



# Allegheny County

September 2018

## Retirees Association

# NEWSLETTER

P.O. Box 112615 • Pittsburgh, PA 15241-0215 • 412-459-7674

Visit our website at: <http://acretirees.org>

### BOARD OF DIRECTORS:

Guy Tumolo, *President*  
Pete Schepis, *Vice-President*  
JoAnna McQuaide, *Secretary*

Janet Norkus, *Treasurer*  
Connie Przybyla, *Editor*  
Angela Conte

Pamela Long  
Marge Lubawy  
Joan McMahon

## MESSAGE FROM THE PRESIDENT

With the fall issue of the newsletter going to all County retirees we call your attention to major events of the Association for the next four months. Election of Board members will take place in October/November with the results announced at the annual meeting in November. All retiree members in good standing (i.e., with paid up dues) may vote and run for a board position. Anyone wishing to run please send your name and a short bio to our email or post office address before October first.

We have very interesting luncheon speakers scheduled. In September, Edd Hale will tell us

about a botched bank robbery in the olden days of Castle Shannon (very humorous); in October Stan Olszewski will speak about senior lifestyles (very useful).

At the annual meeting in November there will be a report on the pension plan and possibly Medicare in addition to the results of the election. December will bring our annual Christmas Party with entertainment from the Harmony Singers. Get together with old and make new friends. The food is good, the speakers entertaining and informative, and the conversation stimulating.

The last special activity of the year is scheduled for September 13 on the Gateway Clipper.

All these activities are brought to you by a group of volunteers working to provide the membership with communication, social opportunities, informational speakers, and pension plan news. If you are not a member yet, you can join by filling out the registration form found elsewhere in this Newsletter and mailing it with your dues. This quarterly newsletter alone is worth the cost of the dues. Dues are also used to subsidize luncheons and some activities

We encourage everyone to join your friends and former co-workers in good conversation, food, and activities. Hope to see many of you at one of the Association events.

### SAVE THE DATE

**September 13, 2018**

Gateway Clipper Outing

**September 19, 2018**

**(Member Appreciation Month – Special Luncheon Discount Price for Members)**

Speaker/Topic: *Edd Hale – The Great Castle Shannon Bank Robbery of 1917*

**October 17, 2018**

Senior Help Lifestyle Connections

**November 14, 2018**

Retirement Board Updates

**December 12, 2018**

ACRA Annual Holiday Party

# HISTORY OF AIR QUALITY PROGRAM / A Work in Progress

by Jayme Graham, Manager Air Quality Program, ACHD



**Staff checking a particulate monitor**

When the Allegheny County Health Department was initiated January 1, 1957, air pollution control had already been an issue for a long time. Rumor has it that in 1807 Town Burgess General Presley Neville called for higher chimneys to lessen smoke problems, and in March 1815 local newspapers advocated a program of pollution control.

A 1914 regulation was issued that included a requirement that a window had to be placed at all industrial and energy facilities that would allow the person charging the boilers with coal to be able to see the smoke coming out of the stack, in order to adjust the coal and air ratio. In a 1935 smoke inspector report, the inspector said that they were usually welcomed to the plant, for they gave advice on how to save fuel. Smoke, after all, is mostly unburned fuel.

When the Health Department was created, the City of Pittsburgh and Allegheny County smoke control agencies were combined into the Department's Bureau of Air Pollution Control. Article XIII was adopted in 1960 and contained the strongest particulate control regulations in the nation. In 1966 the state delegated air pollution control responsibilities to the County.

The 1970 federal Clean Air Act required areas with high pollution to develop plans, called State Implementation Plans (SIP), to combat air pollution. As part of these plans, major efforts were undertaken by USS to control its 21 coal-fired boilers and numerous steelmaking facilities in the valley. Duquesne Light installed scrubbers on two of its three electric power plants. Jones and Laughlin Steel signed a consent decree to begin a clean-up in 1975. However, in 1977 an advisory referendum in Allegheny County asked voters to "Choose between jobs or a cleaner environment." The importance of clean air was still in question, but attitudes were quickly changing.

In 1979-1981 the ACHD completed a comprehensive plan to control for all the six main pollutants. In 1985

LTV Steel (previously Jones & Laughlin Steel) installed a new coke oven gas cleaning system that immediately and finally brought the Hazelwood area air within the federal health standards, however they closed in 1989 for business reasons. Other steel plants, the Homestead works, Duquesne Works, and the National plant, all closed. None were closed due to air pollution issues.

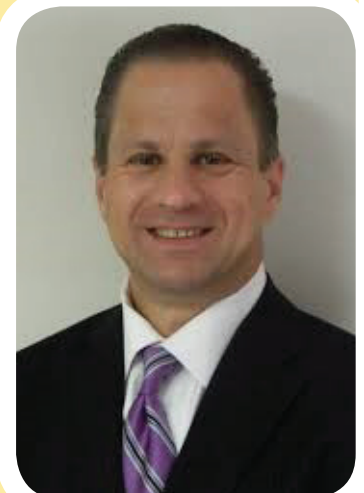
Continued enforcement efforts, through legal actions and regulation changes, showed further progress. A new plan was completed in 1995 to control for a new size of particulate called PM-10. This plan included innovated computer modeling that is being used by other states even today.

Due to hard work of County staff, a renewed effort by industry, and an active citizenry, in 2000 the County met all the federal health standards for air quality. But it was short-lived. The U. S. Environmental Protection Agency is required to review those standards regularly, and by 2004 the County was out of compliance with the newer ozone standard. More work needed to be done.

We continue to have air quality issues in this County. The County is exceeding the PM-2.5 (fine particulate) and sulfur dioxide standards and is in danger of exceeding the ozone standard. A new drive for better enforcement of violators, and a new call for cleaner air, is changing a number of activities at the Health Department's Air Program. A more stringent penalty policy, which levies higher penalties for air pollution violations began in January 2018. An increase of legal actions continued from 2017, and staff are looking at new and innovative ideas on how to educate sources and the public of the necessity of managing activities to reach better health through better air quality.

## Congratulations

Congratulations to  
Frank DiCristofaro,  
who was re-elected  
to a 4-year term  
as Employee  
Representative  
on the Retirement  
Board of Allegheny  
County.



# COPING WITH ARTHRITIS by Joan McMahon

The term “arthritis” refers to many conditions that affect the joints or tissues around the joints. Some types of arthritis, such as rheumatoid arthritis, also affect the immune system and some internal organs of the body. Most types cause pain and stiffness in and around the affected joint or joints. Osteoarthritis (OA) which is the most common form of arthritis, is the type discussed in this article.

OA is sometimes called degenerative joint disease. It most frequently occurs in the hands, hips, and knees. As cartilage surrounding the joints begins to break down, pain, stiffness and swelling, and decreased range of motion often result. The federal Centers for Disease Control and Prevention (CDC) estimates that osteoarthritis affects over 30 million U.S. adults.

## ***What are the risk factors for OA?***

- Joint injury or repetitive stress on a joint
- Age – The risk of developing OA increases with age.
- Gender – Women are more likely to develop OA than men, especially after age 50.
- Being overweight – Extra weight puts more stress on joints, particularly weight bearing joints like the hips and knees.
- Genetics, lifestyle, and environment are also being studied as possible risk factors.

## ***How is OA diagnosed and treated?***

OA is diagnosed by a physician through a physical examination, review of symptoms, X-rays, and blood tests. Doctors usually treat OA with a combination of therapies, which may include: physical activity, physical therapy, weight loss, medications (both prescription and over-the-counter), supportive devices, such as canes, and surgery if other options have not been effective.



## ***How can I manage OA and improve my quality of life?***

- Talk with your doctor regularly and follow your recommended treatment plan.
- Be active. Being physically active can reduce pain, improve function, mood, and quality of life. Experts recommend that adults engage in 150 minutes per week (30 minutes a day for 5 days) of moderate, low impact physical activity such as: walking, swimming, water aerobics, or biking. If you experience pain while exercising, modify your physical activity program by exercising for a shorter period of time or trying a different exercise to reduce pressure on the joints, for example, switch from walking to water aerobics.
- Manage your weight. Losing excess weight and staying at a healthy weight is vital for people with OA. Losing as little as 10-12 pounds can alleviate pain and improve function for people with arthritis.
- Protect your joints. Choose low impact activities that are easy on the joints such as swimming, walking and biking. Take steps to prevent joint injury, such as wearing protective equipment and avoiding repetitive twisting motions.

You may want to investigate regional group activities. Many communities offer arthritis friendly activity programs at local libraries, parks, Y's, and neighborhood centers. The Arthritis Foundation's six week “Walk with Ease” program teaches how to safely make physical activity part of your everyday life.

Living with osteoarthritis is challenging, but by adopting CDC's Arthritis Program's Five Key Takeaways: 1) Learn Arthritis Management Strategies. 2) Be Active. 3) Watch Your Weight. 4) See Your Doctor. 5) Protect Your Joints, these challenges can be positively addressed.





**In Memoriam\***

HIRSCH, MARY A.....4/8/2018  
OTTO, NORMA W .....4/8/2018  
DRUTIS, MARY B .....4/14/2018  
KONYA, RUTH A.....4/14/2018  
CLOONAN, THOMAS V.....4/25/2018  
SPARTIS, THOMAS L.....4/27/2018  
ZALOZNIK, FRANCES E.....5/2/2018  
STANKOVIC, CHARLES.....5/4/2018  
WOJNOVICH, JUDITH A.....5/8/2018  
DUCHAI, DOROTHY V.....5/12/2018  
TURNER, SHIRLEY M.....5/15/2018  
DIMIT, LUCILLE A.....5/16/2018  
LONGACRE, JAMES .....5/18/2018

GROGAN, JUNE M.....5/19/2018  
MULLEN, MICHAEL M.....5/20/2018  
PERKINS, AMY .....5/20/2018  
GEISLER, WILLIAM R .....5/25/2018  
SUSALLA, BARBARA M.....5/27/2018  
BLOUGH, MARY.....6/1/2018  
FIORE, JOSEPH E .....6/1/2018  
HRITZKO, THEODORE M .....6/1/2018  
STONECIPHER, NATHAN K.....6/1/2018  
SWEITZER, BARBARA L .....6/2/2018  
HRITZKO, THEODORE M .....6/3/2018  
FOWLER, CLARENCE E.....6/6/2018  
LANE, RAYMOND A .....6/7/2018  
CUSICK, BERNARD .....6/8/2018  
PALERMO, FRANK G.....6/12/2018  
VIOLA, MARGARET L.....6/14/2018  
NAVARI, ALFRED.....6/16/2018  
TURNER, ROBERT E.....6/21/2018  
YUKOVICH, FRANK J .....6/29/2018

*\*As provided by the Allegheny County Retirement Board*

**County Courthouse Memorabilia**

Memorabilia made from the Allegheny County Courthouse roof is now on sale at Wendell August.com. Type Allegheny County in the search tool to view items available.



**ACRA Picnic** by Connie Przybyla

On Thursday, June 14, 2018, ACRA held their annual picnic. This year the picnic was held at the North Park Old Firehouse. The weather for the day was beautiful; sunny and warm. Members attending were able to enjoy the picnic luncheon either inside or on the picnic benches surrounding the building. Food was delicious. There were pretzel bread sandwiches, sliders, chicken strips, potato salad, macaroni salad, fruit salad and

cookies, brownies and cupcakes for dessert. Members had fun playing the ladder game and the cornhole game or just catching up with fellow retirees. Additionally, members had the opportunity to play Pittsburgh trivia. The winners of the trivia game won lottery tickets. First place with the highest score went to Kathy Burk, second place winner was Pete Schepis and third place went to Christopher Herman.



**Mary Burk, Pete Schepis, Christopher Herman**



**ACRA members enjoying the annual Picnic**

## Congratulations To Our Recent Retirees

### April

Altman, James  
 Ardisson, Lisa  
 Bungard, Maria Lynn  
 Carlino, John  
 Dittman, Brian  
 Foy, James  
 Goppman, Murray  
 Green, Antonia  
 Grosch, Barbara  
 Helfrich, Terrence  
 Jackson, Robert  
 Jaworski, Donna Marie  
 Konesky, Victoria  
 Lane, Emanuel  
 Lee, Nancy  
 Lorenzi, Harry  
 McKelvey, George  
 McMahon, John  
 McVay, John  
 Odonnell, Richard  
 Philbin, Margaret  
 Schreiber, Denise  
 Stecik, Jeannette  
 Stinson, Sandra  
 Wojnar, William  
 Yocca, Russell  
 Young, Lynn  
 Zajch, Kenneth

### MAY

Besselman, John  
 Catania, Paul  
 Digiulio, Dan  
 Evans, David  
 Fields, Sally  
 Fiore, Thomas  
 Hamilton, William  
 Hanczar, Vladimir  
 Kent, Linda  
 Kokenda, John  
 Ruffing, Lawrence  
 Ruffing, Norma  
 Smith, Allen  
 Usner, Richard  
 Wheatley, Joan  
 Wilkosz, Frank Jr  
 Williams, Richard  
 Zacchia, John JR

### JUNE

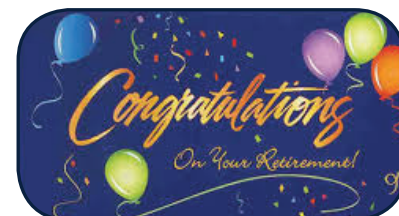
Bowers, Susan  
 Brant, Judith  
 Condello, Kenneth  
 Friday, Jaqueline  
 Gaffron, Wayne  
 Gerstberger, Robert  
 Heffron-Hannah, Joann  
 Hicks, Angela

Kyte, Charles  
 Newman, William  
 Oleary, Donna  
 Rimmel, Mark  
 Rothrauff, Donald  
 Sanders, Roseann  
 Shaw, Robin  
 Tuminello, Terese  
 Walker, Jeffrey  
 Willis, Robert  
 Andrews, Lorraine  
 Broughton, Beverly

### JULY

Brown, Mary  
 Bruener, Rebecca  
 Coffey, Paul  
 Cook, Renee  
 Costa, Joseph  
 Coyne, Martin  
 Cribbins, Kathleen  
 Cruce, Geraldine  
 Devlin, Albert  
 Dimarco, Terry  
 Drab, Joann  
 Ehrin, Diane  
 Fearbry, Mary  
 Ferber, Peggy Lynn  
 Getz, Edward

Hall, Thomas  
 Hancock, Beverly  
 Harper, Stephen  
 Krznaric, Susan  
 Marshall, Iris  
 McNally, Timothy  
 Moore, Charlene  
 Moore, Thomas  
 Morrison, Ronald  
 Nicholson, Clifford  
 O'Neil, Brian  
 Orris, Fran  
 Renwick-Deer, Mary  
 Salopek, Michael  
 Sample, Marilyn  
 Sella, David  
 Sivrich, Nicholas  
 Van Shura, Mary Esther  
 Waag, Patricia  
 Yee, Gim



*As provided by the Allegheny County Retirement Board*

## In the Spotlight – Ron Seyko by Connie Przybyla

In 2015 Ron Seyko retired from Allegheny County after more than 35 years of service. Ron retired as Chief Probation Officer/Director of Allegheny County Adult Probation. Prior to his last position Ron held the following positions: Deputy Director of Adult Probation and Manager of Adult Electronic Monitoring. Additionally, he was a Juvenile Probation Officer and then promoted to Juvenile Probation Supervisor of the following units throughout the years; Sex Offender

Unit, D & A Unit, traditional Probation Unit and Training Department.

Ron fondly remembers at age five going to Forbes Field with his family to watch the Pirates. This began his lifelong passion for baseball. He played outfielder on his high school team and has had season tickets to the Pirates since 2005. Ron and his wife, Linda, have visited 23 of the 30 baseball stadiums. By far his favorite stadium is our very own PNC Park. Ron says nothing beats the view, seats and other amenities at PNC

Park. Camden Park in Baltimore is his second favorite stadium. Now that he is retired, Ron has become a tour guide at PNC Park, where he gets to share his expertise on the history of the Pittsburgh Pirates. Members might remember that Ron was ACRA's tour guide last year when we visited PNC Park. Ron's favorite Pirate players are from the 1960s and include Bill Mazeroski, Bill Virdon, Vernon Law, and Roberto Clemente among others.

Ron has been an adjunct professor at Penn State New Kensington since 2017, where he teaches Administration of Justice courses. Ron has also taught courses at the University of Pittsburgh, Indiana University of Pennsylvania, Carlow University, University of Phoenix, Penn State Fayette, and the University of St. Francis since 1995. Ron also conducts firearm training for Probation and Parole Officers throughout the Commonwealth. He was certified as a firearms instructor in 2007 by the Pennsylvania Firearm Education and Training Commission and has been recertified every three years since then.

Ron has been happily married to Linda for 35 years. Ron is living life to the fullest and truly enjoying his retirement. Way to go Ron!

If you have a hobby or talent you would like to share, please email ACRA at [acreteassociation@gmail.com](mailto:acreteassociation@gmail.com)



**Ron Seyko and his dog,  
 Jameson**

## Call for Board Member Nominations

There are five board member positions up for vote in October. If anyone would like to be a candidate, please send a short bio (name, community you live in, department you worked in, projects you were involved in, and any volunteer activity.) to the ACRA email address (ACRetireeAssociation@gmail.com) no later than October 1, 2018

## Senior Discounts

The National Park Service offers citizens and permanent residents who are 62 and older an America the Beautiful senior pass that gets you into all national parks and federal recreation lands for the ***REST OF YOUR LIFE***. The cost just went up from \$10 to \$80, but it's still a good deal. Travelling companions can also enter for free. At sites where there is a charged per vehicle, the Senior Pass admits owner/s in a non-commercial vehicle and three (3) adults (not to exceed four adults). Also, at many sites, the Senior Pass provides the pass owner (only) a discount on Expanded Amenity Fees (such as camping, swimming, boat launching, and guided tours). A complete list of sites where the pass is available can be found at

<https://store.usgs.gov/sites/default/files/PassIssuanceList.pdf>



### NEW MEMBERSHIP FORM - ANNUAL MEMBERSHIP FEE IS \$15

Join by mailing your completed form and check made check payable to ACRA to the following:  
ACRA, P.O. BOX 112615, PITTSBURGH, PA 15241-0215

Last Name		First Name	
I am the Retiree	YES NO	I am the Spouse of a Retiree	YES NO
Address			
City	State	Zip Code (9 digit if possible)	
Telephone	Cell Phone:		
Email Address			
Dept. You Retired From	Year of Retirement		

To keep our mailing costs down and not bother you with information you may not be interested in, we ask you to check one of the following:

- ☐ I want to receive ACRA postcards announcing the luncheons and special events in addition to the newsletter.
- ☐ I will depend upon the quarterly newsletter and website for ACRA program updates.

**ANNUAL DUES ARE \$15.00**