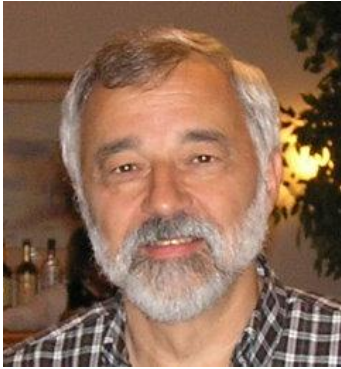


# *Unum Retirees Newsletter*

## *Summer 2016~Twenty-first edition*



### **Words from the Chair**

*By Roger Rioux*

If you know of any recent retirees who may not be aware of the organization, let them know about us and how they can join by contacting us through the website: [www.unumretirees.org](http://www.unumretirees.org) or by contacting **Steve Bailey** at 846-6648 or [sebailey@maine.rr.com](mailto:sebailey@maine.rr.com). Unum notifies us once per year about new retirees so we may be missing contact information for recent retirees. We now have over 430 members. We have heard that there have been a lot of recent retirements so our numbers should grow.

Our summer picnic occurred on June 21 at Two Lights Park in Cape Elizabeth. We had 75 attendees on what turned out to be a beautiful summer day. If you missed it this year please join us next year because we had a great time.

Please refer to our website, [www.unumretirees.org](http://www.unumretirees.org) for a list of the board members, helpful information about the organization and contact numbers for Unum Retiree benefits. As you are aware, for many of us, our benefits are changing effective August 1. I hope you have been able to make your choices by now. I think that for most of us there will be an improvement in coverage and costs.

The next meeting will be **September 20<sup>th</sup>**. I hope we will see you there. An invitation will be distributed three weeks prior to the meeting. **Diane Garafalo**, who is in charge of HR at Unum, will be our speaker. This will be a great opportunity to ask questions. **Peter Oliver**, Director, Health & Insurance Benefits will also attend.

# *Summer Picnic at Two Light State Park*



*Barbara Foss, Diane Berra, Bob  
& Brenda Anastasoff*



*Jim Alexander & Leo  
Lamoureux*



*Linda Robichaud  
welcoming retirees*



*Tim Pinette, Mike & Candince  
Jewett and Carl Comstock*



*Theresa Jackson, Sue Fenton,  
Ann Waecker & Kim Stevens*

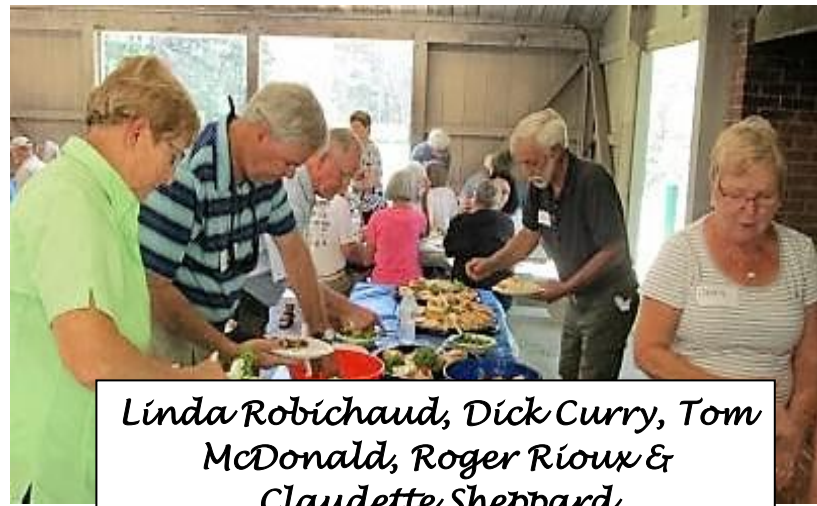


*Marianne Kane, Pat Brown, Marilee  
Smith, Tom & Donalene Fox*





*Donna Farrington, Sue Burgess & Tom McDonald*



*Linda Robichaud, Dick Curry, Tom McDonald, Roger Rioux & Claudette Sheppard*



*Lissa & Wally Crowell*



*Bingo Fever!*



*Betty Cushman, Martha Murphy, Ron Hubbard, Sue Burgess, Lorraine Cragin & Dianne Hannaford*



*Donalene Fox, Laura & Jim Terrell*



## From the Editor

*Thank you all for your input! It is truly appreciated! **This Newsletter is published for YOU!***

*I would still love to hear from you about what type of "news" you would like to read. Your stories don't need to be long.....just a paragraph would do! We would love any pictures that would go along with your story!*

*I'm looking forward to hearing your input AND receiving articles from you!*

*Pam Libby, Editor  
[rlibby5@maine.rr.com](mailto:rlibby5@maine.rr.com)*

*17 Larchwood Rd., South Portland 04106*



## Our Dearly Departed *by Bob Anastasoff*



**S. Natalie Armstrong**, 74, died June 18, 2016, at her home in Gorham.

She was born January 4, 1942, in Gorham. Natalie grew up in Gorham and attended local schools. She had a great work ethic and enjoyed careers at Graybar Electric, W.T. Grants, Sylvania, Fairchild, and Unum from where she retired in 1998.

Natalie was predeceased by her husband of 52 years Lester Armstrong.

Natalie will be laid to rest with a private graveside service at Hillside Cemetery, Gorham.

Those wishing to remember her may make gifts in her name to:

Hospice of Southern Maine, 180 U.S. Route 1, Suite 1, Scarborough, ME 04074

**Charles E. Benge**, 79, of Lovell, passed peacefully on March 6, 2016, at the Maine Veterans Home in South Paris. He was born on January 1, 1937, in Versailles, Ky.

He was raised in Richmond, Indiana, graduating from the Richmond High School.

On March 31, 1964, he married Claudia Hutto in Fort Hood, Texas, whom he had met in the service. In his retirement he proudly attended Westbrook College where he earned a four-year bachelor of science degree in business administration in only two years.

He will be forever missed and loved by his wife Claudia Benge of South Paris.

A graveside service with military and Masonic honors was held on March 20, 2016, at the Number 4 Cemetery in Lovell.

Gifts may be given in his memory to either the Veterans Need Fund or Resident Activity Fund

Maine Veterans' Home, 477 High Street, South Paris, ME 04281





**Marie C. (Ledoux) Carroll**, 73, of Westbrook, passed away at home with her family nearby, after a two year battle with cancer. She was born February 21, 1943 in Westbrook. Marie attended St. Mary's Grammar School and Cathedral High School. She worked at WT Grants Department Store, Sears, and finally retired in 1999 after a long career at Unum.

Visiting hours were held on March 11 at Blais & Hay Funeral Home, Westbrook. A funeral service was held at St. Ann's Church in Gorham on March 12. Interment was held in the Spring at St. Hyacinth Cemetery.

In lieu of flowers the family asks donations can be made to: St. Jude Children's Research Hospital.

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**Margaret Victoria Haugaard**, 94, of Portland passed away peacefully on May 10 surrounded by her family and friends at the comfort of her home. Margaret was born in Portland on February 14, 1922. Margaret graduated from Portland High School, Class of 1939. She married her sweetheart, Charles V. Haugaard, and they made their home in Portland. In 1952 she started working for Union Mutual, presently Unum Group. She worked here for the next 31 years, until her retirement in August of 1983. Margaret enjoyed her work, serving her clients and making friends along the way.

Margaret and Charlie celebrated 54 years of marriage together.

Margaret was involved with the Unum retiree group, attending monthly luncheons and organizing Christmas charity projects for local organizations, like The Barron Center, Ronald McDonald House, Boys and Girls Clubs, etc. Margaret was predeceased by her husband Charlie. The family wishes to extend their gratitude to the doctors and nurses of Hospice of Southern Maine for their outstanding professional care for Margaret and exceptional help to the family, which made possible caring for Margaret at her home being able to fulfill her wishes.

Friends and family were invited to attend a time of visitation on May 15, 2016 in the Jones, Rich & Hutchins Funeral Home, Portland. A Mass of Christian Burial was celebrated on May 16, 2016 in the St. Joseph Catholic Church, Portland. Interment followed at Evergreen Cemetery in Portland.

In lieu of flowers, memorial donations may be made to:

Hospice of Southern Maine, 180 U.S. Route 1, Scarborough, ME 04074

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**Carol A. Herrick**, 72, of Portland, died peacefully at home surrounded by her family on June 14, 2016, after a courageous battle with cancer.

She was born in Portland in October of 1943. She graduated from Cathedral High School. Carol married Peter Herrick. They would have celebrated their 50th wedding anniversary this coming September. For the early years of their marriage, Carol was a homemaker and mother to their four children.

In later years, Carol worked for the Maine Savings Bank, Unum, The Roman Catholic Diocese of Portland, and L.L.Bean as a telemarketer. Upon retiring from L.L.Bean, Carol cared for her grandson.

Visiting hours were held June 19 at the A.T. Hutchins Funeral Home, Portland. A Mass of Christian Burial was celebrated on June 20 at St. Pius X Catholic Church, Portland. Burial was held at New Calvary Cemetery, South Portland. Those who would like to make a memorial donation may donate to:

Catherine McAuley High School, Sister Edward Mary Scholarship, 631 Stevens Avenue, Portland, ME 04103

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**Alys Eleanor Miele**, 92, passed away on April 7, 2016, at Ledgewood Manor in Windham, with her husband at her side.

She was born in South Portland on March 19, 1924. Alys was a 1941 graduate of South Portland High School. She worked at Union Mutual Ins Company.

Alys met her future husband Robert P. Miele on a blind date. They were married on Nov. 10, 1962. The family would like to thank Dr. Carl Schuler for attending to Alys.

these past three years, and the wonderful staff at Ledgewood Manor for their loving care of Alys.

Visiting hours were held on April 11, 2016 at the Dolby Funeral Chapel, Windham, where a funeral service followed. Burial will be private.

Donations in Alys' memory may be made to:

Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01101



**Arlene Barbara Paine**, 95, passed on March 10, 2016, surrounded by her loved ones. Always known as Barbara, she was born in Portland on April 3, 1920. She attended schools in South Portland, graduating from South Portland High School in 1937, and started her career at Union Mutual as an executive secretary.

In 1954 she met the love of her life, Roy Paine, and they married soon after.

The family would like to express their thanks and appreciation to the staff of Maine Medical Center who displayed such care, respect and kindness.

Visiting hours were held March 17 at Conroy-Tully Crawford South Portland Chapel. A memorial service was held at the chapel, followed by burial at Forest City Cemetery, South Portland.

Memorial donations may be made to:

The Barbara Bush Children's Hospital, Maine Medical Center, 22 Bramhall Street, Portland, ME 04102



**Horace "Hod" Atwood Record**, 91, passed away peacefully on March 10, 2016 at the Cedars Skilled Care Center in Portland. He was born on October 11, 1924, in Lewiston. He attended Buckfield schools and graduated from high school in June of 1942. Hod entered Maine Maritime Academy and graduated with distinction. In 1946, Hod entered as a freshman at Bates College. While at Bates, he studied mathematics. After graduating from Bates in 1950, Hod joined the Air Force. He took advanced courses in actuarial work at the University of Illinois. After Hod finished his actuarial exams, he pursued his career as an actuary at Union Mutual.

Hod is predeceased by his wife Carol.

A family service will occur in Cushing later this summer.

In lieu of flowers, those wishing to make a memorial donation are asked to consider a charity of their choice or Hospice of Southern Maine, 180 U.S. Route One, Scarborough, ME 04074.



Nina Santostasi  
Born to Life: July 12 1931  
Born to Eternal Life: January 18, 2016

**Nina F. Santostasi**, 84, of Sarasota, formerly of Westchester County, New York, went home to be with the Lord on January 18th, 2016. Our precious Nina was born Jul. 12, 1931 in New York. Nina leaves behind her husband of 60 years, Nick. She loved living in New York, working as an executive secretary for Unum. We wish to thank the physicians, nurses and caregivers for the kind and compassionate care they provided to Nina and our entire family during the past several years-especially those at the Senior Friendship Center of Sarasota, Arden Courts and Tidewell Hospice.

We celebrated her life at a Mass January 23rd at St. Patrick Catholic Church located in Sarasota. Burial took place January 25th at the Sarasota National Cemetery.

In lieu of flowers, please make a donation in Nina's name to one of the following: Senior Friendship Center of Sarasota, Alzheimer's Association, or Tidewell Hospice



**Robert (Bob) Winfield Stevenson**, 85, of Green Valley AZ, passed away peacefully in the early morning hours of April 15, 2016. Bob had his daughter Sande and wife Pat at his side. Bob was born on November 26, 1930, in Reading Pa. Bob attended Syracuse University where he met his wife Pat. Following his tour with the Air Force, Bob continued his education and went on to have a successful 40-year career in the insurance industry. He is survived by his loving wife of 63 years, Pat.

A private memorial service will be held later, when the family can come together to celebrate Bob's life.



**Dean N. Velentgas**, 79, of Portland, died in South Portland on March 30, 2016. He was born in Hingham, Mass. He grew up in Portland, attended Brown University, and raised his family here. Dean became a second vice president of Unum and retired in 1992. He lived in Manhattan for several years until he returned to Portland due to illness.

There was a public Memorial Service on April 30, at the First Parish Unitarian Universalist Church on Congress Street in Portland.



**Melissa Anne Valliere**, 36, passed away at the Bodwell Nursing & Rehabilitation Center on March 21, 2016. She was diagnosed with Stage IV lung cancer on December 23, 2015. In an effort to beat this disease, she consented and was approved to participate in a worldwide clinical trial to aid in the advancement of lung cancer treatment.

Melissa was born on April 13, 1979. Melissa was a graduate of Bucksport High School, Class of 1997. She continued her education and graduated from Maine Maritime Academy, Class of 2001.

After graduating college, Melissa moved to Freeport and began her career at Unum as a producer compensation analyst. Melissa was married on July 7, 2001, to Joseph E. Valliere. Survivors include her husband.

Visiting hours were held March 22 at Brackett Funeral Home, Brunswick. A Roman Catholic Mass was held at St. John the Baptist, Brunswick, on March 23. Melissa's final request was that her body be donated to science to learn more about the cancer that consumed her body. After the research is completed, a private internment ceremony will be held at the Castine Town Cemetery.

In lieu of flowers, please celebrate Melissa's life by donating to the Melissa A. Valliere Scholarship Fund, Maine Maritime Academy Development Office, Pleasant Street, Castine, ME 04420

## **Unum Retirees Website <http://www.unumretirees.org/>**

***Bob Anastasoff, Webmaster BobA2000@aol.com***

**Welcome** We are a social group that also encourages volunteerism.

**Unum Retirees Board Members** (Name, function, contact information)

### **UNUM RETIREES BENEFIT INFORMATION**

**Retiree Benefits Described on the Unum Website** This has all retiree plan booklets. *Note that some plan benefits are different based on year retired.*

**Contacts From the Unum Website** This includes shortcuts when making calls.

Telephone Contacts Include:

<b>Pension and Life -- important contact</b>	<b>Towers Watson</b>	<b>800-678-2436</b>
<b>Medical</b>	<b>UnitedHealthcare</b>	<b>855-868-6663</b>
	<b>Aetna</b>	<b>800-438-2602</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Prescription Drugs</b>	<b>Caremark</b>	<b>877-860-6415</b>
	<b>Aetna</b>	<b>800-238-6279</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Dental</b>	<b>Ameritas</b>	<b>800-487-5553</b>
	<b>Cigna</b>	<b>800-244-6224</b>
<b>Long Term Care</b>	<b>Unum</b>	<b>800-277-4165</b>
<b>401k</b>	<b>Fidelity</b>	<b>877-220-4015</b>

NOTE: *Towers Watson at 800-678-2436* is a particularly good resource. They manage all the enrollments for our retirees and have basic info on all our benefits. As needed, they can do research or put the retiree in contact with the right provider (e.g. UnitedHealthcare or Aetna or Cigna or Caremark).

### **Unum HR Contact:**

*It is important that plan members first call Towers Watson or one of the carriers (medical or pharmacy) directly if an issue arises. If the provider or Towers Watson is unable to resolve the issue then retirees (or their family members) should contact Unum HR for assistance. Our contact is **Carl Gagnon**, Director of Retirement Programs. He can be contacted at 207-575-4102 or **cdgagnon@unum.com***

**Newsletters** (going back to November 2009)

**Volunteer Contacts in Non-Profit Agencies**

**Unum's Volunteer Service Grant Program:** Unum will donate \$1 per hour for volunteer work for a 501C3 (non-profit) firm.

**Please Keep Track of your Volunteer Hours**

**By-Laws**



## **Important Dates for 2016**

*Unum Retiree Members are welcome to attend Board Meetings. Just let Roger Rioux know beforehand. (207) 671-7906 [rrioux@maine.rr.com](mailto:rrioux@maine.rr.com)*



**Remaining 2016 Board Meetings: September 6th & October 18th**

**Remaining 2016 Luncheons: September 20th~Annual Meeting**

**Unum Blood Drive Schedule for the remainder of 2016:**

**HO 1- being held in the Clipper (HO3) due to construction** Hours 9:00 AM - 2:00 PM

**Sept 26<sup>th</sup> Monday**

**HO 3** Clipper Hours 7:00 AM – 11:00 AM

**Sept 28<sup>th</sup> Wednesday**

*No June or December dates as of now.*

*Please contact Bob Wooten if you are interested in helping out with a blood drive at Unum.*

*(207) 797-8982 [rwooten1@maine.rr.com](mailto:rwooten1@maine.rr.com)*

Volunteers are needed to work at the refreshment table providing donors with refreshments for the 15 minutes they are required to stay at the table. There are usually two three-hour shifts, but we can accommodate other (two hour) shifts.

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## **Volunteering as a Tax Aide with AARP** ***from Linda Stevens***

After speaking last fall with the person who directs this program in Maine, I decided to give it a try. Qualifying to be a Tax Aide requires study: in December half-day sessions mainly for new volunteers, in early January a week of full day classes. Then more case study at home, then online certification tests to complete.

Starting in February we meet with taxpayers, who are often seniors. The volunteer checks their IDs, goes over their documents asking them questions as needed, and prepares their Federal and Maine returns using the program's tax software. Then a second, well experienced volunteer reviews the preparer's work to find and fix any errors. Once approved, the taxpayer is given copies of the returns and e-files them if the taxpayer wishes.

Volunteers work at local sites from February through mid-April in shifts of 4 – 5 hours. Each shift has a dedicated team of volunteers. Many Tax Aides have been returning year after year. I met current Unum employee volunteers at my evening shift.

For those who like to work with numbers and are available during tax season, this program could be a good fit.

This Bangor Daily News article describes the program further.

<http://bangordailynews.com/2016/02/19/next/these-skilled-volunteers-will-help-you-file-your-taxes-for-free/>

Linda S. Stevens  
28 Hearn Rd Scarborough ME 04074

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4/29/2016 Edition

## OPINION

Southern FORECASTER 5

# The long goodbye of Dean Velentgas

Between 1987 and 1992, Dean Velentgas operated an art gallery on the first floor of an apartment building on Hampshire Street in Portland. The Dean Velentgas Gallery provided a home for some of the best contemporary art in Maine during what may have been the high-water mark of the Portland art scene.

Dean died on March 30 at the age of 79, but it almost seems as though he had been gone for a decade or more. After he retired in 1992, he moved to New York City, where he loved the cultural life. But he had to return to his native Maine when he developed Alzheimer's disease.

Like his fellow art lover Bruce Brown, who became a noted curator and collector following a career as a high school teacher, Dean fell in love with art looking at paintings and prints at galleries in Portland, including Frost Gully and Barridoff. I remember the infectious enthusiasm with which Bruce and Dean embraced art because I had a similar experience.

The magic of art is that while art objects may play in the marketplace, they work on the soul. At its best, art reminds us what it means to be human and, further, that life is an ineffable mystery and a miracle. It connects us to a universe beyond the everyday reality. I believe that's why Bruce and Dean became so passionate about collecting it and I know that's why I began writing about it. Art makes life more meaningful.

I tend to regard 1987 as the high-water mark for art in Maine because the economic collapse the following year took a toll on local galleries. That was also the year that Van Gogh's *Irises*, the most beautiful and important work of art in the state, was sold at auction and left Maine. Dean's gallery weathered the downturn because it was a pure labor of love.

Dean was an executive at UNUM, so his day job financed his art collecting and helped underwrite his gallery. When he discov-

ered art, his daughter Susan says, Dean "discovered his tribe."

Dean's tribe were not painters of pretty pictures of Maine, but serious artists who dive deep beneath the surface of appearances. He didn't show art he thought would sell, he showed art he thought people needed to see, the art he loved, much of it abstract.

Dean Velentgas Gallery exhibited artists including Dozier Bell, Katherine Bradford, Mary Hart, Larry Hayden, Charlie Hewitt, Alison Hildreth, Jeff Kellar, Frederick Lynch, Marjorie Moore, Duane Paluska, Greg Parker, Celeste Roberge, Alice Steinhardt and Katarina Weslien. Art galleries have come and gone since, and there are a few very fine ones today, but, as someone who has looked at art in Maine for close to 50 years, I do not believe it has been possible to regularly see so much good art in Portland since the 1990s.

Dean was a very private person, soft-spoken and modest, yet confidant and determined. His love of art and its visual exploration of the human experience enabled him to create a new identity for himself, an identity as a patron and participant that was swept away by Alzheimer's.

It is impossible to know what those afflicted with dementia know once they no longer recognize themselves or others, or what they see once they begin staring off into space. Are they locked in their minds or simply freed from the prison of the present moment that holds the rest of us? I would like to believe the latter and that death set Dean's spirit free.

"When the artist is alive in any person, whatever his kind of work may be," painter Robert Henri wrote in "The Art Spirit," "he becomes an inventive, searching, daring, self-expressive creature. He becomes interesting to other people. He disturbs, upsets, enlightens, and opens ways for better understanding. Where those who are not artists are trying to close the book, he opens it and shows there are still more pages possible."

Dean Velentgas had the art spirit. There will be celebration of that spirit on Saturday, April 30, at 11 a.m. at First Parish Church on Congress St. in Portland.

*Freelance journalist Edgar Allen Beem lives in Brunswick. The Universal Notebook is his personal, weekly look at the world around him.*

### The Universal Notebook



Edgar Allen Beem