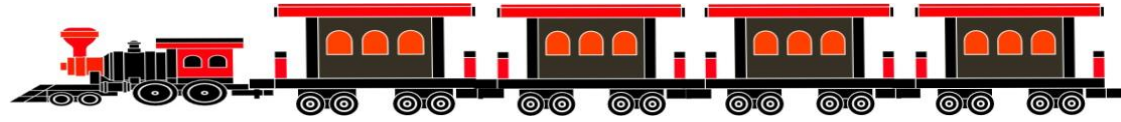




SHELBY COUNTY GOVERNMENT RETIREE CONNECTION



SHELBY COUNTY RETIREMENT SYSTEM

160 N. Main 7th Floor • Memphis, TN 38103

Phone: 901-222-1950 • Fax: 901-222-1960

Email: retirement.office@shelbycountyttn.gov



JULY 2023

Officially
RETIRED

Healthy Recipe

Healthy, delicious recipes, including quick dinner, easy lunch ideas, snacks, breakfast, soup and more, from the food and nutrition experts at: www.eatingwell.com



<u>NAME</u>	<u>DEPARTMENT</u>	<u>Y.O.S.</u>
BRENDA BATES	HEALTH DEPT.	34.70
TERRACOTTA COFFEY	SHERIFF'S OFFICE	25.12
MAURICE DENBOW	SUPPORT SERVICES	25.00
VIRGINA FLYNN-FACTOR	HEALTH DEPT.	27.41
JODY FOWLER	SHERIFF'S OFFICE	25.82
LARITA GOODRICH	SHERIFF'S OFFICE	15.41
JAMIE JILES	SHERIFF'S OFFICE	25.04
DEBRA JONES	SHERIFF'S OFFICE	21.66
ROSALYN JONES	SHERIFF'S OFFICE	25.04
SUSAN LAMPLEY	SHERIFF'S OFFICE	27.99
MAZEL LOFTON	HEALTH DEPT.	33.16
JOSEPH MOORE	SHERIFF'S OFFICE	35.33
RHONDA MOSBY	SHERIFF'S OFFICE	22.33
TERRIE PARKER	SHERIFF'S OFFICE	34.91
WANDA PATTON	SHERIFF'S OFFICE	20.17
LOUISE PICKENS	SHERIFF'S OFFICE	24.36
REBECCA POTTER	SUPPORT SERVICES	27.28



Easy Fruit Salad

This easy fruit salad is fresh and sweet, with bright notes from the lime juice that also helps keep the fruit fresh.

Ingredients

- 2 cups chopped fresh pineapple
- 1 cup orange segments
- 3 medium kiwis, peeled, halved and sliced (1/4-inch)
- 1 medium crisp, sweet apple, such as Gala or Pink Lady, cubed
- 1 cup seedless red grapes, halved
- 2 tablespoons fresh lime juice

Directions

1. Combine pineapple, oranges, kiwis, apple, grapes and lime juice in a large bowl. Let stand for 5 minutes, tossing occasionally, before serving.

To make ahead

Refrigerate in an airtight container for up to 3 days

RETIREMENT BOARD MEETING

Tuesday, August 8, 2023

10:00 A.M., 160 N. Main, Memphis, TN 38103

Richards Conference Room - 5th Floor

RETIREMENT PAYROLL 2023

August 31, 2023

Please review your deposit advice on Web member Services and report any discrepancies regarding your insurance deductions.

Discrepancies must be reported within 60 days of each pay date in order to receive a credit for any incorrect changes.



TO ALL RETIREES
for the Month of July 2023



MoSH | Museum of Science & History
3050 Central Ave, Memphis, TN
38111 | memphismuseums.org

The Memphis Museum of Science & History is now accepting volunteer applications for the Pink Palace Museum, Lichterman Nature Center, and the Mallory-Neely House. For information on volunteering, please contact Janie Best Paraham, Manager of Volunteer Services at Janie.paraham@memphistn.gov, 901-636-2438, or visit our volunteer page at [//moshmemphis.com/volunteers/](http://moshmemphis.com/volunteers/)

SCORE NEWS

Shelby County Organization of
Retired Employees

Scan the QR code below
to join the SCORE Facebook page



As a participant in Shelby County Government's health insurance plan, it is a requirement that retirees and their dependent(s) obtain Medicare Part A & Part B approximately 3 months prior to turning 65. It is a requirement, if eligible, that any retiree or dependent who is currently disabled, or becomes disabled, must also apply for Medicare Part A & Part B. Please contact your local Social Security Office for further information regarding Medicare.

Health Care Provider Contact Information

Aetna (Post-65 Retirees)
1-877-281-0529
Cigna Medical (Pre-65 Retirees & Active Employees)
1-800-558-7453
Cigna Dental
1-800-244-6224
Davis Vision by MetLife (effective 1/2023)
1-833-393-5433
Metropolitan Life Insurance Co. (MetLife)
1-800-638-6420
Social Security/Medicare
1-800-772-1213
Please Keep These Numbers in a Convenient Place



SANDRA BISHOP	COMMUNITY SVS.	06/23/2023
ANNE LEE BUFORD	JUVENILE COURT	06/26/2023
WILLIAM CLAYBORNE	COMMUNITY SVS.	06/13/2023
PAMELA COLE	SUPPORT SERVICES	07/20/2023
GEORGE DUNLAP	SHERIFF'S OFFICE	07/07/2023
VERA JONES	OAKVILLE	07/09/2023
BOB MARBRY	SHERIFF'S OFFICE	07/09/2023
WENDELL REDMOND	INFORMATION TECH	07/07/2023

The Retirement Office must be notified in writing of all address, telephone number, and direct deposit changes by mail at **Shelby County Government, 160 North Main Street 7th Floor, Memphis, TN 38103** or by email at retirement.office@shelbycountyttn.gov

NAME _____

NEW ADDRESS _____

CITY _____ STATE ____ ZIP _____

PHONE: _____

EMAIL ADDRESS: _____

SIGNATURE: _____