

READY...SET...RETIRE!

VOLUME 14, ISSUE 1

JULY 2018

Summer Picnic

WHEN:

Tuesday, August 14, 2018

@ 1:00 p.m.



WHERE:

Russ & Marie Reitz Farm,

Gracious Meadows

2549 Lick Run Road

Williamsport, PA 17701

DIRECTIONS: From 180, take the Faxon exit (25) onto Northway Road. Travel 5 miles to Lick Run Road (right turn). Gracious Meadows is the second farm on right. There will be signs directing you to the pond. A short business meeting will be conducted during the picnic.

***PLEASE BRING A DESSERT OR SALAD**

(no dressing please, it will be provided)

RSVP By calling 570-435-2223 or 570-220-7875 by August 7th

& let Marie know what you will be bringing!

Happy Retirement!



William Lee

Retired on 2/9/18 after over 6 years of service with the County



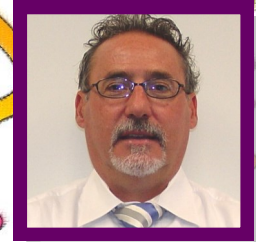
Misty Renn

Retired on 3/30/18 after 23 years of service with the County



Timothy Fogelman

Retired 4/05/18 after over 20 years of service with the County



Kevin DeParlos

Retired on 5/4/18 after over 36 years of service with the County



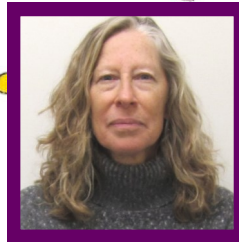
Deanna Roth

Retired on 6/15/18 after over 10 years of service with the County



Susan Preston

Retired on 6/29/18 after over 20 years of service with the County



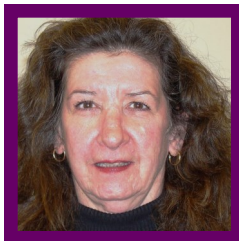
Stacy Bower

Retired on 7/9/18 after 28 years of service with the County



Marciann Hessert

Retired on 7/17/18 after over 22 years of service with the County



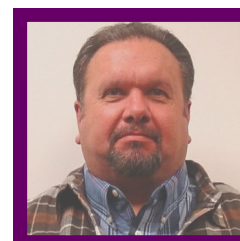
Suzanne Croteau

Will retire on 8/31/18 after 20 years of service with the County



William VanCampen

Will retire on 9/10/18 after over 15 years of service with the County



Dale Brendle

Will retire on 9/28/18 after over 9 years of service with the County

Retirees Meeting Minutes

December 12, 2017 Villa Restaurant

66 retirees and spouses were present: Officers present were Chairman – Alice Bair; Treasurer – Barb Thomas; Secretary – Esther Cohick; and Co Chairman – Jean Stump

Ralph Lukens gave the invocation

A great time was had by all and a heartfelt thanks to Patty Fawber for her coordination of the food and party.

A short meeting was held after the meal.

No Secretary report

No Treasurer Report

Commissioners McKernan and Mussare were present and gave an overview of what is expected for 2018. At this time no decision has been made if there will be an increase in the retirees pension for 2018. They hope that a decision will be made within the first quarter of the year.

A collection was taken for the local Family Promise.

No motion to adjourn was made.

The next retiree meeting will be held on Thursday February 8, 2018, the location will be announced at a later date.

Temporary Secretary,

Jean Stump

RECEIVED MAR 26 2018

Retirees Meeting Minutes
February 8, 2018 Perkins Restaurant

25 retirees and spouses were present: Officers present were Chairman – Alice Bair; Treasurer – and Co Chairman – Jean Stump

The meeting was called to order by Chairman Alice Bair

Minutes from December 12, 2018 were approved by Maggie 2nd by Russ Reitz

Alice Bair gave the Treasurer Report \$1,286.37 in the account.

\$325.00 was donated to the local Family Promise.

Jerry Walls made the motion and Larry Campbell 2nd the motion for Dorothy Thomas to become Secretary.

Retirees COLA

A letter from Andy Follmer was read.

A text from Rebecca Burke was read encouraging retirees to attend the February 22, 2018 Retirement Board meeting.

Chairman Bair offered to send a letter to support the retirees

Luann Yohn informed the members of a bus trip to Sight n Sound to see the play Jesus on October 8, 2018 anyone interested contact Luann.

Jerry Walls informed the members of a free movie premiere “From the Heart of Williamsport” On February 9, 2018.

Luann Yohn made a motion to adjourn it was 2nd by Nancy Toles.

The next retiree meeting will be held on Thursday April 12, 2018, the location will be announced at a later date.

Temporary Secretary, Jean Stump

Lycoming County Retirement Meeting

Feb.22, 2018

Perkins Restaurant

Officers present were Chairman Alice Bair and new Secretary Dorothy Thomas

No Secretary Report was read and No Treasure report was read

Jerry Wallis suggested that we go around the room and introduce ourselves and let everyone know what department they retired from or how many years they have been retired and how many years of service.

Thank you to our guest Commissioner Rick Mirabito and Ann Gehret for coming. We had also invited Krista Rogers but she was unable to attend due to her daughter being in the hospital.

We thanked all three of them for helping the retirees receive there 2% Cola. It was asked if it would be retro active but that is not how the motion was made so they said they would discuss it at the next meeting.

Comments were made that we have a strong retirement system and the cost of the cola would be \$102,000.00 a year.

Commissioner Mirabito commented that we should all try to attend the meetings because we are all tax payers, we are all citizens, and to show our grandchildren a suite to follow.

Retirement meetings are held Tuesdays and Thursday in the Executive plaza. Commissioner Mirabito also gave his cell number 570-777-3588 for anyone that has any questions and he also stated that calls are better than emails for him.

Jerry Walls thanked Commissioner Mirabito for recognizing and watched costs for workers of good quality workers. Our County was recognizing as being on top of employment conditions.

Ann Gehret told everyone that if they have any questions with the insurance to please all Karen Stopper herself at the office. She also stated that Karen is on top of all that has to do with the insurance and if she doesn't have an answer she will find out for you right away. If anyone wants a declaration sheet they should call the office and they will send one out. If anyone had any questions about the Muncy Valley Hospital with the insurance they should contact Matt McLaughlin. Ann also told us and handed out applications to the YMCA for a discount if you would like to join.

Motion to close meeting was Ralph Lukens and second by Connie Dewalt.

Respectfully submitted by,

Dorothy Thomas

Secretary

Lycoming County Retirees Meeting

June 12, 2018

26 people attended

Alice called meeting to order

Dorothy Thomas read secretary's report

motion to accept secretary report was 1st by Ralph luckens and 2nd by
Dick Knecht

Treasure report read by Barb Thomas balance on hand is 1326.37 she had
not read the report last meeting because her husband was ill he is doing
much better now.

motion to accept treasure report 1st Rick Wheeler 2nd jean sump

Old business Picnic will be held august 14th at Marie and Russ Reitz
home 1pm, Bring a salad or desert Russ and Marie will do the rest. if you
bring a salad bring it undressed as Marie makes her own dressing

No games will be played we will just visit.

No new business

motion to close meeting was made 1st by Larry Campbell and 2nd by Rick
Wheeler



Meeting adjourned

Dorothy Thomas

Secretary

Blood Pressure Safety

High blood pressure, also known as hypertension, is called a “silent killer” because it usually has no warning signs. However, it can lead to life-threatening conditions, such as heart attack or stroke, so it’s important to understand what it means and what you can do to reduce your risk.



The only way to know for sure that you have hypertension is to have a blood pressure test, so speak with your doctor to get screened and discuss your risk.

In a healthy individual, normal blood flow delivers nutrients and oxygen to all parts of the body. The beating heart helps push blood through a vast network of large and small blood vessels that constantly adjust to the body’s needs by becoming narrower or wider to maintain healthy blood pressure and keep blood flowing.

Time of day, exercise, diet, stress and other factors affect your blood pressure. It’s normal for it to go up and down throughout the day. However, problems can arise when your blood pressure stays too high for too long, causing your heart to work too hard and lose strength. The high force of blood flow can damage your blood vessels, making them weak, stiff or narrow. Over time, hypertension can harm important organs, including your heart, kidneys, brain and eyes.

Risk Factors

- **Weight:** Carrying excess weight raises your risk.
- **Genetics:** A family history of high blood pressure can increase your risk.
- **Race:** African Americans are more likely to get hypertension as compared to Caucasian or Hispanic American adults.
- **Age:** About two-thirds of adults over 60 years old have hypertension.

Around one in three adults in the United States has high blood pressure, but many don’t realize it because of its lack of symptoms.

The good news is that you can prevent and treat high blood pressure to keep it from seriously damaging your health by getting an early diagnosis and making simple, healthy changes to your lifestyle.



**LYCOMING COUNTY
COMMISSIONERS**

R. JACK MCKERNAN
TONY R. MUSSARE
RICHARD MIRABITO

**RETIREE GROUP
OFFICERS**

CHAIR-Alice Bair
570-322-6052

CO-CHAIR- Jean Stump
570-220-8389

SECRETARY-Dorothy
Thomas

TREASURER-Barb
Thomas
570-322-6460

**SEE YOUR
NEWSLETTER IN
COLOR!!!**

go to: www.lyco.org &
click on the link for
“Human Resources”
At the bottom of the
page you will find a
link to the Retiree
Page & Newsletters



It is extremely important to keep any changes updated with the County Controller. Bank changes, beneficiary changes, address change, withholding changes, etc. or questions on 1099R's

**Contact the Controllers Office at:
570-327- 2295**



Happy Summer!!!