



SAINT LOUIS COUNTY  
Missouri

# RETIREE NEWSLETTER

## ACCESSIBLE TRAVEL:

Some Useful Information for Wheelers and Slow Walkers

*Author: Rosemary Wilson, Retiree*

“Wheelers” and “Slow Walkers”—who are these people and where are they going?

They are the wheelchair users and assistive device users (e.g. canes, walkers, scooters). Some are traveling across the USA and the globe using planes, trains, ships, buses, and owner as well as rental automobiles.

According to the 2000 Census, 1 in 5 Americans are living with a disability. Worldwide 1 billion people live with disabilities according to the United Nations.

In the United States, there is the 1990 Americans with Disabilities Act which includes mandating access for the disabled. Some foreign countries have the equivalent of an ADA equivalent regulation or have ratified the UN Convention on the Rights of Persons with Disabilities. In general, everywhere, there is still much local variance in the quality of special needs services. In recent years there have been advocates working on travel improvements and inclusive options for the disabled traveler. The ADA defines a disabled person as one who has a temporary or permanent physical or mental impairment limiting at least one of life’s activities (e.g. breathe, walk, see, hear, and other performance skills). The disabled traveler must carefully research all aspects of his/her trip in advance and with or without a travel agent.

Research then....where? There is no single book or website that contains all the necessary information on special needs services and accommodation anywhere and everywhere in the world. So, this article is one place to start or continue the necessary research for safe and successful travel in the USA and/or internationally.

Books I recommend regardless of their copyright date because of the ‘evergreen’ information contained therein. Check with the public library or Amazon to obtain a copy.

-Barrier-Free Travel—A Nuts and Bolts Guide for Wheelers and Slow Walkers

-Candy B. Harrington 2009 (Individual chapters on air travel, train travel, bus travel, cruise travel, budget travel, accessible recreation, finding right room, travel agents, when things

*Story continued on page 2.*

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### ST. LOUIS COUNTY RETIREE TOTALS

*AS OF 2/20/2024*

**CIVILIANS: 3,034 POLICE: 621**

*\*Includes Survivor Annuitants*

## Accessible Travel continued...

-Websites containing a varied inventory of travel industry providers, government laws and regulations, transportation carriers, and for profit/non-profit accessible travel organizations are generously contained in every chapter as well as a resource section at the end of the book.

- Accessibility Disabled World Travels: Tips for Travelers with Disabilities Tracey Ingram 2014
- Rick Steves Easy Access Europe 2006

Given the copyrights on these 3 books, expect that some of these websites may have been updated and/or revised/removed over time.

Two current websites worth reviewing for updated accessible travel news blogs:

- [www.BarrierFreeTravels.com](http://www.BarrierFreeTravels.com)
- [www.EmergingHorizons.com](http://www.EmergingHorizons.com)

Another website focusing on wheelchair travel:

- [www.wheeltheworld.com](http://www.wheeltheworld.com)
- Phone: 628-900-7778 (San Francisco)
- Specializes in wheelchair accessible travel and also has blogs on such topics as
- “10 Essential Tips When Flying”
- “ADA Hotel Requirements”
- “Roll-In Showers in Hotels—How to Book a Room with One”

Other websites to research:

- [www.asta.org](http://www.asta.org) (American Society of Travel Advisors), 1-800-ASK-ASTA
- [www.aarp.org](http://www.aarp.org) (search for “accessible travel” on the website), 1-888-OUR-AARP

### Hints to disabled travelers (not an all-inclusive list):

- Consult with your doctor about your medical needs and travel plans.
- Think about your daily mobility requirements and how you get around.
- Write down the address/es where you will be traveling to in order to ask for directions.
- Locate disability organizations and/or resources at your destination + local contacts.
- Know your rights and how to protest if things go wrong on the journey.
- Do your own research to be sure your special needs are met throughout the journey—plan, verify details, and double check (Every disability is complex.).
- Join a free club that will deliver your luggage to your destination.
- Consider travel insurance for pre-existing conditions and medical evacuation insurance for travel abroad.

“The more people are aware it is hard for a person with a disability or disabilities to travel, the more it changes the mindset of how services for this traveler are put together and notable improvements and more inclusive options become available.” ~Albaro Silberstein ([www.wheeltheworld.com](http://www.wheeltheworld.com))

#### HAVE AN ARTICLE TO SHARE, QUESTIONS, OR COMMENTS?

If so, please contact Retiree & Volunteer Reporter, Rosemary Wilson by telephone at 314-997-3474 or via email at: [wilsonrosemary@me.com](mailto:wilsonrosemary@me.com).

#### AARP Fraud Watch Network

**~Report Scams or Get Help Now~**

Available Monday-Friday, 7 a.m. to 7 p.m., CST

To report a scam or get help if you or a loved one has fallen victim, call AARP's toll-free service for assistance.

**1-877-908-3360**

Their trained volunteers and staff can help with what to do next.



# - ASSOCIATION NEWS -

## St Louis County Civilian Retirees Association

The St. Louis County Civilian Retirees Association is a non-profit organization incorporated 1/30/2006, Charter #N00713612

*MISSION: "To promote the well-being, enhance the quality of life & encourage the full potential of St. Louis County retirees by promoting socialization while supplying helpful information on issues & matters important to civilian retirees"*

Monday, Sept 9, 2024, at 10 a.m.  
St. Louis County Election Board Office  
725 Northwest Plaza, St. Ann, MO 63074  
(In the former Famous Barr Building)

### **TOUR & BEHIND THE SCENES TALK**

(Enter thru Security at the Government Center  
Adjacent to the Board of Election)

Parking plentiful in front of building.

Retiree Host, Lori Fiegel

RSVP by Sept 2, 2024

Email: [mmccre8814@aol.com](mailto:mmccre8814@aol.com)




**STLCCRA**  
ST LOUIS COUNTY  
CIVILIAN RETIREES  
ASSOCIATION

CELEBRATING LIFE AFTER WORK

### Association Information:

Marian McCreary, President

 [mmccre8814@aol.com](mailto:mmccre8814@aol.com)

 314-291-1867

[www.stlccra.org](http://www.stlccra.org)

## St Louis County Police Retirees Association



*MISSION: "We stand as an advocate and protector of rights of the retired Police Officers and Civilian employees of the St. Louis County Police Department."*

*"We shall maintain communications with St. Louis County Government and the Police Department to insure retired employees receive all benefits earned during their career protecting the citizens of St. Louis County."*

*"We support, recognize, and honor all who chose law enforcement with St. Louis County Police Department."*

Sunday, September 15, 2024, 12:30 pm

BBQ at Stovall's Grove, Rockhorse Saloon

1870 Stovall Lane, Wildwood 63038

Member & 1 Guest-No Charge, Children-No Charge

Additional Guest,-\$10/each

RSVP by September 7, 2024

Jerry by Phone 314-422-7117 or email: [Skyhawk591@charter.net](mailto:Skyhawk591@charter.net)

### Contact Information

Monty Monteleone, President

 [Mrm194917@gmail.com](mailto:Mrm194917@gmail.com)

Jerry Hawkins, Secretary

 [Skyhawk591@charter.net](mailto:Skyhawk591@charter.net)

# ~BOOK REPORT~

Author: Rosemary Wilson, Retiree

## Keep the Memories, Lose the Stuff-

Declutter, Downsize, and Move Forward with Your Life

Matt Paxton 2022, published in conjunction with AARP.

This is a great book not cluttered up with useless information!

### Chapters

- First and most crucial step! **\*\* UNCOVER THE STORIES BEHIND THE CLUTTER\*\***
- Define Your Finish Line
- Take the First Baby Steps
- Sort Through Pictures and Documents
- Decide What to Keep and Build Your Legacy List
- Decide What to Give Away
- Decide What to Sell (and Where to Sell It)
- Clean Up
- Move Forward

### CHECK IT OUT!

You can find this book at the public library!

You can also find Matt Paxton's website at:  
[www.iammattpaxton.com](http://www.iammattpaxton.com)

Quicker than reading the book, you can get some excellent information on Paxton's Legacy List below. It is used in this newsletter with his permission.

### Re Legacy List:

...selecting the few Legacy List items that will enhance your life today and best relay who you are to the next generation." p. 125 Guiding star of what to retain. Ask others what they would like of yours to help remember you. p. 135 When you gift someone an item, explain why you want them to have it. That is where the legacy lies. The why is what's important and may change someone's decision on wanting an item or not. Sometimes the why is more important than the item. The story is the launch pad to legacy. p. 136 List of 10 questions to get the sharing of life stories flowing. p. 132

### Re Websites:

Website updated for donating, selling, recycling, and disposing of items: [www.mylegacylist.com](http://www.mylegacylist.com) Website includes downsizing and decluttering calculator Under Resources includes products and services (example Appraisers, Auction Houses Junk and Trash Disposal, Upcycling, and many more in alphabetical order) (NOTE: Items and Resources Listing does not imply an endorsement by author or AARP but are products and services author has used over the years.)

### Decluttering & Downsizing Checklist

1. Clean for 10 minutes every night.
2. Have everyone help, including grandkids.
3. Use the 4 Pile Sort: keep, sell, donate & trash.
4. Don't guilt family into taking items they don't want
5. Be realistic instead of hopeful about items to keep.
6. Unpack every bag the moment it enters your home.
7. Put every item in its proper place.
8. Give away your Legacy Items now to see your family enjoy them.
9. Donate, donate, donate... as often as possible.
10. Pare down photos by discarding duplicates, landscapes, & pictures of people you don't know.

*Legacy List* for more downsizing and decluttering tips and tricks, visit [MyLegacyList.com](http://MyLegacyList.com)

### WEBSITES

<https://livabilityindex.aarp.org/>

<https://www.aarp.org/homefit>

[squaredawaybc.edu/calculators/move-or-stay-put](https://squaredawaybc.edu/calculators/move-or-stay-put)

# NEWLY RETIRED!

## APRIL, 2024

NAME	DEPARTMENT
Birdwell, Kimberly	Family Court
Boedicker, Brian	Police
Boschert, Charles	Police
Daniels, Teresa	Police
Eller, Kathryn	Administration
Fitzgerald, Jeanne	Justice Services
Gooding, Michael	Transportation
Heege, George	Parks and Recreation
Hughes, Thomas	Parks and Recreation
Jackson, Denise	Public Health
Jackson, Patricia	Family Court
Kuelker, Sharon	Assessor
Means, Steve	Parks and Recreation
Merseal, James	Transportation
Mizell, David	Police
Molden, Craig	Police
Olderworth, Jeffrey	Police
Roach, Kelly	Revenue
Ryan, David	Police
Smith, Kathy	Public Health
Stevener, Kevin	Police
Stockhausen, Mark	Sheriff's Office

## MAY, 2024

NAME	DEPARTMENT
Beatty, Cyrene	Transportation
Broadway, Patrick	Police
Brown, Michelle	Human Services
Clinton, Danielle	Administration
Higgins, Aaron	Justice Services
Martin, Scott	Police
Parker, Stephanie	Recorder of Deeds
Schneider, Janice	IT
Smith, Roland	Administration
Stearn, Mary	Justice Services
Stearns, Robert	Sheriff's Office
Welsh, Gary	Transportation

## CONGRATS & BEST WISHES TO ALL!

## JUNE, 2024

NAME	DEPARTMENT
Akridge, Carmen	Family Court
Albrecht, Diane	Municipal Court
Allen, Susan	Revenue
Anderson, Moria	Public Health
Bay, Edward	Public Works
Bomkamp, Teresa	Prosecuting Attorney
Bruno, Angela	Police
Christiansen, John	Police
Darden, Avis	Human Services
Futrell, Daniel	Family Court
Heusmann, Willam	Public Works
Martin Jr., Lee	Public Works
Nelson, Mary	Revenue
Phillips, Daniel	Family Court
Pinkard, Gary	Justice Services
Pollard, John	Judicial Administration
Stoyanov, Mark	Police
Watts, Nichelle	Public Health
Willmering, David	Police



# RECENTLY DECEASED RETIREES

RETIREE NAME	DEPARTMENT	DATE PASSED
MARY MOORE	PUBLIC HEALTH	6/26/2023
LESTER BROWN	PARKS	11/15/2023
HOWARD KLOCKE	SHERIFF'S OFFICE	1/5/2024
GEORGE FINDLEY	TRANSPORTATION	1/24/2024
JACOB SHEAFFER	TRANSPORTATION	1/27/2024
DANIEL DAVIS	POLICE	2/14/2024
HAROLD HEARING	PUBLIC HEALTH	4/2/2024
GLADYS DE CORMIER	PUBLIC HEALTH	4/4/2024
ALEETA SMITH	ASSESSMENT	4/8/2024
LOUIS WEST	JUSTICE SERVICES	4/9/2024
STEPHEN ADAMS	PARKS	4/9/2024
TERRY PERR	TRANSPORTATION	4/15/2024
HANK PARKER	FAMILY COURT	5/1/2024

# HELPFUL INFORMATION

St. Louis County Customer Service, Call 311



## Benefits Office

Tabitha Chamberlain  
Connor Crowe

314-615-5180

[countybenefits@stlouiscountymo.gov](mailto:countybenefits@stlouiscountymo.gov)

## Retirement Services

Rachel Fredrick,  
314-615-4484

[rfredrick@stlouiscountymo.gov](mailto:rfredrick@stlouiscountymo.gov)

Debra Lehmkuhl,  
314-615-5176

[dlehmkuhl@stlouiscountymo.gov](mailto:dlehmkuhl@stlouiscountymo.gov)

Rebecca Smail,  
314-615-4404

[rlsmail@stlouiscountymo.gov](mailto:rlsmail@stlouiscountymo.gov)

## INFORMATION TO REPORT

Please notify a member of the Retirement Services team of the following at your earliest convenience.

- CHANGE OF ADDRESS-
- RETIREE PASSING-
- SURVIVOR ANNUITANT PASSING-
- NEW ACCOUNT FOR CHECK DEPOSITS-

## WAYS TO PREPARE FOR A DISASTER

Fill a fireproof box with items of identification and important cards, financial records, family photos, cash in small bills. Design a disaster plan which includes whom to contact and where to meet family in case of an emergency. Everyone in the family should know the plan and the phone numbers to call. Make a list of emergency phone numbers on the refrigerator door. Know how to turn off valves for gas, oil, water, and main electrical supply. Put tags on the valves so you can find quickly. A professional will have to turn them back on. Have 3 days of non-perishable food and water for each member of the family. Also have one gallon of water daily/person. REMEMBER TO HAVE A CAN OPENER! Non-perishable food: canned food, peanut butter, & energy bars.

Check out: [www.aarp.org/disasterprep](http://www.aarp.org/disasterprep)

## Postage Increase July 14th, 2024

On April 9, 2024, the United States Postal Service® filed notice with the Postal Regulatory Commission (PRC) of Mailing Services price changes to take effect July 14, 2024. The new rates will reflect the following:

Product	Current Prices	Proposed Prices
First-Class Mail Letters (1 oz)	\$0.68	\$0.73
First-Class Mail Letters (metered 1 oz)	\$0.64	\$0.69
First-Class Mail Postcards	\$0.53	\$0.56
Single-piece First-Class Mail Letter, additional ounce	\$0.24	\$0.28
International Postcards and Letters (1 oz)	\$1.55	\$1.65

## PLAN FUNDING STATUS

St. Louis County

Retirement Fund Balance  
on March 31, 2024

**\$865,077,000**



## Automobile Driver Assistance Technologies Explained

National Highway Traffic Safety Administration (NHTSA)

What you should know about driver assistance technologies when buying your next vehicle.

<https://www.nhtsa.gov>

## Award Winning Videos by AARP

Go to [www.videos.aarp.org](http://www.videos.aarp.org)

Search the wide range of topics to choose videos from!

## AARP & ELECTRIC VEHICLES

Free online virtual workshops that can be taken in any order!

“Power Up Your Knowledge of Electric Vehicles” 45 Minutes

Basics of buying, driving, & owning electric vehicles.

“Take Charge of Your Electric Vehicle” 60 Minutes

Plotting charging stations, taking a road trip, and much more.

Visit [www.aarp.org/EV](http://www.aarp.org/EV) for more!

## QUOTES

“Smallest deed is greater than the grandest intention.”  
Author, John Burroughs

“Laughter changes anything, everything, something, favorite thing.”  
Author, Unknown

## Mayo Clinic Booklet

Healthy Aging: An Easy & Comprehensive Guide to Keeping Your Body Young, Your Mind Sharp & Your Spirit Fulfilled  
Available at Public Libraries and Amazon