

COUNTY OF ST. CLAIR RETIREMENT NEWS

February 2023
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2023 Board of Trustees

Deborah Martin, Chairperson
William Herpel, Vice Chairperson
Jorja Baldwin
Timothy Ward
Geoff Donaldson
Karen Farr
Karry Hepting
William Oldford
James Spadafore

Contact Information:

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**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
call Judy or Olga
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

Don't Forget Taxes & Your Documents

It's tax season. As a reminder, don't forget to take the tax letter you received when you retired and any other supporting documentation you may need when you schedule an appointment with your tax advisor. You should also expect to receive your 1099-R in the mail if you haven't already received it. If you need an additional copy of your letter or your 1099, contact us at: (810)989-6910. **Please allow enough notice for us to prepare and mail reprinted copies.**

Address Changes

Don't miss important updates and mailings from the St. Clair County Retirement System.

Please remember to contact the Human Resources office to notify us of your move. You can also email us with address updates at: trumsey@stclaircounty.org or sfriz-zle@stclaircounty.org.

Please keep in mind that many tax related documents will not be forwarded by the Post Office to a different address and will get sent back to us.

Work on Wellness for the New Year

With the Blues, it's easier to get fit, have fun and make friends using your SilverSneakers Fitness Program membership. Through our partnership with the Healthways SilverSneakers fitness program, members have access to nearly 10,000 participating locations across the country, where on-site staff members are available to help them meet their personal wellness goals.

The SilverSneakers website, www.silversneakers.com, provides a comprehensive, easy-to-use wellness resource. Being part of a thriving and secure online community allows members to create exercise and nutrition plans, track fitness progress, find health articles and recipes, and more.

If you're a member or want to see if you are eligible you may call toll free:(866)966-2583.

New Retirements

February: Scott Jones, Deborah Kokoszka, Andrea Velez.

Deaths Reported

Our sincerest
condolences to
the families of:



Leo Addy, Clifford Freeland,
Kristine Meilstrup.

Important Dates

Retirees' Association – General Member meeting

Wednesday, February 1, 2023
Council on Aging Senior Center
600 Grand River Ave., Port
Huron. Cost: \$5. Doors open
at 11:30; luncheon at noon.
Guest Speaker: Brown and
Brown, Blue Cross Blue Shield.
Contact scra917@gmail.com
for questions. Next meeting:
Wednesday, March 1st, 2023.

Tuesday, February 21st, 2023

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



Get Your Little Black Dress Ready!

Port Huron Boat Show 2023

Save the date...
17th Annual
BLUE WATER LITTLE BLACK DRESS
Betty Kearns Cancer Fund
FRIDAY, MARCH 3, 2023
Blue Water Convention Center

Port Huron BOAT SHOW
porthuronboatshow.com
February 3-5, 2023
Blue Water Convention Center

St. Clair County Community Mental Health

Community Forums

Wellness Classes at SCC

St. Clair County Community Mental Health (SCCCMH) invites community members, individuals who receive services, friends/family members, and other stakeholders to join us for our Community Forums. The forums will provide an opportunity for SCCMH to update the community on programs, services, and new initiatives. Attendees are encouraged to bring questions, comments, and feedback on services, programs, and ways SCCMH can serve the community. Questions may be submitted in advance by emailing community_relations@sccmh.org. Light refreshments will be served. For those unable to attend, community forum recaps will be provided online at www.sccmh.org.

All classes are held in Your Wellness Center, Lower level of the Admin. Bldg. unless otherwise noted.

FIT-TO-GO "LUNCHTIME EXERCISE EXPRESS" - With Kimm
TUESDAYS & THURSDAYS anytime from 12:00 p.m. - 1:00 p.m.
Feb. 2,7,9,14,16 **\$10**

PILATES CLASS - With Kathy Zito
TUESDAYS 5:00 p.m. - 6:00 p.m.
Feb. 7,14,21,28, Mar. 7,14 **\$12**

BODY BLAST - With Sheila Volker, ISSA Master Trainer
MONDAYS & WEDNESDAYS 5:00 p.m. - 6:00 p.m.
February 1,8,13,15,22,27 **\$12**

BODY BLAZE BOOTCAMP - In Partnership with Afterburn Fitness Club

Afterburn Fitness Club's Weight Room, 208 Huron Ave Suite 102 (New) MONDAYS 12:00 p.m. - 12:45 p.m. TUESDAYS & THURSDAYS 12:15 p.m. - 12:45 p.m.
Jan. 3,5,9,10,12,16,17,19,23,24,26,30,31
OPTION 1: 1 day/week **\$15** OPTION 2: 2 days/week **\$30** OPTION 3: 3 days/week **\$39**

LUNCHTIME VIN-YIN YOGA - With Ryan McCann, RYT 200, Trauma Informed Yoga Certified

Classes to meet in the Board of Commissioners' Room 2nd floor of the St. Clair County Administrative Office Building, 200 Grand River Avenue
MONDAYS & WEDNESDAYS 12:10 p.m. - 12:50 p.m.
Jan. 4,9,11,16,18,23,25,30 **\$16**

BELLYFIT FLOW - With Anne Moss, Hatha/Vinyasa, Aerial Yoga & Bellyfit, Bellyfit Sage, Bellyfit Flow and Bellydance
THURSDAYS 5:00 p.m. - 6:00 p.m.
Class dates to be determined

Two ways to register:

1. Pay online by going to <https://paypal.me/sccmitreasurer>. In the "What's this payment for?": Type your name, email and the name of the wellness class.
2. Pay at the Treasurer's office with cash, check or charge. Be sure to get a registration form.

January 19 Blue Water Recovery & Outreach Center BWROC
5:30 - 7:00 pm 617 10th Street, Port Huron, MI 48060

February 2 SCCMH Child & Family Services
5:30 - 7:00 pm 2415 24th Street, Port Huron, MI 48060

February 15 Community Enterprises
5:30 - 7:00 pm 1033 26th Street, Port Huron, MI 48060

February 16 SCCMH West
5:30 - 7:00 pm 14675 Downey Road, Capac, MI 48014

Date coming soon! SCCMH South
5:30 - 7:00 pm 135 Broadway, Marine City, MI 48039