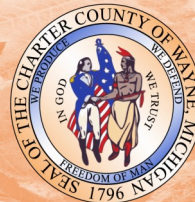


SEPTEMBER 1, 2025



Wayne County Employees' Retirement System

MESSENGER

Heading To Fall Edition

5 Essential Strategies to Combat Text Scams

Amy Nofziger, director of the AARP Fraud Watch Network Helpline, emphasizes the urgency of this issue: “There isn’t an hour that goes by without hearing from another text scam victim.” Here’s how you can actively protect yourself from becoming one of them:

1. **Filter Unknown Numbers:** Immediately set up your phone to block texts from numbers not in your contacts. Don’t hesitate to block any suspicious numbers you receive.
2. **Read Carefully and Slowly:** If a text pushes you to take quick action, treat it as a red flag—it’s likely a scam. Always take the time to scrutinize the message.
3. **Don’t Respond:** Ignore texts from unknown sources. Real, legitimate senders will always find other methods to reach you if it’s important.
4. **Verify Numbers:** If a text instructs you to call a bank or another organization, do your own research to find the correct number. Never use a number provided in a suspicious text; it could lead you straight to the scammer.
5. **Be Alert for Red Flags:** Stay vigilant for messages that ask you to call a number, click on a link, or claim you owe money. These are major warning signs of a scam. If you see the term “crypto,” don’t think twice—delete the message and block the sender immediately!

Inside This Issue

In this issue of the Messenger, we’re excited to share some useful tips and fun ideas to help you enjoy the upcoming fall season. We always want to provide content that you find interesting, so we’d love to hear your thoughts on what you’d like to see in the newsletter! If you have any great ideas or if you’d like to be featured as our retiree spotlight, please send us a note at tgee@waynecountymi.gov. We can’t wait to hear from you!

5 Essential Strategies to Combat Text Scams	1
Important Dates & Contacts	2
Director’s Report	3
Executive Summary Annual Report	4 & 5
Retiree Spotlight	6
Good to the Bone	7
Retirement Announcements	8
Deputy Director Message	9
Obituary	10
Recipe Corner	11
The 8 Smart Things Seniors Can Do Right Now for a Healthy Fall	12
Announcements and Upcoming Events	13
Autumn Word Search	14

CONTENT/EDITOR: TERRILLA GEE

IMPORTANT DATES & CONTACTS

CHECK

JANUARY	1/2/25	JULY	7/1/25
FEBRUARY	2/1/25	AUGUST	8/1/25
MARCH	3/1/25	SEPTEMBER	8/29/25
APRIL	4/1/25	OCTOBER	9/30/25
MAY	5/1/25	NOVEMBER	10/31/25
JUNE	5/31/25	DECEMBER	12/01/25

Did you move or change your
Banking information?

UPCOMING OFFICE CLOSURES

Contact Payroll:

Jim Magee: 313-224-2821

Andrea Pennington: 313-224-2774

LABOR DAY 09/01/2025

THANKSGIVING 11/27/2025 -
11/28/2025

Health, Dental, Optical, and Life Insurance

For questions regarding your healthcare benefits, please contact the Wayne County Benefits Department at benefits@waynecountymi.gov or your account representative listed below:

Last Name CONTACT YOUR BENEFITS ENROLLMENT SPECIALIST

A-D	Ebony M. Byrd	(313) 224-0436 ebyrd@waynecountymi.gov
E-K	Andrea Allen	(313) 968-6432 aallen@waynecountymi.gov
L-R	Deborah Brown	(313) 224-6076 dbrown7@waynecountymi.gov
S-Z	Stacy Smith	(313) 224-7172 ssmith@waynecountymi.gov

BENEFITS DEPARTMENT GENERAL

CONTACTS:

Office: (313) 224-5157

Fax: (313) 967-1228

QUESTIONS ABOUT STIPENDS:

Kimberly Price (313) 224-5381

kprice@waynecountymi.gov

Director's Report

Despite ongoing challenges in the broader economic environment, The Wayne County Employees' Retirement System remains resilient. Through sound investment management and prudent oversight, we have continued to strengthen the fund and safeguard the future of our members and beneficiaries. As proudly announced in the last quarterly newsletter, Wayne County is now 70% funded, an increase of 26% in the last decade, and Wayne County Airport Authority is 82% funded. Included on page's 4 & 5 is our Executive Summary Annual Report for the Plan Year Ending September 30, 2024. This report provides a high level overview of WCERS's financial health, performance, and strategic direction over the past year. For a more detailed report, including the Comprehensive Annual Financial Report, Annual Actuarial Valuation, Historical Plan Review, 5-Year Experience Study, and much more, I invite you to visit our website at wcers.org and read the 2024 Summary Annual Report under the [Reporting](#) tab.

As we strive to improve service and communication with our members, it is more important than ever to keep your personal information up-to-date. Maintaining accurate email and mailing addresses assures that you receive timely updates and other important correspondence. Additionally, ensuring that your beneficiary information is current guarantees that your retirement benefits are distributed according to your wishes without unnecessary delays or complications. If your contact information or life circumstances have changed, such as a move, new email, or family event like a death in the family, we strongly encourage you to notify our office. Keeping your information current, helps us to better serve you and protect the benefits that you have earned.

Lastly, as the fall weather begins to grace us with cooler temperatures and crisp air, I'd like to highlight a few of the exciting local events to enjoy throughout Wayne County.

- September 20 – Native American Heritage Day at Nankin Mills Park, Westland
- September 21 – Somewhere in Time (antique auto displays, craft show, musical entertainment, and more! at Elizabeth Park, Trenton
- September 27 – Heroes on Hines 5K Run/Walk at Haggerty Park, Plymouth
- October 18 – Harvest Festival at Crosswinds Marsh, New Boston
- November 18 – Bike Through the Lights at Merriman Hollow Park, Westland
- November 19 – Lightfest 8K Fun Run/Walk – Merriman Hollow Park, Westland
- November 20-December 24 – Wayne County Lightfest on Hines Drive

For a complete list of events, visit the Wayne County Parks & Recreation page by going to <https://www.waynecountymi.gov/Parks-Recreation>.

I look forward to continuing to secure the financial future of WCERS and strengthening the trust our members place in us every day.

Executive Summary Annual Report



Executive Summary Annual Report For the Plan Year Ending September 30, 2024

Plan Information

Fiduciaries

Retirement Commission

Henry Wilson, Chair
Frank Simone, Vice-Chair
Cassandra McDonald (retired 9/18)
Tom Yee
Elizabeth Misuraca
Ronald Yee
Assad Turfe
Alisha Bell

Investment Consultants

Titan Wealth Advisors, L.L.C.

Service Providers

Financial Institutions

Bank of America
JP Morgan Chase
Northern Trust

Auditor

George Johnson & Company

Medical Director

Dr. Chad Stennett, M.D.

Defined Contribution Record

Keeper

Empower Retirement, LLC

Custodian of Assets

Northern Trust

Actuary

Gabriel Roeder Smith & Company

Attorneys

Bleichmar Fonti & Auld L.L.P.
Kaplan Fox & Kilsheimer L.L.P.
Labaton Sucharow L.L.P.
Miller Law P.C.
Motley Rice L.L.C.
Pomerantz, L.L.P.
Robbins Geller Rudman and Dowd L.L.P.
VanOverbeke, Michaud & Timmony P.C.
Wayne County Corporation Counsel

Investment Managers

Abbott Capital Management, L.L.C.
ABS Investment Management, L.L.C.
AEW Capital Management, L.P.
American Funds
Artemis Real Estate Partners
Blackrock Investments
Boyd Watterson GSA Asset Management, L.L.C.
Capital Dynamics, Inc.
Cooke & Bieler, L.P.
Crescent Capital Group, L.P.
Dune Real Estate Manager, L.L.C.
Earnest Partners, L.L.C.
Edgewood Management L.L.C.
Entrust Capital

First Eagle Investment Management, L.L.C.
First Trust Capital Management, L.L.C.
Garcia Hamilton & Associates, L.P.
Hardman Johnston Global Advisors, L.L.C.
HGK Asset Management Inc.
Janus Henderson Investors
Landmark Realty Advisors, L.L.C.
Lightstone REIT
Marathon Asset Management, L.P.
Mesirow Financial Services, Inc.
Morgan Stanley Real Estate Advisor, Inc.
Mt. Lucas Management Corp.
National Investment Services of America, L.L.C.
Northern Trust Investments

PennantPark Investment Advisers, L.L.C.
Providence/Benefit Street Partners, L.L.C.
Raven Capital Management, L.L.C.
Reinhart Partners
Rizvi Traverse Management, L.L.C.
Seizert Capital Partners, L.L.C.
Seminole Advisory Services, L.L.C.
SIT Investment Associates, Inc.
Stepstone Group, L.P.
Steward Capital Management
Taurus Private Markets, L.L.C.
TerraCap Management, L.L.C.
Valstone Partners, L.L.C.
Winslow Capital Management, L.L.C.

Asset and Investment Information

Assets: \$1,092,545,414

Liabilities: \$2,937,309

Changes in Plan Net Position – 2024

Additions:	Contributions	
	Employer (County)	\$74,437,866
	Members (County)	10,615,530
	Employer (WCAA)	7,673,486
	Participants (WCAA)	<u>372,022</u>
	Total Contributions	93,098,904
	Net Investment Income	<u>29,042,033</u>
	Total Additions	122,140,937
Deductions:	Benefits Paid	132,107,214
	Administrative expenses	<u>3,253,669</u>
	Total Deductions	135,360,883
	Net Appreciation of Investments	<u>113,636,854</u>
Change in net position:		100,416,908
Net position restricted for pensions:		
	Beginning of year	989,191,197
	End of year	\$1,089,608,105

Average Annual Market Rate of Return - Net

	Ending 12/31/24	Ending 9/30/24 (fiscal)
1 year	6.48%	14.62%
3 Years	1.63%	3.07%
5 Years	6.17%	7.38%
7 Years	5.90%	6.59%
10 Years	6.50%	6.80%

Detailed Expenses:

Personnel Services	\$1,742,686
Building / Equipment	288,149
Professional Services-Investments	2,578,181
Professional Services-Administration	916,920
Travel/Training (Trustees)	37,575
Travel/Training (Staff)	22,628
Miscellaneous	<u>245,711</u>
Total	\$5,831,850

Budget for 2025:

Personnel Services	\$2,651,914
Building / Equipment	321,000
Professional Services	3,932,029
Travel/Training	96,200
Miscellaneous	<u>625,757</u>
Total	\$7,626,900

Executive Summary Annual Report



Executive Summary Annual Report For the Plan Year Ending September 30, 2024

Most Recent Annual Actuarial Valuation Information

Fiscal Year Ending September 30, 2024		Defined Benefit Plan Membership	
Valuation Projected Payroll		Active Members	
County	\$144,100,676	Count: County	1,987
WCAA	\$18,502,759	WCAA	183
Employer Normal Cost		Payroll: County	\$135,828,708
County	2.90%	WCAA	\$20,455,295
WCAA	7.91%	Retirees/Beneficiaries	
Weighted Average of Member Contributions		Count: County	4,030
County	6.20%	WCAA*	329
WCAA	1.79%	Average Annual Benefit:	
Total Employer Contribution		County	\$28,635
County	41.25%	WCAA*	\$37,664
WCAA	39.62%	Total Annual Benefit:	
Annual Required Contributions		County	\$115,400,567
County	\$59,442,862	WCAA*	\$12,391,605
WCAA	\$7,330,729	Deferred Vested Members	
Unfunded Actuarial Accrued Liabilities		Count: County	214
County	\$387,258,059	WCAA	10
WCAA	\$36,214,212	Total Annual Benefits:	
		County	2,995,348
		WCAA	149,673

*Includes only members that retired from WCAA after September 2002

Funded Ratio – Pension Benefits

	County	WCAA	Combined
Actuarial Accrued Liabilities	\$1,297,591,684	\$198,655,165	\$1,496,246,849
Actuarial Value of Assets	\$910,333,625	\$162,440,953	\$1,072,774,578
Percent Funded	70%	82%	72%

Actuarial Assumptions

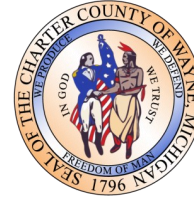
Assumed Rate of Investment Return:	6.75%	Amortization Method:	
Assumed Rate of Long-Term Wage Inflation:	3.00%	County	Level Percent of Payroll
Asset Valuation Method:	4-year smoothed market, 20% corridor	WCAA	Level Dollar
		Base UAAL Amortization Period:	10 years (closed)
		Actuarial Cost Method:	Entry Age Normal
		Status of System Membership	
		Defined Benefit County	Open
		Defined Benefit WCAA	Closed
		Defined Contribution Both	Open

This document contains all of the information required of a Public Employee Retirement System by MCL 38.1133, but is not an exhaustive report. For the Comprehensive Annual Financial Report, the Annual Actuarial Valuation, the Historical Plan Review, the External Independent Audit, the Annual Budget, and the 5 year Experience Study please visit our website at: <http://wcers.org/Reporting.html>

Revision 6/27/25

Retiree Spotlight

Julie Bauman



Julie Bauman's professional journey began in September 1979 when she joined the Wayne County Road Commission as a dedicated employee. Over the years, she progressed through multiple departments within the Roads division, gaining invaluable experience in Management and Budget, the Time Office, and the Airport Business Office. Her hard work and commitment culminated in her retirement from the DPS Equipment Division in November 2006, after nearly three decades of service.

Throughout her career, Julie demonstrated exceptional leadership and community engagement. She held various key positions, including trustee and treasurer of her union AFSCME Local 101, and actively participated as a delegate to the Metro AFL-CIO. Additionally, she took on the role of chairperson for the election committee AFSME Local 101 and was an integral part of the negotiating team for AFSCME Local 101, advocating for the rights and benefits of her fellow workers.

In her retirement, Julie remains actively involved with the Wayne County Retirees Sub-Chapter 38. She initially served as a trustee and has since joined the Executive Board, where she plays a critical role in guiding the organization. As the chairperson for the SC38 PEOPLE Committee, she is dedicated to promoting political engagement among retirees. Moreover, she represents her chapter on the Region 2 PEOPLE Committee, further extending her influence in political advocacy. Julie is also the political liaison for AFSCME Retirees Michigan Chapter 255, facilitating connections between retirees and policymakers.

Julie's commitment to civic engagement is evident in her involvement with numerous local Democratic clubs and organizations. She currently serves as the Corresponding Secretary for the 13th Congressional District, ensuring effective communication within the party. As the Treasurer of the Allen Park Democratic Club, she manages the club's finances and helps coordinate events. Julie has been a delegate to the Michigan Democratic Party State Central Committee, contributing her voice to party decisions and strategies. Since being elected as a Precinct Delegate in 1980, she has fulfilled this role in five different cities, consistently advocating for the needs and interests of her Allen Park neighbors.

Outside of her professional and political commitments, Julie cherishes her time with family. She enjoys spending quality moments with her children, George and his wife Caroline, and Elizabeth and her fiancé Brett. In her leisure time, Julie delights in watching films, delving into books, and embarking on exciting adventures with friends, enriching her life with diverse experiences and cherished memories.



Good to the Bone

Five easy exercises to keep your bones and body strong

Starting in our 30s, we may notice a gradual decline in bone mineral density, averaging a loss of about 1 percent each year. Fortunately, regular physical activity can play a significant role in optimizing our bone health throughout our lives, as highlighted by Wendy Kohrt, a distinguished professor of medicine in the Division of Geriatric Medicine at the University of Colorado.

Engaging in movements that work against gravity—such as standing and moving—provides valuable benefits for your bones. To further strengthen and protect your bones, consider incorporating these five powerful exercises into your routine. They can help you build a strong foundation for lifelong bone health.

- **WALK AND STOMP** -To improve bone health, add some impact to your walks. Consider a walk-and-stomp routine: every 10 steps, stomp each foot 2 or 3 times as if you're crushing a can. This routine not only stimulates your bones but also makes walking more engaging. Plus, walking on solid ground is more beneficial for your legs than a treadmill. Enjoy your walks!
- **PUSH UPS** -Push-ups can be done against a wall, on your knees, or on the floor. Start with your hands shoulder-width apart and your core engaged. Bend your arms to lower your torso towards the surface, then push back up. Aim for 3 to 5 repetitions, rest briefly, and then repeat for a second set. This exercise effectively builds strength and improves fitness!
- **SQUATS** -To effectively perform a squat, start by standing with your feet hip-width apart. Bend your knees and lower your body into a squat, using a sturdy object for balance if needed. Squat as low as you can without letting your buttocks drop below your knees. At the bottom, engage your glutes and thighs to return to a standing position. Aim for 8 to 12 repetitions to strengthen your lower body!
- **STAIR CLIMING** -Stair climbing is a great way to improve bone density, especially for postmenopausal women. It helps strengthen the leg and hip muscles that support pelvic bones by working against gravity. Use a handrail for support if needed, and consider adding some stomps for extra bone stimulation. Regularly incorporating this activity can greatly benefit your bone health!
- **HIP-LEG LIFTS** -This exercise strengthens the muscles around your hip bones, which are vulnerable to fracture, and can help to improve balance. To begin, place your hand on a counter or against a wall for balance, and set your feet hip-width apart. Shift your weight onto your left foot, then straighten your right leg and lift it out in front of you until your right foot is about 6 inches off the floor. Do a set of 8 to 12 lifts, then shift your weight to your right foot and repeat the motion with your left leg.

Happy Retirement!

June 2025—August 2025

NAME	DEPT.	NAME	DEPT.
Bryan Twinn	WCS	Michael O'Sullivan	WCAA
Candice Betke	HHVS	Michael Richard	HHVS
Diane Ewell	HHVS	Phyllis Ficzytz	HHVS
Duane Provonche	WCS	Renee Morris	WCS
Emma Body	CLK	Rhonda Mitchell	HHVS
Erica Stewart	WCS	Robert Schemansky	WCS
Gary Ousley	WCAA	Robert K. Smith Jr.	
James Kopy	DPS	Shannon Mapp	POAM
Jordan Czarnik	WCAA	William Benson	WCAA





The 8 Smartest Things Seniors Can Do Right Now for a Healthy Fall

As the aroma of pumpkin spice lattes fills the air, the temperatures begin to drop and the leaves prepare to showcase their vibrant colors. For many, fall symbolizes a refreshing new beginning—free from the pressures of January. This season is also an excellent opportunity for seniors to take stock of their health and ensure they are prepared to fully enjoy the autumn months in an article by Zippy Sandler creator of Champagne Living.

Here's a constructive reminder list to support your wellness journey. It serves as a health check, a guide for seasonal preparations, and encouragement from a caring friend who knows the importance of keeping cozy as the weather cools down.

1. Give Your Vaccines a Fall Check-In—Flu shot, COVID-19 Booster, RSV Vaccine and Pneumonia Vaccine
2. Review Your Medicare Coverage Before Open Enrollment- Assess your Medicare options before open enrollment to maximize your benefits.
3. Book Those Doctor Appointments Now—Book your appointments now to keep your health on track.
4. Create Your Fall Fitness Plan— Develop a fitness plan to stay active and healthy this season.
5. Prep Your Home for a Healthy Season—Check lighting, Clean Humidifier before turning it on for the season.
6. Curate Your Fall Wellness Kit—Gather essential items for your wellness kit that will support your health and well-being throughout the season.
7. Prioritize Your Mental and Emotional Health—With shorter days and less sunlight, it's important to be proactive about your mental well-being. Take time to engage in activities that lift your spirits and keep you motivated.
8. Develop Meaningful Seasonal Self-Care Rituals—Create comforting afternoon rituals, such as brewing a pot of herbal tea, to nurture your well-being and create a sense of warmth during the fall season.

You can find these tips and more by right clicking on the attached link. [The 8 Smartest Things Seniors Can Do Right Now for a Healthy Fall](#)

In Loving Memory

Reported: JUNE 2025 - AUGUST 2025

NAME	DEPT.	NAME	DEPT.
Barbara Hill		Joyce Papden	DPS
Bessie Mackie	ROD	Joyce Phillips	ROD
Betty McBride	Co. Clk	Katherine Murray	Library
Brenda Washington	Co. Clk	Larry Growth Jr.	WCAA
Charles Lindenmuth	DPS	Lawrence Girard	HCS
Christine Gamber-McLenon	ROD	Mabel Finley	WCGH
Jdg. Daniel Van Antwerp	Cir. Ct.	Mary McClendon	HHS
Dennis Koenig	DPS	Mildred McCrary	Co. Clk.
Donald Lile	WCS	Naomie Williams	Cir. Ct.
Earl Moore Sr.	Prob. Ct.	Richard Guyton	JDF
Edith Alma Bershas	Prob. Ct.	Robert Magnuson	HHS
Ernestine Cox	JUV	Robert Radnick	Pros. Atty.
Evelyn Wiskowski	JUV	Robert Sommariva	WCS
Frances Baker	WCS	Rosemary Steele	WCS
Francis Agnello	Treas.	Ryan Phillips	WCS
Geraldine Hill	Co. Clk	Ryszarda Schafer	DPS
Geraldine Miller	Prob. Ct.	Theresa Gambriel	DPS
George Brozack	WCRC	Thomas M. Khalil	Pros. Atty.
Gerald Rigg	WCGH	Vincent Smith	MEO
Hazell Essex	Pros. Atty.	Jdg. Virgil Clark Smith	Cirt. Ct.
Howard Murray	DOE	Virginia Oliver	WCS
Irma Clark-Coleman	Commission	Willbey Pistor	WCS
Jim Thomas Morgan	DPS	William Achinger	DPS
Jimmy Marshall		William Sheppard	WCAA

A Message From Our Deputy Director

Fall Back, Move Forward

The end of Daylight Saving Time presents a valuable opportunity to reset not only your clocks but also to take a closer look at your finances and essential paperwork. As we roll back our clocks this fall, consider dedicating this time to important household tasks that can significantly enhance both safety and comfort in your living environment.

Below are a few important matters you should keep in your mind while moving into the fall season!

- ⇒ **Daylight Saving Time**—In preparation for the time change, remember that we will turn our clocks back one hour at 2:00 AM on Sunday, November 2, 2025. This moment offers a chance to create a cozy atmosphere in your home, perhaps by lighting some candles or preparing a warm meal with family. Additionally, it's an ideal time to check your smoke detectors, carbon monoxide alarms, and emergency supplies, ensuring they are in optimal working condition.
- ⇒ **SIGNATURE AND INFORMATION VERIFICATION 2025**— The Wayne County Employees' Retirement Commission has an obligation that the pension benefit recipients provide the most up-to-date information to the Retirement system. Having this hand-signed form on file helps us prevent fraud and pension overpayments while ensuring we have the most up to date contact information on file in case we need to communicate anything regarding your benefit. WCERS will be mailing out the annual 2025 Signature and Information Verification form in October.
- ⇒ **EMPOWER REQUIRED MINIMUM DISTRIBUTION**—Per the IRS, “Required minimum distributions (RMDs) are the minimum amounts you must withdraw from your retirement accounts each year.” You have until April 1 of the calendar year following the one in which you turn the appropriate age to take your first distribution. Each subsequent distribution needs to be withdrawn by December 31 each year. Should you not take your distribution on time or calculate the amount incorrectly, you are subject to a 25% excise tax in addition to the ordinary income tax you will owe. WCERS highly encourages you to reach out to Kevin VandenHaute at Titan Wealth Advisors at **(248) 327-0272** to start developing a plan today!

Moreover, use this period to review your financial plans—assess your budget, revisit your savings goals, and strategize for any upcoming expenses. Also, consider organizing important documents to ensure everything is easily accessible when needed.

Embrace this change not just as a routine adjustment but as an opportunity to invest in your overall well-being and peace of mind!



Gerard Grysko,
Deputy Director of the Wayne County Employees' Retirement System

Recipe Corner

Ultimate Marry Me Chicken Soup Recipe



Prep Time—15 mins

Cook Time—30 mins

Total Time—45 mins

Ingredients

1 teaspoon
 1 1/2 pounds
 2 teaspoons
 Add
 1/2 cup
 1/2 cup
 1/2 cup
 1/4 cup
 3 cloves
 1/4 cup
 2 tablespoons
 6 to 8 cups
 6 ounces
 1 cup
 1 cup

Olive Oil
 Skinless chicken breast (things, diced into 1 inch pieces)
 Italian Seasoning (divided)
 Salt and pepper (to taste)
 Carrots (diced)
 Celery (diced)
 Onions (diced)
 Sundried Tomatoes (diced)
 Garlic (minced)
 All-Purpose Flour
 Tomato Paste (optional)
 Chicken Broth
 Small Pasta Shells (egg noodles are great as well)
 Heavy Whipping Cream
 Parmesan Reggiano Cheese (grated)

Instructions

1. Heat the olive oil in a large soup pot or dutch oven over medium-high heat. Add the chicken and 1 teaspoon of Italian seasoning, salt and pepper to taste, and cook until browned on all sides, about 4-5 minutes.
2. In the same pot, add the onions, carrots, celery, sundried tomatoes, and garlic and cook until translucent, about 3-4 minutes.
3. Sprinkle the flour throughout and stir well to combine. Add the flour in stages to avoid excess drying. If you plan to add tomato paste, add it here and stir.
4. Gradually whisk in the chicken broth and stir repeatedly, ensuring there are no lumps. Deglaze the bottom of the pan using your spoon.
5. Bring the mixture to a rolling boil and add in the pasta and 1 teaspoon of Italian seasoning, salt, and pepper to taste. Cover the pot with the lid and lower the heat to low to let the soup simmer for about 20 minutes, or until the chicken is cooked through and tender and the pasta is al dente.
6. Stir in the heavy cream, spinach, and grated parmesan cheese, and let the soup simmer for an additional 5 minutes.
7. Taste and adjust the seasoning with salt and spices if needed.

Storage Method	Duration	Best Practices
Refrigerator	3-4 days	Store in airtight container
Freezer	2-3 months	Freeze without cream/pasta
Meal prep	5 days	Portion into containers

ANNOUNCEMENTS & UPCOMING EVENTS

Retiree Clubs

Wayne County Retiree Sub-Chapter 38

When: Second Tuesday of every month at 1PM

Address: UAW Local 182 35603 Plymouth Rd Livonia, MI 48150

<http://www.wcsubchapter38.com/>

We invite all retirees of Wayne County to join our Sub-Chapter! The annual dues are \$36.00, which can be easily paid through a monthly payroll deduction of \$3.00 or as a one-time payment via check or cash. To obtain a membership application, please reach out to Richard Noelke at wingsman81@aol.com. Your participation is valuable, and we look forward to having you with us!

Wayne County Sheriff and Airport Police Retirees Association

When: Second Thursday of every month at 12PM (free lunch is included)

Upcoming Meetings held on the following dates:

October 9, 2025

November 13, 2025

December 11, 2025

Address: American Legion #396, 6860 Middlebelt, Garden City, MI 48135

AUTUMN WORD SEARCH



FIND THE WORDS ASSOCIATED TO AUTUMN. THEY MAY BE VERTICAL, HORIZONTAL OR DIAGONAL.

P	O	C	D	K	E	G	W	J	A	Y	G	J	D	W
J	U	E	L	E	G	E	O	M	Q	C	X	X	E	R
A	E	M	M	S	R	M	R	S	U	A	O	C	U	S
R	M	S	P	N	B	O	C	C	Y	R	R	R	C	W
E	G	V	R	K	V	K	E	A	H	V	K	I	N	L
G	L	U	Q	F	I	Y	R	R	D	X	D	Z	F	E
N	S	P	C	M	E	N	A	F	Q	E	I	X	H	H
B	P	C	P	L	I	J	C	Z	R	M	T	L	D	N
N	R	O	C	A	O	Q	S	C	K	W	M	E	V	K
K	Y	D	P	P	G	A	Q	M	B	R	K	E	P	O
B	K	Q	R	E	E	S	O	R	T	A	H	F	J	U
S	U	N	F	L	O	W	E	R	R	V	T	T	M	J
X	S	Q	U	I	R	R	E	L	M	F	T	K	O	X
B	J	E	X	O	J	J	N	E	J	P	D	I	W	U
B	J	W	P	S	K	Z	I	V	T	U	K	V	L	J

SEASONEDTIMES.COM

- ACORN
- DEER
- RAKE
- APPLE
- OWL
- SCARF
- CIDER
- PUMPKIN
- SQUIRREL
- CORN
- SCARECROW
- SUNFLOWER



Wayne County Retirement Regular & Quarterly Board Meetings Schedule 2025: All meetings will be held on the 18th floor of the Grand Park Centre at 10:00am, unless otherwise specified.

Monday, January 27	<i>Monday, February 10</i> Monday, February 24	Monday, March 31	Friday, April 25	<i>Friday, May 9</i> Friday, May 23	Monday, June 30
Monday, July 28	<i>Friday, August 8</i> Monday, August 25	Monday, September 26	Monday, October 27	<i>Friday, November 14</i> Friday, November 21	Friday, December 19