

Retiree Benefits News



Celebrating Earth Day: A guide for Retirees

Embracing nature and sustainability in your golden years

Earth Day is an annual event celebrated on April 22, dedicated to demonstrating support for environmental protection. Since its inception in 1970, Earth Day has grown to include a wide range of activities aimed at raising awareness about environmental issues and promoting sustainable practices. It is a day for action, education, and community engagement, encouraging individuals across the globe to make a positive impact on the planet. From tree-planting initiatives to clean-up drives and educational workshops, Earth Day offers a multitude of ways for people of all ages to contribute to the well-being of our environment. Join the movement, embrace the spirit of Earth Day, and let's work together to ensure a greener, healthier future for generations to come.

For more information about Earth Day events, visit the [Earth Day website](#).

The history of Earth Day

Earth Day started in 1970, led by Senator Gaylord Nelson in the U.S., addressing pollution concerns. The first Earth Day led to policy changes and the creation of the Environmental Protection Agency (EPA). Now, Earth Day is a global movement, observed by over 190 countries.

Why Earth Day matters

As retirees you have witnessed environmental changes over the years. Earth Day emphasizes the importance of preserving natural resources for future generations and addresses pollution, deforestation, loss of biodiversity, and climate change. Retirees can advocate for a healthier planet.

Ways to celebrate Earth Day

- Engage in community cleanups - Join or organize a community cleanup to pick up litter and recyclables in local parks, beaches, or neighborhoods.
- Plant Trees and gardens - Participate in tree-planting events or start a garden to promote biodiversity and connect with nature.
- Reduce, reuse, recycle - Reduce single-use plastics, reuse items, and recycle materials like paper, glass, and aluminum.
- Attend Earth Day events - Join local Earth Day events such as workshops, nature walks, film screenings, and lectures.
- Advocate for policy changes - Write letters, sign petitions, and support organizations that work towards environmental conservation.
- Support eco-friendly businesses - Choose businesses that prioritize sustainability and environmentally responsible products and services.

The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans for their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pre-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have any questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description and prior SMM's, or call the claims administrator for the plan or the Service Center directly.

Staying informed and inspired

- Reading and learning - Subscribe to environmental magazines, read books on ecology, and follow reputable websites and organizations.
- Connecting with nature - Spend time outdoors to experience the beauty and tranquility of nature, reinforcing the importance of protecting these spaces.
- Teaching and mentoring - Share knowledge and passion for the environment with younger generations through conversations, volunteering, and mentoring.

Earth Day is a celebration for all ages, inviting everyone to help preserve our planet. Retirees can embrace nature, engage in meaningful activities, and advocate for a sustainable future. On April 22nd, let's celebrate Earth Day and make a difference in our communities.