



## 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 have just experienced a summer of great uncertainty and stress. With enforced isolation we have had the opportunity to contemplate our human frailty, both physical and social. During this period some of us passed another chronological milestone. July was my month. The pastor of our parish was slightly before that. His staff assembled and published a series of witticisms and elevated them, in accordance with his profession, to the level of “commandments”. I would like to share them with you in the hope of bringing some joy and laughter at what has proven to be a very somber time.

### Sixteen Commandments of Growing Old

- 1) Talk to yourself, because there are times when you need expert advice.
- 2) You consider “in style” to be clothes that fit.
- 3) You don’t need anger management. You need people to stop ticking you off.
- 4) Your people skills are just fine. It’s your tolerance for idiots that needs work.
- 5) The biggest lie you tell yourself is: “I don’t need to write that down. I’ll remember it”.
- 6) You have days when your life is just a tent away from a circus.
- 7) These days “on time” is when you get there.
- 8) Even duct tape can’t fix stupid – but it sure does muffle the sound.
- 9) Wouldn’t it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
- 10) Lately, you’ve noticed people your age are so much older than you.
- 11) “Getting lucky” means walking into a room and remembering why you are there
- 12) When you were a child, you thought nap time was punishment. Now it feels like a mini vacation.
- 13) Some days you have no idea what you are doing out of bed.
- 14) You thought growing older would take longer.
- 15) Aging has slowed you down, but it hasn’t shut you up.
- 16) You still haven’t learned to act your age and hope you never will.

## UPCOMING EVENTS

**SEPTEMBER 16, 2020**

Battle of Homestead\*

**CANCELLED**

**OCTOBER 21, 2020**

History of Sarris Candies, Inc.\*

**NOVEMBER 18, 2020**

Pension & Medicare Updates\*

**DECEMBER 16, 2020**

Annual ACRA Holiday Party\*

*\*Pending status of Coronavirus restrictions -  
Check ACRA website for updates*

*Hope you enjoyed these adages and are looking forward to your next age-related milestone. Hope to see you all soon. Keep well.*

# In the Spotlight: JOANNA MCQUAIDE

by Connie Przybyla

After 21 years of service, JoAnna retired from the Allegheny County Department of Human Services in 1999 as the Deputy Director of Administration. Prior to her retirement she held the following positions with DHS: Associate Director, Supervisor Budgets and Reports, Supervisor Fiscal, Field Auditor, Contract Monitor, and Caseworker (CYS). Since leaving the County she continued to work for non-profits in Southwestern Pennsylvania.



the Pittsburgh Steelers) and to Italy twice.

JoAnna is an avid fan of the Pittsburgh Steelers and has had season tickets since 1991.

Another hobby of JoAnna's is water coloring. She loves painting waterscapes of the ocean, lakes, and beaches. She often gives her paintings to friends and family.

JoAnna's longtime partner is Will Mayo. Her heart belongs to her niece, Elle, and her nephew, Hunter. She shares her love with Will's children Michael and Natalie, and his grandchildren Kayla, Amanda, and Joshua.

We congratulate JoAnna for living a life filled with a commitment to help others in her community. We wish JoAnna many more years of long days on the beaches she loves so much.

Since her retirement JoAnna has been an active community volunteer. She is currently active in the following organizations: the Allegheny County Retirees Association - Board of Directors; Secretary, the Italian Sons and Daughters of America Lodge 24th of May #2 Treasurer; the InVisions Behavioral Health Board of Directors; the Society for Human Resources Management, the Penn State Alumni Association - Life Time Member, the Pittsburgh Human Resources Association; and the Brentwood Library Board of Trustees- past President, past Vice President - 1992-present. If this was not enough, JoAnna has volunteered the last three years with Volunteer Income Tax Assistant (VITA)/United Way (Just Harvest) and Brentwood Library preparing tax returns for the low-income households and senior citizens.

JoAnna loves to go the beach and has vacationed at various beaches up and down the east coast towing her boat to many locations. Additionally, JoAnna has traveled to Ireland (with

## RECIPES BY PAM

by Pam Long



### PINEAPPLE CHEESE BALL

- 2 pkg (8 oz. size) cream cheese softened
- 1 can (8 oz) crushed pineapple drained well
- 2 cups chopped pecans
- 1/4 cup finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1 tablespoon seasoned salt (Lawry's seasoned salt)

In a medium bowl, with a fork, beat cheese until smooth. Gradually, stir in crushed pineapple, 1 cup pecans, green pepper, onion and salt. Shape into a ball and then roll in the remaining 1 cup of pecans. Wrap in plastic wrap and refrigerate until well chilled or overnight.  
ENJOY!!!!



## SENIOR DISCOUNT OFFER

Did you know that Walgreens offers a discount to customers 55 and older **Senior Savings Day on the first Tuesday of the month.** (If the first Tuesday of the month falls on a holiday, the discount day occurs on the following Tuesday.) Proof of age may be required, so bring a photo ID. Plus, the offer is only valid with a Balance Rewards membership.

On the respective Tuesday each month, qualifying customers save 30% on all eligible regular-priced items from its family of store brands. In addition, qualifying customers save 20% on all other eligible regular-priced items.

The discount is also available online with promo code SENIOR30 or SENIOR20, depending on what you are purchasing.



# Important Contact Information

ACRA has put together this list of important contact information for our members. If you are viewing this online, you can click on link to take you to the website.

Department	Phone Number	Website
AARP	866-389-5654	<a href="http://www.aarp.org/">http://www.aarp.org/</a>
Allegheny County Citizen Notifications		<a href="http://www.alleghenycounty.us/alerts">www.alleghenycounty.us/alerts</a>
Allegheny County Coronavirus		<a href="http://alleghenycounty.us/coronavirus">http://alleghenycounty.us/coronavirus</a>
Allegheny County Health Department	412-687-2243	<a href="https://www.alleghenycounty.us/healthdepartment/index.aspx">https://www.alleghenycounty.us/healthdepartment/index.aspx</a>
Allegheny County Retirees Association (ACRA)	412-459-7694	<a href="http://acretirees.org">http://acretirees.org</a>
Allegheny County Retirement Office	412-350-4674	<a href="https://www.alleghenycounty.us/retirement/retirement-board.aspx">https://www.alleghenycounty.us/retirement/retirement-board.aspx</a>
Allegheny County Senior Citizen Property Tax Relief Program	412-350-4100	<a href="https://www.alleghenycounty.us/treasurer/senior-citizen-tax-relief.aspx">https://www.alleghenycounty.us/treasurer/senior-citizen-tax-relief.aspx</a>
Allegheny County/Department of Human Services – Senior Line	412-350-5460	<a href="https://www.alleghenycounty.us/Human-Services/About/Contact/SeniorLine.aspx">https://www.alleghenycounty.us/Human-Services/About/Contact/SeniorLine.aspx</a>
Alzheimer Association	800-272-3900	<a href="https://www.alz.org/">https://www.alz.org/</a>
Birth/Death Records, Years 1870-1905	412-622-3154	
Birth/Death Records, Years 1906-Present	877-724-3258	
Center for Victims	1-866-644-2882	<a href="https://www.centerforvictims.org/">https://www.centerforvictims.org/</a>
COVID-19 Questions/Concerns - Line open 24/7	888-856-2774	
Department of Human Services - Director's Action Line	800-862-6783	
Department of Veterans Affairs - McKeesport Center	412-678-7704	<a href="https://www.benefits.va.gov/pittsburgh/">https://www.benefits.va.gov/pittsburgh/</a>



## 32ND ANNUAL DIRECTORS' GOLF TOURNAMENT

The Kane Foundation will host the 32nd Annual Directors' Golf Tournament on Monday October 12th, 2020 at the South Park Golf Course. The format will be an 18-hole 4 player scramble. Check in begins at 8:00 a.m. and there will be a shotgun start at 10:00 a.m. The cost is \$50.00 per person and \$200.00 per team. Dinner, prizes and awards will immediately follow at the Buffalo Inn at South Park. Corporate, individual and team sponsorships are welcome and appreciated.

**To register an individual, a team or to become a hole sponsor please contact** Bill LaLonde at 412-292-8069 or [William.lalonde@alleghenycounty.us](mailto:William.lalonde@alleghenycounty.us)

**All proceeds benefit the residents of the Kane Community Living Centers. Please help us improve the lives of our residents who have been adversely affected by the current health care crisis.**



Department of Veterans Affairs - Pittsburgh Vet Center	412-920-1765	
Do Not Call Registry	1-888-382-1222	<a href="https://www.donotcall.gov/">https://www.donotcall.gov/</a>
Hospice Foundation of America	800-854-3402	<a href="https://hospicefoundation.org/">https://hospicefoundation.org/</a>
<b>In Home Services, Non-Medical Care Providers in Allegheny County</b>		
Care at Home	724-339-1117	
ComForcare Senior Services	412-521-4700	<a href="https://www.comforcare.com/pennsylvania/eastern-allegheny">https://www.comforcare.com/pennsylvania/eastern-allegheny</a>
Dignity HomeCare Professionals	412-415-3168	<a href="https://www.dignityhomecarepgh.com/">https://www.dignityhomecarepgh.com/</a>
Eastern Area Adult Services	412-829-9250	<a href="https://eaas.net/">https://eaas.net/</a>
Guardian Angel Home Care Services	412-492-8290	<a href="http://www.guardianangelhomecare.com/">http://www.guardianangelhomecare.com/</a>
Home Instead Senior Care	888-850-6056	<a href="https://www.homeinstead.com/">https://www.homeinstead.com/</a>
JFCS Caregiver Connection	412-422-0400	<a href="https://www.jfcsphg.org/tag/caregiver-connection/">https://www.jfcsphg.org/tag/caregiver-connection/</a>
Preferred Care at Home	412-253-2830	<a href="http://preferhome.com/locations/pittsburgh">http://preferhome.com/locations/pittsburgh</a>
Licenses - Boat, Dog, Hunting and Fishing	412-350-4111	<a href="https://alleghenycountytreasurer.us/licensing/">https://alleghenycountytreasurer.us/licensing/</a>
Medical Assistance Transportation	888-547-6287	
Medical Examiner	412-350-4800	<a href="https://www.alleghenycounty.us/medical-examiner/index.aspx">https://www.alleghenycounty.us/medical-examiner/index.aspx</a>
Medicare	888-511-8520	<a href="https://www.mymedicare.gov/">https://www.mymedicare.gov/</a>
Mental Health Services for Adults	412-350-4457	
National Association for Home Care and Hospice	202-547-7424	<a href="https://www.nahc.org/">https://www.nahc.org/</a>
National Suicide Prevention Lifeline Veterans Crisis Line	800-273-8255	<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>
Parking for People with Disabilities	717-412-5300	
Passports	412-350-6071	<a href="https://www.passportsandvisas.com/local-passport/pa/pittsburgh/allegheny-county-dept-of-court-records">https://www.passportsandvisas.com/local-passport/pa/pittsburgh/allegheny-county-dept-of-court-records</a>
Pennsylvania State Health Insurance Assistance Program	412-661-1438	<a href="https://www.shiptacenter.org/about-medicare/regional-ship-location/pennsylvania">https://www.shiptacenter.org/about-medicare/regional-ship-location/pennsylvania</a>
Pennsylvania Senior Law Helpline	1-877-727-7529	<a href="https://seniorlawcenter.org/projects-and-clinics/pennsylvania-seniorlaw-helpline-1-877-pa-sr-law/">https://seniorlawcenter.org/projects-and-clinics/pennsylvania-seniorlaw-helpline-1-877-pa-sr-law/</a>
Property Assessments	412-350-4600	<a href="https://www.alleghenycounty.us/real-estate/property-assessments/index.aspx">https://www.alleghenycounty.us/real-estate/property-assessments/index.aspx</a>
Senior Companion Program of Allegheny County	412-350-4258	<a href="https://www.upmcmedicarechampions.com/agency/detail/?agency_id=83425">https://www.upmcmedicarechampions.com/agency/detail/?agency_id=83425</a>
Senior Emergency/Protective Services	412-350-6905	<a href="https://www.alleghenycounty.us/Human-Services/About/Contact/Older-Adult-Abuse.aspx">https://www.alleghenycounty.us/Human-Services/About/Contact/Older-Adult-Abuse.aspx</a>
Senior Justice Services	412-350-4400	
Senior Lifestyle Connections, LLC	724-787-7030	<a href="http://www.seniorhelpfree.com/">http://www.seniorhelpfree.com/</a>
Social Security Office	1-800-772-1213	<a href="https://www.ssa.gov/">https://www.ssa.gov/</a>
Tobacco Cessation Assistance	800-784-8669	<a href="https://www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx">https://www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx</a>
Tobacco Free Allegheny	412-322-8321	<a href="http://tobaccofreeallegheny.org/">http://tobaccofreeallegheny.org/</a>
Voter Registration	412-350-4510	<a href="https://www.alleghenycounty.us/elections/voter-registration.aspx">https://www.alleghenycounty.us/elections/voter-registration.aspx</a>
Women's Center and Shelter of Greater Pittsburgh	412-687-8005	<a href="https://www.wcpittsburgh.org/">https://www.wcpittsburgh.org/</a>

# BENEFITS OF WALKING

by Joan McMahon



Over the past several months the COVID-19 pandemic has drastically altered our daily routines. We are staying at home much more. And for many, daily activity has significantly diminished. Going to the gym or participating in a fitness class have been put on hold. However, despite the current constraints, maintaining physical activity is essential to good health. The US Department of Health and Human Services advises that adults need 2 ½ hours of moderate exercise weekly to stay healthy. That translates to about 30 minutes, 5 times a week.

Walking is a great way to add physical activity to your day. It is easy to do and can be done alone. It is low cost, not requiring special equipment (other than proper fitting shoes), expensive clothing or training. Merely lace up your shoes and step out the door, keeping in mind to be sure and wear a face mask if social distancing is doubtful.

What are some benefits of walking? It... helps to burn more calories, promoting the maintenance of a healthy weight; assists in the management of chronic conditions such as hypertension; strengthens bones and muscles; is effective in relieving stress; improves balance and coordination; promotes relaxation and getting a good night's sleep.

Should you consult a doctor before beginning a walking program? Anyone with a chronic health condition, and also anyone who has been inactive or sedentary for a period of time should check with their doctor before beginning.

How do you begin? Start slowly, setting a realistic goal for yourself, for example, walking for 10 - 15 minutes, 3 times weekly. Identify on which days of the week you will walk, at what time, and where. Identify safety issues including traffic patterns and outdoor terrain. Avoid pedestrian non-friendly areas and uneven, broken surfaces. Investigate the availability of an indoor area in case of inclement weather. Set long term goals, identifying where you want to be with your walking program in 3 months. Record your progress.

## Ready to begin! Divide your walk into 3 parts:

- 1) Warm up by walking slowly.
- 2) Increase to a brisk pace, walking faster while still being able to speak and breathe easily.
- 3) Cool down by slowing your pace.

## And be aware of your technique:

- Keep your chin up and your shoulders slightly back and relaxed.
- Look forward not at the ground.
- Let the heel of your foot touch the ground first, and then roll your weight forward.
- Swing your arms naturally.
- If you are using earphones keep the volume low, making sure that ambient sounds are not blocked out.

Don't be discouraged if you have a setback in following your program. Get right back to the routine as soon as possible. In time, walking will become a habit and you will experience its many benefits. Enjoy your walk!



## IN MEMORIAM\* APRIL 2020 TO JULY 2020

Name	Date of Death
ABRAHAM, JEAN M	4/3/2020
BERARDI, GENNARO	6/11/2020
BOZOVICH, AMELIA	5/1/2020
CHARNEICKI, MICHELE J	5/7/2020
CONNELL, SAMUEL A	6/21/2020
EHRlich, JAMES F	4/4/2020
FERRARA, JAMES	5/12/2020
GAULT, GAYLE	5/17/2020
GORSKI, IRENE V	7/8/2020
GRADY, BERNARDINE M	4/25/2020
GROVE, JANICE M	4/10/2020
HENSELL, JAMES S	5/15/2020
HOOD, RICHARD W	4/25/2020
MARTINI, GENEVIEVE	5/31/2020
MATTHEWS, MYRTIS	5/9/2020
MCDONOUGH, RAYMOND LEE	4/7/2020
MCGARTLAND, MICHAEL B	5/31/2020
MCKEEVER, RONALD H	7/7/2020
MIHAILOFF, THOMAS C	5/23/2020
OLYHA, CATHERINE	7/1/2020
OSTRELICH, GEORGIANNA	5/9/2020
PAYNE, MARGARET	6/25/2020
PETRIE, HELEN	5/18/2020
RUSSO, ALFRED	4/4/2020
SCHEIB, DANIEL E	6/8/2020
STULGINSKI, THOMAS	6/25/2020
TARQUINIO, FERDINAND A	3/30/2020
WEISNER, JOHN J	3/10/2020
WIEHAGEN, BERNADETTE J	4/22/2020
WINTER, DAVID R	6/30/2020
WYSONG, PAUL	6/10/2020
YOLDAS, LUBOMYRA	4/25/2020

\*As provided by the Allegheny County Retirement Board

# NEW RETIREES LIST

## APRIL 2020

Pleskovich, David  
Wilson, Carla

## MAY 2020

Egan, William  
Bacha, Andrew  
Baker, Carol  
Barncord, Timothy  
Brenning, Lloyd  
Chraska, Michael  
DiLeonardo, Donna  
Hogan, Frank  
Holycross, Barbara  
Kelly, Sean  
Kozlowski, Martin  
Lee, Donna  
Lubanovic, Edward  
McClellan, Charles  
Musmanno, Shawn  
Novogradac, Ethel  
Oliver, Karen  
Pierce, Karen  
Rodman, Jodi  
Scheidler, Dorothy  
Szramowski, Lawrence

Taylor, Kathleen  
Valvo, Cheryl  
White, Kathy  
Wilson, Carla

## JUNE 2020

Adams, Cynthia  
Andrews, Anastasia  
Babyak, Michael  
Beasley, Michael  
Broadus, Susanna  
Carik, Henry  
Comas, Jane  
Grabenstein, Nancy  
Greer, Quintin  
Harris, Christina

Herriott, Camille  
Lipscak, Thomas  
McCreary, Cheryl  
Merrick, Jill  
O'Donnell, Dennis  
Paul, David  
Sawicki, Gary  
Singer, Jeffrey  
Spynda, Mark  
Srivastava, Urvashi  
Tokich, Stephen  
Winkler, Barry

## JULY 2020

Banos, Kathleen  
Belback, Kurt

Beveridge, Robert  
Braunlich, Michael  
Brown, Kathy  
Cates, Robert  
Cepec, James  
Chermer, Craig  
Duncan, Thomas  
Feitt, Theodore  
Garside, Bonnie  
Garvey, Patrick  
Hilson, John  
Holko, William  
Holmes, Stephen  
Keally, Timothy  
Malley, Michael  
Manski, Jean  
Mobley, Vanessa  
Morgano, Joann  
O'Toole, Gary  
Paterni, Donald  
Salsgiver, Maryann  
Sisco, Karen  
Skosnik, Darlene  
Smith, Nadyne  
Theis, John



## NOT A MEMBER, JOIN ACRA NOW.

Are you asking yourself, why should I join? Let us tell you why. ACRA has monthly luncheons seven out of the twelve months of the year. The food is great, and speakers cover a wide variety of topics, including our annual November luncheon when the Retirement Board and Medicare

representatives report on updates. Most importantly the fellowship with other retirees can't be beat.

As many retirees realize soon after their retirement, they may not miss the work, but they do miss their co-workers/friends. The luncheons will

give you an opportunity to meet up with your fellow retirees or make some new friends. We also have an annual picnic in June and a holiday party in December, where members have a great time socializing with each other and don't forget about the delicious food that is served.

### ACRA REGISTRATION FORM - \$15 ANNUAL MEMBERSHIP FEE

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

I am the Retiree  YES  NO I am the Spouse of a Retiree  YES  NO

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address \_\_\_\_\_

Dept. You Retired From \_\_\_\_\_ Year of Retirement \_\_\_\_\_

- I want to receive ACRA postcards announcing the luncheons and special events in addition to the newsletter.
- I will depend upon the quarterly newsletter for ACRA program updates.
- I would prefer ONLY electronic versions of the newsletter and notices.

SEND THIS FORM AND CHECK PAYABLE TO ACRA TO THE FOLLOWING ADDRESS:  
ACRA, PO BOX 15285, PITTSBURGH, PA 15237