



# Allegheny County

DECEMBER 2019

## Retirees Association

# NEWSLETTER

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

Website: <http://acretirees.org> • Email: [acretireeassociation@gmail.com](mailto:acretireeassociation@gmail.com)

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## Message from THE PRESIDENT

We are in the midst of the most joyous time of the year. The feast of Thanksgiving has provided us with the opportunity to express our thanks for the blessings we have received. We usually share these thoughts and feelings of gratitude with friends and family who are a blessing in themselves.

We are now rushing toward that day we all look forward to, Christmas. It gives us an opportunity to give to our loved ones and wish them peace, happiness, and abundance for another year.

On behalf of the Board of your Association who have worked hard this past year to bring you instances of fun, knowledge, and fellowship, we thank you for your acknowledgement of our efforts by the increased attendance at luncheons and activities. As volunteers that acknowledgement is our compensation. In the spirit of the season we express our hope that we may be able to continue to expend our efforts to bring some measure of joy into the lives of our members and your guests.

We wish you a Merry Christmas and an abundant new year. As a final tribute to our members, the Board has purchased gifts to be given out at the annual Chinese Auction at the Holiday party on December 11 at the Greentree Doubletree. Hope to see you then.



## SAVE THE DATE

**MARCH 18, 2020**

Jerry Fitzgibbon -Battle of Homestead

**APRIL 15, 2020**

Identity Theft

**May 20, 2020**

Subject to be announced at a later date

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

\*As provided by the Allegheny County  
Retirement Board

## CREDIT UNION

*by Cookie Yoder, President / CEO*

### Congratulations on your retirement from Allegheny County!

We want to notify you that if you're already a member of City Co Federal Credit Union, you can continue to have a systematic monthly deduction with us. If you are not currently a credit union member, you are eligible to join City Co Federal Credit Union and enjoy all of the financial services we have to offer. We are here to provide you and your family a full array of financial services, including but not limited to, savings, checking accounts and loans. We receive both direct deposit and pension deductions from the Allegheny County Employees Retirement System, on the 4th Thursday of each month.

If you have any questions concerning credit union membership and the services we offer, please give our office a call at 412-350-5957, or stop by our office. You can also visit our website at [www.citycofcu.com](http://www.citycofcu.com).

## NEW RETIREES LIST



### AUGUST

Blasco, Carmen	Hout, Marita
Buettner, Thomas	Hunkele, Maria
Christoff, Wayne	Jackson, Alma
Colbert, Mildred	Metinko, David
Cook, William	George
Davitt, Joanne	Murray, Barbara
Deland, Richard	Nowakowski, Richard
Domski, Mary Louise	Pyptyk, Emil
Elliot, Lisa	Seltzer, Ena
Feldmeier, Charles	Smith, Donna
Fellner, Georgianne	Starsky, Lorraine
Fratto, Anthony	Teese, Vertie Belle
Halligan, Cynthia	Vohar, Carol
Horgan, Donald	

### SEPTEMBER

Ali, Diane	Heintz, Debra
Anderson, Carole	Morton, James
Beck, Judith	Reicher, Leslie
Boyd, Marie	Robertson, Theolinda
Brevak, John	Schmitt, Donald
Butler, Sylvia	Sites, Kerry
Castro, Luann	Sullivan, Edward
Corr, Patrick	Tice, Sharon
Ensminger, Elizabeth	Watson, Lorraine
Fadick, Alexander	Winkler, Wade
Fullard, Feby	Yancic, Dane

### OCTOBER

Brackett, Carol	Pastor, Lynda
Cheek, Donald	Pfeiffer, Brian
Dapper, William	Shuck, Dean
Kerr, Robert	Sopp, Kurt
Knotts, Gary	Stahl, Linda
Lavelle, Bernard	Stern, Darrell
Morris, Frank	Surgent, Andrea
Oelschlager, James	Walters, Marsha

## In the Spotlight: ALAN MILLINER

by Connie Przybyla



Alan Milliner

Alan retired from the Allegheny County Department of Human Services (DHS) as a Contract Monitor for Independent Living in 2015. He worked for DHS for a total of 30 years. He also served our country in the Army from 1969 to 1972. Additionally, he was in the Army Reserves from 1983 until his retirement from the reserves in 2009.

Alan is a devoted community gardener, working with the Sisters of St. Joseph's Community Garden, located in Baden, Pennsylvania. The garden donates the proceeds from the garden to the local community food bank.

Alan's other hobbies are photography and traveling. He loves everything Disney and has been to Disney World many times. He has also traveled to California and Las Vegas.

Since his retirement, Alan has become an extra for movies

and TV shows filmed in Pittsburgh. Some of the films he has been in are Escape from Dannemora, Lone Wolf and the upcoming yet to be named Seth Rogen movie. His wife, Ada, was an extra in the Mr. Rogers movie with Tom Hanks.

Alan is currently employed as security at the Pittsburgh Pirates games. As security he doesn't get to watch the games as much as he would like to because he is so busy during the games. He is an ardent sports enthusiast. His favorite teams are the Steelers, Pirates, and Pitt Panthers football and basketball teams.

Alan has been married to his wife, Ada, for 45 years. They have three adult children and six grandchildren.

It looks like Alan is enjoying his retirement. Next time you are at the movies, maybe you will see him on the big screen. Way to go, Alan.

## ★ ★ ★ ★ ARCA ELECTION RESULTS ★ ★ ★ ★

Congratulations to the 2020 elected ARCA officers: President - Guy Tumolo, Vice-President-Pete Schepis, Treasurer-Cathy Thomas, and Secretary-JoAnna McQuaide.

# AREA AGENCY ON AGING

*by Antonia Gelorme*

The Area Agency on Aging (AAA) is an office within the Allegheny County Department of Human Services (DHS) that is dedicated to helping adults 60 years of age and older to live safe, healthy, and, when possible, independent lives.

Ultimately, most older adults want to maintain an active lifestyle, and the dedicated staff at AAA helps to achieve this goal through a network of approximately 100 service organizations and local municipal governments. Regardless of a senior's income or activity level, AAA's mission is straightforward: Help older adults receive the services and supports they need.

OPTIONS Care Management is one of the most significant community services run through AAA. The program, which has served about 7,250 Allegheny County residents in the last year, provides a variety of in-home services to meet the needs of older adults struggling with daily chores and self-care. While some participants receive adult day services or home companions, others may only need assistance with errands or in-home meal delivery. Through OPTIONS, seniors may also be eligible to receive home safety equipment, such as Stair Rides and personal emergency response systems.

Over the last year, the OPTIONS program has increased efforts to provide mental health and substance abuse resources. Additionally, it has adapted to serve those with autism, as well as more medically complex conditions. Though the number and complexity of referrals is increasing, there is currently no waiting list for the program.

For those who are independently mobile but are not necessarily able to live on their own, AAA facilitates Domicile Care housing. The Dom Care program matches adults who have physical or intellectual disabilities, a mental health diagnosis, or a degree of frailty that impacts their daily functioning with individuals and families in the community who are willing to share space in their home and hearts. Providers and participants

are matched based on living styles and location, and providers are certified by AAA annually. Through Dom Care, participants receive companionship, security and safety from having another adult around to provide around-the-clock assistance.

Additionally, AAA hosts the Care Transitions Initiative, which is designed to reduce overall readmission rates for at-risk patients by working alongside local hospitals to make sure older adults have a comprehensive discharge plan. While in the hospital, AAA health coaches meet with patients to discuss any concerns. Post-discharge, coaches maintain contact with the patient and are available to assist with managing medication plans. Currently, the program operates in five Allegheny County hospitals, with hopes to expand in the future.

To keep older adults engaged in their communities, the AAA promotes social activity through senior centers located around the county. Throughout the week, center participants may sit in on an educational lecture; participate in volunteer opportunities; or stop in for a nutritious, hot lunch at little to no cost. Exercise machines and classes are offered at several centers, and seated activity classes are also available.

One critical aspect of the Area Agency on Aging's work is protective services. Anyone concerned about the well-being of an older adult in Allegheny County can call 412-350-6905 or 1-800-490-8505 (the statewide hotline) to report abuse, neglect (including self-neglect), abandonment or financial exploitation. Callers may remain anonymous, and the hotline is available 24 hours a day.

Within 72 hours of receiving a report, AAA caseworkers will begin an investigation and work to alleviate the risk of harm. These harm reduction efforts may include care plans for in-home services; financial management services; or, in extreme cases, guardian intervention. If the reported case does not require protective services, caseworkers will still work

with older adults to make sure their needs are being met by connecting them to other AAA programs.

For adults in long-term care facilities and their family members, AAA ombudsmen can play a key role in ensuring quality care. Established under the federal Older Americans Act (OAA), ombudsmen are tasked with investigating and resolving complaints made by residents of personal care homes, assisted living facilities, nursing facilities, and Dom Care homes, as well as those who receive in-home services or attend an adult day center or LIFE program. Inquiries to the ombudsman program may be made by individuals receiving services, family and friends, or government agencies. All ombudsman services are confidential and free.

Beyond helping older adults, AAA is available to help meet the emotional and physical needs of their family caregivers. This assistance can include educational programming, reimbursement for supplies, hired help, or safety equipment. The goal of these services is to ease the overwhelming stress that comes with being a caregiver.

If a senior needs support services that are not available through DHS, AAA will work to connect the older adult with an appropriate service organization. Regardless of need, the Area Agency on Aging stands as a place for residents to reach out, ask questions and explore the network of care around them.

The AAA's SeniorLine is an easily accessible front door to everything the office has to offer. Residents of Allegheny County can call the SeniorLine at 412-350-5460. Additionally, the AAA office in South Side (2100 Wharton Street, Second Floor, Pittsburgh, PA 15203) is open to walk-ins during weekday business hours. No matter which way the SeniorLine is contacted, care managers are available to answer questions and begin the process of receiving services through AAA and its providers.



# VIETNAM WAR TOUR



**Group picture of members on tour**

On Thursday, September 12, 2019, ACRA members toured the Vietnam War exhibit at the John Heinz History Center. Guides took members on a tour spanning the duration of the U.S. involvement in Indochina, from the post-World War II to our prolonged exit in the mid-1970s. The exhibition showcased points of the complex war and explored how the war impacted our nation's trust in government, economics, popular culture, and identity. The exhibit was deeply moving to members. Members were able to view a replica of the Vietnam War Memorial that includes the names of 752 Western Pennsylvania Americans killed during the war. The exhibit used photography, artifacts, and audio/visual displays to tell the personal stories of the men and women who were impacted by the war.



**Two of ACRA's Vietnam Vets –  
Ben South and Roy Sloan**

## PENNSYLVANIA SENIORLAW HELPLINE

The Pennsylvania SeniorLAW Helpline is a free and confidential telephone service staffed by attorneys who will provide legal information, advice and referrals to senior citizens (60 years and older). The Helpline can address a wide variety of issues, including consumer issues, health care, estate planning, pensions, family law, housing financial exploitation.



**Helpline hours are  
Monday through Thursday, 10 am to 12 pm.  
You can reach the Helpline at 1-877-727-7529.  
The website is [www.seniorlawcenter.org](http://www.seniorlawcenter.org).**

## In Memoriam\*

### JUNE

TURNBULL, JANET M..... 6/5/2019  
BARKAC, JOYCE ..... 6/8/2019  
PALMA, MARTIN F..... 6/8/2019  
ROBERTS, MAXINE J..... 6/8/2019  
KINDLING,  
ALEXANDRIA A..... 6/9/2019  
RANDALL, ROBERT ..... 6/12/2019  
GARRITANO, BRUCE ..... 6/13/2019  
MILLER, BARBARA M..... 6/16/2019  
SCHLARP, CHARLES E..... 6/22/2019

### JULY

TEESE, GEORGE E..... 7/5/2019  
SELDER, HEIDI..... 7/7/2019  
SUEHR, DAVID A ..... 7/8/2019  
FORD, MARY E ..... 7/10/2019  
PETRO, RAYMOND P ..... 7/15/2019  
FUNYAK, JOHN P..... 7/16/2019  
MATZ, MARGARET ..... 7/19/2019  
SANTORIELLA,  
DOLORES G ..... 7/19/2019  
SCHINDEHETTE,  
ERNEST W ..... 7/20/2019  
MOONIS, EDWARD M..... 7/27/2019  
RODGERS, MARY J ..... 7/31/2019

### AUGUST

TSATIRIS, NICHOLAS ..... 8/3/2019  
WEHNER, EILEEN C..... 8/5/2019  
HENNESSY, BARTLEY M .... 8/6/2019  
REFOSCO,  
MARGARET H..... 8/10/2019  
HOLMES, JAY G..... 8/13/2019  
PRICE, GLENICE D..... 8/13/2019  
HAYDEN, THOMAS E ..... 8/14/2019  
SMILNYAK, NORMAN E ..... 8/14/2019  
LIBERI, RITA A ..... 8/29/2019

### AUGUST

MATLAK, ELEANOR..... 9/1/2019  
SCARPINO, IDA ..... 9/1/2019  
KOZAK, BEVERLY C..... 9/5/2019  
MOZLACK, RICHARD J ..... 9/5/2019  
FULLEN, JOANNE M..... 9/15/2019  
HULTON, JOAN..... 9/16/2019  
GALLAGHER,  
TIMOTHY M ..... 9/20/2019  
FITZHENRY, PATRICK J ..... 9/25/2019  
HILBERG, DAVID ..... 9/29/2019

# TIPS ON MANAGING HOLIDAY STRESS

by Joan McMahon



*The holidays are usually associated with happy occasions, getting together with family and friends, parties and other festivities. They can also be very stressful due to the increased pressures and demands which we may encounter during this season. Following are some tips to help with eliminating or decreasing holiday stress.*

- **Be organized.**

Make a list of things that need to be done in their order of importance. Eliminate projects such as major house cleaning. Keep an up to date calendar listing all of your appointments.

- **Simplify tasks.**

Combine errands into one trip when possible. Purchase food that is easy to prepare. Consider cooking and freezing meals for the week. If you are in charge of holiday meals, give thought to enlisting the help of family and friends.

- **Shop early.**

Avoid last minute rush and crowded malls. Try internet shopping. To cut down on expenses, organize a gift exchange with family or friends, make homemade cookies or candy. Wrap gifts as you buy them. If you send holiday cards, write them out in advance, a few each evening. Mail gifts and cards early to avoid long Post Office lines.

- **Don't over-commit.**

Pick the events, invitations and activities which are most meaningful to you and say no to the others. Plan for some down time, such as taking a walk, to refresh your body and mind.

- **Make travel plans early.**

Anticipate delays and traffic jams. Allow plenty of travel time.

**If you have lost a loved one, grieving and related stress can intensify during the holidays. No one can take away your grief, but there are ways in which grief-related stress may be lessened.**

- **Be honest about your feelings.**

Decide, for yourself, how much holiday celebrating you can handle. Are you comfortable being in charge of the annual family dinner? If not, ask for help. The people who love you will understand. Try to surround yourself with people who will support you in your needs.

- **Make changes if necessary.**

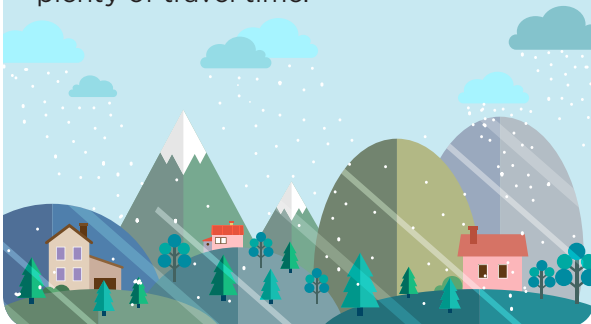
If continuing holiday traditions is too painful, it is okay to change. For example, you might decide to visit with family or friends rather than hosting these events.

- **Remember your loved one in a special way.**

Perhaps include his or her name in a prayer preceding the holiday dinner.

The best way to manage holiday stress is to keep yourself healthy. Get enough sleep. Eat a wholesome diet. Drink plenty of water. Avoid excessive alcohol. And include some exercise in your daily routine.

It is very easy to get caught up in a hectic holiday schedule, and to forget to feel gratitude for the things that are going well in our lives such as health, friends, family, etc. By learning to manage holiday stress, we may more fully experience the joy of the festive season as an opportunity to spend quality time with family and friends.





# INSPIRE A CHILD TO LOVE TO READ



GRAN is an Intergenerational reading program funded by The Heinz Endowments and the Jewish Healthcare Foundation. The reading program matches volunteers (age 50 and over) with a K-4th grade child. The program is asking for only one hour a month. If you are interested contact Kylea at 412-594-2554 or [covaleskia@jhcf.org](mailto:covaleskia@jhcf.org).



## RECIPES BY PAM

by Pam Long



### MUSHROOM MONTEREY

- 1 lb. mushrooms
- 3 Tbsp. butter
- 3/4 cup of sour cream
- 1 T. flour
- 1/4 tsp. salt
- Fresh pepper to taste
- 1/2 cup Parmesan cheese
- 1/4 cup chopped fresh parsley

Sauté mushrooms in butter about 2 - 4 minutes. Stir in sour cream and flour and heat until bubbly. Turn into a shallow pan and sprinkle with Parmesan cheese and parsley. Bake in a preheated 425° oven for about 10-15 minutes.

Delicious with a holiday meal and can be made ahead of time and then baked. Enjoy!!!

## RETIREMENT WORD SEARCH

X R C R M G S R O S D P N C R  
A O U E Y R S E T R A V E L E  
C A T L V A E T U E A Z A V M  
R D D A Z N N I S K D A O Q O  
A T O X S D I R N A T L R R O  
D R R A E C P E I E U P E P B  
K I O T I H P E M N E T F K Y  
C P I I B I A W T S I R H R B  
R H N O B L H E I R E W O J A  
O M E N O D E C E E X V T L B  
J P S G H R R M D V T P X M R  
E L M Z I E E O Y L I M A F J  
N K D N X N M E D I C A R E O  
L I G E T Q P E N S I O N N F  
S O C I A L S E C U R I T Y H

- |  |  |
|--|--|
| <input type="checkbox"/> AARP          | <input type="checkbox"/> RETIREE         |
| <input type="checkbox"/> ACRA          | <input type="checkbox"/> RETIREMENT      |
| <input type="checkbox"/> BABY BOOMER   | <input type="checkbox"/> ROAD TRIP       |
| <input type="checkbox"/> EXERCISE      | <input type="checkbox"/> SENIOR          |
| <input type="checkbox"/> FAMILY        | <input type="checkbox"/> SILVER SNEAKERS |
| <input type="checkbox"/> FREEDOM       | <input type="checkbox"/> SOCIAL SECURITY |
| <input type="checkbox"/> GRANDCHILDREN | <input type="checkbox"/> TRAVEL          |
| <input type="checkbox"/> HAPPINESS     | <input type="checkbox"/> VOLUNTEERING    |
| <input type="checkbox"/> HOBBIES       |  |
| <input type="checkbox"/> MEDICARE      |  |
| <input type="checkbox"/> PENSION       |  |
| <input type="checkbox"/> RELAX         |  |

