

# Greetings to Retirees and Spouses of the Genesee County Employees Retirement System.

Spring 2016

Well we made it through one of the warmest winters in some time. Hurrah for all those strong souls who stay north of the Ohio River during the winter months. Spring is officially here. I can tell by the hundreds of yellow dandelions in my yard.

Thank you for your confidence in reelecting me as your retiree representative on the Genesee County Pension Board.

This is our spring 2016 Newsletter. It's our little effort to bring you up to date on what's happening here in Michigan and on things that affect you. This newsletter is coming to you courtesy of the Genesee County Retirees Association and the Genesee County Employees Retirement System. So get that cup of coffee/tea and enjoy!

## Annual Holiday Outing

This past December we returned to the Durand Union Station (train depot) for dinner, live entertainment, and a decorated train depot. There were over 60 Christmas trees and tons of history. If you are looking for something different next Christmas, take a road trip out to the Durand Depot, truly a great experience.

Some of our past holiday outings have taken us to Whiting, Cross Roads Village, Frankenmuth, Country Clubs, and the Masonic Temple. We will be announcing this year's event at one of our fall meetings. Hope you can join us next December.

## Message from our Genesee County Human Resource Department

- 1) Make sure your HR Department has a copy of your Medicare card when you become Medicare eligible.
- 2) Keep your HR informed when you move. Address change forms are available on the website at [www.gc4me.com](http://www.gc4me.com).
- 3) Be sure to keep your Life Insurance Beneficiaries up to date. If your beneficiary has passed away, please complete a new form. Forms are available on line or at the office.
- 4) Also when a spouse or beneficiary passes away, please call your HR to have them removed from your insurance.

From **Jennifer Draheim**, HR Benefit Specialist  
810-237-6120

## Staying Healthy in Retirement

Staying healthy in retirement is important, but establishing an exercise routine and knowing what to eat can be challenging. Here are a few tips from noted sources:

### Healthy eating:

The United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) suggest that those over age 50 consume the following every day

- 
- **Fruits.** 1-1/2 to 2-1/2 cups
  - **Vegetables.** 2 to 3-1/2 cups
  - **Grains.** 5 to 10 ounces
  - **Protein foods.** 5 to 7 ounces
  - **Dairy foods.** 3 cups of low-fat or fat-free
  - **Oils.** 5 to 8 teaspoons
  - **Solid fats, added sugars.** Keep amount small
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### Exercise:

The USDA and the HHS advise those over 50 to aim for at least 150 minutes of physical activity each week. This equals 30 minutes a day or three 10 minute sessions a day. Try walking, it's great.

### Daily Calorie intake:

<u>For Women</u>	<u>Calories</u>
Not physically active	1,600
Somewhat active	1,800
Very active	2,000-2,200

  

<u>For Men</u>	<u>Calories</u>
Not physically active	2,000
Somewhat active	2,200-2,400
Very active	2,400-2,800

Stay active and watch what you eat. We will all be around a lot longer to torment our children.

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### A message from our President:

An extended welcome to all our returning snowbirds. Currently, the GCRA meets the first Wednesday of every month at 9:00 AM at Palace Family Restaurant located on the east side of South Saginaw Street between Dort Highway and Maple Road. Come early for breakfast. We usually have a speaker for each meeting covering various subjects that we hope are informative to our members. Some of the topics presented at previous meetings were:

American Cancer Society  
Blue Cross/ Blue Shield  
Elderly Abuse and Financial  
Genesee County Humane Society  
Genesee County Prosecutor  
Judge Barkey of the County Probate  
Probate and Estate Attorneys  
Social Security  
Reverse Mortgages  
Funeral homes

### Valley Area Agency on Aging Bordine Nursery Red Cross Volunteers

We will be electing new officers for the organization at the June meeting. Your comments or suggestions on topics for upcoming meetings are always welcome. Our elected pension representative, Jeff Cyphert, is present at our meetings. We also have an annual picnic in June. I invite more of our fellow retirees to attend our monthly meetings to visit and renew friendships. Have a safe and enjoyable summer!

*Tim Sabin*, Road Commission

Our monthly Genesee County Retirees meetings start at 9:00 AM. The following are the dates for the next 10 months:

<b>June 1</b>	<b>November 2</b>
<b>*July 6</b>	<b>December 7</b>
<b>August 3</b>	<b>*January 4, 2017</b>
<b>September 7</b>	<b>February 1, 2017</b>
<b>October 5</b>	<b>March 1, 2017</b>

\* Due to closeness to holidays, these meetings may be cancelled. Please call a Board member. Phone numbers found on last page.

### County WEB site information

Take a few minutes to explore the County WEB site. IT is [www.gc4me.com](http://www.gc4me.com). Very easy. For Retirement information go to "**Departments**", then click on "**Retirement Commission**". There you find a number of important things like, the Annual Report, older Newsletters, Policies, meeting materials, and forms.

Our Retirement Administrator, Tracy Khan, tells me that 97% of retirees use the electronic direct deposit for their monthly pension check. Alright you 3% let's get with the program and fill out an electronic deposit form (which can be found on the web site). Avoid mail delays, mail

mishandling, or even mail theft of your pension check. Have the money wired right into your checking or savings account. Easy and on time every month!!

## **\*\*\*\*THE ANNUAL SUMMER PICNIC\*\*\*\***

Cut this out and put it on the refrigerator. **The picnic will be Tuesday, June 21st at approximately 5:00 P.M.** Mark your calendar. Once again, we will be at the Grand Blanc Bi-centennial Park on Grand Blanc Road. This year we will have barbecue chicken. There is no out of pocket cost to attend just bring a dish to pass, your beverage, table service, and a gag gift. We have a great bingo game with the gag gifts. So bring that white elephant in a plain brown bag (or dress it up and fool everyone) for exchange. The chicken is courtesy of the Retiree Association. Great time and laughs are always part of the package. Spouses and family are always welcome.

**To help us in planning, RSVP your name and total number in your party attending. Call or leave a message for Jeff and Peggy Cyphert at 810-694-4778. Please RSVP by June 7th so that we can include you and your party in the final count.**

**Back to the Genesee County  
Retirees Association -**

Your comments and suggestions are always welcomed. You can contact the following Board members:

President – Tim Sabin, (810) 694-6889  
Vice Pres. – Bob Neumann, (810) 655-4202  
Secretary – Karolina Straw, (810) 877-2529  
Treasurer – Peggy Cyphert, (810) 694-4778  
Trustee – George Popovich, (810) 629-2130  
Trustee – Clint Brisbane, (810) 516-3461

**AND/OR** Contact me, Jeff Cyphert, your Retiree Representative on the Pension Board

My Home phone: (810) 694-4778 or

Cell: (810) 347-8667

Email: [cyphertjp@yahoo.com](mailto:cyphertjp@yahoo.com)

Again, a recap about our meetings/events:

1. Picnic is Tuesday June 21st at the Grand Blanc Bi-Centennial Park on Grand Blanc Road between Dort Hwy. and Fenton Road. We will be in the large pavilion. Bring an appetite and be ready to laugh.
2. Please call someone in regards to the July and January 2017 breakfast. It may be cancelled.

Hope you enjoyed this newsletter. See you at our breakfast meetings, I'm usually there if you have any questions.

*Jeff Cyphert*, Retiree Representative  
Retired January 1992, General County

***God Bless and Enjoy the Summer!!***