

# Watts New

February, 2020

From The Desk Of . . . Don Smith, Manager

Good news first! Late last year, the REA became involved with a volunteer fundraiser called Wreaths Across America. The statement from their website states: *“While we have Veterans Day in the fall and Memorial Day in the spring, our servicemen and women sacrifice their time and safety every single day of the year, to preserve our freedoms. And in many homes across the U.S., every day there is an empty seat for one who is serving, or one who made the ultimate sacrifice for our country. That is why our mission is to ...never forget”*. The REA and VFW Auxiliary obtained over 360 wreaths from generous REA and community members for those “empty seats”. We will continue to collect wreath donations until December. Our goal is at least 465 more wreaths so we can honor every veteran in the Wheatland cemetery. Ultimately, we hope to have enough wreaths to honor every deceased veteran in Platte County. Thank you so much for your generosity!

[As you may have heard, we will have a 2% rate increase beginning on April 1<sup>st</sup>. Currently, we have a cost of service study \(COSS\) in process to determine how this will be divided between the rate classes. This COSS will not be completed and approved until the end of February, so we cannot tell you the exact increase on your specific rate class at this time. Once we have this information, we will notify you as soon as possible.](#)



It has been three years since our last rate increase, however, things are catching up with us. We have been able to absorb cost increases over the last couple years through careful use of your member dollars. We need to continue maintaining the system for safe and reliable use, and this is an expensive task. Looking forward, we are working with some larger member-owners who will hopefully add to our load mix and take the pressure off of rates in the future. These new loads are not expected to be running until the end of 2021. We will keep you posted as we move forward.

On another note, if you were not aware, some business accounts such as irrigation, may be eligible to be exempt from taxes on their electrical usage. This came about in the mid 90’s, through legislation passed at that time. Businesses may or may not claim this exemption depending on their specific situation. If you think you are eligible for this exemption, please let us know. There is a very simple form you need to fill out in order for us to change your tax status.

Recently, I was talking with a member who asked why Tri-State spends money on advertisements when we are locked into them to buy our electricity. Unfortunately, the adage from the early 1800’s “the pen is mightier than the sword” is very true today. You can see from the recent Tri-State news that coal fired power plants are being shut down, and there is still a war on coal. While these plants are not in Wyoming, there is a push to keep coal fired electricity out of Colorado totally, including power from LRS. Tri-State advertises to counter the negative press in the media. This advertising is an unfortunate, but necessary, expense in an attempt to preserve the Wyoming economy. We continue to fight the fight on your behalf!

I hope you have your calendars marked for the 83<sup>rd</sup> Wheatland REA Annual Membership Meeting on March 18<sup>th</sup> at the 4-H Building in Wheatland. Come and vote for your directors, as well as other items that may be on the ballot for discussion. Up for election this year are Britt Wilson, from Glendo, and Jack Finnerty, from Slater. You will also hear presentations on the status of the REA, as well as some projections for the future, and least we forget, you can enjoy the outstanding lunch provided by the 4-H Leadership Council! We look forward to seeing you there!

As always, it is a pleasure to serve you, the wonderful members of Wheatland REA! Thanks again for your generosity for the Wreaths Across America Program and our veterans!

**Watts New is a publication of  
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**REA WINTER HOURS  
Monday - Friday  
8:00 AM - 4:30 PM**

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From the desk of RKA....

Happy New Year 2020! I hope everyone had a wonderful and prosperous holiday season!

Another new year means that we are very busy here at the cooperative. Not only are we working on getting our books closed for 2019, we are already furiously working on various items and events for this year.

In January 2020, we sent mail stuffers with your bills, requesting information so we can add members who need to be on our emergency contact list during an outage. If you have not contacted us yet, please take the time to let us know if you need to be on the list. I want to emphasize that this list is only to contact you if we have a planned or unplanned outage and something comes up during that outage, such as no ETA, etc. For example, if we have an outage that looks like it is going to last longer than anticipated, with no estimated on-time, we would call to let you know that you need to go to your "Plan B". "Plan B" should be your plan to be able to use your medical equipment. If you have any questions regarding this situation, please give me a call.

In updating our records for our emergency contact list, we are again noticing that members have different telephone numbers than what we have on file. In the 2<sup>nd</sup> quarter, we will be doing another mail stuffer for you to update your information with us. Our focus will be telephone numbers. It is imperative that you notify us if your phone number changes! Please watch for this stuffer in your bills.

The 83rd Annual Meeting will be held this year on Wednesday, March 18, 2020. Again, we will be having the Wellness Fair. Our Board of Directors have approved to pay for the basic blood panel for each member and their spouse. All other tests will be self-pay. The Wellness Fair will begin at 7:00 a.m. You should have received a statement stuffer about the Wellness Fair. We also have brochures here at the office. Shred-It will be there to shred your boxes of documents. The shredding truck will be at the meeting from 8:00 a.m. – 11:00 a.m. Please take advantage of this valuable service.

Your Board of Directors has approved the retirement of capital credits. The co-op will be retiring the remaining year of 2003, and partial year of 2004. We will also be retiring capital credits from Tri-State G & T. Years to be retired for Tri-State are the remaining year of 2000, the full year of 2001 and partial year of 2002. We will be handing out the capital credit checks at the Annual Meeting.

As we start the new year here at the cooperative, we are always defining and setting goals in hopes that we can accomplish them. In previous articles, I have spoken about the co-op's strategic plan that looks 2-5 years ahead, and what the critical areas are that we, as management and the board, need to have a plan for. One of the areas we are looking at is communication with you, our members, and what is the best way to communicate. Is it through monthly articles, social media, a little of both, or is there some other way we could better communicate with you? In the future, you will be seeing some information coming to you asking for your opinion. I hope you will take the time to read the information and assist us in doing what is best for you and your co-op.

In reading my article from last year, I wrote about my mother passing away. I must have written it right after she passed because my father then passed away later that month in January. Even though it has been a year, there are days that I truly miss them both. It seems just like yesterday when I was at their house and talking about fishing, grandkids, etc. If you still have your parents, please enjoy them now.

Until next month....



Your Touchstone Energy® Cooperative   
The power of human connections®



# 83rd Annual Membership Meeting March 18, 2020 Platte County 4-H Bldg.

The Annual Meeting starts at  
11:00 a.m. 4-H Leaders'  
Group will serve lunch about  
12:00 p.m.



## **Shred-It!**

Need to clean the clutter?

Then...Your Annual Meeting is the place  
to be! Shred-It will be there from  
8:00 a.m. until 11:00 a.m. Documents are  
shredded onsite. Each member may  
bring up to three boxes of documents to  
have shredded.



# **CAPITAL CREDIT CHECKS**

# **PICK UP YOUR CHECK AT THE MEETING**

# HEALTH FAIR

**DON'T FORGET TO FAST!**

**REGISTER AT THE MEETING.**

**HOURS: 7:00 A.M. TO 10:30 A.M.**

**ENJOY COFFEE, JUICE AND PASTRIES AFTER THE DRAW!**



## SCREENINGS SUGGESTED YEARLY

- \$40 Blood Chemistry Panel** **Full 33 level screening!** CPT - 80048  
 Includes heart, kidney and liver functions, with lipid panel, total cholesterol, HDL (good), LDL (bad) and triglycerides. Also electrolyte levels, protein, iron, **fasting glucose**, and TSH (Thyroid Stimulating Hormone) uric acid and Carbon Dioxide. *Recommended 12 hour fasting, unless diabetic.*
- \$22 Hemogram (CBC) with Differential** CPT - 85025  
A complete blood count of red and white blood cells, platelet levels, hemoglobin and hematocrit. Checks for anemia, infections and other blood disorders. Shows size of red blood cells and hemoglobin concentration.
- \$32 PSA Screening for Men** CPT - 84153  
The PSA (prostate specific antigen) screening is one tool used to screen for prostate abnormalities. Recommended for men at age 50. However, if there is a family history of prostate cancer, it is recommended at age 40.

## VITAMIN & HORMONE SCREENINGS

- \$42 Vitamin D, 25 Hydroxy** CPT - 82306  
Provides an assessment of overall Vitamin D status for the screening of deficiency or toxicity. Measures both D2 and D3 together to report a total 25-hydroxy Vitamin D. Vitamin D is important for mineral absorption, the immune system, strong bones and overall health.
- \$27 Vitamin B12** CPT - 82607  
Detects B12 deficient or elevated levels. B12 aids in the health of cells and nerves.  
*Recommended 12 hour fasting, unless diabetic.*
- \$42 Men's Testosterone, Total** CPT - 84403  
Screening used to evaluate testosterone hormone levels.
- \$52 Women's Testosterone, Total, Women and Hypogonadal Males** CPT - 84403  
Provides the sensitivity and specificity required for the assessment of the low testosterone levels found in women and hypogonadal men.

## THYROID SCREENINGS

These thyroid screenings are in addition to the **Thyroid Stimulating Hormone (TSH)** that is included in our **Blood Chemistry Panel**.

- \$27 Thyroid Panel 1** CPT - 84436; 84479  
Includes the **T3 Uptake**, **Total T4** (Thyroxine), and calculates a free Thyroxine index.
- \$52 Thyroid Panel 2** CPT - 84481, 84439  
This test delivers an enhanced thyroid profile because it screens for the level of **Free T4** and **Free T3** hormones in the bloodstream. This is an important distinction, since the level of **Free T4** hormone illustrates how much is immediately available for use by cells, and measure of **Free T3** hormone in the body is considered a more accurate view of hormonal balance than a Total T3 reading.
- \$77 T3, Reverse** CPT - 84482  
The **Reverse T3 (RT3)** test measures the inactive form of the hormone. Reverse T3 is not regularly checked as often as other thyroid hormones but may be tested when someone is experiencing symptoms of low thyroid production but shows normal results from other thyroid tests.
- \$42 Thyroid Antibodies** CPT - 86376; 86800  
Checks for antibodies that can injure the thyroid, affecting thyroid function. Includes thyroid peroxidase (TPO) and thyroglobulin antibody.

All prices in this flier apply to this event only, are subject to change without notice, and may vary based on location.



## ADDITIONAL SCREENINGS

- \$77 Rheumatoid Arthritis (RA) Expanded Panel** CPT - 85652; 86140; 86200; 86431  
These tests can help identify rheumatoid arthritis and arthritis associated with autoimmune disorders. **Test includes:** C-Reactive protein (CRP) Quantitative test; cyclic citrullinated peptide antibodies; rheumatoid arthritis factor.
- Also Includes a Antinuclear Antibodies (ANA) Screening.** An autoimmune disorder screening, ANA is a type of auto-antibody that attacks proteins inside your cells.
- \$52 Hepatitis C Antibody** CPT - 86803  
This test checks for antibodies to Hep. C indicating a previous infection. The CDC recommends this test once for adults with no risks born between 1945 and 1965. Also for those who have injected drugs or were recipients of transfusions or organ transplants prior to 1992.
- \$27 Blood Type - ABO RH** CPT - 86900; 826901  
Determination of ABO blood group type and Rh factor.
- \$27 C-Reactive Protein (CRP) - High Sensitivity CRP** CPT - 86141  
An elevated CRP is a marker of inflammation and can help to evaluate risk of cardiovascular disease, inflammatory disorders or infections.
- \$27 Hemoglobin A1C** CPT - 83036  
A screening that reflects average blood sugar levels for the past two to three months. Recommended for diabetics or those with a family history of high blood sugar. (Immediate fasting blood sugar glucose level is included in the Chemistry Profile.)
- \$27 Ferritin** CPT - 82728  
Indicates levels of iron protein stored in the body. Appropriate if iron levels are out of range in the Chemistry Panel.
- \$52 Celiac Screening** CPT - 83516  
Screening of antibodies to aid in the diagnosis of gluten-sensitivity. You must be on a gluten-containing diet for antibody (blood) testing to be accurate.

## PRODUCTS & VACCINES

- \$25 Wellness Portal w/ Health Assessment (HA)**  
A one year subscription to the WHF Wellness Portal Online which includes a comprehensive Health Assessment. Take control of your wellness program with features like exercise trackers, meal planners and workshops.
- \$25 Flu Vaccine** CPT - 90656  
Seasonal availability. Recommended yearly by the CDC.

## DRINK PLENTY OF WATER AND TAKE MEDICATIONS AS USUAL.

- WHF highly recommends consultation with a physician prior to and following these tests.
- WHF recommends 12 hours fasting prior to blood draw, unless you are Diabetic.
- All WHF tests are non-diagnostic and intended for wellness purposes only.

## Covered Screenings/Products

For all other screenings, WHF accepts all forms of payment.  
Cash, Check or Credit Card.

Blood pressure and body fat analysis/BMI screenings will be available at no charge!  
All WHF tests are non-diagnostic and intended for wellness purposes only.



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