Meet the Health Center’s Condition Management Nurse!

We’re excited to introduce Angeleen Engblom, the new Condition Management Nurse and Wellness Coach at the Carpenters Center for Health. Recently, we spoke with Angeleen about her role and approach to promoting wellness and to working with individuals with chronic conditions.

You have two unique roles at the Health Center. Can you tell us a little bit about what you do?

As Condition Management Nurse, my goal is to help people with chronic health conditions, such as diabetes, high blood pressure, and heart disease, understand how to reduce their symptoms, and take ownership of their health. My approach is to address the mind, body, and spirit to help patients follow a path to wellness and know they are not alone.

As Wellness Coach, I also help patients focus on concerns such as nutrition, weight management, tobacco cessation, stress reduction, and work-life balance. I am here to be a champion to their success—helping them change their lives and love themselves. Coaching sessions can be one-on-one, as couples or families, in person, or even by phone.

What is the greatest challenge in dealing with patients who experience chronic disease?

It can be challenging to replace bad habits, but I am here to empower patients to believe they can do it! Changes may be gradual, but once they start feeling better and gaining confidence, with a good support system, anything is possible. Working together, I want to help identify roadblocks and replace them with actions that will have a positive effect on their lives.

Do you have a wellness philosophy that you’ve developed over the years?

For me, it’s about being mindful and believing in the power to change what is ailing us. It’s not just about physical health but also nurturing emotional health and spiritual health. It’s not just about what we eat or taking our medications correctly, it’s about how we see ourselves and feeling good when we look in the mirror. People may experience a setback, but we help patients forge ahead, knowing they have someone they can always reach out to for positive reinforcement.

What would you like your patients to know about you?

This isn’t just a job for me, it’s an innate driving passion that pulls me to people who need a partner on their journey to a better self. I continue my personal journey every day, and I am part of an amazing team at the Health Center who support each other and all our members and their families. I make the time to personalize my care, and I really listen to the patient’s concerns and take them to heart. We are not done until you are in a good place with physical health, emotional well-being, and spiritual deepening.

Do patients simply make an appointment to see you, or do they need to see Dr. Fedinec or Nurse Practitioner Walter first?

Patients can call and make an appointment with me directly. Even patients who are being treated elsewhere are welcome to schedule time with me. The other Health Center providers also refer their patients to me for follow-up. Patients are encouraged to sign up for MyPremiseHealth.com, so that information can be shared before we meet—this allows for more personal face-to-face time.

After earning a Bachelor’s Degree from Ursuline College School of Nursing in Cleveland, Ohio, Angeleen Engblom, RN, BSN, went on to earn her Advanced Critical Care certification in Los Angeles, CA. Angeleen has many years of experience in health care, working as a cardiovascular ICU Nurse and in other health specialties, including working as an Infectious Disease Specialist in the Chicago Medical District. Angeleen is currently pursuing her Wellness Coaching board certification.
The Carpenters Center for Vision Is Open!
Your Family’s New Vision Partner

The Chicago Regional Council of Carpenters Board of Trustees cares about you and strives to put programs, benefits, and initiatives in place to help you and your family. Providing comprehensive health benefits, including vision benefits, remains our commitment to you. We’re excited to announce that the Carpenters Center for Vision is open and accepting appointments.

The Carpenters Center for Vision offers convenient, wellness-inspired vision care for you and your family. The Vision Center’s highly skilled team understands how to maximize your benefits—their focus is on you!

In addition to our huge inventory of reduced-price frames, here are some of the top reasons to visit the Carpenters Center for Vision:

- **FREE WellTech Exam**: focuses on your eyes and overall wellness
- **WellTech Fit**: provides precise measurements to customize your prescription to fit your frame
- **FREE retinal screening** (savings of $39): an essential test for assessing eye health and providing an eye-health history
- **ProTec Safety Plan**: $10 per pair per year for safety eyewear
- **Kids’ worry-free eyewear**: Glasses are guaranteed for one year, including breaks, damage, and loss, for kids 14 years and younger.
- **90-day guarantee**: If you want or need to change frames, lenses, or both during the first 90 days, the Vision Center will make the changes at no charge!
- **Free adjustments**: Custom fit or realign any eyewear, regardless of where it was purchased.

Carpenters: Protect Your Eyes at the Vision Center

Visit the Carpenters Center for Vision to explore our wide selection of safety glasses. Carpenters pay only $10 for prescription safety glasses, including multifocal lenses, certified by the American National Standards Institute for impact protection. A new pair is covered every calendar year!

Note: Transition lenses are not covered under the $10 copay.

Currently, the Vision Center is open by appointment ONLY. See page 3 for more information on making an appointment.

The Carpenters Center for Vision does not accept cash! For copays, or if you purchase an add-on such as a lens enhancement, you can pay with a debit or credit card, or your HRA debit card.

Exclusive and independently managed. Visit with providers you trust! VSP is one of the nation’s leading managers of vision programs. They follow best-in-practice quality controls and will bring these standards to the Carpenters Center for Vision.
We’re Putting Your Safety First

The Carpenters Center for Health and the Carpenters Center for Vision are now **open for on-site visits by appointment only**. No walk-ins are allowed at this time. Virtual appointments, including telephonic, are available with the Health Center providers. Or, for non-urgent medical concerns, contact the 24/7 Nurse Line at **(312) 260-1189** to speak with a registered nurse—any day, any time!

We’re taking extra precautions to ensure your safety, the safety of other members, and the safety of our medical and vision staff. When you call or go online to make an appointment, a staff member will contact you prior to your appointment to review the additional safety procedures in place during the COVID-19 pandemic, including wearing a face mask in the building.

Schedule your appointment today!

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<thead>
<tr>
<th>Health Center</th>
<th>Vision Center</th>
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<tbody>
<tr>
<td><strong>Hours</strong></td>
<td><strong>Monday</strong>: 8:00 a.m.–7:00 p.m.</td>
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<td><strong>Tuesday–Thursday</strong>: 10:00 a.m.–7:00 p.m.</td>
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<td></td>
<td><strong>Friday</strong>: 8:00 a.m.–5:00 p.m.</td>
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<tr>
<td><strong>Location</strong></td>
<td><strong>Location</strong></td>
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<tr>
<td>(CRCC’s Lisle Campus)</td>
<td><strong>4979 Indiana Avenue</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Suite 200</strong></td>
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<td></td>
<td><strong>Lisle, IL 60532</strong></td>
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<tr>
<td><strong>Schedule an Appointment</strong></td>
<td>Call <strong>(312) 337-4150</strong> during regular business hours, or visit <a href="http://crcchealthcenter.org">crcchealthcenter.org</a> to connect to the secure patient portal and easily schedule appointments.</td>
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<tr>
<td></td>
<td>Call <strong>(630) 598-5120</strong> during regular business hours.</td>
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**Congratulations!**

Sherri Brock, spouse of Edwin Brock, member of Carpenters Local Union 1027, was the winner of the Carpenters Center for Health Spring Training Promotion. Ms. Brock won a $500 Visa gift card! She shares her experience with the Carpenters Center for Health: “Dr. Fedinec recommended that I see Angeleen Engblom, the Wellness Coach and Condition Management Nurse at the Health Center. In the three months I’ve been meeting with her, I lost 14 pounds and am feeling better. She listens and has great insight to help you reach attainable goals. I also like the holistic approach to health issues. Love working with Angeleen!”
Connect With ComPsych

Personal situations resulting from the COVID-19 outbreak can be stressful. If you need help coping with stress, anxiety, or depression, ComPsych is here for you! The Plan provides up to **five free counseling sessions** per person, per incident, per year for professional, confidential counseling for you and your covered family members. Counselors are available 24/7 by calling **(888) 860-1566** or visiting **guidanceresources.com**.

For the most up-to-date resources concerning COVID-19, view the ComPsych Coronavirus U.S. Digital Toolkit: [pages.e2ma.net/pages/1807892/20932](pages.e2ma.net/pages/1807892/20932). There you’ll find information on navigating life at home, financial resources, staying healthy while at work, and more!
Are You Retirement Ready?

Don’t stress as you prepare for your next steps—learn about your retirement options.

**Pre-Retirement Seminars**

Attend a Pre-Retirement Seminar, and receive a personalized binder with your retirement benefit options.* The Seminar will cover important pension and health care coverage topics, like eligibility for health benefits, premiums, Joint & Survivor benefits, and partial lump-sum options. If you are married, your spouse is also invited to attend.

The next Pre-Retirement Seminar is Saturday, September 12, 2020, starting at 8:00 a.m. This event is currently scheduled at the CRCC’s Apprentice Training Facility (1256 Estes Avenue, 2nd Floor, Elk Grove Village). If we are unable to meet face to face, we will host a webinar for registered attendees. **Advance registration for the seminar is REQUIRED.** Space is limited, and openings are filled on a first-come, first-served basis. Register online at bit.ly/2MoMF36.

*The Pre-Retirement Seminars do not cover pension benefits for participants in the Carpenters Pension Fund of Illinois (Geneva) or the Will County Local 174 Pension Fund.

**John Hancock Retirement Planning**

John Hancock, our recordkeeper for the Supplemental Retirement Plan, offers no-cost educational seminars and webinars to help you prepare for your future.

The next seminar is October 17, 2020. This event is currently scheduled at the Chicago Carpenters Lisle Campus (4979 Indiana Avenue, Lisle). If we are unable to meet in person, we will host a webinar for registered attendees. **Advance registration for the seminar is REQUIRED.** Space is limited, and openings are filled on a first-come, first-served basis. Register online for this seminar at bit.ly/3dtTITJ.

**Not Receiving Seminar Emails?**

Call the Retirement Benefits Department at the Fund Office at (312) 787-9455, menu option 4, to update your email address. You can also follow us on Facebook at Chicago Regional Council of Carpenters Benefit Funds.
Questions About Your Benefits?
Call the Fund Office at (312) 787-9455.

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<thead>
<tr>
<th>Option</th>
<th>Department</th>
<th>FAX</th>
<th>EMAIL</th>
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<tbody>
<tr>
<td><strong>Option 3</strong></td>
<td>Health Benefits Department:</td>
<td>(312) 951-1515</td>
<td>Eligibility: <a href="mailto:Activeenrollment@crccbenefits.org">Activeenrollment@crccbenefits.org</a></td>
</tr>
<tr>
<td></td>
<td>Eligibility for benefits; medical, drug, and disability claims; COBRA and self-pay premiums; change of address; and dropping or adding dependents.</td>
<td></td>
<td>Disability claims: <a href="mailto:Disability@crccbenefits.org">Disability@crccbenefits.org</a></td>
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<tr>
<td><strong>Option 4</strong></td>
<td>Retirement Benefits Department:</td>
<td>(312) 951-3986</td>
<td><a href="mailto:pension@crccbenefits.org">pension@crccbenefits.org</a></td>
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<td>Retiree health coverage; applying for a pension or death benefits.</td>
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<tr>
<td></td>
<td>Withdrawals from your Supplemental Retirement account.</td>
<td>(312) 337-3779</td>
<td><a href="mailto:srp@crccbenefits.org">srp@crccbenefits.org</a></td>
</tr>
<tr>
<td><strong>Option 5</strong></td>
<td>Contributions &amp; Collections Department:</td>
<td>(312) 787-3212</td>
<td><a href="mailto:contributionspayment@crccbenefits.org">contributionspayment@crccbenefits.org</a></td>
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<td></td>
<td>Employer contributions; reciprocal transfers; employer audits; and carpenter complaints for non-payment of hours.</td>
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<tr>
<td>Website</td>
<td>crccbenefits.org</td>
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The information provided in on the LEVEL is of a general nature only and does not replace or alter the official rules and policies contained in the official plan documents that legally govern the terms and operation of the Welfare Fund. If this newsletter differs in any way from the official plan documents, the official plan documents always govern. Receipt of this newsletter does not guarantee eligibility for benefits. The Trustees have the right to modify benefits at any time.