

The Florida Retirement System has a newsletter for you, too! [Read the online newsletter](#) and find information regarding:



- ▶ Your 2018 Schedule of Benefit Payments
- ▶ How to Read Your Form 1099-R
- ▶ Direct Deposit at Your Fingertips!
- ▶ Do You Need to Adjust your Tax Withholding?
- ▶ Your FRS Online Account
- ▶ Keeping your contact information current
- ▶ Free “Stuff” for Seniors

If you move, please remember to **update your address** through your online account with the FRS and also to notify Pinellas County Employee Benefits at [employee.benefits@pinellascounty.org](mailto:employee.benefits@pinellascounty.org) or by dropping us a signed and dated note at 400 S. Fort Harrison Ave., Clearwater FL 33756.

### Flu is Widespread in Florida

- ▶ Wash your hands often.
- ▶ Avoid touching your nose and mouth.
- ▶ Get your flu shot at
  - ▷ Your network physician’s office
  - ▷ Walgreens or CVS [Convenience Care Clinics](#)
  - ▷ [Walmart](#) and [Publix](#) pharmacies
- ▶ Be sure to show your UHC ID card to get it covered at 100%.



### If you get it ... don't spread it!

- ▶ Cover your nose and mouth when you cough or sneeze.
- ▶ For more information about the flu, watch the video [What You Gotta Know About the Flu & You](#).

## Retiree Resources

### Medicare Health Plan:

- ◇ United Healthcare MAPPO (800) 457-8506 (includes Rx and mental health) [UHCRetiree.com](http://UHCRetiree.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### Pre-65 and Traditional Medicare Health Plan:

- ◇ United Healthcare (888) 478-4752 [myuhc.com](http://myuhc.com)
- ◇ Express Scripts (866) 544-9221 [Express-Scripts.com](http://Express-Scripts.com)
- ◇ ComPsych (866) 615-3047 [GuidanceResources.com](http://GuidanceResources.com)
- ◇ Davis Vision (800) 999-5431 [DavisVision.com](http://DavisVision.com)

### Dental Plans:

Cigna (800) 244-6224 [myCigna.com](http://myCigna.com)

**Florida Retirement System (FRS):** (866) 446-9377 [myfrs.com](http://myfrs.com)

**Pinellas County Retirement Information:**

[www.pinellascounty.org/hr/retiree](http://www.pinellascounty.org/hr/retiree)

# Debunking the Myths of Older Adults and Falls

From the [National Council on Aging](#)

Many people think falls are a normal part of aging. The truth is, they're not. [Most falls can be prevented](#)—and you have the power to reduce your risk.

[Exercising](#), managing your medications, having your vision checked, and making your [living environment safer](#) are all steps you can take to prevent a fall.

To promote greater awareness and understanding here are some common myths—and the realities—about older adult falls:

**Myth 1: Falling happens to other people, not to me.**

**Reality:** Many people think, “It won’t happen to me.” But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2: Falling is something normal that happens as you get older.**

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3: If I limit my activity, I won't fall.**

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

[Learn more realities](#) about falling and how you can reduce your risk from the National Council on Aging.

## Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program  
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend. 
- 2** Talk to your health care provider  
Ask for an assessment of your risk of falling. Share your history of recent falls. 
- 3** Regularly review your medications with your doctor or pharmacist  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed. 
- 4** Get your vision and hearing checked annually and update your eyeglasses  
Your eyes and ears are key to keeping you on your feet. 
- 5** Keep your home safe  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. 
- 6** Talk to your family members  
Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue. 

**ncoa**  
National Council on Aging

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

## REPCO News

REPCO's March 12 meeting will begin at 11:30 at Applebee's Restaurant, located at 5110 East Bay Drive. A Road Scholar Ambassador will provide a presentation on their educational travel program.

If you have questions, contact Rudy Garcia at (813) 855-3466 or [rdgarcia@verizon.net](mailto:rdgarcia@verizon.net).

You don't have to be a Pinellas County retiree to attend. Current employees and family members are also welcome.

## Pinellas County Benefits

Phone: (727) 464-4570

Fax: (727) 464-5291

Email: [employee.benefits@pinellascounty.org](mailto:employee.benefits@pinellascounty.org)

Human Resources  
— Helping U Succeed

# Volunteers Needed for Great American Cleanup

Pinellas County, in partnership with Keep Pinellas Beautiful, is seeking volunteers to help clean up the Cross Bayou Canal and Joe's Creek waterways in Seminole on **Saturday, March 10, from 8 a.m. to 12:30 p.m.**

Volunteers must be at least 18 years old and able to participate on land, or from a canoe or kayak. Volunteers can bring their own watercraft or borrow a canoe (provided on a first-come, first-served basis).

The meeting location is the Pinellas County property at the corner of 70th Avenue North and 78th Street North in Seminole.

Check-in begins at 8 a.m. Volunteers must follow the safety policies of County staff and should be able to tolerate working in hot and wet conditions for three to four hours. Organizers will provide lunch and raffle giveaways (must be present to win).

Participants must wear closed-toe shoes and should bring sun protection (hat, sunglasses, sunscreen), insect repellent and a chair or towel to sit on during lunch. Life jackets are required for watercraft participants. Trash grabbers, bags, gloves and water will be provided.

Register online at <https://cbjc-cleanupmar2018.eventbrite.com> by 3 p.m. on Thursday, March 8.



*Volunteers at Joe's Creek Cleanup in 2016.*

## Five Ways to Make the Most of Your Time at the Doctor's Office

From the [National Institute on Aging](#)

### 1. Be Honest

It is tempting to say what you think the doctor wants to hear, for example, that you smoke less or eat a more balanced diet than you really do. While this is natural, it's not in your best interest. Your doctor can suggest the best treatment only if you say what is really going on. For instance, you might say, "I have been trying to quit smoking, as you recommended, but I am not making much headway."

### 2. Decide What Questions Are Most Important

Pick three or four questions or concerns that you most want to talk about with the doctor. You can tell him or her what they are at the beginning of the appointment, and then discuss each in turn. If you have time, you can then go on to other questions.

### 3. Stick to the Point

Although your doctor might like to talk with you at length, each patient is given a limited amount of time. To make the best use of your time, stick to the point. For instance, give the doctor a brief description of the symptom, when it started, how often it happens, and if it is getting worse or better.

### 4. Share Your Point of View About the Visit

Tell the doctor if you feel rushed, worried, or uncomfortable. If necessary, you can offer to return for a second visit to discuss your concerns. Try to voice your feelings in a positive way. For example, you could say something like, "I know you have many patients to see, but I'm really worried about this. I'd feel much better if we could talk about it a little more."



### 5. Remember, the Doctor May Not Be Able to Answer All Your Questions

Even the best doctor may be unable to answer some questions. Most doctors will tell you when they don't have answers. They also may help you find the information you need or refer you to a specialist. If a doctor regularly brushes off your questions or symptoms as simply a part of aging, think about looking for another doctor.