Area 8 nurse practitioner Joseph Rightmyer gives ‘unmeasurable gifts’ as a foster parent

When he was a student at the University of Kentucky, Joseph Rightmyer never envisioned a career as a nurse practitioner in Central Alabama nor did he ever imagine he would be a foster parent to two teenage African American boys in wheelchairs. But Alabama and our department are very fortunate that circumstances brought him our way.

Seventeen years ago Rightmyer, who has a bachelor’s degree in education, earned a living farming on his family’s land in Kentucky along with his wife Melanie. Then in September 1988 their daughter Casandra was born with spina bifida.

The birth of a child with this spinal abnormality has a profound, life-changing effect on every family it touches. This event had the effect of changing his career. Shortly after her birth Rightmyer was taught how to insert his daughter’s catheter using a feeding tube before even diapering her.

In addition to making the adjustment to dealing with their daughter’s disability, the family learned the disheartening news that their health insurance premiums would skyrocket to $1,300 per month, and that was nearly two decades ago.

As with most American families, the Rightmyers simply could not afford the high insurance costs, and counselors advised them to find employment which would offer health insurance coverage. So his wife went on active duty status in the Air Force as a Registered Nurse. That brought the family to the Montgomery area as Melanie Rightmyer was stationed at Maxwell Air Force Base.

Rightmyer earned an associate degree in nursing at the University of Kentucky and a bachelor’s degree in nursing at Auburn University at Montgomery. Then he completed both master’s and Nurse Practitioner’s programs at the University of Alabama at Birmingham. Rightmyer travels to clinics in Autauga, Chilton, Elmore and Montgomery counties. He began his public health service in December 2004 after working on contract with the Department of Corrections at Tutwiler and Kilby prisons. He enjoys his work with the department.

Melanie Rightmyer now works with the Alabama Rightmyer..........................continued on page 2

Shown at Disney World are Master Hinkle, Casandra Rightmyer, second row, Melanie Rightmyer, Joseph Rightmyer and Brian Bell.
Rightmyer

Department of Rehabilitation Services in Montgomery where she is a much sought after nurse and counselor to other parents of disabled children.

Casandra, age 17, has matured, and is now an outstanding student at Evangel Family Christian Academy in addition to being a star wheelchair basketball player. While attending sports camp and at the Lakeshore Foundation in Birmingham (a U.S. Paralympics site) Casandra became acquainted with two teammates, Master Hinkle and Brian Bell. Casandra had known Master since she began playing wheelchair basketball at the Lakeshore Foundation when she was 10.

Master’s life had been filled with misfortune. His father was never involved in his life. As a 3-year-old riding unrestrained in a car, he was thrown out of the vehicle and broke his spine. Other complications including osteomyelitis threatened his life and he was hospitalized for nearly a year. When he was 8 years old his mother died of breast cancer and he lived first with his maternal grandmother until she became ill with terminal breast cancer. Next he lived with his older half-sister in a small apartment in Birmingham.

In November 2004 Master learned he would have to move from Birmingham to live with relatives in Jasper because his sister had a new baby and there was not enough space for him. As a result, his wheelchair basketball career would also end.

After hearing the disappointing news, Melanie Rightmyer came up with a potential solution. After some consideration, the Rightmyer family reached the conclusion that they would invite Master, into their rural home, despite his urban city background. Master’s half-sister relinquished custody, and Master gladly moved in with his new foster family in Holtville.

Adapting to a new family was not easy either, Rightmyer said, because Master was not accustomed to the discipline of parents. Both Master’s mother and grandmother had been in poor health and unable to perform typical parenting tasks. But in time, Master has adjusted to his new community despite the marked cultural differences.

“He’s easy to like, but he’s not the easiest person to live with,” Rightmyer said. “We do a lot to keep him focused and to keep him going in the right direction. We stress that you have to do as well as you can all the time.”

Since moving in with the Rightmyers, Master’s life has drastically changed for the better. He has experienced a lot of “firsts.” He has his own room for the first time, he’s been to the mountains, the beach, Disney World and Sea World. He has a driver license now and has learned to drive a car with hand controls, he has been baptized, and he is dating. Instead of pursuing the technical program he had planned, Master takes college preparatory courses at Holtville High School.

In addition to playing basketball, Master is an

Rightmyer

Alabama Department of Public Health

Mission

To serve the people of Alabama by assuring conditions in which they can be healthy.

Value Statement

The purpose of the Alabama Department of Public Health is to provide caring, high quality and professional services for the improvement and protection of the public’s health through disease prevention and the assurance of public health services to resident and transient populations of the state regardless of social circumstances or the ability to pay.

The Department of Public Health works closely with the community to preserve and protect the public’s health and to provide caring quality services.

ALABAMA’S HEALTH

Alabama’s Health is an official monthly publication of the Alabama Department of Public Health, Bureau of Health Promotion and Chronic Disease. If you would like to receive the publication or wish to submit information for future articles, please telephone requests to (334) 206-5300. Articles may be reprinted provided credit is given to the Alabama Department of Public Health. The department's Web site is <http://www.adph.org>.

Donald E. Williamson, M.D. .................................................. State Health Officer
Jim McVay, Dr. P.A. ............................................................ Director, Bureau of Health Promotion and Chronic Disease
Arrol Sheehan, M.A. ............................................................ Editor
Takenny Taylor, J.D. .......................................................... Contributing Editor
Toni Prater ................................................................. Graphic Designer

ALABAMA’S HEALTH

Informational materials in alternative formats will be made available upon request.

May 2006
outstanding power lifter who can lift 360 pounds, which is a junior national record, and is involved in track events.

After Master’s arrival, their second foster child, Brian, joined the family. At age 10 Brian was hit by a train and lost a leg, but he learned to walk with prosthesis. Brian’s mother remains a constant in his life, but she supported his decision to move in with the Rightmyers. The Rightmyers have a great capacity to inspire others.

Brian had played standup basketball and football and before coming to Lakeshore to play wheelchair basketball. Brian, age 17, excels at basketball and was the team’s most valuable player. He even was featured in Sports Illustrated. Transferring to Holtville High School meant he has the support of his school to do make-up work when he must go on medical appointments and to sports events.

All five members of the Rightmyer family went to Houston in March for the National Wheelchair Basketball Association Championship. Their team did an outstanding job against the competition, winning the championship game by a score of 66 to 40. Rightmyer said there was little significant competition; they won their first game by 60 points.

A recent article in the Montgomery Advertiser titled, “Family Gives Teen a Home, New Goals,” shares their story. It credited the Rightmyers’ love and support with giving Master a chance to receive a college education. In the article, Master said his foster parents have given him “unmeasurable gifts” of their time and selves.

Master has been awarded a full athletic scholarship to play basketball at the University of Alabama. His foster mother commented she is hopeful he will be playing in the Beijing Paralympics in 2008. Brian and Casandra will be finishing their senior year in 2006-2007.

Lee County event draws international speaker

The Abstinence Clearinghouse, an international clearinghouse for abstinence-only information and association of abstinence-only advocates, featured an Alabama event in its e-mail update of Feb. 22, and it is reprinted here.

International Speaker/Author Makes First Trip to Speak in Alabama Schools

Internationally recognized abstinence-until-marriage speaker and author, Doug Herman, of Littleton, Colo., made his first visit to Alabama on Jan. 17-18, 2006, to share his passion for the positive message that the best choice is an informed choice with students at four schools in Auburn and Opelika, Ala.

Which mothers breastfeed in Alabama?

<table>
<thead>
<tr>
<th>Mother Category</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>White mothers</td>
<td>65.9</td>
</tr>
<tr>
<td>Black and other mothers</td>
<td>40.2</td>
</tr>
<tr>
<td>Mothers 35 and older</td>
<td>63.2</td>
</tr>
<tr>
<td>Mothers 24-34</td>
<td>60.8</td>
</tr>
<tr>
<td>Teen mothers</td>
<td>40.9</td>
</tr>
<tr>
<td>Mothers with one or more years of college</td>
<td>69.4</td>
</tr>
<tr>
<td>High school graduates</td>
<td>49.4</td>
</tr>
<tr>
<td>Less than high school</td>
<td>41.7</td>
</tr>
<tr>
<td>Married mothers</td>
<td>68.4</td>
</tr>
<tr>
<td>Unmarried mothers</td>
<td>40.0</td>
</tr>
<tr>
<td>Mothers with private insurance</td>
<td>68.0</td>
</tr>
<tr>
<td>Mothers with Medicaid insurance</td>
<td>45.4</td>
</tr>
</tbody>
</table>

While the above numbers are encouraging, only 23.2 percent of mothers were continuing to breastfeed at the time of the PRAMS (Pregnancy Risk Assessment Monitoring System) survey, 2 to 6 months after giving birth.

Gene Hamrick, director of the perinatal program, says that the promotion, support and protection of breastfeeding is an important responsibility of all healthcare providers who give care to mothers and infants. Clinical research demonstrates that breastfed infants have fewer respiratory infections, ear infections, gastrointestinal infections and allergies.

Mothers who exclusively breastfeed for six months have decreased risk of ovarian cancer, premenopausal breast cancer, osteoporosis after menopause, and Type II diabetes.

BABIES WERE BORN TO BREASTFEED.

Data from Center for Health Statistics, Albert Woolbright, Ph.D.
Alabama Tobacco Quitline offers nicotine patch for a limited time to help smokers quit

For a limited time, the Alabama Tobacco Quitline is offering a two-week supply of the nicotine patch to eligible callers. Callers to the Alabama Tobacco Quitline can now receive additional help quitting tobacco with medication that will increase their chances of kicking tobacco for good. Quitline coordinator Brooke Thornton says, “Approximately 4,000 tobacco users will be eligible for the two-week supply of the nicotine patch, and they must agree to undergo counseling.”

“Studies show that counseling in conjunction with pharmacotherapy doubles a smoker or tobacco users’ chances to quit for good. We are very excited to provide medication to help Alabamians quit tobacco to improve their health and the health of those around them,” said Dr. Donald E. Williamson, state health officer.

In order to receive the nicotine replacement therapy patch, callers must meet the following guidelines and agree to ongoing counseling with Alabama Tobacco Quitline.

• Caller must be 18 years or older
• Caller will only receive NRT if they are actively participating in the counseling and follow-up process
• Caller must smoke 10 or more cigarettes per day or be a daily user of smokeless tobacco
• Caller must not be pregnant or have any other health contraindications
• If caller has any health contraindications, he or she must have written medical permission from their healthcare provider (letter or fax referral form)

Callers who are deemed appropriate for a two-week supply of the patch will receive the patch via mail through 1-800-Patches. Participants will be encouraged to save money that they would normally spend on cigarettes or chewing tobacco to purchase additional patches or other pharmacotherapy. The average tobacco user needs nicotine replacement therapy for eight to 12 weeks.

To see if you are eligible, call the Alabama Tobacco Quitline at 1-800-Quit-Now or 1-800-784-8669.

By BROOKE THORINGTON

Zero to Five Matters launches campaign

Experts agree that the first five years of life are crucial in ensuring a child’s future. While 85 percent of a child’s brain development occurs by age 3, VOICES for America’s Children finds that in Alabama less than 1 percent of public investments in education and development have occurred by that time.

Zero to Five Matters, a statewide early care and education public awareness campaign, was launched April 5 to educate Alabama decision-makers and business leaders about these vital early years and to advocate for increased investment in Alabama’s most vulnerable citizens.

State Health Officer Dr. Donald Williamson said, “If we know that early childhood sets the stage for school success, and we know that there is a direct correlation with education success and healthier Alabamians, we need to promote the early years as critical to positive changes in a healthier Alabama.”

This investment in young children and their families yields tangible economic returns as well when compared with the cost of remedial services later in life. Remedial costs include higher education costs and the cost of imprisonment. Planning for Zero to Five Matters began two years ago when the Alabama Partnership for Children formed a statewide coalition consisting of a diverse group of stakeholders, service providers and child advocates.

Zero to Five Matters serves as the first phase of a three-year implementation process of the Alabama Early Childhood Comprehensive Systems Plan created over a two-year period to address issues concerning young children and their families. The planning initiative was funded by a federal grant awarded to the Alabama Department of Public Health.

For more information about Zero to Five Matters or how to become involved in your community, call toll-free 1-866-711-4025 or visit www.KidstuffAlabama.org.

Zero to Five Matters is supported by the department through the Early Childhood Comprehensive Systems Grant.
Health departments celebrate National Public Health Week 2006

Many county health departments participated in National Public Health Week. This year’s theme was “Designing Healthy Communities: Raising Healthy Kids.”

**Dallas County**: Annual Public Health Day was celebrated on April 7 in Selma. The citizens of Dallas County were invited to the health department and the following services were offered at no charge: cholesterol checks, blood sugar checks, blood pressure checks, hemoglobin checks, bone density checks, HIV tests and others.

Services provided by the department were also exhibited, including displays by ALL Kids. Several exhibitors displayed their products and the staff served refreshments.

**Geneva County** kicked off with week with a proclamation signing by the Mayor Karen Simmons of the City of Geneva, with local newspaper coverage provided. The Geneva County Health Department partnered with the Geneva Public Library to promote National Public Health Week. The library displayed public health information to include the booklet “Are We Ready.” Great newspaper coverage was provided to this event as well. Educational material/booth was on display at the Geneva County Courthouse all week. Employees staffed the booth during the week for 1 to 2 hours daily.

**Hale County**: Celebrated Hale County Health Fair and Annual Public Health Day on Saturday, April 8, at National Guard Armory in Greensboro. The event was sponsored by Kid One, Hale County Health Department, Whatley Health Services, Community Care Network, ALL Kids, Deep South Network for Cancer Control, The University of Alabama at Birmingham, Sight Savers of Alabama, Minority Health and Research Center, Hale County School System, Studio 104, Rising Star Missionary Baptist Church, Friends of Hale County, Branding Solutions, Mountain Brook Community Church, Hale County Lions Club and others.

The following services were offered to the citizens of Hale County and surrounding counties free: cholesterol checks, blood sugar checks, blood pressure checks, bone density checks, hemoglobin checks, HIV tests, hearing tests, vision test, sickle cell test and others. The doctors, physician assistant and nurse practitioners discussed with each participant his or her test results and concerns and appropriate referrals were made for follow-up visits. More than 200 people took advantage of the services provided at the health fair. Children played various games, face painting was provided and children had a good time at the fair. Many children were screened for hearing and vision.

The participants requiring infant car seats and booster car seats were provided seats, including installation by certified installers at no cost to the participants. Lunch was provided to the participants. Volunteers grilled the food for participants. Snacks and beverages were also served to the participants.

**Houston County** kicked off National Public Health Week activities with a proclamation signing by Mayor Pat Thomas at the Dothan City Commission meeting on April 4. Administrator Peggy Blakeney addressed the commission and summarized fiscal year 2005 services performed by the department. The staff prepared Easter baskets for the children filled with educational material, safety gadgets toys, books and other items. A drawing for the Easter baskets was held every afternoon for the children. A local blood drive held at the facility netted 33 donors.

**Jefferson County** opened National Public Health Week April 3 with a ceremony featuring Dr. Michael Public Health Week..............................continued on page 6
Public Health Week.............continued from page 5

Fleenor’s State of the County address and presentations of proclamations of the week from the Mayor of Birmingham and Jefferson County Commission. Community and employee awards also were presented.

On April 4 the department sponsored a community public health forum and recognition ceremony with presentations on building healthier communities and awards presentations. On April 5 Miriam Rueger of the University of Alabama at Birmingham gave a nutrition presentation, followed by a 6 p.m. Kick Butts Day Poster Contest Awards and Reception.

Kick Butts Day is the Campaign for Tobacco Free Kids’ annual celebration of youth leadership and activism. Some area Middle School students were asked to submit drawings for the Kick Butts Day poster contest and the winners were presented awards. The department also coordinated a Kick Butts Day Rally at Fairfield High School.

On April 7 Dr. Fleenor made a presentation to the Children’s Policy Council on this year’s National Public Health Week theme, Building Healthier Communities: Raising Healthier Kids and how HealthAction, Jefferson County’s MAPP process, will accomplish this.

Later Chris McInnish of the Alabama Department of Children’s Affairs gave a presentation on the Alabama Resource Management System (ARMS) to health department staff and guests from other local agencies.

Macon County: On Friday April 7, the Macon County Health Department had its Annual Health Fair. Participating were Tuskegee Fire Department, McRae Prostate Cancer, Montgomery Area Community Wellness Coalition, Alabama Cooperation Extension System, Central Alabama Comprehensive Health, Macon County Council on Retardation and Rehabilitation Activity Center and Department of Human Resources.

Marengo County: Annual Public Health Day was celebrated on Thursday, April 6 in Linden, with this year’s theme “Designing Healthy Communities: Raising Healthy Kids.” The citizens of Marengo County were invited to the health department and the following services were offered at no charge: cholesterol checks, blood pressure checks, hemoglobin checks, bone density checks, HIV tests and others.

Various games and face painting were provided for children. The school system brought the children in school buses to the health department and they had fun.

Staff even cooked on the grill for children and participants. Cake was served with beverages.

Services provided by the department were also exhibited, including displays by ALL Kids and several exhibitors displayed their products.

Perry County: Annual Public Health Day was celebrated on Wednesday, April 5 in Marion. The citizens of Perry County were invited to the health department and the following services were offered at no charge: cholesterol checks, blood sugar checks, blood pressure checks, hemoglobin checks, bone density checks, HIV tests and others.

Services provided by the department were also exhibited, including displays by ALL Kids. Several exhibitors displayed their products. Sowing Seeds of Hope staff volunteered their time in providing the services and serving lunch along with the staff of Perry County Health Department.

Sumter County: Annual Public Health Day was celebrated on Monday, April 3, in Livingston. The citizens of Sumter County were invited to the health department and the following services were offered at no charge: cholesterol checks, blood sugar checks, blood pressure checks, hemoglobin checks, osteoporosis checks, HIV tests and others.

Several exhibitors displayed their products including services provided at the Sumter County Health Department on a daily basis. Refreshments were served.
The Bureau of Clinical Laboratories celebrated National Medical Laboratory Professionals Week, April 23-29. This week calls attention to the work of laboratorians who help assure quality health care and accountability. Each lab division was assigned to wear a certain color on “Wear Your Colors Day.” Wednesday was Hat Day and Thursday featured an ice cream social. Friday’s event was a cookout in conjunction with the Bureau of Disease Control and Prevention.

Training for the LCMS, the department’s Learning Content Management System, was offered in Montgomery during April. Shown are Cynthia Jewell (left) and Joyce Rutledge (right) of Public Health Area 10, along with instructor Chastsie Hooper. Employees can learn more about LCMS by visiting the User Guide at adph.org/extranet.

The following departmental employees retired in April:

*Clyde Barganier*, Primary Care and Rural Health  
*Bernice Cofield*, Lee County Health Department  
*Nancy Keenon*, Tuberculosis Control  
*Bert Merrill*, Center for Emergency Preparedness  
*Richard Moody*, Bureau of Clinical Laboratories

*Polly Sue Rowlen*, Finance  
*Annette Taunton*, Lee County Health Department  
*Bettye Ward*, Montgomery County Health Department
Bert Merrill

“Helping people is what it’s all about,” said Bert W. Merrill, business manager for the Center for Emergency Preparedness, who retired effective April 1 concluding a 30-year plus career in public health. He worked in several capacities including cancer detection, maternal and child health, family planning, WIC, STD, HIV, AIDS and pricing for drug reimbursement. Merrill mentored many other employees in his public health career. Traveling and spending time with his family are among the items on his retirement agenda.

John Miller

The Walker County Health Department presented a retirement reception in honor of John Miller upon his retirement on April 1. Miller was environmental supervisor of the Walker County Health Department for 35 years. He is shown with Jamey Congleton, environmental director for Public Health Area 1.

Rick Moody

Rick Moody is shown receiving a certificate from William J. Callan, Ph.D., laboratory director upon his retirement effective April 1. In his nearly 35 years of service, Moody was responsible for developing a number of innovative laboratory practices. He had worked in various divisions within the laboratory including Serology, Administrative Support (Purchasing) and Quality Management. He also has served as the laboratory director of the Alabama County Health Department Laboratory Systems. He was Microbiologist Laboratory Manager at the time of his retirement.

Polly Sue Rowlen

Co-workers bid farewell to Polly Sue Rowlen who retired from her public health career on April 1. For the past 14 years she had worked in the Finance Division. Colleagues praised her “loyalty, dedication and hard work” in addition to her ready smile which will be missed by all. A reception was given in her honor on March 29.
Commendations

Health department employees who are listed here have received letters of commendation recently. To recognize other employees, please send letters through your supervisors or the state health officer to Alabama's Health.

Carol Adair
Home and Community Services
from Donald E. Williamson, M.D.
Montgomery, Ala.

Dennis Etheredge, LBSW
Washington County Health Department

Deidra Munnerlyn, LBSW
Monroe County Health Department

Hope Steadham, BSN, CM
Clarke County Health Department

Suzanne Terrell, LBSW
Clarke County Health Department

Audra Wilson, BSN, CM
Monroe County Health Department
from Renae Carpenter, LCSW, PIP
Grove Hill, Ala.

Nicole Henderson
Sheila McCary
Reginald Strickland
Center for Health Statistics

from Vonne and Jerry Bethea
Fairhope, Ala.

Theresa Mulkey
Center for Health Statistics
from Leopold Van Der Schmitzen
Wiggins, Miss.

Kathie Peters
Center for Health Statistics
from Yew Lee Williams
Panama City Beach, Fla.

Charlene Thomas
Center for Health Statistics
from Ann Miller
Geneva County, Al.

Betty Thomas
Center for Health Statistics
from Sheila Carter
Gary, Ind.

Hope Upshaw
Home and Community Services
from Belinda Hensley
Home and Community Services

Sharon Whalen
General Counsel
from Heidi Hataway
Montgomery, Ala.

In Memoriam

Michael G. Cash, P.E., M.E., 58, director of the Environmental Monitoring/Emergency Planning Section of the Office of Radiation Control, died March 23 in Montgomery. The National Radiological Emergency Preparedness Association Conference, the Southern States Energy Board and the Alabama Public Health Association all are honoring Mike’s memory. He worked in environmental health and radiation control during his distinguished 36-year public health career. A 1969 graduate of Auburn University in Civil Engineering, he was awarded a master’s degree from the University of Florida.
Register for Agricultural Security Conference June 9-11 in Hoover

The threat of biological weapons and the potential for terrorists to disrupt economies and societies by introducing pathogens into the food supply and livestock is being taken seriously by government agencies. The U.S. Department of Agriculture has in place an overall biosecurity system designed to prevent the harmful introduction of plant and animal pathogens into America’s system of agriculture and food production.

Since Sept. 11, all USDA inspectors have been placed on heightened alert at ports of entry and in meat and poultry slaughter and processing plants, and security has been increased at appropriate USDA facilities.

The second annual Agricultural Security Conference is scheduled for June 9-11 at Spain Park High School in Hoover, Ala. The goal of this conference is to bring in attendees who represent every facet of food production as well as those responsible for the safety of our food supply. The main focus of the conference is to share information about Alabama’s response in the event of a zoonotic attack on the food supply.

There is no cost to attend the conference, but registration is required. The deadline for pre-registration is May 31.

For registration and more information regarding the Agricultural Security Conference, visit http://www.southcentralpartnership.org/preparedness. Continuing Education Units will be provided.

For more information please contact Jora Thomas at jorathomas@adph.state.al.us or (334) 206-3807.

By JORA THOMAS

Preparing for Retirement

Cost-of-Living Adjustments for Retirees

Q What is a Cost-of-Living Adjustment and who authorizes them for retirees?

A. A Cost-of-Living Adjustment (COLA) for retirees is an increase in retirement benefits designated on an ad hoc basis by the Alabama State Legislature. This means that the State Legislature passes a COLA into law any time it chooses. They also determine the amount of the increase and who is eligible. Over the past 20 years, COLAs have been passed by the Legislature on average every two years.

Q. Does the State Legislature fund each COLA?

A. No. The cost of the COLA is amortized over a 20-year period at the actuarially assumed discount rate. In other words, it is similar to taking out a mortgage at 8 percent over 20 years.

Q. How does this method of funding affect the RSA’s funding ratios (assets as a percentage of anticipated payouts)?

A. In 2001, the RSA was funded at over 100 percent. Now the RSA is funded at 90 percent. But when more unfunded liability is incurred, the funding ratio decreases even further. All it would take for the RSA to be in trouble is for the stock market to experience downturns as we saw in the bear markets of 2001 and 2002.

Q. But the ERS has assets of approximately $8.8 billion. Why should the proposed 7 percent COLA affect it that much?

A. The ERS currently has $9.8 billion in liabilities that corresponds to this $8.8 billion in assets. While the unfunded liability of the 7 percent COLA is incurred immediately, the funding for it must be received over the next 20 years. This means that the assets of $8.8 billion will immediately have liabilities of approximately $10.0 billion due to the increase of $164 million in unfunded liability.

Another factor is that the number of retirees has dramatically increased. Of the current 300,000 RSA members, 100,000 are retirees. People are also living longer.

Q. If the RSA considers the 7 percent COLA too high, what does the RSA recommend for the future?

A. When the RSA is at or near 100 percent funded, the RSA can absorb the cost of a COLA. However, when the funding ratio is less than 100 percent, only COLAs that are funded at a level the state can appropriate will protect the status quo of the RSA.

Prepared by the Communications staff of the Retirement Systems of Alabama.

To have your questions answered in “Preparing for Retirement”, please address them to:
Mike Pegues, Communications
Retirement Systems of Alabama
135 South Union St.
P.O Box 302150
Montgomery, Ala. 36130-2150
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 16</td>
<td>Needs of Our Children: Pediatric Care Before, During and After Disasters, 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.</td>
<td></td>
</tr>
<tr>
<td>May 18</td>
<td>Newborn Hearing Screening: Protocol Review, 9-10 a.m. For more information contact Stacey Neumann, (334) 206-3897.</td>
<td></td>
</tr>
<tr>
<td>May 19</td>
<td>Alabama Safe Routes to School Workshop, 8 a.m.-4 p.m., Holiday Inn, 401 Williams Ave., Huntsville. For more information call Alabama Bicycle Coalition, (256) 536-7190.</td>
<td></td>
</tr>
<tr>
<td>May 31</td>
<td>Maintaining A Clean, Safe and Healthy Environment, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.</td>
<td></td>
</tr>
<tr>
<td>June 20</td>
<td>Parental Involvement, 2-4 p.m. For more information contact Annie Vosel, (334) 206-2959.</td>
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</tr>
<tr>
<td>June 21</td>
<td>Heat Stress in Home Care Patients, Home Health Aides/Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 347-2664, extension 402.</td>
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</tr>
<tr>
<td>July 6</td>
<td>ADPH Statewide Staff Meeting, 3-4 p.m. For more information contact Video Communications, (334) 206-5618.</td>
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<tr>
<td>July 10</td>
<td>CHIP Update, 10-11:30 a.m. For more information contact Fern Shinbaum, (334) 206-2977.</td>
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<tr>
<td>July 11</td>
<td>Keeping America Healthy: The Federal Perspective, 1-2 p.m. For more information contact Video Communications, (334) 206-5618.</td>
<td></td>
</tr>
<tr>
<td>July 14</td>
<td>The Function of Public Health Assurance in Natural Disasters, 12-1:30 p.m. For more information contact Video Communications, (334) 206-5618.</td>
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</tbody>
</table>

*Calendar continues on page 12*
July 18  
**Webcast**

A Competent Workforce: Today’s Trends Impacting Tomorrow’s Health, 1-2:30 p.m. For more information contact Video Communications, (334) 206-5618.

July 25  
**Webcast**

Legislative Directions to Enhance the Public’s Health, 1-2:30 p.m. For more information contact Video Communications, (334) 206-5618.

July 26  
**Webcast**

Home Health Aides/Attendants, 2-4 p.m. For more information contact Brenda Elliott, (334) 206-2664, extension 402.

August 1  
**Webcast**

The Role of Health Promoters in Emergency Response, 1-2 p.m. For more information contact Video Communications, (334) 206-5618.

August 2  
**Webcast**

Guatemalan Lifestyle and Culture, Public Health Staff Development, 2-4 p.m. For more information contact Thresa Dix, (334) 206-3377.

August 3  
**Webcast**

Guidelines and Standards for Weapons of Mass Destruction Public Health Assurance (UAB - Preparedness), 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.

August 10  
**Webcast**

Using GIS in Disaster Planning and Response, 12 noon-1:30 p.m. For more information contact Video Communications, (334) 206-5618.

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**The national Poison Control number for all Poison Centers in the United States is 1-800-222-1222.**

This national toll-free number works like 911, regardless of where you are in the U.S. You will be connected to the closest Poison Center.


This site from the Regional Poison Control Center in Birmingham features the latest Toxicology bulletin.