

COUNTY OF ST. CLAIR RETIREMENT NEWS

April 2024
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2024 Board of Trustees

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Contact Information:

**Tami Rumsey or
Stephanie Frizzle**
Ph (810) 989-6910
Fx (810) 985-3493

**St. Clair County
Retiree News & Links**
www.stclaircounty.org
Click on Offices,
Retirement System

BCBS of Michigan
1 877 790-2583
www.bcbsm.com

Medicare Advantage
1 866 684-8216

Brown & Brown
for SCC BCBS questions
1 866 421-0478

Delta Dental
1 800 524-0149

Prescription Mail Order
OptumRx
1 855-811-2223

MedTipster
Free Generic Drug
Program
1 877 226-2378
www.medtipsterfree.com



National Hug Your Dog Day: April 10 National Pet Day: April 11

If you have a passion for animals and are looking to make a difference or are looking for a pet to add to your family, contact St. Clair County Animal Control! There are a number of volunteer opportunities that include:

- Dog Walking
- Socializing Cats
- Helping with the Adoption Process
- Coordinating and Assisting with Adoption and Fundraising Events



And Much More!

To inquire as to how to become a volunteer or for adoption questions please call Animal Control at 810-984-3155.

Plants Used by the Anishinabek of the Great Lakes

Nathan Wright, also known by his spiritual name Spiritman from the Sun or Giizus Su Win en eh, is an Indigenous Herbalist and descendant of medicine people from both sides of his family. His ancestral knowledge of plant medicine has been passed down through generations and he continues this legacy by ethically wild harvesting and preparing medicines using traditional methods.

As the owner of the Herbal Lodge, a Native American and veteran-owned company, Nathan focuses on creating natural and organic pain relief and medicinal tea products using wild-harvested herbs and mushrooms. He is dedicated to revitalizing lost Anishinabek medicines and traditions, while also incorporating modern techniques for the benefit of his community.

Nathan is not only an Indigenous Herbalist but also a certified mushroom expert. He has a wealth of knowledge and experience in both fields, making him a highly sought-after teacher and speaker. His teachings about Indigenous Treaty Rights and the need to protect our lands and waters for harvesting herbal medicines have been featured in the film *Troubled Water*, which can be found on popular streaming networks.

Currently residing in Petoskey, Michigan, Nathan shares his wisdom with others through various online videos covering Anishinabek culture, healthy lifestyles, cold water experiences, and herbal teachings. He has also taught plant-related classes at libraries, universities, and other institutions throughout Michigan.

Tuesday, April 23 2:00pm-3:00pm
Yale Library - 2 Jones St. Yale, MI.
Must Register: (810) 387-2940

New Retirements

April:

Tracey Pingitore, Eric Stevens,
Lowell Cameron

Deaths Reported

Our sincerest condolences to
the families of:

Marsha Hill,
Donna Quain



Important Dates

Retirees' Association—General
Member Meetings:

Wednesday, April 3, 2024

Council on Aging Senior Center
600 Grand River Ave. PH.

Cost: \$5.00

Doors open: 11:30am, Lunch
served promptly at Noon.

Speaker: SCC Sheriff
Presentation about Scams.

Next meeting: May 1, 2024

Info email:

sc cra917@gmail.com.

Tuesday, April 16, 2024

8:00 am—Board of Trustees
Regular Meeting, Administration
Building 200 Grand River Ave,
PH; Donald Dodge Auditorium.



• Stclaircounty.org

• Stclaircountylibrary.org/events

• Bluewater.org/events

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2024 Senior Health & Wellness Fair

The St. Clair County Department of Veterans Affairs will be on site to discuss any and all benefits that veterans of any age may be eligible to receive.



BLUE WATER LODGE
PRESENTS TO YOU

2024 SENIOR HEALTH & WELLNESS FAIR

APRIL 18, 2024
10AM - 2PM
BLUE WATER LODGE

Many local companies and vendors will be present to share information with you in regards to health, wellness, and ways to stay safe as a senior in 2024.

HEALTHY MINDS HEALTHY BODIES
5K RUN FOR RECOVERY SATURDAY
1 MILE MAY 11, 2024



St. Clair County Community Mental Health invites you to participate in our annual Healthy Minds Healthy Bodies Run for Recovery. This theme reflects our agency's focus on the interconnected nature of the mind and body, our commitment to seeing each individual as a whole person, and supporting them on their journey towards wellness. All events start and end on Cleveland Avenue. Parking is available in the front lot of the CMH building. For information regarding sponsorships, school run clubs and volunteer opportunities contact Aubree Mayhew at (810) 966-3386 or amayhew@scccmh.org.

Saturday, May 11, 2024.

Race Options

1 Mile Walk (accessible course)
1 Mile Timed Kids Run (ages 12 and under)
Certified 5K road race

Starting Times

8:30 a.m. 1 Mile Walk & 1 Mile Timed Kids Run
9:00 a.m. 5K Run

Experience the Solar Eclipse on April 8th

Goodells County Park, 8254 County Park Dr, Goodells.

Drop in anytime between 1:00-4:00 pm and gather round the sundial/labyrinth near the North playground. Experience this incredible phenomenon and enjoy eclipse-themed activities. Safety first! Bring your eclipse glasses or pinhole projectors if you have them and we will have extras.



Main Library, 210 McMorran Blvd. Port Huron

Come between 2:00 - 4:00 pm. We will provide glasses for safe viewing (while supplies last), as well as STEM activities and snacks for all ages. In the event of inclement weather, we'll be viewing the eclipse via the NASA livestream.



IT'S A BLUE WATER THING

APRIL 26 & 27

FREE ADMISSION & PARKING

Friday 9:00am - 4:00pm
Saturday 10:00am - 4:00pm

GOODELLS COUNTY PARK

**JOIN US FOR AN EARTH DAY EVENT
INSPIRED BY GREEN LIVING**



- Goosechase scavenger hunt on Saturday
- Mix it up with earth friendly talks & hands-on workshops



Join us in honoring the winners of the Green Guardian Award

- Earth Fair merchandise for sale
- Organic home & wellness products
- Friendly exhibitors offering hands-on activities & products
- Nature inspired art for sale
- Native tree and shrub sale
- Live Bugs on Wheels demonstrations
- Live Birds of Prey programs
- Live butterfly house
- Food vendors



Enjoy a FREE ride to Earth Fair provided by Blue Water Area Transit



EarthDayFair.com