

COBB COUNTY RETIRED EMPLOYEES ASSOCIATION

MINUTES

July 16, 2007

The monthly meeting of the Cobb County Retired Employees Association was held on Monday, July 16, 2007 at the West Cobb Senior Center with 36 members and guests in attendance. The meeting was called to order at 10:32 a.m. by Co-President Roswell Story.

The invocation was given by Harry Ingram followed by the Pledge of Allegiance to the Flag.

President Story welcomed guests and new members Richard Harris, Diane Stella (formerly Walden), Bobby McBrayer, Ann Fitzgerald and Bill Byrne. He also asked that members who are absent because of illness (Harvey Paschal, Mike Bolek, Bobby Alexander and Helen Dobson) be remembered.

PROGRAM: President Story introduced Kathleen Elmiger and Monica Rodriguez who presented information on Life Line Screening. Life Line Screening uses ultrasound for early detection of problems leading to strokes. They also provide stroke awareness education.

Stroke is the number 3 killer in men and the second killer in women. It is the number one reason for hospital admissions. One-half of all strokes happen without symptoms. A stroke occurs when the brain is attacked and causes an interruption in the blood flow to the brain. Risks include high blood pressure, high cholesterol, smoking, not enough exercise, improper diet, diabetes, age (risk doubles each decade after age 55) and family history.

Signs to look for include numbness or paralysis, droopy mouth, slurred speech, severe headache, blurred vision and loss of balance.

Abdominal Aortic Aneurysm is another test given by ultrasound. Emory Adventist Hospital in Smyrna has a very good stroke unit.

Tests should be given every 2 to 3 years if they are in the normal range. Your doctor should be consulted.

At the conclusion of the presentation, James Apple won a free screening.

The second presentation was by Carol Paschal who, along with husband Harvey Paschal, have Cobb Street Ministries. The purpose of their 35 year old organization is to offer assistance to homeless mothers and children by providing housing, education, clothing and other programs designed to help them get back on their feet and be self supporting. The mothers are required to obtain their GED.

Volunteers are needed for many things such as answering the telephone, providing maintenance on the buildings and inside the bedrooms, providing meals and clothing. Prayers and money are always needed. The facility is located on Ewing Road, Powder Springs. Please call the if you are interested in volunteering.

TREASURER'S REPORT: President Story reported for Ruby Lowry. There is \$2450.48 in the treasury. Motion was made by Carl Cannington with a second to approve the Treasurer's Report. Motion carried.

MINUTES: Motion was made by Marge Young with a second by Rotha Wheeler to approve the June 18, 2007 minutes. Motion carried.

OLD BUSINESS: President Story stated the newsletter will probably begin next January.

PENSION UPDATE: Co-Presidents Story and Hilton attended the Pension Board Meeting. A handout outlining the plan was given out and discussed. It was reported that John Small is no longer the Advisor to the Board. Funding is currently at 68% and would need to be around 90% in order to give raises under the plan. Roswell is going to check to see if the plan is audited annually. Pat Cromer stated that the annual actuarial report acts as an audit each year.

REMINDERS: If your e-mail address has not been turned in, please do so since notices of the meetings will be sent via e-mail.

Next meeting will be a luncheon on August 20. There will not be a speaker. Reservations should be made.

There being no further business, the meeting adjourned at 11:35 a.m.

Respectfully submitted,

Martha Watson