

# HUBBnews

QUARTERLY NEWSLETTER FOR HOMECARE UNION BENEFITS BOARD MEMBERS

## Balancing your life and your health.

Being a Homecare Worker is an important job! As homecare workers, we take responsibility for others health and safety. We cook, clean and care for those who need our help most. You might work for a friend or family member; you might work for someone who started as a total stranger. However you got here, you are now responsible for the care of someone in need. Who is making sure you are being taken care of?

HUBB would like to remind you that Homecare workers enrolled in the HUBB program and their families have access to the Employee Assistance Program (EAP) provided by Cascade Centers Inc. This benefit is designed to provide you with assistance in balancing your home and work life.

**The EAP is a FREE and CONFIDENTIAL Service that provides telephone and in-person counseling for problems such as:**

- **Marital Conflict**
- **Stress Management**
- **Conflict at work**
- **Financial Matters**
- **Grief Counseling**
- **Depression or Anxiety**
- **Family Relationships**
- **and much more**

EAP also provides crisis counseling 24 hours, seven days a week.



*For both ODS and Kaiser Medical Plan Members*

Cascade Centers EAP  
(Employee Assistance Program)

Contact EAP at:

**Toll Free: 1-800-433-2320**

**Portland: 503-639-3009**

**Salem: 503-588-0777**



## Congratulations to our survey drawing winners!

- Olga Ryba (Portland)
- Sandra Launsbury (Yamhill)
- Lyle Riley (Eugene)
- Paula Hamarr (Sweet Home)

These Homecare workers won \$50 Safeway gift cards for filling out their 2009 survey

# directory

Homecare Union Benefits Board, LLC (HUBB)  
(503) 364-HUBB (4822) or (866) 364-HUBB

[www.hubbinsurance.org](http://www.hubbinsurance.org)

Kaiser Permanente Medical Plan (503) 813-2000  
Medical/Dental Customer Service (800) 813-2000

[www.kp.org](http://www.kp.org)

ODS Medical Plan (503) 243-3962  
Medical Customer Service (888) 217-2363  
Dental Customer Service (888) 217-2365  
ODS Pharmacy Customer Service (888) 361-1610

[www.odskompanies.com](http://www.odskompanies.com)

SEIU Local 503, OPEU  
(503) 581-1505 or (800) 452-2146

[www.seiu503.org](http://www.seiu503.org)

Administration News

## Updates Online

You can find the most recent information  
about your benefits at

[www.hubbinsurance.org](http://www.hubbinsurance.org)



SEIU Local 503, OPEU P.O. Box 12159  
Salem, OR 97309-0159

## hubbFAQs

In each issue of HUBBnews, we'll answer common questions from HUBB members.  
For more information on HUBB benefits, contact us at 866.364.HUBB.

**Q:** With work, family, the economy and other stress in my life sometimes I feel like I am losing it! Is there someone I can talk to?



**A:** Yes, any HUBB enrolled member can access a variety of services to help with balance in your life. Please take a look at the article on the inside of this newsletter to learn more.