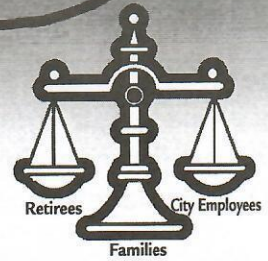


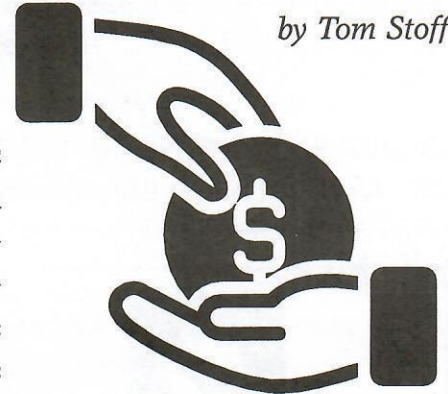
RECSL News

Volume XX, Issue 1
FEBRUARY 2022



PENSION NEWS

by Tom Stoff



We are already two months into 2022 and things, economic and political, continue to be tumultuous. COVID remains a major concern with a lot of confusion and frustration over vaccinations, boosters and mask mandates. Information is inconsistent and varied depending on who is providing it. People are beginning to get out and do more with an estimated 73% of the United States now immune to the omicron variant.

Inflation is expected to remain elevated through, at least, the first half of 2022 and likely stay above the Federal Reserve's target of 2.5% until late 2023. Interest rates will rise in 2022 but must balance controlling inflation without stifling growth. Supply chain pressures should begin easing but labor shortages will be a concern. Add to these growing tensions between Russia and Ukraine and the uncertainty in the market becomes an even greater challenge.

On a brighter note, your Employees Pension System Board of Trustees has been working diligently with our investment consultant to create and maintain a diverse, well balanced portfolio. Our pension fund remains stable. For the fiscal year just ended September 30, 2021, the System's investments earned a 21.2% return. Total assets increased \$120.8 million and ended the fiscal year at \$922.7 million. This includes strong returns in domestic and international equities, alternative investments, hedge funds and real estate. Fixed income returns, while modest, outperformed their benchmarks. The fund balance as of January 2022, was \$937,533,527.

Your Board of Trustees continues to explore investment opportunities to insure the continued stability and diversification of our investment portfolio. Looking forward to putting winter behind us and welcoming Spring. Stay well, everyone!

**ANYONE NOT RECEIVING THE MONTHLY PHONE MESSAGES ANNOUNCING
THE MONTHLY MEETING PLEASE CALL MIKE SULLIVAN AT 314-631-9158.**

President's Message

by Mike Sullivan

Greetings friends and members. We are almost past our long and painful COVID-19 time and if recent trends continue, we should see better days in our future!

We have unfortunately been advised of the passing of some of our members already in 2022. They will be missed and our heartfelt condolences go out to their families and friends.

Our annual Christmas party was held in December again at Bartolino's. We had a good

turnout with about 95 responses. The food and atmosphere were excellent as usual! For those of you who were unable to attend please plan on making it this year.

Our St. Patrick's Day Luncheon will be held on Thursday, March 17th. Please see the back page of this newsletter for full details. In the future I can only suggest coming to our regular meetings every third Thursday at 10 AM at the Czech Hall on Landsdowne and Kingshighway. The only exceptions are January and December (for our Christmas Party at Bartolino's).

We are all looking forward to a better, calmer, informative and productive 2022.



UPCOMING ELECTIONS

April 5th 2022 Special Citywide

August 2nd 2022 Primary Citywide

November 8th 2022 General Statewide

7 Quick Food Fixes for Your Brain

Healthy foods can help keep your brain functioning well. You know the drill: plenty of green leafy vegetables, fruit, whole grains and healthy fats. But what if you're on the run and don't have the time to sit down to three square meals a day? You're in luck. You can make small changes to your diet that have a major impact on brain health.

Boston University nutrition professor Joan Salge Blake always carries a small tin of almonds in her briefcase or purse. "They're my go-to snack, no matter where I am," she says. "When I'm hungry, I just reach for a few almonds and don't have to think about searching out something healthy at a nearby convenience store."

Healthy choices benefit more than your brain. "If you make these kinds of small changes in what you eat and make them a habit, you'll benefit not only your brain but the rest of your body, as well," says Pennsylvania State University nutritionist Penny Kris-Etherton. But she cautions that there's more to good brain health than just food. "It's not about nutrition alone; it's the whole package of healthy living — eat well, exercise, don't smoke, and control blood sugar, cholesterol and blood pressure."

Continued from page 3

In Memorial

During 2022, we were notified that the following members have passed away:

Linda Bohnenkamp

Judith F Holstein

Kay Looney

David Marks

Gerry Mazzuca

Kim Rice

Wilbur D. Robins

Helen A. Riechmann

Our deepest condolences to the families of deceased members and may they rest in peace.

New Members



During 2022, the following retirees have become members of our organization.

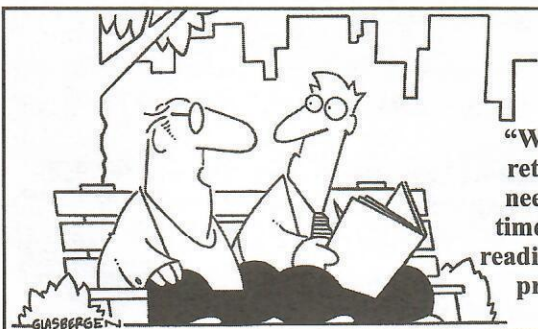
Steven Graham
Rochelle Ozier
Beborah L. Zumwalt

*We welcome them
and hope to see them
at our monthly meetings.*

Treasurer's Report by Norm Sutterer

As of January 31, 2022 our balances are:

Checking Account	\$6,840.61	(Mkt. Value
Edward Jones Franklin Fund	\$35,000.00	\$38,071.63)
	\$41,840.61	



"When you're retired, you'll need plenty of time to do more reading . . . mostly prescription labels."

Note: RECSL Membership Meetings are on the 3rd Thursday of the month EXCEPT no meetings in January, and December (Christmas Party). The meetings are at the American Czech Center, 4690 Landsdowne, St. Louis, MO. Meetings start at 10:00 am.

RECSL Officers

President	Mike Sullivan	314-631-9158
Vice President	Tom Stoff	
Treasurer	Norm Sutterer	314-752-7997
Secretary	Theresa White	
Trustees	Gary Gooden	
	Marilyn Siebenman	314-497-8803
	Joanna Stoverink	
	Jim Gadell	314-781-6220
	Bill Olson	
ERS Pension Rep	Tom Stoff	
Newsletter	Jim Gadell	

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The services and information available in and through this newsletter including but not limited to website links are provided "as is without warranties of any kind."

Address Changes

A separate address change notification to RECSL is required in addition to the address change notification made to the Employees Retirement System. Please notify RECSL as soon as possible when you have an address change. We do not want you to miss a Newsletter or notice of an upcoming event. It is costly and time consuming to have mail returned to us, often the Post Office will not forward mis-addressed mail.

Address changes should go to:

RECSL
Joanne Stoverink
P.O. Box 190724
St. Louis, MO 63119-6724

7 Quick Food Fixes Continued from page 2

Here are seven small tweaks that you can do in a fraction of the time it would take you to order takeout.

1 Stockpile packages of strawberries and blueberries in your freezer.

"They're washed, they're clean, they're ready to go, and there's no work involved," Salge Blake says. Add some to your smoothie mix in the morning and put a handful into your water bottle before you head out the door.

What's in it for you? Strawberries and blueberries contain high levels of antioxidants, compounds that protect brain cells from damage and may help prevent age-related memory loss. They also change the way nerve cells in the brain communicate; these changes improve both thinking skills and muscle control, according to an article in the *Journal of Agricultural and Food Chemistry*.

2 Slather avocado on your toast.

This pale green silky treat is perfect any time of day, from breakfast to bedtime. Peel and remove the pit from a ripe avocado, add a pinch of sea salt, a bit of lemon or lime juice, and a few drops of olive oil. Mash with a fork until it's chunky or smooth, based on your preference, and spread on a piece of toast.

What's in it for you? Avocados are a good source of lutein, a nutrient that's important for brain health as well as eye health. A study published in the journal *Nutrients* found that healthy adults who ate an avocado every day for six months increased lutein levels in their eyes; they also significantly improved their working memory (remembering what you wanted to buy at the market or what you had planned for the afternoon) and problem-solving ability.

3 Add onions to stew.

No matter how you slice or dice them, onions are a cooking basic; it's the rare kitchen that doesn't have some on hand. Onions bring out the depth and flavor in stews and add oomph to an otherwise bland mix of ingredients, from scrambled eggs to baked chicken. To smooth out the sharp flavor of raw onions, sauté them gently before using.

What's in it for you? Onions are rich in B vitamins, particularly B6 and folate. A study published in the *Journal of the Academy of Nutrition and Dietetics* found that women who didn't get sufficient folate in their diets were more likely to experience a decline in mental awareness and judgment as they aged. Vitamin B6 helps the body make the hormones serotonin and norepinephrine, which influence mood.

4 Sprinkle oregano into your spaghetti sauce.

Whether fresh or dried, oregano perks up the flavor of tomato-based dishes. In addition to spaghetti sauce, it's great with pizza, tomato soup, eggplant Parmesan and tomato salad. But don't stop there. Oregano is the perfect addition to Mediterranean and Mexican cooking, so enjoy it with beans, cheese and eggs.

What's in it for you? Oregano may help you think more clearly. According to research presented at a conference of the Society for Neuroscience, compounds in this tasty herb increase brain waves associated with relaxation and concentration. There's more: Experts note that some of oregano's components may help with depression, and others may relieve fatigue and anxiety.

5 Prepare more salmon than you need for one meal.

After you've heated the broiler or fired up the grill, cook an extra portion of salmon for each person. "The recommended two servings of fish a week doesn't mean you have to make two dinners," Salge Blake says. "Sometimes that's just too much to fit into your schedule. If you use the leftovers in a lunch salad the next day," she says, "you'll have your weekly two servings with no extra work."

What's in it for you? Fatty fish such as wild salmon, albacore tuna, mackerel, herring and sardines play a starring role when it comes to good-for-your-brain food. Indeed, scientists have linked the consumption of these fish – rich in omega-3 fatty acids – to several brain-healthy benefits, including improved memory and learning ability and reduced rates of dementia.

6 Add chopped walnuts to your breakfast oatmeal.

You may have hated oatmeal as a kid, calling it mushy, tasteless and boring. With age, however, you've realized the wisdom of eating a nourishing bowl of oatmeal each morning. But how do you deal with mushy, tasteless and boring? Simple, says Penn State's Kris-Etherton. "Spike the flavor with a bit of brown sugar or maple syrup, mix in some frozen berries and toss on a handful of toasted chopped walnuts for a pleasantly surprising crunch."

What's in it for you? Walnuts may help enhance memory, concentration and your brain's reaction time. A large-scale study from the University of California, Los Angeles, concluded that less than a handful each day could provide these benefits regardless of age, gender or ethnic background.

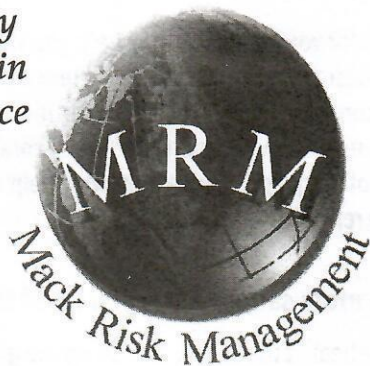
7 Stir your coffee with a cinnamon stick.

What can be more inviting than the scent of cinnamon? We add it to cookie batter and applesauce, sprinkle it on toast and use a stick to stir hot apple cider. If you haven't tried it in coffee, now's the time. Use a cinnamon stick to stir a mug of hot coffee, or add some ground cinnamon to turn a ho-hum cup of joe into a gourmet treat.

What's in it for you? Simply smelling this sweet spice may help improve brain function. Specifically, the scent of cinnamon lowered frustration and increased alertness among participants in a simulated driving test. The aroma of cinnamon also improved attention, reasoning and memory, according to research presented at a meeting of the Association for Chemoreception Sciences. –Nissa Simon

Article taken for AARP

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***Good Luck
to Members
of RECSL***

From

Gregory F.X. Daly

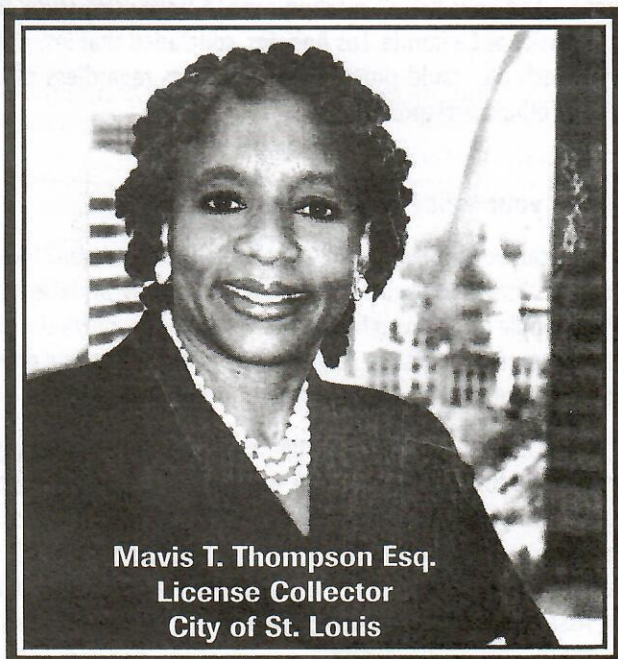
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City of St. Louis



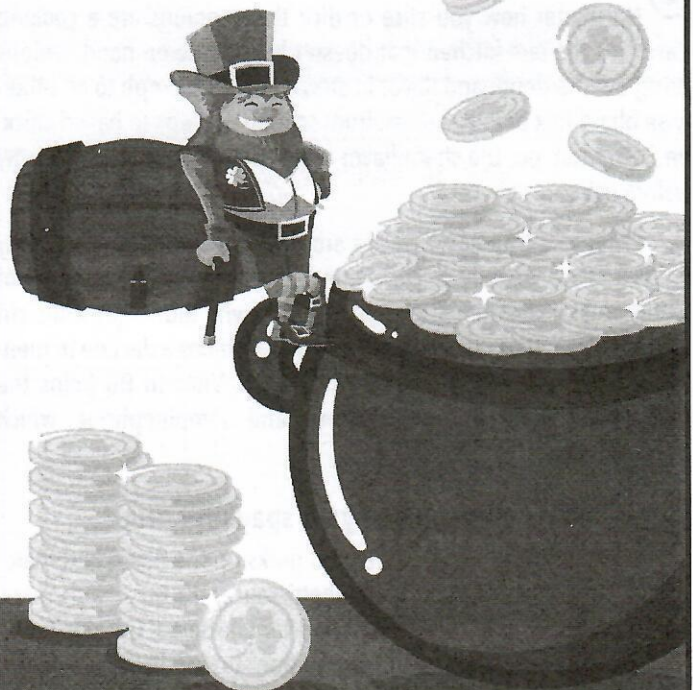
User Name: Retiree

Password: Relax



**Mavis T. Thompson Esq.
License Collector
City of St. Louis**

**HAPPY
ST. PATRICK'S
DAY**





St. Patrick's Luncheon

Thursday

March 17, 2022

after regular meeting

Cost \$3.00 per person

Organization will pay the rest.



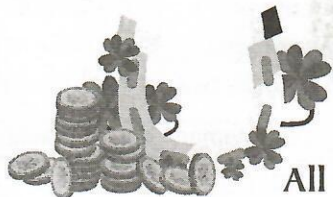
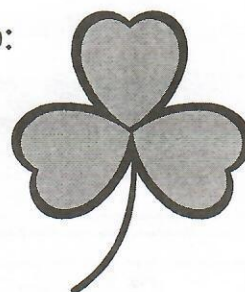
Please make checks payable to RECSL and send to:

Jim Garavaglia

5405 Elizabeth Ave. • St. Louis, MO 63110

(314) 805-0050

All reservations must be received by March 14, 2022



Name(s) _____

(Include the names of all people attending)