



Allegheny County

June 2019

Retirees Association

NEWSLETTER

P.O.Box 15285 • Pittsburgh, PA 15237 • 412-459-7674

Website: <http://acretirees.org> • Email: acretireeassociation@gmail.com

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

This year's Association election is for Board Officers. We urge members to step forward and consider running for office. Your Vice-President, Pete Schepis and Secretary, JoAnna McQuaide, have both opted not to run this year. Your Treasurer, Janet Norkus, has moved to Florida. Cathy Thomas has volunteered to assume her duties and has been appointed Treasurer to complete the term in accordance with the by-laws of the Association. In order to convince you that the responsibilities are not overwhelming and encourage you to volunteer we have provided the duties of the various offices on the ACRA website under the tab About ACRA, then click Board - <http://acretirees.org/about-acra/board/>

If you would be interested in serving your fellow retirees in another capacity, volunteer to help on a committee. Currently there are six committees. They are Newsletter, Membership, Nominating, Audit, Program and Election. Activities of each committee are listed on the ACRA website under the tab About ACRA, then click Committees - <http://acretirees.org/about-acra/committees/> to help you make a choice.

Please join us in making our Association meaningful to our thousand plus members. Call us on our voicemail, or better yet, send us an email telling us how you would like to volunteer.

In conclusion, just a few words about our pension plan. There was a downturn in December because of the unusual year end market conditions. According to the County Controller's statement of the unaudited position of the Pension Trust Fund at the end of December 2018, the net position was \$874.7 million, down \$66 million from the first of the year after paying out \$107.6 million in benefits. There has been a welcome recovery in the value of the Fund in January and February. We will have more on the status of the plan as of the end of last year after the "Financial and Actuarial Reports" are released. In the meantime, come join us for the June picnic or any of the remaining luncheons.

SAVE THE DATES

JUNE 20, 2019
ACRA Annual Picnic

JULY AND AUGUST
No meetings or events scheduled

SEPTEMBER 18, 2019
Luncheon Program
Venture Outdoors and the Pittsburgh
Keystone Chorus - an all-male,
a cappella group

**For more details visit our website at
<http://acretirees.org/>*

THANK YOU, JANET


Janet Norkus has resigned her position as the ACRA Treasurer effective May 31, 2019. On behalf of the entire Board and all ACRA members we sincerely thank you, Janet, for all the work you did for the organization through the years. We wish you the best in your new venture. ACRA member, Cathy Thomas, has been appointed to complete Janet's term.

EMPOWERED BY CREATIVE THINKING PROGRAM

by Connie Przybyla

Carnegie Library of Pittsburgh (CLP) – Allegheny launched a weekly Adult Creative Learning program this summer, where they encourage patrons to get creative, interact and maybe even learn a new skill, doing everything from making ornaments to singing karaoke. The program is part of a larger initiative by CLP to introduce creative learning at all of its locations through hands-on, interest-based activities.

How this will play out could look different depending on the location. Librarians will adapt the programming to meet their patrons' needs. Kits were created that make it easy for library staffers to launch creative learning activities. The kits come with everything they need for an activity and instructions on how to do the task. There's a variety of kits that will circulate CLP locations. With "iPad audio," you can press a couple of buttons to hear some neat beats or create pro-quality sounding tunes, depending on your interest. The "Photography: Stop Motion Film" kit allows you to follow a few basic steps and, viola, you've created your own animated film.



Librarians can place a kit on a table or on a bookshelf, along with the instructions, and let patrons engage with them in a self-directed activity. Of course, the librarians won't be that far away, if anyone needs help.

But the librarians aren't necessarily trained in each activity, either. That's the beauty of it. Everybody is learning together.

Check with your local library for more information.



BE PHYSICALLY ACTIVE BE HEALTHY

by Joan McMahon

Did you know that the loss of stamina and flexibility attributed to aging is in part caused by reduced physical activity? Inactivity increases with age. According to a federal Centers for Disease Control and Prevention (CDC) estimate, by age 75, about one in three men and one in two women engage in little or no physical activity. Physical activity need not be strenuous in order to achieve health benefits. When beginning a physical activity program, older adults should start with short intervals of physical activity (5-10 minutes) and build up gradually to the desired amount. Consistency, such as taking a 30-minute walk, 3 times weekly can promote positive health benefits. Previously sedentary adults should always consult with their physicians before beginning a physical activity program.



What are some benefits of regular physical activity for older adults?

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Can help reduce blood pressure in some people with hypertension.
- Helps to increase stamina and muscle strength.
- Reduces symptoms of anxiety and depression and promotes feelings of well-being.
- Helps maintain healthy bones, muscles and joints.
- Helps control pain associated with arthritis.

In order to be successful on a sustained regular basis, a physical activity should be something that is enjoyable, such as walking with a buddy, joining a community exercise class, gardening, etc. Social support from family and friends is helpful when beginning a physical activity program. Remaining engaged, active, and as healthy as possible are attainable as we age. Sustained physical activity is an effective means of realizing these goals.

In Memoriam*

DECEMBER

JOHN ALUKONES 12/25/18

JANUARY

GILBERT, CHARLES 1/1/2019
 STEVENS, STELLA 1/3/2019
 MATTHEWS, VIRGINIA M 1/7/2019
 MCMAHON, SARA A 1/7/2019
 DZIMIDOWICZ, JOSEPH C 1/9/2019
 MIHALICH, PATRICIA 1/9/2019
 HENRY, RITA 1/12/2019
 STURGEON, WILSON L 1/13/2019
 HATHAWAY, BERTRAND R 1/17/2019
 COUSAR, LESLEY 1/20/2019
 SCANLON, JAMES P 1/24/2019
 MCFARLAND, EMMA 1/28/2019
 CHASTAIN, FRED 1/29/2019
 O'BRIEN, JOHN W 1/29/2019
 WOS, MICHAEL J 1/29/2019
 BOYTIM, MILDRED L 1/31/2019

FEBRUARY

KIEFER, MILDRED H 2/1/2019
 CIPCIC, ALBERTA 2/13/2019
 HYATT, JOHN E 2/15/2019
 WHITE, MARGARET A 2/18/2019
 BUNDRIDGE, SAMUEL D 2/23/2019
 MUNER, ALICE D 2/25/2019

MARCH

STANKOVIC, DAVID J 3/4/2019
 HALL, MARY E 3/5/2019
 MIKUT, ROBERT C 3/9/2019
 JACKSON, MARY ANN 3/22/2019
 WEISGERBER, HELEN M 3/26/2019
 SIEGEL, HAROLD A 3/31/2019

**As provided by the Allegheny County Retirement Board*

NEWS FROM DISTRICT ATTORNEY'S OFFICE

by Dick Skrinjar



When he started the Senior Justice and Wellness Expo little did District Attorney Stephen A. Zappala Jr. and his staff think it would grow into the annual kickoff of events celebrating Older American's Month each May. Connect, Create and Contribute was the national theme of this year's celebration and hundreds of people born before 1957

flocked to the IBEW Circuit Center on Hot Metal Bridge Street on May 8, 2019 between 9:30 and 2:00 pm. for the DA's Annual Senior Justice and Wellness Expo. This was a totally FREE event filled with presentations, hand-picked exhibitors, and the latest in high technology systems designed to protect the public.

The doors opened at 9:30 am, and along with health screenings and tests, exhibitors noted for their reliability, trustworthiness and honesty were on hand with information about services available for seniors and their caregivers.

At 10:00 am, there was a panel discussion on the state of "Senior Justice in 2019." Kurt Emerling, Director of the Allegheny County Area Agency on Aging, Robert Peirce, Senior Justice and Elder Law Attorney from Peirce and Associates, Anita White, Victim Advocate with the Center for Victims and, Michael E. McCarthy, Judge of the Fifth Judicial District of Pennsylvania, provided their experience and expertise along with answering questions.

Bonnie Banze, popular area adult and senior fitness specialist, took the audience through their paces with an exercise demonstration of low impact chair yoga.

Lunch was catered by one of the top catering kitchens in Pittsburgh, the award-winning Fluted Mushroom. The boxed lunches provided healthy nutrition and brought a smile to everyone's face.

Following lunch, John Hudson, President of Security Consulting Solutions Inc., joined by local law police chiefs for a hometown real life "police story - law and order" look at how technology provided by the District Attorney's office has made Allegheny County communities safer with state-of-art video and license plate reading technology.

An award winning, nationally known and local expert, Doug Oster, the Organic Gardener wrapped up the day with tips on gardening. The "Czar of Composting" promised the audience that they would leave with a green thumb.

DA'S ELDER ABUSE TEAM

For over a decade District Attorney Stephen A. Zappala, Jr. has had an Elder Abuse team of Assistant D.A.s prosecuting crimes against seniors in his Division. This handles, Domestic Violence, Child Abuse and Crimes Against Persons. Sitting on a special task force of the state Supreme Court focused on Elder Abuse in 2015,

Continued on the next page

Zappalla created the position of Senior Justice Advocate. This team of professionals is trained and experienced at working with and addressing the particular needs of older adults. Collaborating with senior service providers and law enforcement they work to help prevent elder abuse and support senior victims of fraud, abuse and neglect. Access to Senior Justice Services or injuries is just a phone call away at 412-350-4400. Among the programs offered are:

IT'S OK TO SAY, "NO"

Last year in Allegheny County, over 12,000 people lost nearly eight million dollars from various scams. A thief can come at you in many ways: phone, mail, at your door, and on the internet. Scammers can pretend to be charities and try to get you to donate and give access to your checking or credit card account. Only give to people and charities you know and trust.

IT'S OK TO SAY, "NO." FRAUD SQUAD

Volunteers helping people the FRAUD SQUAD representatives keep in regular touch with Senior Justice Advocates to receive the latest senior fraud and scam information to share with others in their senior center, senior residence and community.

PROJECT LIFESAVER

Persons enrolled in this FREE program wear a small transmitter, about the size of a wristwatch, which emits a unique tracking signal. If a person goes missing, search teams use their signal receiving equipment to locate the missing person. Any Allegheny County resident who is a caregiver can enroll on behalf of a person with Alzheimer's or another form of dementia, Down's Syndrome, autism spectrum disorder or other disability. Also eligible are veterans suffering from post-traumatic stress disorder. All participants must receive uninterrupted supervised care from a caregiver or caregivers, 24 hours a day. (Note: Person residing in group homes or who operate motor vehicles are NOT permitted to enroll.

For more information, call 412-350-3138

OTHER IMPORTANT RESOURCES

POLICE or MEDICAL EMERGENCY

9-1-1

AREA AGENCY ON AGING

Protective Services (24/7) - 412-350-6905 or 1-800-344-4319
Senior Line - 412-350-5460

ALZHEIMER'S ASSOCIATION (24/7) Helpline

1-800-272-3900 (TTY: 1-866-403-3073) - alz.org

CENTER for VICTIMS (24-hour) Hotline -

1-866-644-2882 - www.centerforvictims.org

DO NOT CALL REGISTRY

1-888-382-1222 - donotcall.gov

FEDERAL TRADE COMMISSION (FTC)

1-877-382-4357 (To report scams) - ftc.gov

RECIPES BY PAM

by Pam Long



CHERRY NUT BARS

*Pink frosted cookies with
a shortbread base, rich
candy topping.*

- 2 ¼ cup sifted flour
- ½ cup sugar
- 1 cup butter
- 2 eggs
- 1 cup brown sugar, firmly packed
- ½ tsp. salt
- ½ tsp. baking powder
- ½ tsp. vanilla
- 2 oz. maraschino cherries
- ½ cup finely chopped walnuts or pecans
- 1 tbsp softened butter
- 1 cup confectioner's sugar
- 1-2 tbsp, maraschino cherry liquid

Mix flour, sugar and 1 cup butter until crumbly. Press into ungreased 13x9x2" pan. Bake in a moderate oven at 350 for 20 minutes until crust is lightly browned.

Blend together eggs, brown sugar, salt, baking powder and vanilla. Chop cherries and nuts finely. Stir chopped cherries and nuts into blended mixture. Spread on top of baked crust. Return to oven and bake 25 minutes. Remove from oven and cool on a rack.

Combine softened butter and confectioner's sugar with enough cherry liquid to spread. Spread on cookies. When icing has set, cut 2x2" bars. Makes 48.



In the Spotlight: **FRAN CARTER**

by Connie Przybyla

In 1991 Fran Carter retired from Allegheny County after 25 years of employment with the County. At the time of her retirement she was the Administrator for Family and Community Services at the Department of Human Services. Previously she worked in the following positions at MHMR: the Assistant Director for Mental Retardation where she trained new community living facilities on how to work with people with disabilities, and Coordinator for all mental emergency services where she instituted mental health services for abused women in and out of shelters and developed a system to train police and Magistrates how to handle people without sending them to jail. She also worked as a CYF Foster Care Caseworker and a therapist.



*Fran & granddaughter, Cheyenne
in Miami*

After retiring this amazing woman decided to go in a different direction and started her own Long-Haul Trucking Company! Seven years later, when Fran's husband and mother fell ill, she gave up her trucking company to take care of her family.

Fran continues to have a deep interest in mental health and developmental disabilities and sits on the Achieva Support Board and the Community Empowerment Board.

Fran loves to garden and is avid reader. Fran and her husband loved to travel in their motorhome. After her husband's death Fran continued to travel taking her grandchildren with her at times. She has visited the Caribbean, China, England, Germany, Canada, Mexico, Monterey Bay, New England and all over USA. Her bucket list is to visit Africa.

Fran has two daughters, six grandchildren (aged from 30 to 7) and one great grandchild. She loves that her house is never empty and always filled with family.

Fran is living the good life enjoying her family, traveling and just enjoying life. Way to go Fran!

PHIPPS SPRING FLOWER SHOW BRIGHTENED OUR DAY

by Marge Lubway

The Phipps Conservatory and Botanical Gardens Spring Flower Show lived up to its name of Gardens of the Rainbow and lifted the spirits of ACRA members and guests who attended on April 4. After splitting into two groups, our docents Susan and Joanna led us through a glorious display of spring flowers whose colors and scents helped to dispel the gray memory of winter. Entering into the Palm Court, we were greeted with the scent of hyacinths and the dazzling display of supersized flower sculptures showing how bees see flowers. Moving through the various rooms, our docent explained the history of Phipps and the different varieties and origination of flowers and plants. We even saw a specially grown Himalayan blue poppy and a nine-foot topiary peacock named Kevin. Leading into the Tropical Forest area now featuring Cuba, several guests had their photos taken sitting in a 1959 Chevrolet and tried learning the mambo following the steps painted on the floor. Overall, it was a perfect way to welcome spring.



ACRA HEINZ FIELD TOUR

by Connie Przybyla



On Thursday, May 2, 2019, a group of ACRA members and their friends went on a tour of Heinz Field. The tour was awesome. The history of the franchise is on full display throughout the tour. The tour includes the Walk of Fame, a view of the Super Bowl trophies, a view of the club suites, press box, locker rooms, and a walk around the field level. Our tour guide, Joe, really knew a lot of history of Steelers. Overall it was a great day.

Even if you are not a Steeler fan, the tour is well worth it to see and hear about the history of the team. Go Steelers in 2019!

NEW RETIREES LIST

FEBRUARY

Bellisario, Sharon	Logan, Richard
Best, George	Matthews, Terra
Borkowski, Joseph	McKiernan, Linda
Burroughs, Darrell	Nolder, Patrick
Cahill, Gene	O'Connor, Laverne
Cawley, Joseph	Olexa, Ronald
Cole, Robert	Parrilla, Louis
Conroy, Dennis	Perkins, Melvin
Daurora, Ronald	Pollard, Barbara
Field, Barbara	Presutti, Debra
Friedman, Mary	Pukansky, Joann
Gialloreto, Anthony	Redman, Patricia
Girimonti, Guido	Schweizer, Sharon
Goswick, Christine	Siroky, Gergene
Granata, Guy	Smith, Adrienne
Hanus, Paul	Smith, Keith
Harvey, Jerry	Smith, Thomas
Jenca, Richard	Smokovich, Marion
Kass, Edward	Zelevnik, Nadine
Klaus, Carl	Ziegler, Kenneth
Koerner, Scott	Bisceglia, Janet
Littlefield, Peter	

MARCH

Brown, Carol	Kopler, Robert
Brown, Larry	Kovac, Bernadette
Buckley, Marlene	Kurzdorfer, Trisha
Caligiuri, Timothy	Martineau, Robert
Castelucci, Colleen	Miller, John
Crowe, Howard	Pusateri, Marian
Decker, Larry	Russ, Mark
Esper, Samuel	Scott, Michele
Hendrick, Daniel	Strul, Maurice
Kerrigan, Kent	Swanson, Christopher
Kinneavy, Nancy	Drotar, Gary

APRIL

Argyle, Floyd	Mccarthy, Michael
Barr, Thomas	McLaughlin, Dorothea
Bechtold, Stephen	Minford, Harry
Beetlestone, Brenda	Moore, Robert
Carter, David	Murray, John
Chamovitz, Mark	Onyshko, David
Charlton, Lee	Phillips, Louise
Colberg, Denise	Re, Noreen
Conroy, Martin	Redic, Geraldine
Cross, Timothy	Rich, Angela
Ford, Henry	Rodriguez, Mary
Griener, Richard	Smedley, Deborah
Harkins, Barbara	Stewart, Brian
Hecker, Robert	Styche, Joseph
Howe, Penelope	Tadler, John
Kifer, Victor	Thomas, Ellamae
Lydon, John	Timpson, David
Macioce, Anthony	Wallace, Steven
Marculaitis, Andrew	Yoest, Kathleen
Mcardle, Robert	

