will begin in Q4 of 2025.

Gala Reflections

During the Be Well, Live Well~Do Good Gala on June 4, we had the honor of recognizing one of RIPEA's most devoted champions: Bill Murphy, who dedicated more than 43 years of service to Indiana's retired public employees as RIPEA's Executive Director.

This special evening was held to celebrate Bill's extraordinary legacy and to commemorate 25 years of impact through the RIPEA/Murphy Foundation — including more than \$1 million in grants awarded to support Indiana's retired public employees.

Guests enjoyed a memorable night of dinner, entertainment, a silent auction, and inspiring stories — a celebration of our shared history and a launchpad into the next 25 years of doing good. Thank you to our attendees, donors, bidders, and sponsors. You made our first-ever gala a truly meaningful and joy-filled event.



2025 RIPEA ANNUAL CONVENTION

August 26, 2025 ~ Registration form

Primo Banquet & Conference Center
2615 National Avenue, Indianapolis 46227
RIPEA Office: 2415 Directors Row Suite M Indianapolis IN 46214
(317) 789-0244 or (800) 345-9214
Email: ripea@ripea.org

Member Name:

Full Address:

E-Mail: Phone:

Spouse Name:
(If applicable)

Early bird registration closes on August 13, 2025.
Pre-registration will remain open through August 20, 2025.

- | | |
|---|---|
| <input type="checkbox"/> Early bird ~ Member: \$15.00 | <input type="checkbox"/> Pre-registration ~ Non member: \$40.00 |
| <input type="checkbox"/> Early bird ~ Non member: \$30.00 | <input type="checkbox"/> On-site Registration ~ Member: \$25.00 |
| <input type="checkbox"/> Pre-registration ~ Member: \$20.00 | <input type="checkbox"/> On-site Registration ~ Non-member: \$45.00 |

Guests registered by members will be charged the member rate.

Total Paid:

Dietary Restrictions: None Vegan Kosher
 Vegetarian Gluten Free Other (explain below)

Additional Dietary Information:

Check box for your preferred registration confirmation method: Email Mail

Check box if you would like a printed copy of the presentation slides provided at the Convention.

- Please make checks payable to: "RIPEA CONVENTION" and mail check and registration form to:
RIPEA, 2415 DIRECTORS ROW, SUITE M, INDIANAPOLIS, IN 46241
OR
Call the office to pay by Credit Card: 317-789-0244
OR
- Pay online at: www.ripea.org on the Annual Convention page under the Events tab.
* You do not have to be a RIPEA member to attend.

If you are unable to attend, cancel by 08/19/2025 for a refund.