

# COUNTY OF ST. CLAIR RETIREMENT NEWS

July 2024  
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## 2024 Board of Trustees

*Deborah Martin, Chairperson*  
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*Jorja Baldwin*  
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*Karen Farr*  
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*Timothy Ward*

### Contact Information:

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Stephanie Frizzle**  
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**St. Clair County  
Retiree News & Links**  
[www.stclaircounty.org](http://www.stclaircounty.org)  
Click on Offices,  
Retirement System

**BCBS of Michigan**  
1 877 790-2583  
[www.bcbsm.com](http://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](http://www.medtipsterfree.com)

**Upcoming Office Closure:**  
**Independence Day**  
**Thursday, July 4th**

## Pay Date Reminder

Paychecks are payable the first business day of every month. The first business day may or may not fall on the first of a month. Please see the remaining pay dates below for 2024. \*Holidays may also affect these dates.\*



<b>July 1</b>	<b>Oct 1</b>
<b>Aug 1</b>	<b>Nov 1</b>
<b>Sep 3</b>	<b>Dec 2</b>

## Preventive Screenings—Over 65

61.2% of our eligible, over 65 retired population went without a cervical, breast, colon cancer or diabetes screening in 2023. These screenings are covered at 100%. Empower yourself to take preventive measures and schedule your appointment today!

**Remember!**  
**Health  
Screening  
Today**

## Senior Services Available to SCC Residents

There are four Senior Centers throughout our community, which are primarily funded via the Senior Citizens' Millage. There are many daily recreational activities, as well as weekly and bi-weekly activities, like card games or exercise classes. If you haven't stopped by your local senior center lately, you've got to check it out! The four Senior Centers are located in the following communities:

- Capac – Conrad Community Center, 585 N. Main St, Phone: (810) 395-7889
- Marine City – Washington Life Center, 403 N. Mary St, Phone: (810) 765-3523
- Port Huron – 600 Grand River Ave, Phone: (810) 984-5061
- Yale – 3 First Street, Phone: (810) 387-3720

Some of the recreational opportunities include: arts & crafts, ask a lawyer, billiards, bingo, book club, cell phone & computer classes, dancing, day trips, euchre, exercise classes, financial & estate planning, pickleball, quilting, support groups, travel, veterans club, etc. Most of these activities are low to no cost to resident seniors; however donations are always welcome. The Senior Centers also serve as cooling centers during summer heat warnings.

<https://www.stclaircounty.org/Offices/60>.



## Deaths Reported

Our sincerest condolences to the families of:

Judith Bailey-Ward  
Jill Kammer



## Important Dates

Retirees' Association—General Member Meetings:

**August- Summer Recess; No Association Meeting**

Next meeting:

July & August– Recess

Wednesday, September 4, 2024

**Info email:**  
[scra917@gmail.com](mailto:scra917@gmail.com).

**Tuesday, July 16, 2024**

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





**It's time to get back on track.**  
Don't let diabetes manage you.

When's the last time you had a diabetes test, such as an A1c check with your primary care provider or a retinal eye exam with an eye doctor?

You eat right, exercise and check your blood sugar. But you also need to see your doctors regularly to stay on track with your diabetes management plan.

**Why?**

- Your diabetes isn't in charge, **you are**.
- You can significantly reduce your chances of blindness, kidney disease, high blood pressure, stroke and other problems.
- You and your doctor can make immediate adjustments to your care plan to keep diabetes under control.

**Diabetes is the leading cause of new vision loss and kidney disease in adults.<sup>1,2</sup>**

**Reduce your chances.** Call your primary care provider to discuss which diabetes tests are right for you and then schedule your appointments. If you need to find a doctor, log in to your member account on the [Blue Cross mobile app](#) or at [bcbsm.com](#).

**Diabetes Prevention program**  
*Getting healthy is easier with a little help.*



To find out if you're eligible for the program, call **1-800-835-2362**. Your registration code is **BLUECROSSMI-START**. Or scan the QR code to enroll online.



**Teladoc**  
HEALTH

## Prevalence of Diabetes @ SCC

Here are the stats: Over 65

29% Prevalence of Diabetes Among members 65+ and about 245 members 65+ with Prediabetes.

Even if you don't have any symptoms, you could have undetected health problems that are easier to manage when caught early. Regular testing can help prevent serious health problems caused by diabetes, such as blindness, kidney disease, high blood pressure and stroke.

## Wills & Durable Financial Power of Attorneys

A speaker from Lakeshore Legal Aid will be discussing wills, durable financial power of attorneys and lady bird deeds and how to obtain these documents. Lunch will be provided by the Friends of the Burtchville Library. All seniors/adults welcome. Registration requested.

Date: Wednesday, July 17

Time: 11:00am-12:30pm

Location: 7093 2nd St. Lakeport, MI.

Ph: (810) 385-8550

