



INSURANCE INSIDER

From the Chair

Welcome to the Insurance Board of Trustees Newsletter, *Insurance Insider*.



May is Healthy Vision Month. Have your eyes changed recently? Have you had an eye exam lately? Have you talked to a SEANC member about how much money they can save on a pair of glasses? Well now is the time to enroll into SEANC's Vision Plan. Our plans offer substantial discounts and make eye exams and eyeglasses much more affordable. Please review the information below to learn more about discounts on our vision plans.

Martha Fowler, Chairperson
Insurance Board of Trustees



Did you know, that as a SEANC member, you are eligible to enroll in the vision plan with Spectera??

That's right! All SEANC members, both active and retired, can enroll in the Spectera Vision Plan. You can also add your spouse and/or dependent children (*up to age 26*) to your vision plan! With multiple plans available, you can select the coverage option that best suits your needs.

Spectera offers a national eye care network that includes both private practice and retail store providers. This allows you the ability to choose the eye doctor that meets your lifestyle, eye care and eyewear needs!

With each plan you receive:
(*see [plan](#) for details, *in-network benefits*)

- Annual eye exam
- Complete set of eyeglasses or contacts (**see plan for details**)
- Discounts on additional pairs of eyewear
- Frame allowance to choose **any frame** with your preferred style (*within plan allowance, in-network providers*)
- Discounts on Laser Vision Correction
- Preferred Pricing on Premium Hearing Aids

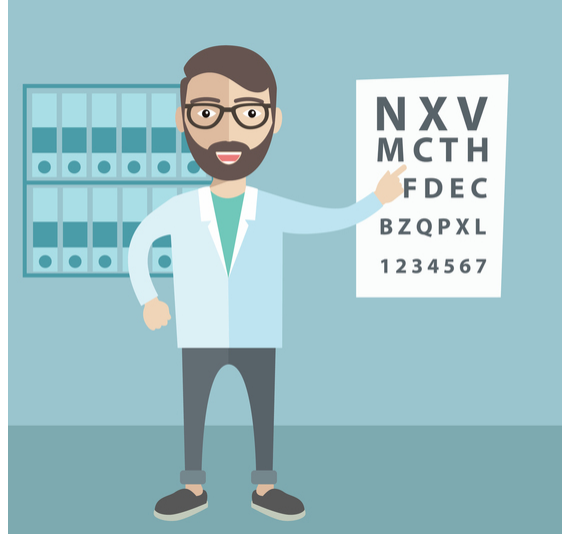
When you enroll on one of the **Enhanced Plans**, many lens options like Standard & Deluxe Progressives, Transitions, Tints, etc.... are included at no additional charge!!

(*see [plan](#) for details, *in-network benefits*)

Spectera offers members the convenience to print ID cards, view benefits, eligibility information, claim status and locate a provider in your area 24/7 by logging into their website www.myspectera.com.

Contact a SEANC Insurance Specialist today at 919-833-6436 to ask how to enroll!

May is Healthy Vision Month:



6 Proactive Steps for Protecting Your Peepers

By **HEATHER DONAHOE**

There are often no early warning signs for the conditions that threaten your eyesight the most; including glaucoma, age-related macular degeneration and diabetic eye disease, says **Rachel Bishop**, M.D., an ophthalmologist and researcher at the National Eye Institute. She suggests these proactive moves to keep your eyes healthy.

1. Have a comprehensive dilated eye exam

This is more than just a vision screening. An eye care professional places drops in each eye to dilate, or widen, the pupil. This illuminates the back of the eyes so that he or she can see signs of damage or disease.

2. Know your history

Eye diseases are often hereditary, so it's important to know if anyone in your family has been diagnosed. This information will help determine your risk level and establish how frequently your eyes should be checked.

3. Eat right

Carrots are good for your eyes, but so are dark leafy greens such as spinach, kale and collard greens. You'll also want to eat plenty of fatty fish, such as salmon, tuna and halibut. They deliver a good dose of omega-3 fatty acids beneficial for eye health, research shows.

4. Stub it out

Smoking is linked to an increased risk of developing age-related macular degeneration, cataracts and optic nerve damage, all of which can cause blindness. If you need help quitting, ask your doctor.

5. Wear shades

Choose sunglasses that block out 99 to 100 percent of both UVA and UVB radiation.

6. Take a break

When using a phone, computer or any electronic screen, reduce eyestrain with the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

<https://parade.com/566614/heatherdonahoe/may-is-healthy-vision-month-6-proactive-steps-for-protecting-your-peepers>



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With May being National BBQ Month, it's time to drag out the grill, clean out the barbecue pit, and pick up some charcoal, because the smell of smoke drifting from your neighbor's backyard is going to make you want that unique barbecue taste.

"Barbecue" originally referred to pork cooked over a high smoke fuel source like wood or charcoal. The term has now come to include other meats and foods, and refers more to the cooking method, rather than a specific dish.

The method is commonly believed to have originated from aboriginal peoples in the Caribbean and Florida, where the word "barbecue" first entered the English language as "barbacoa," which translated as "sacred fire pit."

By the mid-18th Century, the term had taken on a more modern meaning, with respect to the cooking of pork. Barbecue then meant "a dressed whole hog," which exists to this day as a quintessential barbecue dish.

So, with the summer ahead of you, get that BBQ ready to go for some of that delicious smoky flavor.



Sweet Heat Cheerwine Baby Back

Ribs

Smothered on grilled baby back ribs, this Cheerwine glaze is finger-lickin' good. Better stock up on the napkins.

INGREDIENTS

YIELDS: 6 - 8 SERVINGS

2 tsp. smoked paprika
2 tsp. chili powder
2 tsp. dry mustard
1 tsp. garlic powder
1 tsp. ground ginger
Kosher salt and freshly ground black pepper
2 (3-lb.) slabs baby back ribs
1 (12-oz.) bottle Cheerwine soft drink
1 (15-oz.) can tomato sauce
1/3 c. light brown sugar
1 tbsp. Dijon mustard
2 tsp. chili-garlic sauce

DIRECTIONS

PREP TIME: 0:30

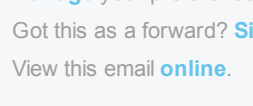
COOK TIME: 3:00

TOTAL TIME: 3:30

1. Preheat oven to 325°F. Stir together paprika, chili powder, dry mustard, garlic powder, ginger, 4 teaspoons salt, and 2 teaspoons pepper in bowl. Sprinkle 2 tablespoons spice mixture over ribs, dividing evenly. Place ribs on a rimmed baking sheet; wrap tightly with aluminum foil. Bake until tender, 2 to 2 1/2 hours. Remove foil; rest 30 minutes.
2. Combine Cheerwine, tomato sauce, brown sugar, Dijon mustard, chili-garlic sauce, and 1 tablespoon spice mixture in a medium saucepan. Bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, until reduced to 2 cups, 25 to 30 minutes.
3. Heat grill to medium. Grill ribs, basting with 1 cup of the Cheerwine sauce and turning frequently, until lightly charred and lacquered, 10 to 15 minutes.
4. Transfer to a platter and serve with remaining Cheerwine sauce and spice mixture.

<https://www.countryliving.com/food-drinks/recipes/a43056/sweet-heat-cheerwine-baby-back-ribs/>

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