



# Retirement Plan Services Communicator

June 2015

No. 5

## From the Desk of the Director

Dear Retirees,

Well, our Wisconsin summer has finally arrived. And so has the start of all those wonderful festivals. The extra sunshine and boost of Vitamin D is good for us (just remember to slather on that sunscreen!). An important personal health awareness month also falls in the summer — Prostate Cancer Awareness. Please take time to read the reprint of an article by Heather Giza from a couple of years ago.

Please contact ERS by email at [ers@milwaukeecountywi.gov](mailto:ers@milwaukeecountywi.gov) with questions or concerns. We monitor the site frequently throughout the day and respond as quickly as possible. We have both local (414-278-4207) and toll-free (877-652-6377) phone numbers.

Enjoy the summer!  
Marian Ninneman, Director

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By Vivian Aikin

### **WHEN LIGHTNING STRIKES**

The warmer weather we've all been waiting for has finally arrived. But along with the opportunity for lots of outdoor fun, June, July and August are also the peak time for lightning activity. Lightning strikes kill about 50 people and injure hundreds of others each year. Lightning is also responsible for millions of dollars in property damage annually. With that in mind, now is a good time to review what you need to know to be prepared for a lightning storm.

No place outdoors is safe when thunderstorms are in the area. If you can hear thunder, lightning is close enough to strike you. So if you do hear thunder or see lightning, seek safe shelter immediately. Waiting too long to begin heading to safety is dangerous and potentially deadly. A safe shelter is a building with electricity and/or plumbing or a metal-topped vehicle with the windows closed. The building should be substantial and have electricity and/or plumbing; a picnic or bus shelter, shed or similar structure is not considered safe. There are 3 main ways lightning can enter a building: a direct strike, through wires or pipes that extend outside and through the ground. Once lightning is in a building, it can travel through the electrical, phone, plumbing and radio/television reception systems. It

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*A good life is when you assume nothing, do more, need less, smile often, dream big, laugh a lot, and realize how blessed you are.*

– Unknown

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can also travel through any metal wires or bars in concrete walls or flooring. Take the following precautions once you are inside:

- ◆ Stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity. Use of a cell phone or cordless phone is okay.
- ◆ Avoid plumbing, including sinks, bathtubs and faucets. Do not wash your hands, take a shower or wash dishes.
- ◆ Do not lean against concrete walls or lie on concrete floors.
- ◆ Stay away from windows and doors especially those that might have a small leak where lightning could enter. Stay off porches.
- ◆ Protect your pets by bringing them inside with you. Dog houses are not safe shelters. Dogs chained to trees or on metal runners are especially vulnerable to lightning strikes.
- ◆ If your safe shelter is in a vehicle, lean away from the door, keep your hands in your lap and do not touch the steering wheel or gear shift.
- ◆ Remain in your safe shelter for at least 30 minutes after you hear the last clap of thunder.

If you are caught outdoors without safe shelter during a lightning storm, the following actions may reduce your risk slightly. But remember: nowhere outside is safe when thunderstorms are in the area.

- ◆ Get away from elevated areas without delay (hills, mountain ridges or peaks)
- ◆ Do not lie flat on the ground
- ◆ Avoid open fields
- ◆ Stay away from tall, isolated trees or other tall objects
- ◆ Stay away from bodies of water
- ◆ Avoid anything that might conduct electricity (fences, metal objects, power lines, etc.)

For more lightning information and safety tips, visit the following site: <http://www.lightningsafety.noaa.gov>.

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*By Heather Giza*

## Setting Aside Prostate Cancer Myths

Although more men are being cured of prostate cancer and more cases are being found in younger men, myths about the disease continue. Learn the truth.

### **Myth #1: Men die *with* prostate cancer and not because of it.**

**Reality:** While one man in six will get prostate cancer during his lifetime, only one in 35 will die from it. Most end up dying of other causes. Although men with less aggressive forms of prostate cancer may live with the disease for years, it is still the second-leading cause of cancer death in men. Many of the 200,000-plus cases of prostate cancer diagnosed in the U.S. this year will be aggressive and will cause serious illness.

### **Myth #2: Screening isn't worth the trouble because doctors can't agree on how useful it is.**

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**Reality:** The goal of prostate cancer screening is to find the disease early, when it can be treated more effectively. There are two types of prostate screening tests: the PSA blood test and the digital rectal exam (DRE). Doctors agree that both should be used together to get the most information. Medical experts disagree, though, on whether all men should be screened for prostate cancer. This is because the screening tests are not precise. For example, tests results can come back positive in a person who may have an enlarged prostate due to a benign (noncancerous) condition called prostatic hypertrophy. Evidence has even shown that screening can be harmful, leading to unneeded surgery and associated side effects, like erectile dysfunction. But screening can also save lives, especially if an aggressive form of prostate cancer is found. Experts do agree that every man should make his own decision about prostate screening together with his doctor.

The American Cancer Society recommends that doctors discuss prostate cancer screening options with you starting at age 50. If you have a close relative (father, brother or son) with prostate cancer, or if you are African American, this talk should start at age 45. The U.S. Preventive Services Task Force (USPSTF) states that there needs to be more evidence to help doctors and patients know when and what type of screening is best. They do not advise screening in men who are age 75 or older. The bottom line is that you and your doctor should decide whether or not screening is right for you.

### **Myth #3: All men have erectile dysfunction after prostatectomy.**

**Reality:** Prostatectomy is the removal of a cancerous prostate gland. The procedure can damage nerves that control erections. During the first few months after surgery, most men have some degree of erectile dysfunction (ED). Whether ED lasts longer depends on your age, extent of the cancer, your erectile function before surgery and the type of surgery you have. A nerve-sparing prostatectomy is an option that may reduce the chances of ED. Medications or penile injections or devices can help restore erectile function for many men if needed.

### **Myth #4: All men have incontinence after prostate cancer surgery.**

**Reality:** Urinary incontinence (not being able to control urination) is one of the major side effects of prostate cancer surgery. For most men, it goes away weeks to months after surgery. One large study reports that 5 years after prostate surgery, about one third of men still have some stress incontinence. This means that urine can leak out when you cough, exercise, laugh or sneeze. Leaking was considered severe in only about 5% of these cases. Large cancer treatment centers and doctors who perform a lot of prostate cancer surgery report lower rates of incontinence.

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## Congratulations to Our May Retirees!

*Betsy Albergo  
Daniel Besson  
Wallace Ewing  
Colleen Giese*

*Donna Gilles  
Deborah Hinton  
Dante Holt  
Cindy Johnson*

*Toni King  
Patricia Martin  
Don Scaffidi  
Ronald Stauss*

*Douglas Tersen  
Lynise Thompson  
Anita Walker  
Margaret Zarwell*

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## In Memoriam

Please keep the families of these recently deceased retirees in your thoughts:

*Karen Cejka  
Donald Dunst  
Dennis Jablonski  
John Jenkins*

*Frank Jurena Jr.  
Virginia Mantel  
Frances Mc Kee  
Robert Munson*

*Frank Theis  
Lorene Wurm  
Norma Zaniewski*

## Market Value of Pension Fund Period Ending May 31, 2015

<b>Total Fund Composite</b>	<b>\$1,779,389,564</b>
Fixed Income Composite	\$334,640,672
US Equity Composite	\$461,233,999
International Equity Composite	\$345,301,253
Hedged Equity Composite	\$192,449,752
Real Estate Composite	\$184,206,178
Infrastructure Composite	\$147,656,029
Private Equity Composite	\$77,102,046
Total Cash Equivalents	\$36,799,634

### 2015 Check Disbursement Schedule

Friday, July 31	Friday, October 30
Monday, August 31	Monday, November 30
Wednesday, September 30	Thursday, December 31

## CONTACT INFORMATION

### Retirement Services

In the Milwaukee area:

**414-278-4207**

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**877-652-6377**

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### Life & Health Benefits

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