



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*
Marge Lubawy, *Vice President*
JoAnna McQuaide, *Secretary*
Cathy Thomas, *Treasurer*

Connie Przybyla
Donna Johnson-Smith
Hugh Hachmeister
Pam Long

Sharon Silvestri
NEWSLETTER EDITOR
Kathy Burk

Message from **THE PRESIDENT**

Wow! What a start of the new year! As I write this, it is only the end of January. Major topics of conversation so far: sports, weather, and politics. The Steelers finished with a win and with hope for the future. The weather has been crazy, going from below zero to the mid-forties in a week. On the national level politics, to say the least, have been chaotic.

Locally the political scene will be changing at the end of this year. After three terms of progressive, steady leadership, County Executive, Rich Fitzgerald, will have to step down due to term limitations prescribed by our present form of government.

One of our members and the president of our Retirement System announced in January that he would be running for that office. During his years of service as County Treasurer and on the board of the Retirement System, John Weinstein has always shown concern for peoples' needs and has provided exceptional professional management of public funds. During his tenure as president of the Retirement System, the fund has increased in value to over a billion dollars. That makes us very confident that the funds will be there to keep our checks coming. John was very instrumental in getting the Board to approve a raise in our pension

checks last year.

If he is elected chief executive, he will remain on the Retirement Board. If he is not successful, we will lose a powerful advocate on the Board. I ask you to keep this in mind as you decide who to vote for the next County Executive.

Turning to Association business, your board has lined up speakers for the April (a piece of Pittsburgh history) and May (genealogy) luncheons. There will be NO March luncheon. The September members appreciation day luncheon will be one of fun activities instead of a speaker. A picnic is scheduled for June at South Park. Other activities are in the planning stages for the summer months. Check our website for interesting group activities.

We are happy to report that we have over one thousand members. There is always room for more. If you know someone who is retiring or has retired or notice a familiar name on the retirees list in the newsletter, ask them to join you and become a member. Dues are only twenty dollars a year.

In the meantime keep well.

Pension Check Pay Date Schedule for 2023 and 2024

Allegheny County retiree pension checks are always mailed on the 4th Thursday of each month. If a pay date falls on a Holiday, then the pay date will be the day before. November is the only months effected by the Holiday schedule.

The Retirement office provides direct deposit information to the financial institutions in advance of pay dates and retirees with direct deposit should see their deposits made on the dates below. The Retirement Office is not responsible for any fees associated with nonsufficient funds for delayed deposits of your financial institution.

2023 pay dates:

- January 26
- February 23
- March 23
- April 27
- May 25
- June 22
- July 27
- August 24
- September 28
- October 26
- November 22
- December 28

2024 pay dates:

- January 25
- February 22
- March 28
- April 25
- May 23
- June 27
- July 25
- August 22
- September 26
- October 24
- November 27
- December 26

In the Spotlight - The Accordion Man

by Guillermo Cole



Since retiring in 2008 from the Kane Regional Centers, Chris Meyer devotes time to family, golf, volunteer service and, more recently, to accordion lessons, picking up where he left off as a child.

“When I was a young kid, I learned how to play the piano and continued playing it through high school and college. But I didn’t take my accordion lessons past 4th grade or so because it just wasn’t a very cool instrument to play back then,” Meyer said.

“Not so anymore, especially at my age. I’m taking accordion lessons now and loving every minute of it. It fits in perfectly with where I am today in my life plan”

That life plan includes spending time with a large blended family. Chris has a son, a daughter and six grandchildren from his first marriage to Peg, who passed away 24 years ago, plus his long-time domestic partner Darlene’s children and five grandchildren.

“Kid-sitting the local grandkids and traveling to visit the others who live elsewhere keeps us close.”

Another part of Chris’s life plan is the volunteer work he does for Global Links, a Pittsburgh-based non-profit that provides medical supplies to the needy both locally and in Central American and Caribbean countries. He fixes and reconditions wheelchairs for reuse, which is particularly meaningful to him because his wife Peg suffered from M.S. and used a wheelchair before passing.

Finally, since retiring Chris joined a men’s golf league at Allegheny County’s South Park golf course. With 100 members, the league gives Chris the opportunity to play a game he loves and to meet new friends. And Chris gives back by serving as the league’s secretary and handling the duties of organizing and managing such a large group of golfers.

Chris began his career with Allegheny County in contract management at the Department of Aging in 1984. He transferred to the Kane Regional Centers in 2002 and performed similar duties there.



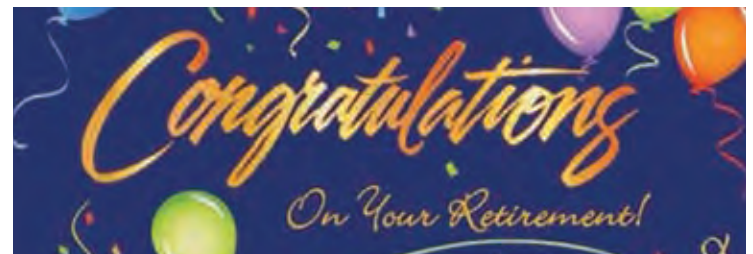
RECIPES BY PAM

by Pam Long

LEMON SQUARES

- 1 cup of flour
- 1/2 cup butter
- 1/4 cup powdered sugar
- 2 eggs
- 2 tbsp. fresh lemon juice
- 1 cup granulated sugar
- 2 tbsp. flour
- 1/2 tsp, baking powder
- Grated rind of 1 lemon
- Sifted powdered sugar

Blend flour, butter and powdered sugar Pat into 8” square pan. Bake at 350 for 15 minutes. Blend other ingredients and spread on top of first mixture. Bake at 350 for 25 minutes more. As soon as out of the oven sprinkle with powdered sugar. Cut into squares. Enjoy!



NEW RETIREES LIST

November, 2022

Bozolla, Samuel
Davis, Ralph
DeLuca, Catherine
Douglass, Deborah
Halt, Terry
Hedderman, Leo
Kelly, Jamie
Krasinski, Mark
Potts, Angela
Quinn, Audrey
Santel, Gary
Saunders, Lee
Scherer, Francis
Smith, Roy
Verner, John

Karl, Janice
Kisner, Karen
Lane, Carlrose
Lutz, Kevin
Lyons, Wendy
Pantone, Michael
Snyder, William
Tabin, Richard
White, Georgia

January, 2023

Cirrincone, Karen
Collins, Jacqueline
Comstock, Dara
Exler, John
Janssen, Jennifer
Marsh, James
Martini, Rita
McKnight, James
Pszenny, Andrew
Schubel, Howard
Thomas, Randolph

December, 2022

Binion, Annie
Dailey, Thomas
Jameson, Mark
Johnson, Victor

Lending a Hand Retiree Volunteers for Meals on Wheels

by Guillermo Cole

A passion for helping others led Kathy Macie to volunteer for the Meals on Wheels program operated out of Bethel Presbyterian Church in Bethel Park. One day a week she delivers meals, including lunch and dinner, to a dozen or so shut-ins residing in apartments or homes in Bethel Park and Upper St. Clair.

Kathy has been a volunteer with Meals on Wheels for the past seven years, taking time off only to help care for her late husband during his illness six years ago and more recently due to the pandemic.

Meals on Wheels is always looking for volunteers, according to Kathy. She suggests that anyone who is interested should contact their local Meals on Wheels program. Drivers as well as people who can help in the kitchen with meal preparation are needed.

In 2012, Kathy retired from the Allegheny County Area Agency on Aging. She worked in the Nursing Home Transition office, which helped clients return to their own homes after a nursing home stay.

Kathy grew up in East McKeesport and lives in Upper St. Clair. She has three children and six grandchildren.

(Lending a Hand is a new feature about retirees involved in community service. Let us know about your community service so we can profile you. Contact Editor Kathy Burk: kfburk3265@comcast.net.)



The 2022 Holiday Luncheon

Good food, great people, and a rollicking good time was just what Santa delivered to the 2022 annual holiday luncheon. Festivities were accentuated by Len Garlicki leading our merry voices in a good, old-fashioned, yuletide sing-along. Raffles, prizes, photo ops, and sumptuous holiday fare made it all the more fun.




IN MEMORIAM*



Name	Date of Death	Name	Date of Death	Name	Date of Death
Alberth, Robert	10/11/2022	Froelich, Carol	12/15/2022	Mykeloff, Marjorie	7/8/2022
Baumiller, Lawrence	12/06/2022	Griffin, Patricia A	10/18/2022	Pintar, Mercedes	12/11/2022
Blotzer, Michael	12/22/2022	Grogan, Gregory	5/28/2022	Poole-Hutson, Emma	10/11/2022
Bruno, Albert Sr	11/15/2022	Harris, Richard J Jr	12/11/2022	Slimick, John Sr	11/16/2022
Canson, Jay	11/26/2022	Hayes, Larry W	11/19/2022	Slovick, Adeline	10/07/2022
Carlio, Amelia	12/06/2022	Heinz, Melvin	9/03/2022	Stieglitz, Mary	1/03/2023
Carver, Phyllis	10/18/2022	Himmelrich, Dorothy	9/30/2022	Swartz, Kathleen	10/12/2022
Corra, Alexander Sr	9/24/2022	Holland, Richard	10/11/2022	Thomas, Cora L	10/15/2022
Costa, Ann	10/22/2022	Hout, Marita	11/21/2022	Wilbert, Beverly	12/12/2022
D'Loss, Ethel	12/13/2022	Klick, Jayne	11/28/2022	Williams, Helen	12/08/2022
Dedola, Sebastian	11/21/2022	Lawson, Katherine	11/28/2022	Williams, Levonia	9/22/2022
DeLuca, Guy Jr	11/26/2022	Loesch, Ronald	11/30/2022	Wynn, Ruth	11/15/2022
DeShields, Jacqueline	9/14/2022	Lundy, Virginia	11/28/2022		
Dixon, Linda	12/13/2022	Lynch, David C	12/31/2022		

*As provided by the Allegheny County Retirement Board

From Poor Farm to Insane Asylum: **A Brief History of Mayview State Hospital**

by Kathy Burk

Situated on the banks of Chartiers Creek, in the southwest region of Allegheny County, is a swath of land that was once occupied by indigenous people, frequented by legendary fur traders, and eventually sold as farm land to early European settlers. In 1892, the City of Pittsburgh purchased more than 240 acres of this fertile land to accommodate overcrowding at the Pittsburgh City Poor Farm. The newly-acquired property became officially named "Marshalsea," a name taken from the abysmal London debtor's prison that once held the father of Charles Dickens. (Dickens also casts London's Marshalsea Prison as a central villain in his satirical novel *Little Dorrit*). The name was synonymous with desperation and sorrow.

Allegheny County's Marshalsea was designed as a self-sustaining community that existed for the sole purpose of feeding and sheltering the indigent. Many of the residents were widows with children who toiled in the fields and tended to the livestock. The facility had a working coal mine and a station on the railroad line that ran from Pittsburgh to Washington County. Marshalsea Station no longer exists, however records show that it was located midway between the historically-preserved Bridgeville and Boyce stations.

By 1898, the diverse needs of the poor became increasingly apparent. In just a few years, orphaned children, patients with tuberculosis or syphilis, the physically disabled, unwed mothers, and those who had been designated as "insane" were all brought to Marshalsea. With so many unmet needs, Marshalsea's reputation suffered greatly. With the hope of improving its sullen status, in 1916, a contest was held to find a more ac-

ceptable name. By 1918 it became officially registered as "The Pittsburgh City Home and Hospital at Mayview."

Over the years, Mayview began to focus more of its resources on the care and containment of those with mental disabilities. By the 1930s patients were often subjected to electro-convulsive shock treatments, ice baths, as well as steam-box and isolation therapies. The pharmacy had a liquor license and could dispense alcoholic beverages during prohibition, when the sale of alcohol was otherwise forbidden by law. In the following decades a bowling alley, a swimming pool and an ice cream shop were added for the enjoyment of the residents.

The Commonwealth of Pennsylvania took over Mayview's operation in 1941, continuing until it was shuttered in 2008. Little remains of Mayview, other than an occasional building remnant, a residual fruit orchard, and a small cemetery of pauper's graves, etched only with numbers. The land that encompassed the facility was parceled and sold for various uses, including a housing development, a community center, and hiking trails. The metal rails that were once the integral link between Marshalsea/Mayview and "life on the outside" still exist in their physical form. Now they are part of our collective imagination - a portal to a different time and social order in the treatment of those suffering from poverty and disability.

Historical Information for this article was obtained from Rootsweb.com; abandonedonline.net; KDKA website, Dec. 29, 2008; and The Pittsburgh Press, June 4, 1897.



*Mayview Hospital as it appeared
in the early 20th century*



Therapeutic steam baths as prescribed in the 1930s

Thinking of a **SPRING GARDEN?**



Whether you are a seasoned landscape architect or a novice gardener hoping to grow a green thumb, there will be something for everybody at the Penn State Extension Allegheny County Master Gardeners Program annual plant sale.

Among the numerous varieties of the plants being featured for sale this year are True Blue Bottle Gentian, Ornamental Onion, Bluestar, Dreaming Swan, Delft Lace, Cheddar Pink Fire Witch and many more.

Date: April 29, 2023

Time: 10:00 am until 2:00 pm (or until the plants sell out)

Location: South Park Home Economics Building, located at 2050 Buffalo Drive, South Park Township, PA 15129

Proceeds from the plant sale benefit the Allegheny County Master Garden Program

Happy Retirement Word Search

See if you can seek and find words that describe some of the activities that retired county employees enjoy.

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

- | | | | | |
|--------|-----------------|----------------|----------|-----------|
| GOLF | VOLUNTEER | JIGSAW PUZZLES | LECTURES | GARDENING |
| TRAVEL | READ | ACRA LUNCHEON | CHURCH | DANCE |
| ZOO | THEATER | GRANDCHILDREN | HIKE | LEARN |
| JAZZ | SECOND LANGUAGE | | | |

Caring for Yourself as a Caregiver

With a high degree of certainty it is likely that most of us will find ourselves in the role of either a caregiver or a care receiver. Both roles can be extremely difficult at times, but for the purpose of this article, we will focus on the challenges of the family caregiver, one of the most under-recognized resources in the care of the elderly.

According to the National Institute on Aging, 43.5 million people serve as unpaid caregivers in the United States. Caregiving has its rewards, but often its challenges can lead to overwhelming stress, along with a myriad of other complicated emotions. For this reason, self-care for the caregiver is absolutely crucial. Not only will this help to alleviate caregiver burnout, but taking time for yourself will make you a better caregiver in the long run.

Among the most important things that you, as a caregiver, can do is to eat healthy, stay active, and take time for you. Equally important is to ask for help when it is needed. This help might be in the form of respite care so that you can reenergize and face your role with a renewed outlook, or perhaps you could use some assistance with errands and household chores.

Never assume that others should recognize your needs as a caregiver. Until one has experienced something first hand, it can be very difficult to gauge another's needs. Oftentimes there are other family members or friends who are more than willing to help but are hesitant to offer their assistance unless they are asked. As difficult as it may be, it is very important that you reach out and ask for help. Be specific. Do not assume that others should know what you are experiencing. Do not wait until overwhelming emotions take over and get in the way of civility in your request for help.

Joining a caregiver support group can be helpful in alleviating some of the isolation that often accompanies the role. Other people with a shared experience can help strengthen the commitment you have as a dedicated caregiver, but can also provide empowerment through the exchange of information and resources.

To find out more about what type of assistance is available to caregivers visit:

National Institute on Aging: www.nia.gov/caregiving

Allegheny County Area Agency on Aging:

www.alleghenycounty.us/Human-Services/About/Offices/Area-Agency-on-Aging.aspx

and click on Caregiver Support

Allegheny County Senior Line: (412) 350-5460

