



Retirement Plan Services Communicator

June 2016

No. 6

From the Director

Summer is finally here. I hope you have plenty of opportunity to enjoy all of the benefits this time of year offers — festivals, outdoor concerts, flowers, and my favorite, the smell of freshly mowed lawns and flower gardens.

Our outside auditor has finished auditing our financial statements. I am happy to report that they have again issued a positive opinion. Once the audit was done, we were able to complete the Annual Report which be available on our website in July.

Please contact RPS by email at 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.

Marian Ninneman, Director

By Vivian Aikin

NEW FOOD LABELS TARGET ADDED SUGARS

The federal government first required nutrition labels on most packaged foods and beverages in the early 1990s. The U. S. Food and Drug Administration (FDA) proposed an overhaul of food labels in early 2014 noting that changes were needed to bring labels in line with the reality of the modern American diet. Since then, the FDA reviewed thousands of letters from companies, consumers and health experts before publishing the final rules. In May major changes to these labels became final. Most food manufacturers have until July 2018 to comply; smaller producers will get an additional year.

The new labels will be larger, calorie counts will be in large bold numbers, and portion sizes will be adjusted to reflect the amount most people actually consume in a serving. For example, a single ice cream serving will now be two-thirds of a cup instead of the current half cup. Perhaps the most significant change will be a separate line for “added sugars”.

Why the focus on added sugars? While foods with naturally occurring sugar (think fruits, for example) also have nutrients such as fiber and vitamin C, health officials and nutritionists say

IN THIS EDITION:

New Food Labels Target Added Sugars , Page 1

Attend Benefit U, Page 3

New Retirees, Page 3

Member Deaths, Page 4

Pension Fund Market Value, Page 4

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

Retirement Plan Services Communicator

June 2016

No. 6

that added sugars have no nutritional value. They do, however, increase overall caloric intake helping fuel obesity and diabetes to near epidemic numbers. Public health experts say that nearly one-third of American adults are obese. As a result, in addition to soaring diabetes rates, risks for cancer, heart disease and stroke have increased. The food and beverage industry disputes this

The FDA recommends that Americans cap their intake of added sugars to about 50 grams per day, based on a 2000 calorie diet. You may be shocked to know that a 20 oz. bottle of regular Coca-Cola contains 65 grams of added sugar, 15 grams over the recommended total daily intake! Wondering how many grams of sugar are in some other commonly consumed items? Take a look:

- Snapple Kiwi Strawberry – 16 oz. – 51 grams
- MinuteMaid Cranberry Apple Raspberry Juice – 16 oz. - 57 grams
- Capri Sun – 11.3 oz. – 33 grams
- Starbucks Caramel Frappuccino – 13.7 oz. - 46 grams
- Vitaminwater Dragonfruit flavor – 20 oz. – 32 grams
- Dannon lowfat vanilla yogurt – 8 oz. – 33 grams
- Quaker instant oatmeal – 1 packet – 11 grams
- Kraft Thousand Island dressing – 2 tbsp. – 7 grams
- Kellogg's Raisin Bran – 1 cup – 18 grams
- Heinz Ketchup – 1 tbsp. – 4 grams
- Campbell's Tomato soup – ½ cup – 12 grams

The new label requirements represent a major challenge to food and beverage companies as they are already coping with poor sales as shoppers buy fresher, healthier foods. Soda manufacturers and distributors are also being targeted by local governments proposing taxes and warning labels on sugar-added drinks. In 2014, Berkeley, California implemented an excise tax of a penny per ounce on these drinks with 76% of voters supporting it. Last month, Philadelphia, one of the country's largest and poorest cities, passed a measure to tax sweetened drinks 1.5 cents per ounce. San Francisco and Oakland, California and Boulder, Colorado are also considering soft drink taxes this year. It is likely these efforts will continue as municipalities look to encourage healthier habits and raise revenue at the same time.

UnitedHealthcare® and Milwaukee County invite you to attend Benefit U

Join your fellow retirees to learn more about your **Medicare Advantage** plan and ask questions that are important to you. Here are just a few of the things you'll be able to do:

- Talk with your UnitedHealthcare benefit plan representatives to understand how your plan works.
- Talk with a pharmacy representative - ask questions or share concerns about your

Retirement Plan Services Communicator

June 2016

No. 6

medications.

- Get important screenings like blood pressure and Body Mass Index.
- Talk "live" with a UnitedHealthcare customer service representative, about claims or benefits, or for help finding a doctor or looking up a drug.
- Learn about other important health plan programs and benefits, like HouseCalls and SilverSneakers®.

Join us at one of these sessions:

Thursday, July 14th

Clarion Convention Center
5311 S. Howell Avenue
Milwaukee, WI 53207

Friday, July 15th

Hilton Garden Inn
11600 W Park Place
Milwaukee, Wi 53224

Congratulations to Our Newest Retirees!

March

Lester Bentson
Michael Brendel
Irene Brenton
Sharon Davies
Mary Ann Filo
Leslie Hines

Melba Ingram
Robert Isabell
Sung Ye Jacobs
Lisa Jones
Paul Kickhaver
Bonnie Lewitzke

Hazel Lindsey
Michael Love
Dana Nicholson
Christopher Ovide
Shelly Silfven
Teri Sloans

Jennifer Soika
Patricia Villarreal
Gail Walton
Steven Webb
Andrew Wendt
BeverlyKay Williams

April

Robert Alvarez
Lisa Biro-Bauer
Peter Champan
Donnell Clemons
Angela Cleveland
Robert Cooper
John Fisher

Terry Frye
Mark Grady
Sandra Grady
Laurie Jernmberg
Ronald Johnson
Elenor Johnson-Ellis
Dorothy Kaisler

Dawn Kreilkamp
Thomas Lewandowski
Gary Mahkorn
Michael Marchese
Patricia Miller-Bond
Sheila Pospichal
Helen Riley

Norman Riley
William Sosnay
John Sprague
Scott Stiff
B. Thomas Wanta
Robert Zima

May

Derrick Adams
Sarah Arredondo
Steven Behl
Mary Dunn
Debra Flower
David Griswold
Scott Grobschmidt

Mary-Lynn Grueneberg
Donald Harmon
Linda Harris
Tenna James
Kimberly James-Jones

Karen Komassa
Beverly Kueny
Veronica Lewis
Marcus Little
Willie Mc Ghee
Susan Moeser
Janet Nickels

Nigel Pinnock
Shirley Turner
Denise Welliver
Linda Williams
Rick Worzalla

Retirement Plan Services Communicator

June 2016

No. 6

In Memoriam

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

*Margaret Effinger
Patricia Haynes
Joann Schwanke
Arthur Shavzin
Barbara Smith-Fochtman
Anna Zembinski*

Market Value of Pension Fund Period Ending May 31, 2016

Total Fund Composite	\$1,671,519,805
Fixed Income Composite	\$276,965,564
US Equity Composite	\$423,752,216
International Equity Composite	\$314,675,926
Hedged Equity Composite	\$178,995,793
Real Estate Composite	\$185,124,158
Infrastructure Composite	\$153,991,488
Private Equity Composite	\$102,333,277
Total Cash Equivalents	\$35,681,383

2016 Check Disbursement Schedule

Friday, July 29	Monday, October 31
Wednesday, August 31	Wednesday, November 30
Friday, September 30	Friday, December 30

CONTACT INFORMATION

Retirement Services

In the Milwaukee area:

414-278-4207

Toll Free:

877-652-6377

Email: ers@milwaukeecountywi.gov

Life & Health Benefits

Phone: **414-278-4198**

Email: benefits@milwaukeecountywi.gov