

# One and One



## *One Action and One Tool from the UUA Ministries and Faith Development Staff Group*

One and One is produced by the UUA Ministries and Faith Development Staff Group. In this simple weekly brief, busy Unitarian Universalist Professionals will find one exciting thing going on at the UUA, and one useful tool. Please submit content ideas or feedback to [one-and-one@uaa.org](mailto:one-and-one@uaa.org).

### *One Thing Going On*

#### *Open Enrollment and Good News!*

The Health Plan Trustees have been able to do the near-impossible for 2012 – increase benefits and lower rates. The November Open Enrollment is an opportunity to join the Plan, even for congregations and their staff that have missed past Open Enrollments.

No one will receive a rate increase, and most will see a decrease in their billing rates. Congregations and staff currently in the Plan will automatically be rolled over to the new 2012 rates.

On the benefits side, the generic prescription drug co-pay will be lowered to \$10, the outpatient mental health co-pay will be lowered to \$20, as will all of the co-pays for physical therapy, occupational therapy, and speech therapy.

If your congregation has not already joined the Plan, consider the Plan's track record for premium increases (less than 16% over five years), its history of benefit improvements, and the Plan's social justice commitment, and think about joining the more than 300 congregations that have become part of the UUA Health Plan movement.

Contact UUA Health Plan Director [Jim Sargent](#) for more information.

UUA *Health Plan*

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### *One Useful Tool*

#### *Elder Enrichment*

**From the High Hill: Odyssey Writing for Elders**, a Tapestry of Faith resource by Reverend Anne Odin Heller, is now online.

This program engages elders in mining the stories of a lifetime to create a presentation to share with peers in the High Hill group, loved ones, and co-congregants. Two weekend retreats—one for preparation, one for presentations—frame an individual period of remembering, sorting, reflecting, and writing. Participants are guided to gather and reflect on stories that delight, that challenge, that invite new wisdom and understanding, and then to act on new goals that emerge from this process. Includes practical implementation guidelines, a thoughtful participant guide for writing a personal Odyssey, and suggestions for celebrating and honoring Odyssey writers in the small group formed for this purpose and in the congregation. From the High Hill is a significant tool for enriching your congregation's ministry to elders.



#### *About One and One*

One and One is published weekly by the Ministries & Faith Development Staff Group at the Unitarian Universalist Association, 25 Beacon Street, Boston MA 02108. [Subscribe/Unsubscribe](#)

