

ALABAMA'S

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Alabama selected for new national obesity education program *We Can!*

The Alabama Department of Public Health is one of 13 sites selected to implement *Ways to Enhance Children's Activity & Nutrition (We Can!)*, a new National Institutes of Health program to address overweight and obesity among youth ages 8-13. *We Can!* encourages healthy eating, increased physical activity, and reduced sedentary time. The Wellness Division of the Bureau of Health Promotion and Chronic Disease is working with the Nutrition and Physical Activity Unit on this program.

"Overweight in children is clearly a public health crisis. Sixteen percent of children in the United States are carrying around excess weight — that's 9 million children who are at increased risk for chronic illnesses such as heart disease, diabetes and asthma," said Secretary Mike Leavitt of the U.S. Department of Health and Human Services.

"We need to act now to prevent obesity in our children," said NIH Director Dr. Elias Zerhouni. "Obesity is a high priority of the NIH."

Molly Pettyjohn, nutritionist with the Nutrition and Physical Activity Unit of the Alabama Department of Public Health, said, "Several sites are interested in implementing the *We Can!* Program. The participating sites will be announced soon."

The science-based *We Can!* program helps parents teach their children to eat:

- A sufficient amount of a variety of fruits and vegetables per day
- small portions at home and at restaurants
- fewer high-fat foods and energy-dense foods that are

low in nutrient value such as French fries, bacon and doughnuts

- Substitute water or fat-free or low-fat milk for sweetened beverages such as sodas
- Engage in at least 60 minutes of moderate physical activity on most, preferably all, days of the week
- Reduce recreational screen time (television, computer and video games) to no more than two hours per day

U.S. Surgeon General Richard H. Carmona, M.D., said, "As parents, we must lead by example. As a father, I work hard to teach my children about the importance of physical activity and healthy eating by not only talking with them but also setting the example for them. The behaviors that children learn from us now will last a lifetime. We must encourage our children to enjoy healthy foods and to be physically active for at least 60 minutes a day — not only through sports, but also by doing simple things like taking the stairs, riding their bikes, and just getting out and playing."

We Can! was developed by the National Heart, Lung, and Blood Institute (NHLBI) and is being promoted in collaboration with three other NIH Institutes — the National Institute of Diabetes and Digestive and Kidney Diseases, the National Institute of Child Health and Human Development, and the National Cancer Institute — as well as several national private sector organizations.

More information on *We Can!* is available at <http://wecan.nhlbi.nih.gov> To request a free *We Can!* parent handbook in English or Spanish, call toll-free 866-35-WE CAN (866-359-3226).

Alabama Public Health Association presents awards to health professionals

The Alabama Public Health Association recently recognized persons from across the state who demonstrated exceptional merit during the past year in the field of public health. The awards were presented at the association's Annual Meeting and Health Education Conference at the Bryant Conference Center in Tuscaloosa April 1.

Deborah C. Jones of Camden, area clerical director for Public Health Areas VII and IX, was selected as the recipient of the Virginia Kendrick Award. This prestigious award goes to an individual who has provided notable service to the people of Alabama while serving in a supportive position in public health.

"Debbie is a true team player," her letter of nomination stated. "This particularly came to light as her two public health areas responded to Hurricane Ivan in the fall of 2004. She sees her responsibility in a global sense to all public health issues. She thinks broadly, yet zeroes in on concrete day-to-day needs. She represents the best of her profession and supports all public health functions."

The Guy M. Tate Award was presented to the team of **Tina Syphrit, Hope Steadham** and **Suzanne Terrell**, case managers with the Clarke County Health Department in Grove Hill.

This award is presented annually to a public health employee, group or agency with 10 years or less service for contributions to public health beyond the job

assignment which promote and protect public health in Alabama. At the time of Hurricane Ivan the case managers assisted about 150 displaced special needs individuals.

Their letter of nomination stated, "In true public health fashion when the people can't come get the services we take the services to them. Because of their extensive knowledge of vulnerable populations as well as the county, they were able to direct the National Guard on what communities to get to, how to get there on alternate route due to hurricane damage, identified areas that were in desperate need of emergency response vehicles from the Red Cross in order to receive hot meals and to prioritize areas that needed assistance the most.

"Because of their tireless efforts, countless individuals had safe drinking water, hot meals to eat without fear of foodborne illness, adequate nutrition to meet their physical and medical needs, basic supplies such as blankets, flashlights and batteries (some purchased with their personal funds because the needy individuals were without means to purchase them) and the emotional support that comes from someone who cares enough to come to their home to check on them-all on behalf of Public Health."

Ricky Elliott, public health senior environmentalist of Bradley, was presented the Frederick S.Wolf Award, which is presented to an individual active in public health at the local level for more than 10 years.

Awards.....continued on page 3

Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public's health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public's health and to provide caring quality services.

ALABAMA'S HEALTH

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Informational materials in alternative formats will be made available upon request.

Awards.....continued from page 2

A supporter said, “Ricky is a natural community developer. When he had the opportunity to pursue some activities around community development, he not only pursued them-he mastered them. Working with the Ozanam Charitable Pharmacy in its expansion into Escambia County, he was instrumental in expansion of service from 150 to 425 participants. He also coordinates the initial assessments and recertifications of all participants. Among his many community service activities are his work as co-chair of the Escambia County Longterm Recovery Committee. He is recognized as a trusting effective leader in his church as well.

Jackie Holliday of Grove Hill, environmental director for Public Health Areas VII and IX for the past 12 years, was presented the D.G. Gill Award. This award is given to an individual who has made an exceptional contribution to public health in Alabama which is statewide in scope.

Supporters credit Holliday with effectively collaborating with other agencies to improve the public health and quality of life for those who live in or visit the area. He has also been effective in taking advantage of grant opportunities to monitor and improve the recreational water of the region and has led a group of dedicated environmentalists to achieve trust and acceptance in their communities. Holliday also led his staff and numerous volunteers prior to, during and following Hurricane Ivan.

The **Tuscaloosa County Board of Health** was honored with the Ira L. Myers Award for Excellence. The Myers Award was established in 1986 to recognize an individual, group or organization that, through excellence in their work, has made a significant impact upon some aspect of public health in Alabama.

The board was credited with working above and beyond the normal expectations of such a voluntary board to research, organize and analyze data regarding the Lake Tuscaloosa Reservoir to assure a **safe and long lasting** water supply for the 170,000 citizens and visitors to the area.

As a result, a City Ordinance was approved placing restriction of use upon residential and commercial development in and around the lake, the first controls of this kind implemented in the Southeast. The rules will have statewide as well as possible nationwide impact in protection of the public health.

It was also announced that for the second year **Sherri**



ALPHA award winners are shown, left to right, Deborah Jones, Tina Syphrit, Hope Steadham, Suzanne Terrell. Second row, Dr. Albert White, Public Health Area 3 Health Officer; Dr. John Ferguson, Past Chairman, Tuscaloosa County Board of Health; Dr. Hayes Whiteside, Tuscaloosa County Board of Health; Ricky Elliott and Jackie Holliday.

Lynn Poole of Montgomery is the recipient of the Ira L. Myers Scholarship to the School of Public Health at University of Alabama at Birmingham. A graduate of Auburn University at Montgomery, she is pursuing a master’s degree in public health.



Scholarship Committee Chairman Michael Jones congratulates Sherri L. Poole, who was awarded the Ira L. Myers Scholarship to the UAB School of Public Health.

Alabama dental sealant utilization is low

Are Alabama children receiving dental sealants? Is there a need for them and how effective are they in preventing dental caries? These are a few of the questions asked about dental sealants, the preventive procedure introduced in the early 1970s whereby permanent first and second molar teeth are sealed with resin material.

While some Alabama children are receiving dental sealants, many more are not, and are in need of them. A statewide dental survey in the early 1990s found about 20 percent of elementary school children had sealants. A sample of about 1,000 school children who were screened in the early 2000s indicated that among 3rd grade children, about 22 percent of these children had a sealant.

Recent screenings of all elementary children (about 8,000) in four counties in south Alabama, however, have found that only 5-15 percent of these children with a molar tooth had a dental sealant (see Table). Alabama Medicaid Agency data indicate that about 9 percent of Medicaid-enrolled children have had dental sealants placed.

These same screenings have determined that between 25 percent-30 percent of elementary children in our state have untreated tooth decay that needs a restoration (see Table). Further, in 80-90 percent of the cases in which a child has a filling or has a caries lesion, a permanent first molar is involved. The potential is very good for preventing a lesion on a permanent first molar when sealants are used.

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is involved. The potential is very good for preventing a lesion on a permanent first molar when sealants are used.

The Division of Oral Health at the Centers for Disease Control and Prevention estimates that dental sealants, when placed soon after eruption of a permanent first molar, can prevent at least 60 percent of decay on that molar. The American Dental Association, through a 2004 House of Delegate resolution, is studying the effectiveness of dental sealants in preventing pit and fissure decay. A report is due this fall.

The CDC also reports that among 28 states that have conducted representative studies of 3rd grade children, five states have over 50 percent of their 3rd graders with a dental sealant. In these states, school-based dental sealant programs operate, usually within their Department of Public Health. Schools with low-income children are identified first, and teams of dentists and dental hygienists, using portable dental equipment, then go and place sealants on permanent first molars of 2nd grade students in the school setting. The Jefferson County Health Department has operated such a program for many years, but that is the only such program operating in Alabama currently.

By STUART LOCKWOOD, DMD

Esca - Escambia County
 Lowd - Lowndes County
 Conec - Conecuh County
 Monr - Monroe County

	Elementary				Middle School				High School			
PERCENT:	Esca	Lowd	Conec	Monr	Esca	Lowd	Cone	Monr	Esca	Lowd	Cone	Monr
Ever had decay	58%	64%	56%	61%	47%	47%	48%	54%	50%	58%	68%	61%
With decay now	35%	27%	27%	28%	21%	18%	16%	24%	24%	21%	35%	28%
A dental sealant	8%	5%	8%	15%	4%	14%	4%	22%	9%	3%	7%	14%
Urgent treatment need	9%	20%	23%	21%	11%	10%	11%	17%	8%	10%	23%	21%

UA awards Kathryn Chapman Dr.P.A.

Kathryn Chapman, deputy director of the Statistical Analysis Division, Center for Health Statistics, was awarded the Doctor of Public Administration degree from the University of Alabama graduate school May 6 at a graduation ceremony at Bryant-Denny Stadium in Tuscaloosa.

Dr. Chapman's dissertation is titled, "Ethics Complaints in Alabama: Political Mischief or Ethical Activism?" Her work explored whether ethics complaints are filed to cause political harm and whether the empirical evidence supported the belief that some complaints are being filed to defeat political candidates.

According to the abstract of her dissertation, "Various circumstances prompted people to file complaints. The relationships were diverse, and sometimes multifaceted such as clients, defendants, business competitors, co-commissioners, auditors, supervisors, inmates, former employees, or simply feuding people. A portion of the complainants appeared to be striving to behave ethically to right a wrong, to achieve better government, or to behave as a good citizen."

Co-workers from the Center for Health Statistics joined together to honor Dr. Chapman with a reception on May 9,



Co-workers celebrated with the new doctoral recipient.

recognizing the six years she pursued her doctoral degree while working fulltime on her regular responsibilities in statistical analysis. Dr. Chapman completed her course work in just two years.

Stephen Borrelli, Ph.D., chaired the Dissertation Committee. Ronald W. Rogers, Ph.D., is dean of the graduate school.

Valerie Cochran inducted into honorary nursing society

Valerie Cochran, nurse with the Immunization Division, has been inducted into Sigma Theta Tau International Honor Society of Nursing.

Founded in 1922 by six student nurses at Indiana University School of Nursing, Sigma Theta Tau International provides leadership and scholarship in practice, education and research to enhance the health of all people. Sigma Theta Tau supports the learning and professional development of members who strive to improve patient care worldwide. Graduate and bachelor nursing students are invited to join the society based on their grade point average.

Ms. Cochran holds an associate degree in nursing from Mobile College, 1978; a bachelor's degree in nursing from Auburn University Montgomery, 2002; and is a candidate for graduation from the University of South Alabama in the spring of 2006 where she is pursuing a Master's Degree in Nursing with a nursing education emphasis.

Before joining the Alabama Department of Public Health she was employed between 1978 and 1988 in the

obstetrics and nursing unit of Baptist Hospital South and then began with her public health department career with the Lowndes County Health Department in October 1988. In 1989 she began her duties as immunization manager with Public Health Area 8, and since 1991 she has worked in the Central Office. Ms. Cochran is a member of the Alabama State Nurses Association.



Ms. Cochran joins Sigma Theta Tau International.

Poster contest raises awareness of STDs

Public Health Area 2 helped raise awareness about the widespread prevalence of sexually transmitted diseases by holding a bulletin board contest in selected high schools and colleges. April was designated by the Centers for Disease Control and Prevention as STD Awareness Month.

In an effort to promote the month, the Public Health Area 2 STD Program sent letters to high school principals and college and university deans inviting them to designate a bulletin board of at least four-by-six feet. Any organization or club within the school was welcomed to participate.

Judging was based on creativity and ability to express STD awareness to the individual. The winning poster for the High School Division was New Century Technology High School in Huntsville and the college winner was Alabama A & M University. The winning high school received a pizza party and the college/university winner received healthy snacks. Plaques were also presented to the winners. All participants received certificates and goody bags with messages for healthy living.



Alabama A & M University student Jammie Hickman, PHA 2 program manager Dana Battle, and Dr. Lynne Edmondson, Alabama A&M Department of Health and Physical Education, are pictured.



Principal Paul Glover on far left and teacher Donna Donnelly with students from New Century Technology High School are shown in front of the winning bulletin board for the high school division.

Blood donations are needed this summer

The need for blood donations is especially great in summer, and critical shortages exist because the demand for blood increases and the number of donations fall.

AABB, an international, not-for-profit association dedicated to the advancement of science and the practice of transfusion medicine, finds that fewer than 5 percent of healthy Americans who are eligible to donate blood actually give each year.

According to AABB, blood transfusions are needed for trauma victims — due to accidents and burns — heart surgery, organ transplants, and patients receiving treatment for leukemia, cancer or other diseases. With an aging population and advances in medical treatments and procedures requiring blood transfusions, the demand for blood continues to increase.

Each donated unit of blood, referred to as whole blood, is separated into multiple components, such as red blood cells, plasma and platelets. Each component generally is transfused to a different individual, each with different needs.

Please make an effort to donate blood.

Alabama celebrates National Women's Health Week

National Women's Health Week was observed in Alabama May 8-14. This annual event is a time to focus on the importance of incorporating simple preventive and positive health behaviors into everyday life and to raise awareness about manageable steps women can take to improve their health.

An overflow crowd was present for a Proclamation Ceremony at the State Capitol in Montgomery. The program consisted of remarks by Dr. Donald Williamson, State Health Officer; a reading of the National Women's Health Week Proclamation by First Lady Patsy Riley; an address by State Rep. Betty Carol Graham; an address by Linda Mays, New Leaf Campaign Spokesperson; a testimonial by Laura Lose; and music by the Baldwin Academics and Magnet School Choir of Montgomery.

Obesity is the leading preventable cause of death in the United States after smoking. Realizing that overweight and obesity increase the risk of adverse health conditions affecting women, the department's Office of Women's Health, in cooperation with the Minority Health Section and the Nutrition and Physical Activity Unit, is launching a weight loss initiative to incorporate good nutritional habits with a healthy lifestyle along with the Alabama Obesity Task Force.

The campaign for women is titled "Alabama Together One Step at a Time." This innovative project will be piloted in Lowndes, Greene and Macon counties in 2005 and then later in other Alabama communities.

"Losing weight and getting healthy is a difficult challenge without help," according to Belinda Miller, chair

of the Office of Women's Health Steering Committee. "Our goal is to let every woman in Alabama know that she is not alone in facing and meeting this challenge."

According to the U.S. Department of Health and Human Services and the National Center for Health Statistics, thousands of deaths in the United States each year are associated with being overweight and obese. In Alabama, the death rate ranking for diseases related to obesity is among the highest in the nation.

"The first step toward helping Alabama's women is to promote proper nutrition and exercise," said Jessica Hardy, Office of Women's Health director. "We plan to get the wives, mothers, sisters and daughters of Alabama healthy, together, one step at a time. All of these aspects together will help women lead healthier lives."

The mission of the Office of Women's Health is to promote the health of women throughout the state. The U.S. Department of Health and Human Services and an alliance of organizations sponsor the observance nationwide.



Belinda Miller, chair of the Office of Women's Health Steering Committee, right, and Alabama First Lady Patsy Riley are shown viewing the National Women's Health Week proclamation at the proclamation ceremony.

Commendations

Health department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to *Alabama's Health*.

Jackie Asher
Carolyn Duck
Health Provider Standards

from Jon Orr
Birmingham, Ala.

Linda Bolding
Mable Jordan

Center for Health Statistics
from Charlie T. Evans
Washington, D.C.

Carol Calvert
Carolyn Cochran
Pam David
Barbara Hurst
Teresa Latham
Tracy Pittman
Health Provider Standards

from Keely V. Stallings
D. Doran Johnson
Moulton, Ala.

Florine Croxton

Center for Health Statistics
from Linda Lykins
Huntsville, Ala.

Nicole Henderson
Center for Health Statistics

from Felecia Shute and Rev. Anthony
Shute
Mobile, Ala.

Carolyn Harvey
Health Provider Standards

from Leah Hagan
Montgomery, Ala.

Largest ever emergency preparedness exercise in state proves successful

Natural and manmade disasters are unpredictable. State Health Officer Dr. Donald Williamson realizes the importance of developing a statewide capacity within the department to respond to an array of events rapidly and effectively in the wake of Sept. 11.

Two thousand persons were involved in mobilizing and responding to a mock disaster. Volunteers and staff from county and area health departments and the central office, participated in Alabama's first full-scale Training Exercise Demonstration of the Strategic National Stockpile May 11-13 in Mobile and sites in the surrounding area. The three-day exercise was conducted with the support of the Centers for Disease Control and Prevention.

Full-scale exercises are multi-agency, multi-jurisdictional exercises that test many facets of emergency response and recovery. They include first responders operating under the Incident Command System or Unified Command System to respond to and recover from an incident.

These exercises focus on implementing and analyzing the plans, policies and procedures developed in discussion-based exercises and honed in previous smaller, operations-based exercises.

This major exercise proved that Alabama is able to provide prophylaxis to thousands of people based on the number of patients per hour that were treated.

Stated exercise objectives were as follows:

- Test the activation and operation of the state Receipt, Stage and Store Site.
- Test the ability to receive, break down and distribute the Strategic National Stockpile Push Package.
- Test activation and operation of multiple Point of Dispensing (POD) activities.
- Test communications among the department and local partner agencies involved in RSS Site and MPTS activities.

Among the key participants were State Health Officer Dr. Williamson, Dena Donovan, Strategic National Stockpile Coordinator; Charles Thomas, Director of the Pharmacy Unit; Tom Babington, Deputy SNS Coordinator; Ray Sherer, Director of Operations for the Center for Emergency Preparedness; and Dr. Charles Woernle, Assistant State Health Officer for Disease Control and Prevention.

Other state agencies included the Department of Public Safety, the Alabama Emergency Management Agency and

the Alabama State Defense Force.

Local and county agencies included Mobile County EMA, Mobile County Health Department, Baldwin County EMA, Baldwin County Health Department, Escambia County EMA, Escambia County Health Department Marengo County EMA, Marengo County Health Department, Monroe County EMA, Monroe County Health Department, Poarch Band of Creek Indians, local police departments, fire departments and emergency management systems, public works departments, nurses, pharmacists, social workers and mental health volunteers and select hospitals.

Volunteer health and service professionals and volunteer patient actors were involved as well.

The objectives for the exercise included activating and operating Mobile's RSS site, managing a push package, standing up the Mobile EOC, exercising distribution, security, just-in-time training, credentialling and operating five Points of Dispensing sites (PODS).

A critique identified the following general issues:

- Security was in place and well organized at the RSS, dispensing sites and during distribution.
- The Alabama Defense handled SNS product and apportioning materials well.

A draft site visit summary concluded, "The exercise was very successful and demonstrated a job well done. There was excellent coordination between public health, emergency management and law enforcement."

CDC officials who attended the exercise remarked that Alabama compared very favorably with other states so far as readiness for the SNS is concerned.

For more information about the exercise, contact Dena Donovan, 201 Monroe St., Suite 1010, Montgomery, Ala. 36130, e-mail ddonovan@adph.state.al.us.

See photos on page 9.



The training exercise tested the ability to receive the Strategic National Stockpile Push Package. This is one container of the 132 received.



A dispensing site in Monroe County is shown.



Shown are personnel assisting with receiving the product and the equipment they use. Security personnel help ensure safety.



Approximately 2,000 persons, including many volunteers, participated in the full-scale Training Exercise Demonstration May 11-13.

Retirements

The following employees of the department have recently retired:

May 1 -
Arthenia Calhoun - Bureau of Health Provider Standards
Rebecca Garner - Center for Health Statistics
John Pippis - Madison County Health Department

June 1 -
Mary Beaver - Marshall County Health Department
Joan Brown - Colbert County Health Department
Jacqueline Clark - Montgomery County Health Department
Linda Hyde - Colbert County Health Department
Carolyn McClendon - Morgan County Health Department
Peggy Norrell - Bureau of Health Provider Standards
Betty Reaves - Henry County Health Department

The following ode was written by coworker Bettye Gibson for Jim Baker, who recently retired from the Division of Tuberculosis Control after 41 years of service, all of which have been in the TB Division. An award is presented annually in his honor.

Ode to Jim

As a young man of 23 Jim started out in TB,

And he worked and worked trying to get free (just joking).
A man who stayed with one job as long as he,
Just had to love his work or may be a little crazy.

Forty-one years ago Jim drove the TB bus, the lunch wagon,
state cars,
And he loves his big truck.

Jim is known for his laugh, hard work, loving a good joke and
good food.

In later years Jim is recognized still by his laugh, and now his
white hair, and his white jacket.

I can just hear Jim say, I love it, when someone tells him a good
joke.

No one has ever worked harder or been more punctual.

He worked so hard and for so long we decided to name an award
for him.

I think he's always early to the clinics where he has worked.

Jim is a man of habit.

He loves getting to work real early and to eat a biscuit.

His partner, Bob, joins him most times.

They have been nicknamed the Biscuit boys for this reason.

Jim loves good food period.

He has favorite lunch hangouts in Montgomery and all over.

The restaurant workers know him by name and what he wants to
order.

Lotus Notes Tip

Changing E-Mail Servers

In the event that one of the e-mail servers is experiencing
problems, users can switch to another server. This may
restore access to e-mail. There are four servers to choose
from: Main01, Main02, Web01, and Voice01. It is generally best
to try them in this order.

To switch mail servers, follow these steps.

From within Notes, go to **File-Database-Open** or hold
down the **Ctrl** key on your keyboard and press the letter
“O”

The Open Database dialog box should open. In the box
under server, it should say **Local**. Click on the dropdown
arrow and choose one of the servers listed above.

After choosing the server, you will need to locate your
mailbox. Under the section of the dialog box labeled
Database, scroll down until you see a folder icon with the

There has never been a dull moment around TB when Jim is in
the office.

From the laugh, good
treats, or lunch he picks up
for us or sometimes takes
us out to dine, to
straightening out drug
orders where someone
mistakenly ordered too big
of an order, to finding the
better price on meds,
fixing the shredder, and
etc.

He's saved the state a lot
of money.

He's willing to fill in in an emergency, and help out wherever
needed.



Jim Baker is shown at his retirement
celebration.

Jim was the source of the comical zipper malfunction story, and
has entertained us with the cat story, and his famous picture
from his much earlier military days in the marines.
I think he'd probably say the key to his good health is eating
good food, drinking whiskey, and dating pretty young women.

But seriously Jim is known all over the state for his hard work,
loving a good joke, and being willing to help out wherever he
could.

We'll miss you, Jim. Happy Retirement!

By *BETTYE GIBSON*

label **Mail**. Double click on this folder.

You should see a list of employee names listed
alphabetically by first name. Locate your name and double
click on it. Your mailbox should open.

Sometimes when Lotus Notes is experiencing problems with
the server you are using to access your mail, it will create a pop-
up box asking the user for permission to switch servers. It is
permissible to respond yes to this question.

Please note that there is a slight delay in copying your mail
database between servers. You may not see all of your current e-
mails immediately. It depends on which server sent or received
the e-mail.

By *TRACEY CANNON*
COMPUTER SYSTEMS CENTER

Speaking of Retirement

Secure a Better Tomorrow with RSA-1

One way for public employees in Alabama to increase their personal savings and add to their financial security is by investing in a 457 Deferred Compensation Plan like RSA-1. RSA-1 offers an easy and flexible way to save for retirement while providing tax relief today.

RSA-1 offers the tremendous benefit of contributing pre-tax dollars thereby allowing a member to lower his or her taxable income and reduce the amount of taxes he or she pays.

Each member of the TRS, ERS or JRF should take advantage of this plan. RSA-1 is payroll deductible which makes saving easy and convenient. There is no minimum amount one must contribute each month and the contributions may be increased, decreased or stopped as often as your payroll officer allows. Contributing to RSA-1 is strictly voluntary and absolutely no fees are charged to participants.

On the average, Social Security and a retirement pension will make up less than 60 percent of the total sources needed for a sound retirement income. This makes personal savings extremely important to help members maintain their standard of living once they retire.

RSA-1 makes it easier to save than ever before. Members can enroll in RSA-1 at any time.

To receive more information about RSA-1 and how to enroll, contact us by phone at 1-800-214-2158, Menu #2, extension 299; by email at rsalinfo@rsa.state.al.us; or visit our Web site at www.rsa.state.al.us.

On our Web site, please read the Secure a Better Tomorrow with RSA-1 brochure. Information is included on the advantages of joining RSA-1, the power of compounding and how to save taxes. Information on how your RSA-1 funds are invested and how these funds may be distributed to you are also included.

Any agency that would like an RSA-1 presentation detailing this wonderful savings opportunity should contact Ada Griffin at 1-800-214-2158, extension 769 or email her at adag@rsa.state.al.us

Remember: Retirement & the Three-Legged Stool

We encourage you to think of your retirement in terms

of a three-legged stool. Each leg of the stool represents a source of your retirement income.

The *first* leg of your stool is your retirement benefit from your employer(s). Your pension benefit is calculated based on your years of service, a benefit factor, and your average final salary.

The *second* leg of your stool is your Social Security benefit. You can begin receiving a reduced benefit from Social Security as early as age 62.

The *third* leg of your stool is some type of a personal savings plan. Many retirees find that, with the growing concern over the future of Social Security, a personal savings program is the best way to take control of their future.

Let the RSA-1 Deferred Compensation Plan be the third leg of your stool.

To have your questions answered in "Speaking of Retirement," please address them to Mike Pegues, Communications, Retirement Systems of Alabama, 135 S. Union St., P. O. Box 302150, Montgomery, Ala. 36130-2150.

June is Fireworks Safety Month,
National Scleroderma Awareness
Month, National Aphasia Awareness
Month, Vision Research Month,
Myasthenia Gravis Awareness Month,
Home Safety Month.



Calendar of Events



June 29

Best Practice Series: Part 1 of 3 on Documentation - Applying Risk Prevention Documentation to Everyday Practice, 2-4 p.m. For more information contact Mary Scisney, (334) 206-2975.



July 13

Clinical Issues in Contraception: A Focus on Progestin-Only Methods, 2-4 p.m. Public Health Staff Development. For more information contact Annie Vosel, (334) 206-2959.



July 14

Voices from the Leading Edge, 1-2:30 p.m. For more information contact Video Communications, (334) 206-5618.



August 3

Public Health Staff Development, 2-4 p.m. For more information contact Michele Jones, (334) 206-5655.



August 4

Best Practice Series: Part 2 of 3 on Documentation - Exam Documentation: Adopting a Risk Management Mindset - 2-4 p.m. For more information contact Mary Scisney, (334) 206-2975.



August 9

Supporting Children in a Time of Crisis, 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.



August 10

Home Health Aides and Home Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 237-2664, extension 402.



August 11

Supersizing of America: The New Challenge of Obesity, 1-2:30 p.m. For more information contact Video Communications, (334) 206-5618.



August 23

Temporary and Mobile Food Events: What Environmentalists Need to Know. For more information contact Tim Hatch, (334) 206-5762.



August 31

Best Practice Series: Part 3 of 3 on Documentation -Components of a Family Planning Chart: Would Your Chart Stand Up to Scrutiny? Public Health Staff Development, 2-4 p.m. For more information contact Mary Scisney, (334) 206-2975.