



## In This Issue

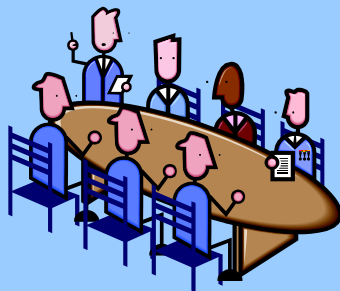
- Cost of Living Adjustment
- Civilian Retirees Form Association
- Congratulations To Our Most Recent Retirees
- Brain Food
- In Remembrance of Our Friends



## Notice:

If you would like to receive a copy of the newsletter sent to your email address, please provide your email address to:

DHutchings@stlouisco.com



## Cost of Living Adjustment

We are pleased to announce that a Cost of Living Adjustment to benefits payable under the St. Louis County Civilian Employees' and Commissioned Police Officers' Retirement Plans is effective September 1, 2005 as follows:

- Benefits are increased by 9% for those that retired prior to January 1, 2001
- Benefits are increased by 4.5% for those who retired on or after January 1, 2001 but before January 1, 2003.
- Benefits will not change for those who retired on or after January 1, 2003.

This Cost of Living Adjustment is provided for by St. Louis County Ordinance No. 22,409,2005.

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## Civilian Retirees Form Association

Article submitted by Joe Passanise

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The St. Louis County Civilian Retirees Association had their first meeting on Wednesday, September 21, 2005 at the St. Louis County Thornhill Library. They discussed the importance of having an association of retirees. Their reasons included reviewing and monitoring the following concerns:

- Investment policies and cost of living increases by the County Retirement Board;
- Health insurance availability to County retirees;
- Legislation affecting County retirees at the County, State, and National levels;
- Communication between the Retirement Board and retirees.

The next meeting of the County Civilian Retirees will be at 1:30 p.m. on Monday, November 7, 2005 at the Thornhill Library, 12863 Willowyck Drive.

**If you have any questions or comments, please contact Joe Passanise at 314-616-4216.** Also, please contact Mary Smith at 636-207-7527 to advise of your attendance at the meeting.

## Smart Spinach-Stuffed Salmon

4 4-ounce salmon fillets  
1 ½ cups water  
½ cup dry white wine  
1 tablespoon lemon juice  
2 green onions, sliced  
1 bay leaf  
5 ounces spinach (fresh or frozen) chopped  
½ cup part-skim mozzarella cheese, shredded  
Freshly ground black pepper

In a large skillet, combine water, wine, lemon juice, green onions, and bay leaf. Bring to a boil. Add salmon and return to a boil. Reduce heat, cover, and simmer until fish flakes easily with a fork (about 8-10 minutes). Remove fish and pat dry with paper towels.

While fish is cooking, cook spinach. Drain well, squeezing out moisture.

Preheat broiler. Place fish on broiler pan. Top with spinach, cheese, and pepper to taste. Broil 4 inches from heat just until cheese melts. (Serves 4)



## Contact Us

DHutchings@stlouisco.com

## Brain Food

Is there a connection between diet and Alzheimer's disease?  
*Living Well - A Group Health Plan Magazine Spring 2005*

Vegetables, Soy, Fish. The vitamin niacin. What do they have in common? New research shows these foods and the substances they contain all appear to protect you against Alzheimer's disease. Studies from a variety of sources are all adding evidence to the Alzheimer's-nutrition connection.

One report comes out of the Rush Institute for Healthy Aging in Chicago. Researchers asked 3,700 people age 65 and older about their diets. They then watched the group's mental function over a period of six years. They also monitored a smaller group of people to see who developed Alzheimer's specifically.

They found that as intake of niacin (a B-vitamin) increased, cognitive decline in general and the risk for Alzheimer's in particular both decreased. Indeed, those with the highest intake of niacin (an average of 22.4 milligrams a day) had an 80% lower risk of Alzheimer's than those at the lowest intake levels (12.5 milligrams a day).

### Order the Fish and Broccoli

The large-scale Harvard Nurses' Health Study looked at 13,000 women who were asked by phone about their memory and attention. This research discovered that the women who ate the most leafy green and cruciferous vegetables – such as spinach, kale, broccoli, and cauliflower – had the least likelihood of mental decline.

Yet another study showed that in mice, a diet high in the omega-3 fatty acid DHA (found in fish, soy, and other oils) protected the brain from memory loss and cell damage caused by Alzheimer's.

Other lifestyle patterns have been linked to Alzheimer's disease as well. Obesity, high blood pressure, and high cholesterol significantly increase risk. One study found that people with all three of these factors were six times more likely to develop the disease.

**It appears clearer than ever that, while science still can't treat Alzheimer's very well, you can do much to prevent it.**

## Recent Retirements Congratulations!

### September 2005

Robert Hitchcock  
Barbara Jacobs  
Michael McDonald

Parks  
Family Court  
Police



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## In Remembrance of Our Friends

*Though the voice is quiet, the spirit echoes still.*

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### August 2005

Alvin Guess	08/28/2005	Health
Pearlie Warren	08/18/2005	Health

### September 2005

Anthony Geyer	09/20/2005	Revenue
Donald Hasseldiek	09/19/2005	Police
Alan Pinkstaff	09/03/2005	Public Works
D. Ross Soper	09/18/2005	Police
June Wegener	09/05/2005	Health

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## News From Our Retirees



Congratulations to Bill Berberich & his wife, Carole on the newest additions to their family. They are the proud grandparents of triplet girls!

Please email us and share your stories.

[Dhutchings@stlouisco.com](mailto:Dhutchings@stlouisco.com)

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