



## **2009 PRESIDENT'S MESSAGE THIRTIETH ANNIVERSARY CELEBRATION**

**The Jefferson Parish Chapter of the Retired Public Employees Association was incorporated on October 26, 1979. Come and help us celebrate this milestone at the 2009 General Membership Meeting. I know it seems we were just “dashing through the snow” to attend the 2008 meeting. So let’s hope this year’s event will not be disrupted by another phenomenon.**

**My thanks go to all your Board Members for jobs well done! The Membership Committee has worked tirelessly contacting past and most recent retirees to encourage them to join our association. The increased attendance at the Summer Seafood Boil (from 107 in '08 to 143 in '09) shows that they were successful.**

**Another thank you is extended to the Social Committee. Their planning and attention to details have been proven time and time again as you experienced in the summer event and the bus trips in 2009. A special note: Be on the lookout next year. A Spring Party is planned for sometime in March, 2010.**

**Remember, at the General Membership Meeting there will be Board Members up for re-election. The Board is comprised of twelve members. Each member is elected to serve a three (3) year term. The four officers of President, Vice President, Secretary and Treasurer are filled from the ranks of the Board of Directors with those members performing the nominating and voting. The officers stand for election each year. If anyone is interested in running for the Board, nominations may be made from the floor.**

**It is my hope that all of you have been pleased with the work of our association and our planned activities. I wish all a prosperous and healthy New Year. SEE YOU AT THE 30<sup>th</sup>.**

**THIRTIETH ANNIVERSITY  
2009 ANNUAL GENERAL MEMBERSHIP MEETING**

In an effort to accommodate all of our members, we will be holding this year's Annual Membership Meeting on the EAST BANK of Jefferson.

LOCATION: HILTON NEW ORLEANS AIRPORT

901 AIRLINE DRIVE, KENNER

DATE: THURSDAY, DECEMBER 10, 2009

TIME: Doors open at 11:00 AM

Meeting begins at 11:20 AM

\*\*\*\*TO INSURE YOUR RESERVATION, YOU MUST REGISTER IN ADVANCE BY MAILING THE FORM BELOW.\*\*\*\*

\*\*\*\*\*(CUT HERE AND RETURN WITH PAYMENT)\*\*\*\*\*

**MEMBERSHIP MEETING FORM**

CIRCLE your entrée choice(s). If you and your guest have selected the same entrée, circle your selection and write number "2" by it.

PAYMENT: Include Check or Money Order payable to J. P. Retired Public Employees Association for:

Member: \$15.00

Guest: \$20.00 \*Members are entitled to bring only one guest.

MAIL THIS FORM AND PAYMENT to:

Jefferson Parish Retired Public Employees Association

P. O. Box 238, Marrero, LA 70073

DUE DATE: Return form & payment by **Friday, 11-20-2009.**

**SELECT ENTRÉE (choice of one per person) & MAIL**

**MENU**

Soup: Crawfish & Crab Bisque      Salad: Spinach salad w/warm bacon dressing

**ENTREES**

1. Roast Pork Loin w/garlic cream sauce
2. Chicken Breast Marsala (double breast w/Marsala cream sauce)
3. Catfish Almondine sautéed w/lemon, butter, garlic, toasted almonds

All entrees served with rice pilaf and crème broccoli.

Dessert: N.O. Bread Pudding w/Bourbon vanilla sauce

Drinks: Coffee, Decaf Coffee and Iced Tea

Member's name: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

## **TAX HELP FOR SENIORS WITH NATIONWIDE DEFERRED COMP**

There is important news for seniors who reach age 70 ½ and have a Nationwide Deferred Comp account or other employer sponsored retirement savings accounts. The tax law typically requires these seniors to annually withdraw a percentage of their savings, known as the required minimum distribution, or RMD. The good news is that for the current tax year 2009, the RMD has been suspended to help seniors, many of whom may have suffered financially as a result of the current economic crises. This means that seniors will not be required to move their money this year and can continue to save for the future. For more information about this, you can go directly to the Internal Revenue Service web site at [WWW.irs.gov/retirement](http://WWW.irs.gov/retirement).

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## **JEFFERSON PARISH RETIREE HEALTH BENEFITS FOR 2010**

There will be no changes in health plan providers for 2010. The retirees who have either Humana or Peoples Health Medicare Advantage plans will have changes in their premium costs if they pay premiums. Humana has notified the Parish of an increase in the monthly premium charged. Peoples Health has notified the Parish that there will be a decrease in its premium. United Health's premium remains the same for 2010. For more information about the plans contact the provider or attend a retiree information meeting.

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## **SECOND HARVEST FOOD BANK**

Once again we are asking that you bring your canned goods and non-perishable items to the Christmas party. We are very blessed and need to share our bounty with those less fortunate. If you forget to bring groceries, or you don't want to be bothered, we are accepting checks made payable to Second Harvest. This is the season to be jolly. Help us make the season a little bit better for others.

## **ARE YOU UP-TO-DATE WITH YOUR VACINATIONS?**

### **ADULTS NEED SHOTS TOO**

Immunizations are often forgotten about once you turn 18. The Center for Disease Control recommends that adults get certain shots throughout their lives to keep up immunity against infectious diseases, including tetanus, whooping cough, pneumonia, shingles and the flu. The most common reason given for not getting immunizations is the person did not know they needed them. Talk to your primary doctor about what immunizations you need.

The flu shot is the vaccine that we hear the most about because the flu kills thousands every year and puts tens of thousands in the hospital. People older than 50 and those with chronic health problems should get flu shots. Primary doctors administer flu shots at their offices. Flu shots are covered under your health insurance. For 2009, you will need to get the regular flu shot and H1N1 (swine) flu shot.

Some childhood vaccines give lifelong immunity, but the effects wane over time. A booster shot for tetanus, diphtheria, pertussis (Tdap) should be had every ten years ---not just when you step on that nail.

Some vaccines recommended by the CDC are newly licensed and have not had time to completely take hold. One is the ZOSTER vaccine which immunizes against shingles. It is relatively new and is recommended for adults age 65 and older. If you have had chicken pox, then you should consider having the zoster vaccination. The chicken pox virus remains dormant in your body and can reappear as painful shingles in older adults. A second immunization for older adults is the PNEUMONIA vaccine. People aged 65 and older should have the pneumonia shot. It's covered by your insurance. Many diseases for which there are vaccines no longer are fatal, but being immunized protects others from getting sick. We protect more than just ourselves, we protect our family and community.

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**THE BEST WAY TO STAY HEALTHY AND ENJOY YOUR LIFE IS TO KEEP SMILING NO MATTER WHAT LIFE THROWS YOU, BE ACTIVE AND SURROUND YOURSELF WITH POSITIVE PEOPLE. BE HAPPY AND GIVE THANKS EVERY DAY FOR THE BLESSINGS YOU HAVE..**

## **RETIREE NEWS FROM PAROCHIAL EMPLOYEES RETIREMENT SYSTEM**

### **2008 INVESTMENT MARKET OVERVIEW**

In 2008, there was almost no place for investors to hide. Widely diversified portfolios such as Parochial's are expected to offer protection through the absence of risky concentrations in one or two sectors. However, 2008 did not fare that way as, except for U.S. Treasury issues, virtually all asset classes produced negative results.

News of the current recession continues to be of the headline variety, as it deserves. Whether it is a bankruptcy filing, unemployment figures, or the Federal budget deficit, the weakened economy is receiving substantial attention from the media and from the general public.

On a positive note, since February, there has been a nice recovery, particularly in stocks. This development has enabled us to post positive returns of about 4.3% for the first two quarters of 2009. Although there are still many hurdles in front of a widespread economic recovery, Parochial's financial condition remains **healthy with a strong cash flow built of contributions and investment income.**

### **MARKET RETURNS HINDER COST OF LIVING ADJUSTMENTS IN 2010**

With the recent presentation of the actuarial valuation for 2008, it was determined that the Board of Trustees will be unable to make a cost of living adjustment (COLA) in the benefits paid to retirees in 2010.

State statutes that govern our plan include two tests that must be met before a COLA can be paid. The first test requires both plans' portfolios must meet or exceed 7.5%. The second test requires both plans to meet or exceed their target ratios as prescribed by state law. Neither Plan A nor Plan B met either of these two tests.

Because of the negative returns of the investment markets in 2008, it is likely that the Board's ability to grant a COLA under current statutory requirements will be hindered for years to come. This information will not be available until after the actuarial valuation for the year ending 12/31/09 is prepared next spring.

Our Board of Trustees has demonstrated its willingness to make these adjustments when the statutes governing COLA's are satisfied. When market conditions return to a level that enables us to meet the requirements for these payments, our Board will give strong consideration to granting a COLA.

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**DID YOU KNOW?** The Consumer Price Index (CPI) for All Urban Consumers rose 0.1% in 2008. This was the lowest rate of inflation since a 0.7% decline in 1954.

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**2009 DECEASED RETIREES**

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**PERCY CROSBY, SR  
ANTHONY DESALVO  
LOUIS J FAVORON  
JIMMY M LAWRENCE  
FRANK R MATISSE  
CHARLES V MILLER  
KALA SCHOENHARDT**

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TO THOSE I LOVE AND THOSE WHO LOVE ME –

When I am gone, release me, let me go. I have so many things to see and do. You must not tie yourself to me with tears, be happy we had so many years together. I gave you my love, only you can guess how much you gave to me in happiness. I thank you for the love you each have shown, but now it's time I traveled on alone. So grieve a while for me, if grieve you must, then let your grief be comforted by trust. So bless the memories with your heart, it is only for a while that we must part. I won't be far away, for life goes on. So if you need me, call and I will come. Though you can't see me, or touch me, I will be near, and if you listen with your heart, you will hear-- All of my love around you, soft and clear. And then, when you must come this way alone, I will greet you with a smile and welcome you home.

This sentiment was on a prayer card at the funeral for Sgt. Patrick Williamson. Patrick was killed in Afghanistan on October 27, 2009. Let us pray for him and for all of our heroes in the military and for our deceased retirees.

## **SEASON'S GREETINGS**

**THE OFFICERS AND MEMBERS OF THE BOARD OF DIRECTORS OF THE RETIRED PUBLIC EMPLOYEES' ASSOCIATION WISH YOU AND YOUR LOVED ONES GREAT JOY AND HAPPINESS DURING THIS BLESSED HOLIDAY SEASON AND THROUGHOUT THE COMING YEAR.**

### **OFFICERS**

**Carolyn Capdeville – President  
Peggy Guccione – Vice President  
Doris Betza – Secretary  
Josie Palermo – Treasurer**

### **OTHER BOARD MEMBERS**

**Diane Barrilleaux, Emile Cloutet, John Comfort,  
David Duplantis, Cindy Hebert, David Macaluso,  
Jackie Marsh, Ned Pitre**