



Eye-vexing allergies and how to relieve them

From the northwest coast to the southern shores, common allergies can affect our eyes at different times of the year. We've got a list of common allergies – by region and season – and simple ways to protect your eyes against them.

We often associate runny noses, congestion and sneezing with seasonal allergies. However, trees, grass and weeds can also be the sites of sore eyes – causing itchiness, tearing and swelling. As many as 50 million people in the United States suffer seasonal allergies, according to estimates by the American College of Allergy, Asthma & Immunology. Allergies develop when your body's immune system mistakes certain environmental substances (such as pollen and mold) as invaders – and then produces antibodies, triggering an allergic reaction.

If your eyes are seeing red and you suspect allergies, here are a few steps to help prevent and relieve symptoms:

- Check the weather: tree, grass and ragweed pollens thrive during cool nights and warm days. It's true that rain washes pollen away, but counts can soar after rainfall.
- When pollen and mold counts are high, stay inside and keep windows and doors closed.
- Shower daily to rinse pollen from your hair and skin.
- Install furnace filters that can trap common allergens and replace the filters often. If your allergies are wicked, you may consider an air purifier.
- When you do go outdoors, try wraparound sunglasses to help shield your eyes from pollen.
- If you wear contact lenses, consider swapping them for frames or using disposable contacts. Longer-wearing contact lenses can gather and store airborne allergens.
- Eye drops can relieve mild symptoms by washing allergens away – check with your eye doctor to recommend a few brands.
- Try a particulate-filtering mask when mowing or doing outdoor chores. And then shower and change clothes immediately after.



HELLO
Spring

Fund Office Reminders

Unsure of who your Employee Assistance Provider (EAP) is?

If you are unsure of who your EAP is, check the back of your medical identification card. If EAP is listed, your EAP is Anthem. If EAP is not listed, your employer provides an EAP. For details on your employee provided EAP, contact your Human Resources department, as the Fund Office does not have this information.

New Medical and Dental Cards Mailed Out Earlier this Year!

All eligible members and their dependents over the age of 18 were sent a new medical and a new dental ID card earlier this year. Be sure to present your cards to all of your medical and dental providers so that your claims are processed as quickly as possible.

If you did not receive new cards or would like additional cards, please contact the Fund Office.

Update Your Address with the Fund Office

Have you recently moved or have plans to move in the near future? Have a dependent child age 18 or older that has recently moved? If so, please be sure to provide the Fund Office with your most current address. Download a Change of Address form on our website at tjc83funds.org/forms.asp or by requesting one from the Fund Office.

All changes to Pension information must be submitted in writing to the Fund Office. Changes may be submitted by mail, fax or other electronic means. This includes mailing addresses, beneficiary information and bank account information.

The Fund Provides Secondary Coverage for Dependents up to Age 26 with Other Insurance

Your dependent age 18 or older should receive a Qualifying Child Coordination of Benefits form annually. This form is mailed directly to the dependent and is sent two months prior to the dependent's birth month. If your dependent becomes employed and receives coverage from his/her employer before the form is received, please notify the Fund Office. We will send a form to them to be filled out by their employer.

Once the Fund is notified of the primary coverage, we will then provide the dependent with secondary coverage. After the primary carrier has considered the claim, the Fund will consider the amount that remains. Keep in mind that your dependent must follow the guidelines of the primary carrier, otherwise the secondary claim may be denied.

For prescription reimbursements, send a copy of the receipt or itemized statement from the pharmacy, including the primary carrier's payment, to the Fund Office. If you or your dependent have questions regarding secondary coverage, please contact the Fund Office.



Federal Income Tax Withholdings for Pensioners

Federal Law requires federal income tax be withheld from pension benefits unless you elect an exempt status and penalties may be imposed by the Internal Revenue Service for insufficient withholding. If you are receiving periodic payments from the Pension Fund, you would have been given the opportunity to have federal income taxes withheld from your monthly payment when you first applied for pension benefits. If the Fund office doesn't have an election from you, then the Fund is required to withhold federal tax as if you were married with three (3) exemptions by default. This default withholding applies the total taxable portion of any periodic payments issued by the Pension Fund and would remain in place until the Fund office receives an updated withholding election form. Note: Under the default scenario, federal tax withheld might be less than the necessary amount needed to cover your total tax obligation for the year.

Each year the Pension Fund sends a reminder notice to recipients of periodic payments, so that retirees receiving pension payments are aware of their rights to start federal tax withholding or change an existing withholding election. This year the Fund office received higher numbers of calls than anticipated from our retirees to discuss adequate Federal tax withholding, so we encourage you to examine your withholding amounts and make any necessary changes. This will ensure you are having the appropriate amount of federal tax withheld from each pension benefit payment.

The Pension Fund can also withhold Virginia State taxes; however, the Fund cannot withhold state taxes from any other state. Current tax withholding forms (2023 IRS Form W-4P and Virginia FORM VA-4P) can be found on the Funds website: <https://tjc83funds.org/pension-forms.asp>

Annual Funding Notice for Teamsters Joint Council No. 83 of Virginia Pension Fund

This notice includes important information about the funding status of your multiemployer pension plan (the “Plan”). It also includes general information about the benefit payments guaranteed by the Pension Benefit Guaranty Corporation (“PBGC”), a federal insurance agency. All traditional pension plans (called “defined benefit pension plans”) must provide this notice every year regardless of their funding status. This notice does not mean that the Plan is terminating. It is provided for informational purposes and you are not required to respond in any way. This notice is required by federal law. This notice is for the plan year beginning January 1, 2022 and ending December 31, 2022 (“Plan Year”).

How Well Funded is Your Plan

The law requires the administrator of the Plan to tell you how well the Plan is funded, using a measure called the “funded percentage.” The Plan divides its assets by its liabilities on the Valuation Date for the plan year to get this percentage. In general, the higher the percentage, the better funded the plan. The Plan’s funded percentage for the Plan Year and each of the two preceding plan years is shown in the chart below. The chart also states the value of the Plan’s assets and liabilities for the same period.

Funded Percentage			
	Plan Year 2022	Plan Year 2021	Plan Year 2020
Valuation Date	January 1	January 1	January 1
Funded Percentage	109.0%	103.5%	93.7%
Value of Assets	\$1,160,347,127	\$1,010,638,760	\$903,986,960
Value of Liabilities	\$1,063,845,549	\$975,975,722	\$964,544,620

Year-End Fair Market Value of Assets

The asset values in the chart above are measured as of the Valuation Date. They also are “actuarial values.” Actuarial values differ from market values in that they do not fluctuate daily based on changes in the stock or other markets. Actuarial values smooth out those fluctuations and can allow for more predictable levels of future contributions. Despite the fluctuations, market values tend to show a clearer picture of a plan’s funded status at a given point in time. The asset values in the chart below are market values and are measured on the last day of the Plan Year. The chart also includes the year-end market value of the Plan’s assets for each of the two preceding plan years.

	Dec. 31, 2022 Estimated	Dec. 31, 2021	Dec. 31, 2020
Fair Market Value of Assets	\$1,163,648,053	\$1,310,526,872	\$1,072,998,615

Endangered, Critical, or Critical and Declining Status

Under federal pension law, a plan generally is in “endangered” status if its funded percentage is less than 80 percent. A plan is in “critical” status if the funded percentage is less than 65 percent (other factors may also apply). A plan is in “critical and declining” status if it is in critical status and is projected to become insolvent (run out of money to pay benefits) within 15 years (or within 20 years if a special rule applies). If a pension plan enters endangered status, the trustees of the plan are required to adopt a funding

improvement plan. Similarly, if a pension plan enters critical status or critical and declining status, the trustees of the plan are required to adopt a rehabilitation plan. Funding improvement and rehabilitation plans establish steps and benchmarks for pension plans to improve their funding status over a specified period of time. The plan sponsor of a plan in critical and declining status may apply for approval to amend the plan to reduce current and future payment obligations to participants and beneficiaries.

The Plan was not in endangered, critical, or critical and declining status in the 2022 Plan Year and is not in endangered, critical, or critical and declining status in the current plan year (2023).

Participant Information

The total number of participants and beneficiaries covered by the Plan on the valuation date was 7,830. Of this number, 2,889 were current employees, 3,882 were retired and receiving benefits, and 1,059 were retired or no longer working for the employer and have a right to future benefits.

Funding & Investment Policies

Every pension plan must have a procedure to establish a funding policy for plan objectives. A funding policy relates to how much money is needed to pay promised benefits. The funding policy of the Plan is that it is fully funded by contributions made by employers pursuant to collective bargaining agreements and participation agreements with unions that represent the Plan’s participants.

Pension plans also have investment policies. These generally are written guidelines or general instructions for making investment management decisions. The investment policy of the Plan is to maximize the total rate of return over the long term, subject to preservation of capital, by diversifying the allocation of capital among professional investment managers with various investment styles.

Under the Plan’s investment policy, the Plan’s assets were allocated among the following categories of investments, as of the end of the Plan Year. These allocations are percentages of total assets:

Asset Allocation	Percentage
1. Cash (Interest bearing and non-interest bearing)	2.46%
2. U.S. Government securities	4.28%
3. Corporate debt instruments (other than employer securities):	
Preferred	
All other	4.67%
4. Corporate stock (other than employer securities)	
Preferred	
Common	17.04%
5. Partnership/joint venture interests	10.56%
6. Real estate (other than employer real property)	
7. Loans (other than to participants)	
8. Participant loans	

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9. Value of interest in common /collective trusts	57.07%
10. Value of interest in pooled separate accounts	
11. Value of interest in master trust investment accounts	
12. Value of interest in 103-12 investment entities	
13. Value of interest in registered investment companies (e.g., mutual funds)	
14. Value of funds held in insurance co. general account (unallocated contracts)	
15. Employer-related investments:	
Employer securities	
Employer real property	
16. Buildings and other property used in plan operation	0.02%
17. Other	3.90%

For information about the Plan's investment in any of the following types of investments – common/collective trusts, pooled separate accounts, or 103-12 investment entities – contact the Fund Office at 804-282-3131 or by email at yourfund@tjc83funds.net.

Events Having a Material Effect on Assets or Liabilities

By law this notice must contain a written explanation of new events that have a material effect on plan liabilities or assets. This is because such events can significantly impact the funding condition of a plan. For the plan year beginning on January 1, 2023, the Plan expects no material events to have such an effect.

Right to Request a Copy of the Annual Report

Pension plans must file annual reports with the US Department of Labor. The report is called the "Form 5500". These reports contain financial and other information. You may obtain an electronic copy of your Plan's annual report by going to www.efast.dol.gov and using the search tool. Annual reports also are available from the US Department of Labor, Employee Benefits Security Administration's Public Disclosure Room at 200 Constitution Avenue, NW, Room N-1513, Washington, DC 20210, or by calling 202.693.8673. Or you may obtain a copy of the Plan's annual report by making a written request to the plan administrator. Annual reports do not contain personal information, such as the amount of your accrued benefit. You may contact your plan administrator if you want information about your accrued benefits. Your plan administrator is identified below under "Where to Get More Information."

Summary of Rules Governing Insolvent Plans

Federal law has a number of special rules that apply to financially troubled multiemployer plans that become insolvent, either as ongoing plans or plans terminated by mass withdrawal. The plan administrator is required by law to include a summary of these rules in the annual funding notice. A plan is insolvent for a plan year if its available financial resources are not sufficient to pay benefits when due for that plan year. An insolvent plan must reduce benefit payments to the highest level that can be paid from the plan's available resources. If such resources are not enough to pay benefits at the level specified by law (see Benefit Payments Guaranteed by the PBGC, below), the plan must apply to the PBGC for financial assistance. The PBGC will load the plan the amount necessary to pay benefits at the guaranteed level. Reduced benefits may be restored if the plan's financial condition improves.

A plan that becomes insolvent must provide prompt notice of its status to participants and beneficiaries, contributing employers, labor unions representing participants, and PBGC. In addition, participants and

beneficiaries also must receive information regarding whether, and how, their benefits will be reduced or affected, including loss of a lump sum option.

Benefit Payments Guaranteed by the PBGC

The maximum benefit that the PBGC guarantees is set by law. Only benefits that you have earned a right to receive and that cannot be forfeited (called vested benefits) are guaranteed. There are separate insurance programs with different benefit guarantees and other provisions for single-employer plans and multiemployer plans. Your Plan is covered by PBGC's multiemployer program. Specifically, the PBGC guarantees a monthly benefit payment equal to 100 percent of the first \$11 of the Plan's monthly benefit accrual rate, plus 75 percent of the next \$33 of the accrual rate, times each year of credited service. The PBGC's maximum guarantee, therefore, is \$35.75 per month times a participant's credited service.

Example 1: If a participant with ten (10) years of credited service has an accrued monthly benefit of \$600, the accrual rate for purposes of determining the PBGC guarantee would be determined by dividing the monthly benefit by the participant's years of service ($\$600/10$), which equals \$60. The guaranteed amount for a \$60 monthly accrual rate is equal to the sum of \$11 plus $\$24.75 (.75 \times \$33)$ or \$35.75. Thus, the participant's guaranteed monthly benefit is \$357.50 ($\35.75×10).

Example 2: If the participant in Example 1 has an accrued monthly benefit of \$200, the accrual rate for purposes of determining the guarantee would be \$20 (or $\$200/10$). The guaranteed amount for a \$20 monthly accrual rate is equal to the sum of \$11 plus $\$6.75 (.75 \times \$9)$, or \$17.75. Thus, the participant's guaranteed monthly benefit would be \$177.50 ($\17.75×10).

The PBGC guarantees pension benefits payable at normal retirement age and some early retirement benefits. In addition, the PBGC guarantees qualified preretirement survivor benefits (which are preretirement death benefits payable to the surviving spouse of a participant who dies before starting to receive benefit payments). In calculating a person's monthly payment the PBGC will disregard any benefit increases that were made under a plan within 60 months before the earlier of the plan's termination or insolvency (or benefits that were in effect for less than 60 months at the time of termination or insolvency). Similarly, the PBGC does not guarantee benefits above the normal retirement benefit, disability benefits, not in pay status, or non-pension benefits, such as health insurance, life insurance, death benefits, vacation pay, or severance pay.

For additional information about the PBGC and the pension insurance program guarantees, go to the Multiemployer Page on PBGC's website at www.pbgc.gov/multiemployer. Please contact your employer or plan administrator for specific information about your pension plan or pension benefit. PBGC does not have that information. See "Where to Get More Information About Your Plan," below.

Where to Get More Information

For more information about this notice, you may contact the Fund Office at 804-282-3131 or by email at yourfund@tjc83funds.net. For identification purposes, the official plan number is 001, the plan sponsor's name is Teamsters Joint Council No. 83 of Virginia Pension Fund and the employer identification number or "EIN" is 54-6097996.



Congratulations to all the Fund Retirees!

The Fund would like to recognize the following Participants on their recent retirement!

Local 22

JOHN PATTERSON
KENNY WAMPLER
JOSEPH ROSE
RANDALL CRAWFORD
JOHN H. MCGEE, JR.

Local 29

BARRY M. HEAVNER
KERRY A. HERSHEY
DENNIS D. LAING
DIANE MONTEMAYOR
CHARLES PRUITT
GEORGE SHAFFER, JR.
HAROLD SMITH
CLYDE SNODDY, JR.
TIMOTHY SPENCER
RUDY SPROUSE
GREGORY TRENARY
FRED L. DOWDY

Local 171

MICHAEL L. ELKINS
CLORINDA ERMINI
MACK NICHOLS
JEFFREY WILLIAMSON
WILLIE WOOD, JR.
THOMAS HOSTETTER
GENE SIZEMORE
ROBERT MILLER
STEVEN SLATER
RONNIE D. DILLARD
ROBERT FRAZIER
TIMOTHY HOGAN

Local 592

ALVIN REAVES
DONALD JOHNSON
REGINALD WALSTON

Local 322

SCOTT PARROT
CHARLES PHELPS, III
WALTER SMITH
DOMENIC SPANO
DARRYL GREEN
DAVID CLAY
CHESTER BROWN

Local 822

MICHAEL SHARPE
ROBERT SLATER
FLOYD STEPHENS
GARY WILLIAMS
EDWARD HAGAMAN
MICHAEL HARRIS
JON RANDLE
HELEN HUTCHINS

Fund Office Contact Info

Phone:

804 282-3131 - local
800-852-0806 - toll free

Fax:

804- 288-3530

Web:

www.tjc83funds.org

Email questions and comments:

yourfund@tjc83funds.net

Email documents and forms:

documents@tjc83funds.net

Please be aware that unencrypted, unauthenticated internet e-mail is inherently insecure. Email messages may be corrupted, incomplete, or may incorrectly identify the sender. To secure your message, try using a free secure email such as SAFe-mail. If you have questions regarding HIPAA regulations or how to assure the security of your protected health information, please contact the Fund Office.



Teamsters Joint Council No. 83 of Virginia
Health & Welfare and Pension Funds
8814 Fargo Road
Suite 200
Richmond, VA 23229

Hello Spring!

A	H	E	A	L	T	H	C	A	R	E	G	G	A
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REVIVAL
ANTHEM
COVERAGE
ALLERGIES
SPRINGTIME
HEALTHCARE
DEDUCTIBLE
PENSION
BLOOMING
BENEFITS