

ABBHEY TALES

A look into what Abbey has been doing this summer...



Abbey and Madison (a miniature horse) at the campground. They walk along the fence together and stop a



Honey Bunny and Abbey also like to touch noses.



Abbey with her prize for the talent competition.



Sometimes she just doesn't want to get off the golf cart.



Submitted by Nancy Stugart



Abbey loves strawberries and she picks her own berries in our strawberry patch.



She also enjoys eating the strawberries I picked.

Submitted by Nancy Stugart



Please contact Miriam Miller (327-2298 or mmiller@lyco.org) or Krista Rogers (327-2300 or krogers@lyco.org) in the County Controller's Office to report changes in your:

- ADDRESS
- PHONE NUMBER
- DIRECT DEPOSIT
- BENEFICIARY



OR if you want to make an adjustment in your WITHHOLDING AMOUNT on your W-4s.

Health Habits That Could SAVE YOUR LIFE

You probably know that a healthy diet, exercise, weight control and not smoking or using tobacco can ward off deadly diseases, but there are other lifesaving health habits that are often overlooked.

☐ Do you wash your hands with soap and water before cooking and eating, after using the toilet, and periodically during the day?

Studies suggest that hand washing is on the decline even though clean hands can protect you from flu, hepatitis A, food poisoning and other illnesses. Use hand sanitizer for a light cleaning when you can't get to a sink.

☐ Are your vaccinations current? Immunizations save lives by protecting you and others from flu, pneumonia, pertussis (whooping cough), meningitis, tetanus and other diseases. Ask your health care provider if you're due for any.

☐ Do you consistently sleep well? Many people are sleep-deprived despite the fact that resting well helps ward off diseases and guard against injuries. Keep a schedule that allows for 7 to 8 hours of sleep; steer clear of caffeine, chocolate and other stimulants late in the day; and get help if you're still wishing you could sleep better.

☐ Are you seeking help for depression or other emotional issues? Most people with depression go untreated, even though this condition increases the risk of mortality from all causes. Effective treatments such as counseling and medications are available, so contact a professional for help (do so immediately if you have suicidal thoughts).

Reprinted from TopHealth June 2010 Newsletter

In Memory
of
Courtney
WALK

Sept 24, 2011
Indian Park, Pavilion 1
1:00 to 4:00

*There will be a raffle,
with tons of great prizes
and refreshments, all to benefit
both the: Amer Foundation
of Suicide Prevention and
Gift of Life Donor Program*

Friends and family of Courtney Cline Houseknecht, who took her own life on September 24, 2010, are planning a "In memory of Courtney" walk which will be held at Indian Park, Montoursville, on Saturday September 24, 2011, the 1 year anniversary of Courtney's death. All money raised at the walk will be donated to the American Foundation for Suicide Prevention (AFSP) and the Gift of Life Donor program.

WE WISH A VERY HAPPY BIRTHDAY TO OUR FRIENDS WHO ARE CELEBRATING IN AUGUST, SEPTEMBER & OCTOBER:

August 1	Terry Featherbay	August 12	Dana Bertin
August 2	Ernestine Beach	August 15	John Gererdi Jr.
August 4	Marie McGee	August 19	Francis Hoffman
August 6	Catherine Lynch	August 23	William Kilpatrick
August 8	Carol Knight	August 24	Althea Minier
August 9	Carol Steck	August 26	Joann Glunk
August 10	Gloria Weinhardt	August 26	Jerry Wagner
August 11	William Fessler	August 27	Nancy Toles
August 11	Curtis Guyette	August 29	Ralph Embick
August 11	Dave Bernard		

Sept. 1	Gloria Gray	Sept. 20	Betty Miller
Sept. 2 & 10	Jim & Ruth Wentzel	Sept. 25	Helen Lorson
Sept. 3	Janine Sheaffer	Sept. 26	Betty Uskurait
Sept. 4	Marian Springman	Sept. 27	Dennis Heffner
Sept. 13	John Burns	Sept. 29	Joe Neyhart
Sept. 19	Nancy Borgess		

Oct. 2	Janet McManigal	Oct. 14	James Stopper
Oct. 5	Barbara Koser	Oct. 16	Doris Sanso
Oct. 7	John Somits	Oct. 18	Evelyn Snyder
Oct. 7	Karen Wright	Oct. 21	Donald Warner
Oct. 8	Bernard Steinbacher	Oct. 24	Jack Freezer
Oct. 9	Martha Cupp	Oct. 26	Andy Follmer
Oct. 9	Richard Saylor	Oct. 27	Kathryn Bowman
Oct. 13	Russell Reitz	Oct. 28	Bob Gunsallus
Oct. 13	Tom Diehl	Oct. 29	Barb Thomas
Oct. 13	Cherie Foust	Oct. 30	Patricia Winner

Are you missing from our birthday lists? If so, please give Joan a call (320-8157), email her at jblank@lyco.org or drop her a note: Joan Blank, 48 West Third Street, Williamsport, PA 17701

LYCOMING COUNTY
COMMISSIONERS

REBECCA A. BURKE
ERNEST P. LARSON
JEFF C. WHEELAND

Retiree Group Officers

CHAIR—Alice Bair
322-6052

CO-CHAIR—Barb Thomas
322-6460

SECRETARY—Esther Cohick
323-6405

TREASURER—Ann Kilburn

**SEE YOUR
NEWSLETTER IN
COLOR !!**

go to: www.lyco.org
and click the link for
“Human Resources”

At the bottom of the page,
you will find the link to the
Retiree Page & Newsletters

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UPCOMING MEETING SCHEDULE:

THURSDAY, OCTOBER 13, 11:30 A.M.

MEETING AT HOSS'S RESTAURANT



TUESDAY, DECEMBER 13, 11:30 A.M.

**HOLIDAY PARTY AT THE VILLA
\$10 PER PERSON**

COMEDY

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