HP Retiree Club of Houston

September 2020

http://www.hprchou.com

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WELCOME

The HP Retiree Club of Houston provides opportunities to gather with the friends and coworkers you knew during your working career. We rely on our membership to guide our selection of activities, so let the Steering Committee know what activities would interest you.

Coordinator's Corner—Carlos Fernandez

Dear members, it has been almost six months since our last newsletter. It has also been almost six months that our lives, daily routines, travel planning, social interactions, etc. have changed. Who would have thought…?

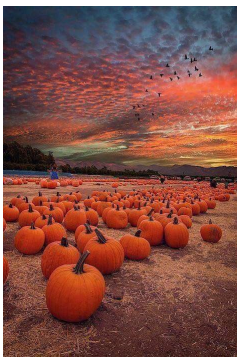
I hope when you get this that you and your family are healthy and that you had no adverse effects from hurricane Laura. Please continue to stay alert; we have two more months of the hurricane season.

Thanks to all of you who participated in the survey back in June. As we plan next year and when some sort of normalcy returns to our lives, we will again schedule face-to-face seminars, day trips, socials, and a community engagement. We will adapt.

Although we have canceled all our face-to face meetings for the rest of the year, we have launched the first of remote meetings via Zoom. Our first ever Zoom gathering was held on August 25th. Kevin Wentzel, an established HP expert on portable computing devices, discussed how HP approaches new product reviews before they go to market plus an overview of one of the newest and affordable HP Envy 360 notebooks. He answered questions throughout and at the end of his presentation. We had only fifteen members on the call out of thirty-six "Yes" RSVP's. More than likely, preparations in anticipation of Laura may have contributed to the low turnout.

We have now programmed three more Zoom webinars. On Friday, September 18th we will host a seminar on "Plant Based Diets for Seniors"; in October 15, we will have a session covering "Investing Strategies in Anticipation of the November Elections"; and on November 11, one of our own retirees, Michael Maglothin, will lead a session entitled: "Let me outta here!Best places to travel in 2021". I hope you can join all three. If you have a speaker you trust that can cover a subject of interest for our audience, please send us a note.

On behalf of the planning committee, I want to thank you for reading and sharing this newsletter. I hope you are ready to welcome the fall later this month with less humidity and cooler temperatures.



Meet Your Steering Committee

Committee Responsibility	Committee Member
Coordinator	Carlos Fernandez
Treasurer/Meeting location reservations	Jan Frazier
Meeting Notes/Action Tracker	Vicki Gore
Precinct 4 Bus Coordinator	Karen Brown, Michael Duhs, Herman de Hoop
Trip planning & research	Peter Martin, FG Seeberger, Planning Committee
Seminar Coordinator/Socials	Jan Frazier, Lori Day
Club website	Ellen Chadick, Carlos Fernandez, Michael Duhs
Newsletter / Editor	Karen Brown, Michael Duhs, Herman de Hoop
Communications	Lori Day, Herman de Hoop, Carlos Fernandez

Upcoming Activities

September 18, Friday	**Plant Based Diets for Seniors**
October 15, Thursday	**How to Invest in a Pre-Election Market**
November 11, Wednesday	**Let me outta here!' Best places to travel in 2021**
December	**No planned activity this month**

PAST ACTIVITIES

PLANT-BASED DIET FOR SENIORS

Dr. Bandana Chawla and **Dr. Roxanne George**
Friday, September 18
Via Zoom*

First, Dr. Bandana Chawla, will cover:

- 1. Current chronic disease burden
- 2. What is Lifestyle Medicine (LM) and how it can address chronic disease?
- 3. Six pillars of LM
- 4. Blue Zones
- 5. Q&A

Then, Dr. Roxanne George, will cover:

- 1. Changes in our eating habits over the decades.
- 2. Dairy and how relates to Breast cancer and Fracture risk.
- 3. Resources that can be used to help increase more whole food, plant-based eating
- 4. Q&A

- ***Dr. Bandana Chawla*** is a board certified physician in Internal Medicine and Lifestyle Medicine. She graduated from UT Southwestern Medical School and completed her residency training at the Texas Medical Center. She has been practicing as an internist in the Houston area for over 20 years.

  Lifestyle medicine is a branch of medicine dealing with research, prevention and treatment of disorders caused by lifestyle factors such as nutrition, physical inactivity, and chronic stress. Over the years Dr. Chawla has incorporated the tenets of Lifestyle Medicine (LM) into her practice and has seen her patients lose weight, improve their diabetes and other health conditions.

  To build on her success, she co-created lifestyledocs.com practice which focuses on eating the right types of food, being fit, reducing stress, and connecting more to achieve holistic wellness. She is also the co-founder of Peaceful Planet Foundation, 501c3 nonprofit, which fosters peace, health and wellness in Houston and the surrounding communities.

- ***Dr. Roxanne George*** is a board-certified Pediatrician and is certified in plant-based nutrition through eCornell. She graduated from American University of the Caribbean and completed her residency at NYU-Winthrop University Hospital. She practiced in NYC until 2016 when she moved to Texas and is currently practicing at Family First Pediatrics in Spring, TX. Dr. George focuses on routine pediatric issues and conditions and incorporates nutrition into her advice to help prevent and treat acute and chronic diseases. Her website is Roxanne-GeorgeMD.com

Why product reviews matter + HP Envy Notebook review

Presenter:

Kevin Wentzel
kevin.wentzel@hp.com
Worldwide Product Experience Strategist
HP PCs

Tuesday, 25 August, was the first Zoom presentation for HP Retirees. The concept was to have HP tell us about what products are coming to the computer market today. We started with notebooks, a hot commodity in this day and age. Kevin Wentzel, Product Experience Strategist in Personal Systems, talked on the HP press review program. In the changing business environment, the review program has transitioned from print press to online websites, YouTube, podcasts and analysts. HP can now tailor the computers to the reviewer's requirements and reaches more customers than before. HP utilizes a lab that prepares and tracks all computers that are sent to reviewers. In turn the press review program is able to see which products draw the most attention on line.

Why Product Reviews Matter

Reviews influence purchasing decisions

- 82% of consumers read & trust product reviews in the purchasing cycle (Pew Research)
- Over 90% of adults routinely check online reviews before buying
- Customers will spend up to 31% more on a business with "excellent" reviews and 72% say that positive reviews make them trust a business more
- When making a purchasing decision more customers (57%) consider consumer electronics product reviews than any other category; (reviews on cars 45%)
- Affiliates program can link purchases to reviews.

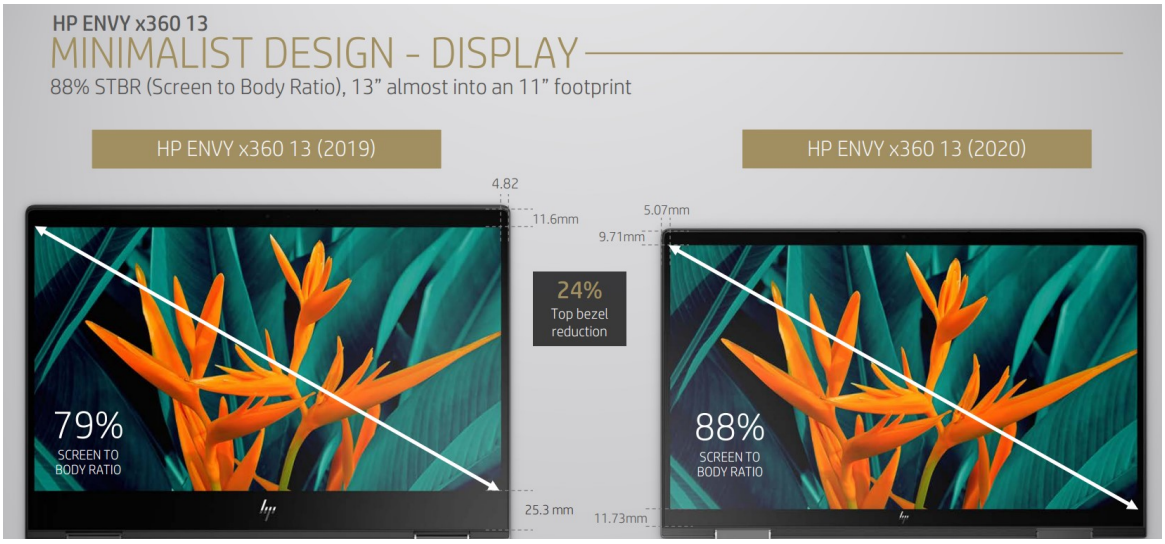
Reviews increase visibility

- Build trust and reputation in the eyes of consumers through Independent third-party validation
- Increase product visibility & discoverability and overall SEO
- Differentiate HP as a technology and innovation leader

Why product reviews matter + HP Envy Notebook review (cont'd)

From the discussion of press reviews, Kevin moved on to one of HP's most popular products, the HP Envy 360. This notebook is a best seller for HP. The 360 refers to the screen rotation, which allows the computer to be used as a notebook or a tablet.

The notebook comes with a 88% screen to body ratio, giving the customer a larger screen and reduction in notebook size compared to previous years.



The HP Envy 360 comes with a choice of processors, including the new AMD Ryzen processor, a strong mobile performer. At $699.99 this configuration is one of the best bargains in the computer market.

VOTETEXAS.GOV

November 3, 2020 is the Uniform Election
Last day to register to vote is October 5, 2020

County election officials in Texas encourage voters 65 and older to use a ballot by mail in upcoming elections. In Texas, you do not need an excuse to use a ballot by mail if you are 65 and older.

For more information on where to mail your application, check the State of Texas county list. For more information about voting in Texas including early voting, access the Center for Voter Information website.

Your application must be received by the early voting clerk of the local entity conducting the election not later than the 11th day before election day. If the 11th day is a weekend or holiday, the deadline is the first preceding business day.

You can get a formal application for a ballot by mail from:

The Secretary of State's office
The Early Voting Clerk in your county
Download an application for a ballot by mail here. (PDF)

If you prefer to vote in person, you have the option to participate in early voting as well as voting the day of the election.

Early in-person voting begins Tuesday, October 13, 2020

Early in-person voting ends Friday, October 30, 2020

For more information, visit:

Texas: Election Tools, Deadlines, Dates, Rules, and Links

Resources

For more retiree information from HPE/HPI, please access these websites via user names and passwords in the table below:

www.hp.com/retiree - (Maintained by HP Inc (HPI) for retirees)
This website retains some information that is available to any of the legacy companies' retirees and does not require a password. The other information (Benefits, Discounts, Open Enrollment - *specific to HP Inc*) has been moved to HP Continuum and DOES require you to create your own user name and password.

Are you an HP retiree with a Payroll issue? HP has cancelled its 1-800 number for employees and retirees to reach Payroll. The only way to contact HP Payroll is through this email address: payroll.us.i@hpe.com. (Note: type carefully … the letter "i" in the email address identifies you as an HP Inc. designated retiree.) Include your full name and employee number in the message.

www.hpcontinuum.com - HP news, retiree stories, videos, and member spotlights for HPI employees that meet the following criteria:

- Age 55 and 10 years of service under the HP Retiree Medical Program
- Age 55 and 15 years of service under the Pre-2003 Retiree Medical Program
- Age 50 with at least five years of vesting service under the Compaq Computer Corporation Cash Account Pension Plan (CAPP) under the Former Digital Retiree Health Program.

www.hpalumni.org - HP Alumni Association (Maintained by volunteer HP retirees/former employees)
Join HPAA at no charge; use the online Benefits forum to compare notes on US retiree health plans – year-round and during Annual Enrollment. Check out their website for a wealth of information and selected forums to join.

1. Know someone leaving HP? Send them this link to our "ASAP Checklist" -- advice from members of the independent HP Alumni Association on urgent things to do before losing HP access and in the following weeks. (Membership not required.)

2. Social Security. Video with an expert from the Social Security Administration. When to start. How working affects your benefits. Spouse, children, divorce, survivor, disability, taxes. Much more.

Program	URL
HP Retiree Club of Houston	www.hprchou.com
HPI (Discounts area, choose Retiree Discounts link) *	www.beneplace.com/hp_employee/
HP Continuum (News, Benefits, Contacts)	www.hpcontinuum.com
Employee Programs (Discounts) *	www.houston.hpway.org
HP Branded Merchandise *	www.hpstore.com *click on Partners*

* Note: Usernames and Passwords are available when you sign up to HP Continuum

Old people are just young people who have been alive for a very long time