



# St. Louis County Retirement News

August 2006  
Volume 7 Issue 1

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## Health Plans Open Enrollment

*By Dana Hutchings*

Retirees and their beneficiaries who have continued their medical, dental, and or vision insurance coverage with the St. Louis County Retirement group, will be receiving the 2006 Retiree Enrollment Guide for the plan year October 1, 2006 - September 30, 2007 sometime in early August.

In early 2006, St. Louis County initiated the competitive process to select the medical and dental providers for the new plan year and we are pleased to announce that we will remain with GHP Healthcare and Cigna Dental Care, along with the current vision care provider, EyeMed.

With GHP, we will be offering the three current medical plan options; Basic, Primary, and Comprehensive along with two new plan options - the Primary Plan PPO Select and the Comprehensive Plan PPO Select.

The Basic plan will change to a more catastrophic type plan with a

Please see *Health Plans Open Enrollment* on page 2

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*Mark your calendars!*

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## St. Louis Events

*By Dana Hutchings*

September 16, 2006 - The Great Forest Park Balloon Race

12:00 p.m. - Free Admission

Each year in mid-September, multitudes of brightly hued hot air balloons rise into the sky above Forest Park in one of the area's most colorful traditions. The festivities begin with the Balloon Glow soiree on Friday night, and then the Great Forest Park Balloon party ensues Saturday afternoon. Make your way to Central Field (by the Jewel Box) for the pony rides and games, peruse the car show and take snapshots to compete in the photo contest -- it's a great excuse to browse around in the balloon field. Plus, watch the awe-inspiring Pepsi Parachute Team jump. Everything stops for the opening ceremonies, and then the Energizer Hot "Hare" Balloon is launched. Fifteen minutes later, 70 "hound" balloons are released, and the race to drop the birdseed baggy is on.

Please see *St. Louis Events* on page 3

*Fruit and vegetables also have high water content, so proper nutrition is just as important.*



*The Gateway to the West*

**OPEN ENROLLMENT**  
10/1/2006 – 09/30/2007

### St. Louis County Civilian Retirees Association

Established 2006

Mission: To advocate in the best interests of the County's civilian retirees.

Meeting Info: 636.256.1728

Email:

stlouiscountycivilianretirees@yahoo.com

## Summer in the City

### *The Facts on Water and Exercise*

Summer is here, and whether you are working out in a fitness program or working out in the garden, it is important to remember the role water plays in a regular exercise regimen.

During physical activity the body loses water primarily through sweat, even in cold weather or in the water. The body has several mechanisms to protect itself from the negative effects of dehydration, but thirst does not occur until the person is already dehydrated!

With age our body is less able to regulate our temperature and age also affects our ability to stay hydrated during exercise and our ability to recognize when we need more water.

Keep in mind these Hydration Tips:

1. Start hydrating early by drinking 1-2 cups of water in the morning.
2. Keep a water bottle with you all day long.
3. Drink before you get thirsty.
4. Drink 1-2 cups of fluid 30 minutes before exercise.
5. Keep drinking even after your thirst is quenched.

Remember that you can get your daily water requirements from other sources such as tea, coffee, juices, and carbonated drinks.

### *Health Plans Open Enrollment from page 1*

significant reduction in premium. The Primary and Comprehensive plans will remain the same with no change in plan design or network. The two new plan options, the Primary Plan PPO Select and the Comprehensive Plan PPO Select offer the same benefits as the current Primary POS and Comprehensive POS *but with a different network*. The new PPO Select plans offered do not include any hospitals or physicians affiliated with BJC HealthCare. Retirees selecting these plans will see a significant decrease in premiums.

St. Louis County will continue to offer the three Medicare+Choice Plans of Advantra, Gold Advantage, and Medicare Complete.

Be sure and join and some of your former co-workers in attending an Open Enrollment Event to learn about the new plan designs, premiums, and coverage that will work best for you.

### OPEN ENROLLMENT EVENT SCHEDULE

TUES. AUGUST 29 AT 10:00 A.M. - QUEENY RECREATION COMPLEX

WEDS. AUGUST 30 AT 10:00 A.M. - NORTH COUNTY GOVERNMENT CENTER

THURS. AUGUST 31 AT 2:00 P.M. - SOUTH COUNTY HEALTH CENTER

Details are in your 2006 Retiree Enrollment Guide which will be mailed the week of August 21<sup>st</sup>.

*Hope to see all of you there!!!*

## Recipe of the Month

Source: *American Heart Assoc. Low-Fat, Low-Cholesterol Cookbook, 2<sup>nd</sup> Edition*

### Tuna-Pasta Casserole

- 8-ounce package linguine, vermicelli, spaghetti, or other thin pasta
- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 clove garlic, minced, or ½ teaspoon bottled minced garlic
- 2 6 ½ - ounce cans tuna in spring water, drained and rinsed
- ½ cup finely chopped carrot
- 1/3 cup finely chopped green bell pepper
- ¼ cup finely chopped fresh parsley
- ¼ teaspoon paprika, or to taste
- 1 cup nonfat or low-fat cottage cheese
- ½ cup nonfat or low-fat sour cream
- ½ cup plain nonfat or low-fat yogurt
- Vegetable oil spray
- ½ cup plain bread crumbs toasted
- ¼ cup grated or shredded Parmesan cheese (about 1 ounce)

### Directions

Preheat oven to 350 degrees F. Cook pasta according to package directions, omitting salt and oil. Drain. Pour oil into a non-stick skillet over medium-high heat. Add onion and garlic and sauté, stirring often, until onion is translucent. Transfer onion and garlic to a large bowl. Add tuna, carrot, bell pepper, parsley, and paprika to onion/garlic mixture and stir to combine. In a small bowl, blend cottage cheese, sour cream, and yogurt. Stir cottage cheese mixture and pasta into tuna mixture. Spray a casserole dish with vegetable spray. Pour tuna mixture into casserole dish. In a small bowl, combine breadcrumbs and Parmesan cheese. Sprinkle over casserole. Bake casserole for 30 to 45 minutes, or until top is lightly browned. Serves 6.

*St. Louis Events* from page 1

September 8, 9, & 10 - St. Louis Art Fair (Free Admission)

09/08 5 pm - 10 pm 09/09 10 am - 10 pm 09/10 11am - 4 pm

Nearly 200 artists have been invited to exhibit, representing almost every medium imaginable -- from digital art and 3-D mixed media, to sculpture, ceramics, painting, glass, wood, metal and more. This year's fair also introduces a new feature -- an annual street painting competition. And while most art fairs are content to let visitors simply browse and buy, the 2006 St. Louis Art Fair goes beyond that with live music, a Performing Arts Village and special activity booths. Check out live demonstrations by Art Fair artists at 'Arts in Action,' or follow your own creative impulses at 'Art Studio' and the kid-friendly 'Creative Castle.' And since eating can also be considered an art form, don't miss 'Pleasures of the Palace,' which features culinary treats from some of St. Louis' top restaurants.

*"Red meat is **not** bad for you. Now blue-green meat, **that's** bad for you!"*

- TOMMY SMOTHERS



|                  |        |
|------------------|--------|
| Calories:        | 332    |
| Fat:             | 4 g    |
| Saturated:       | 1 g    |
| Polyunsaturated: | 1 g    |
| Sodium:          | 351 mg |

### Retirement Fund Plan Assets

\$419 million 6/30/2006



## In Remembrance of Our Friends

*Every passing life leaves something beautiful behind*



### April 2006

|                 |              |            |
|-----------------|--------------|------------|
| Verna Andrews   | DOH          | 04/05/2006 |
| Canascia Burke  | Planning     | 04/25/2006 |
| Dorothy Cablish | DOH          | 04/29/2006 |
| Mildred Deleiko | Circuit Ct.  | 04/15/2006 |
| Russell Gable   | Data Proc.   | 04/13/2006 |
| Gertrude Galler | Juvenile Ct. | 04/05/2006 |
| Walter Humburg  | H & T        | 04/06/2006 |
| John Valentine  | DOH          | 04/16/2006 |
| Robert Vierck   | Justice Svc. | 04/22/2006 |
| Margot Warmann  | Police       | 04/15/2006 |

### May 2006

|                |     |            |
|----------------|-----|------------|
| Robert McGee   | DOH | 05/18/2006 |
| Blaine Rhoades | DOH | 05/24/2006 |

### June 2006

|                  |        |            |
|------------------|--------|------------|
| William Combs    | DOH    | 06/21/2006 |
| Eileen Floodman  | H & T  | 06/08/2006 |
| Margaret Holmes  | H & T  | 06/15/2006 |
| Timothy McGovern | Police | 06/12/2006 |

### July 2006

|             |         |            |
|-------------|---------|------------|
| Art Jackson | Council | 07/27/2006 |
|-------------|---------|------------|

## Recent Retirements

*Congratulations!!!*

### June 2006

|                    |                  |
|--------------------|------------------|
| Samuel Barnhouse   | Highways         |
| Rosalyn Davis      | Justice Services |
| Jim DeLaet         | Health           |
| Mary Ekern         | Revenue          |
| Karen Elder        | Revenue          |
| Vernon Elliott     | Highways         |
| Steve Fine         | Health           |
| Curley Hines       | Sheriff's Office |
| Emily Horton       | Parks            |
| Al Jackson         | Sheriff's Office |
| James Jones        | Highways         |
| Susan Kaufman      | Revenue          |
| Jim LeFever        | Public Works     |
| Ray McDonald       | Highways         |
| Diana Schenck      | Muni Courts      |
| Charles Stark      | Police           |
| Robert Van Almsick | Police           |

### July 2006

|                      |                  |
|----------------------|------------------|
| William Banton       | Public Works     |
| Enola Coffelt-Tullos | Highways         |
| Penny Hotaling       | Health           |
| Jane Hutchinson      | Health           |
| Marty Koch           | Parks            |
| Linda Mueller        | Justice Services |
| Gene Overall         | Sheriff's Office |
| Richard Robinson     | Sheriff's Office |
| John Rustemeyer      | Health           |
| William Westmeyer    | Health           |

### August 2006

|                  |                  |
|------------------|------------------|
| George Basler    | Police           |
| Bill Boercker    | Police           |
| Jane Ettelson    | Family Court     |
| Carl Fahrenkamp  | Sheriff's Office |
| David Hackman    | Data Processing  |
| Gary Higgs       | Revenue          |
| Sallie Lee       | Human Services   |
| Bill Rushing Jr. | Police           |
| Joan Scheer      | Police           |
| Earl Shelton     | Sheriff's Office |
| Gwen Sullivan    | Health           |

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