



## In This Issue

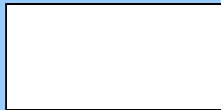
- We're On Line!
- Health & Wellness
- Congratulations To Our Most Recent Retirees
- In Remembrance of Our Friends

### Social Security



<http://www.ssa.gov>

### Medicare



[www.medicare.gov](http://www.medicare.gov)

### GHP



[www.ghp.com](http://www.ghp.com)

### Cigna Dental



[www.cigna.com](http://www.cigna.com)

### Cole Vision



[www.colemanagedvision.com](http://www.colemanagedvision.com)

## The Big News Is On-Line!

We hope to provide our retirees with more up to date information and news, give you easier access to forms, and provide you with links to websites that may be of service to you.

We realize not all our retirees have access to the internet or are not comfortable with using a personal computer so we will make an effort to provide the newsletter to those requesting it by mail.

In our first newsletter we are providing links to Social Security and Medicare, GHP, Cole Vision, Cigna Dental and Federal and Missouri State tax forms. Fill and print forms for address changes, change of beneficiary, and direct deposit changes are now available on our website at <http://www.stlouisco.com/personnel>. Just fill out the form, print, sign, and return to the St. Louis County Retirement Office. We've also added information about medical insurance for retirees to our website.

We hope to keep the news updated on a monthly basis with articles from our retirees along with articles on subjects that we feel may be of benefit to you – so Happy Reading and keep sending me your news! We all love to hear from you.

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## Health & Wellness - Exercise & Age

One of the best ways to prevent health issues as you age is the same as when you are young – exercise.

Exercise is key to ensuring longevity and a good quality of life. But it is a hard sell to those of us who are 65 and older. We are usually too sedentary for our own good. Evidence shows that older people respond just as well to exercise as younger people do.



One reason older people may not exercise could be health issues that may deter them from exercising. Another reason is that some older people are more focused on anti-aging remedies than on staying fit. The challenge is to help people realize that they should

focus on prevention rather than perfection.

Exercise reduces the risk of a wide range of medical disorders from heart disease to depression. One benefit of exercise is weight loss which can lead to improved self-confidence and an improved physical condition, which can keep people independent.

If you are older and have fallen out of the exercise routine, check first with your doctor and then get moving. Moderate exercise 30 minutes a day is better than the intensity.

## Links to Tax Forms:

### State of Missouri Withholding Certificate for Pensions MO W-4P

<http://dor.mo.gov/tax/business/withhold/forms/2005/mow4p.pdf>

### Federal IRS Withholding Certificate for Pensions W-4P

<http://www.irs.gov/pub/irs-pdf/fw4p.pdf>

## Contact Us

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## General Mills Goes Whole-Grain

General Mills announced that it will become the first leading manufacturer to make all of its "Big G" breakfast cereals – including Trix, Cocoa Puffs and Lucky Charms – with whole-grain.



"Eating whole grain could have a significant impact on the overall health of Americans," said Dr. David Kessler, former Commissioner of the U.S. Food and Drug Administration. "The science shows a strong connection between whole-grain and a reduced risk for heart disease, cancer, diabetes and obesity, which are the biggest preventable killers in the United States."

For Americans the move by General Mills will make it easier for people to get more whole-grain into their diet – an important factor in promoting good health and preventing the onset of premature disease.

## Recent Retirements

### May 2005

Stephen Adams	Highways
Elizabeth Alexander	Health
Douglas Algren	Police
Larry Gillum	Public Works
Erv Grimm	Revenue
Johnita Grimm	Revenue
Antoinette Hiley	Human Services
Robert Neubauer	Highways
David Peterson	Revenue
Nancy Sido	Family Court
Susan Tharp	Revenue
Dennis Thouverin	Police
Larry Winters	Police



### June 2005

J.C. Bennett	Highways
Thomas Deakin	Police
Thomas Kraus	Police
Juretha Mercer-Roby	Health
Rose Marie Moore	Sheriff's Office
Joann Navarro	Revenue
Judith Parker	Human Services
Harold Wissmann	Highways



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## In Remembrance of Our Friends

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

### March 2005

Vera Breitenbach      03/14/2005      Public Works

### April 2005

William Jennings      04/11/2005      Parks

### May 2005

Norman Edwards      05/07/2005      Highways

C. George Erhardt      05/05/2005      Human Svcs.

Harold Fay      05/20/2005      Parks

Bemon Harkless      05/18/2005      Public Works

JoAnn Nyhoff      05/12/2005      Health

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## News From Our Retirees

### Evelyn Barham's Granddaughter Crowned Queen at Alabama University

Retiree Evelyn Barham's granddaughter, Lauren LaValle, was crowned Queen at Alabama University. Lauren will be featured in Ebony magazine sometime around March or April 2006. Lauren is currently a senior at Alabama A & M University in Birmingham, Alabama, majoring in elementary education. We all wish the best to Lauren in her future endeavors. Congratulations to Lauren and her proud grandmother, Evelyn!

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## Retirement Pictures

