



FIT WITS

Recently Tina Sibert, the SERS Field Representative who oversees the Myths & Realities of Retirement workshop and retiree issues, attended a FIT WITS program run by the U of I Extension Service.

This program allows seniors to learn more about the aging brain and how to keep it healthy and engaged.



Keeping your wits fit requires doing more than crossword puzzles or word searches. There is increasing evidence that

brain health is directly related to body health.

As we age, many of us work harder to maintain or improve our physical health. We eat right, get enough sleep, have medical check-ups and exercise regularly.

Most of us do not realize that these lifestyle choices also have a positive impact on brain health and function. Researchers are consistently reporting that what's good for our bodies is also good for our brains.

There are many ways to keep the brain healthy:

- Eating a healthy diet
- Being physically active
- Having social/emotional support
- Decreasing stress
- Challenging the brain.

Brain Fitness Strategies

Researchers agree that challenging the brain, especially as people get older, is beneficial. It's important to reach beyond what is comfortable and try more difficult puzzles or new activities.

Daily life experiences are also occasions for learning and enhancing memory. In fact, look for opportunities in everyday life to continue to challenge the brain.

Start your shopping at a different place in the store, grocery shop without a list, rearrange a room in your house and don't worry about forgetfulness!

It's never too late to start a "wits" fitness program. All it takes is to get started!

For more information about the FIT WITS program, contact Rachel Schwarzendruber at the U of I Extension Service at 309-694-7501, ext. 227.

Address Changes

Notification of a change of address is required in writing! Failure to do so could result in insurance claim problems and not receiving important notices from SERS.

If your check or other SERS correspondence is returned to us due to insufficient address information, your benefit and group insurance coverage will be suspended until we are notified of your new address.

Written notification should include:

- Your date of birth
- Social Security number
- Former address
- New address
- Telephone number
- Your signature

You may also download and complete the Change of Address form from our website. Address changes should be mailed to:

State Retirement Systems
2101 S. Veterans Parkway
P. O. Box 19255
Springfield, IL 62794-9255

SERS strives to provide our members with fast and efficient service. Correct mailing addresses are essential in meeting this goal.

2010 MRR Dates

Call 217-785-6979 to register for this free, one-day workshop.

Oct. 5 Springfield
Oct. 7 Moline

Oct. 19 Effingham
Oct. 26 Collinsville
Nov. 16 Springfield
Nov. 23 Tinley Park
Nov. 30 Chicago
Dec. 14 Joliet

The Benefit Statements for SERS annuitants will be mailed in late March.

2011 Myths & Realities Workshop

Circle the 2011 MRR Workshop That You Would Like to Attend

Please disregard the numbers in parentheses. They are for internal office use.

SERS offers the Myths and Realities of Retirement (MRR) workshop to retirees, survivors, disability benefit recipients and their guests. Registration for the 2011 MRR began September 1, 2010.

The MRR is a free, one-day workshop examining financial scams, the effects of inflation, estate planning, group insurance, and health & leisure.

If you would like to attend an MRR workshop, complete and return the application to us or call our office to register. After you're registered, we will confirm your enrollment and advise you of the workshop address and time.

Jan. 11	Springfield (01)	Jul. 27	Chicago (02)
Feb. 1	Collinsville (24)	Aug. 2	Springfield (01)
Feb. 8	S. Jacksonville (39)	Aug. 9	Bloomington (04)
Feb. 23	Peoria (86)	Aug. 16	Carbondale (50)
Mar. 1	Kankakee (12)	Aug. 23	Utica (30)
Mar. 8	Springfield (01)	Aug. 30	Gurnee (48)
Mar. 15	Glen Ellyn (71)	Sep. 7	Rockford (90)
Mar. 22	Quincy (36)	Sep. 14	Springfield (01)
Mar. 29	Matteson (17)	Sep. 20	Kankakee (12)
Apr. 6	Mt. Vernon (32)	Sep. 27	Moline (46)
Apr. 26	Chicago (02)	Oct. 4	Fairview Heights (18)
Jun. 7	Springfield (01)	Oct. 18	Effingham (67)
Jun. 14	Marion (07)	Oct. 25	Matteson (17)
Jun. 21	Champaign (37)	Nov. 8	Springfield (01)
Jun. 29	Rockford (90)	Nov. 29	Joliet (47)
Jul. 6	Schaumburg (77)	Dec. 13	Chicago (02)
Jul. 19	Rock Falls (66)		

Return This Form To:

State Retirement Systems

Field Services Division

2101 S. Veterans Parkway

P. O. Box 19255

Springfield, IL 62794-9255

217-785-6979

Fax: 217-557-5154

Name _____

Social Security Number _____

Are You Bringing a Guest? _____





2101 South Veterans Parkway
P. O. Box 19255
Springfield, IL 62794-9255

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First Class Mail
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2010 Flu Shot Schedule *

Over the next several weeks, the Department of Healthcare and Family Services is providing free seasonal flu shots to State of Illinois employees and retirees enrolled in the Quality Care Health Plan (QCHP) or a state-sponsored managed care plan.

Flu shots will be available in various state agencies in Springfield and Chicago, as well as universities throughout the state.

Many county health departments have partnered with the State to provide flu shots at no charge to eligible State of Illinois employees and retirees. Individuals interested in getting a flu shot from a health department should contact the county health department directly to learn the dates

and times the shots are scheduled to be administered.

Employees must present an employment ID and their state health insurance card. Retirees must present their state health insurance card and another form of ID. If you are Medicare eligible, you may also obtain a flu shot from your physician.

NOTE: Spouses, dependents, contractual workers, consultants, students and any SERS members who opted out of health insurance coverage are NOT eligible for a free flu shot.

Flu shots will be given at the SRS Springfield office on October 26, 2010, from 9 a.m. until 3 p.m. Additional flu shot information is posted on our website at www.state.il.us/srs.

** Flu shots are subject to the availability of the vaccine*

SPRINGFIELD, CHICAGO AND DOWNSTATE FLU SHOT SCHEDULE

All clinics will be held from 9:00 a.m. until 3 p.m., except where noted.

Chicago Area	Thompson Center Room 2-025	Sep. 30, Oct. 20	Dept. of Corrections 1301 Concordia Ct. Gym	Nov. 18 9 a.m. - 1 p.m.	
	Health & Family Services 401 S. Clinton	Oct. 5	Dept. of Revenue 100 W. Jefferson	Nov. 22	
	IDOT, Schaumburg 201 W. Center	Oct. 6	State Police AIG Building 801 S. 7th Street	Nov. 23 9 a.m. - 1 p.m.	
	Student Asst. Comm. Deerfield	Oct. 19 9 a.m.- 1 p.m.	Attorney General 500 S. 2nd	Dec. 7 9 a.m. - 1 p.m.	
	CMS Suburban North Des Plaines	Oct. 26	Alzina Building 100 N. 1st	Dec. 8 9 a.m. - 1 p.m.	
Springfield	Howlett Bldg. <i>park at Stratton Bldg.</i>	Oct. 20	Other Downstate Sites	State Police 1100 Eastport Plaza Collinsville	Sep. 23 9 a.m. - 1 p.m. Sep. 29, noon - 5 p.m.
	SERS Veterans & Greenbriar	Oct 26		Jacksonville Dev. Cntr. 1201 S. Main	Sep. 27
	DNR State Fairgrounds	Oct. 27		Logan Correctional 1096 1350th St. Lincoln	Sep. 28 9 a.m. - 2 p.m.
	IDOT 2300 S. Dirksen	Nov. 4 Dec. 2, 9 a.m. - 1 p.m.		Vandalia Correctional Rt. 51 North	Sep. 30 6:30 - 8 a.m. & 2:30 - 3:15 p.m.
	McFarland Mental Health 901 Southwind Road	Nov. 8 1 - 4 p.m.		Taylorville Correctional Rt. 29 South	Oct. 1 2 - 3:30 p.m.
	Dept. of Agriculture State Fairgrounds	Nov. 9		Jacksonville Correctional 2268 E. Morton	Oct. 12 12 - 3:30 p.m.
	EPA 1021 N Grand Ave. E.	Nov. 10 9 a.m. - 11 a.m.		Logan County DHS 1550 4th St. Lincoln	Oct. 13 9 a.m. - 3 p.m.
	DHFS Bloom Building, 201 S. Grand Ave. E.	Nov. 16		IDOT - Peoria 401 Main St.	Oct. 14
	Stratton Bldg. 401 S. Spring	Nov. 17 Nov. 30, 9 a.m. - 1 p.m.			

* Flu shots are subject to the availability of the vaccine