



## Local 514



### TWU/AA Blood Drive

Dec 5<sup>th</sup>

8pm – 2am

Dec 6<sup>th</sup>

8pm – 2am

Dec 7<sup>th</sup>

12pm – 7pm

Dec 8<sup>th</sup>

8am – 2pm

Dec 9<sup>th</sup>

8am – 2pm



### Tulsa 66ers VS Austin Toros

December 3, 2011

7:00 pm

Tulsa Convention Center

Tickets available at the hall. Limit 10 per person

## Understanding the American Pension

Just a few clicks to your pension estimate page on Jetnet:

1. Log into Jetnet
2. Click on “Benefits” directly below the Jetnet logo on the masthead
3. Click “Benefit Service Center” at the top of the blue navigation pane on the left side
4. Click on ” My Pension” on the masthead
5. Select “Estimate Your Pension”
6. Choose “ Get Started with My Pension Estimate

Step 1: This point you have to put in “the Last Day worked Date” and age.

Example: If your last day at work is December 3, 2011 then you would put the date December 4,2011.

Step 2 : Put in the Benefit Commencement Date. This date should be the beginning of the next month.

Example: January 1, 2012.

Step 3: This step is for you to put in your Spouses information This step asks for your spouses Birthday.

On the top of the explanation of benefits, there is a PDF file icon which will give you an “Explanation of Benefit Payment Options Form” for definitions of pension payment options.

Please make a copy for your records of these pages for further reference.

If you have any retirement questions or concerns, please contact the following officers:

David Corbit, 918-850-3247

Tony Bunch, 918-859-4768

D'Ann Johnson, 918-384-9760

## Holidays, Happiness, and Headaches

Christmas and New Years are all a part of the holiday cheer this time of year. Family, friends, food and celebrations are all a part of the Holiday Season. Purchasing children gifts for Christmas just to see their smile on Christmas morning is a moment that parents live for. There will be large family gatherings with feasts of turkey, dressing and all the fixing's and enough cakes and pies to make everyone smile. Celebrating with friends and family is an integral part of the holidays, as we enjoy socializing with those we don't see very often. These things and more are what make up the holiday season. For some, holiday happiness turns into holiday headaches. Family gatherings, entertaining, feeding everyone and buying gifts can become overwhelming and burdensome. Personal issues like stress, anxiety, depression, financial distress, and over indulgence are often encountered. Problems like these not only affect the person having them, but can affect everyone around them. People have a tendency to over indulge with alcohol or drugs to get relief. These things do not make the problems go away, and often only lead to more problems. Imagine the stress, anxiety, depression, financial burden and legal headaches that one DUI could cause the whole family. Drugs cause even more problems, with finances, family, health and could even effect employment. If any of this sounds familiar to you, there are professionals that can help. Please take advantage of the resources that are available to you. You can contact your insurance carrier for a referral or contact any of the numbers listed below for professional help. If there is not a number for your specific need, call the TWU, EAP Coordinators: Steve Koster or any TWU, Local 514 Officer or Executive Board Member.

*Given the recent news about American Airlines in conjunction with the holidays, we encourage anyone that may need assistance to utilize the resources that are available to them. We have listed some numbers for your convenience.*

Blue Cross and Blue Shield  
1-877-235-9258

Alcoholics Anonymous  
Central Service Office  
4936 E 49th St  
918 627-2224  
[www.okna.org/easc](http://www.okna.org/easc)

Al-anon Inter-Group  
Office  
4867 S Sheridan Rd  
918-627-9114  
[www.tulsa.org/alanon](http://www.tulsa.org/alanon)

Narcotics Anonymous  
918-747-0017  
[www.aaneok.org](http://www.aaneok.org)

Dual Recovery  
Anonymous  
Psychiatry and Substance  
Care

Dual Diagnosis  
918-664-4224  
918-621-4458  
918-662-9992  
[www.draonline.org](http://www.draonline.org)

Copes  
Emergency Psychiatry  
Service  
918 744-4800

Consumer Credit  
Counseling Service  
4646 S Harvard Ave  
918 744-5611

Helpline Referral  
Dial 211

PacifiCare  
800 524-4574

Community Care  
918 594-5242 (24hr)

United Health Care  
Mental Health Line:  
1-888-444-8624  
[www.myuhc.com](http://www.myuhc.com)

Aetna  
800-572-2908  
859-455-8650  
[www.aetna.com](http://www.aetna.com)

Tristesse Healing Hearts  
Grief Center  
918-587-1200  
[www.thegriefcenter.org](http://www.thegriefcenter.org)

Steve Koster  
TWU, EAP Coordinator  
Cell: 918-671-5141

TUL Employee Assistance  
Program Office  
Lela French, EAP,  
918-292-2464 / 1 800-555-  
8810 #9

**Please check TWU 514  
website for the most  
current information  
regarding American  
Airline's bankruptcy.**