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Symptoms of a Heart Attack

A heart attack—also called myocardial infarction or MI—occurs when an area of heart muscle is completely deprived of blood, and the heart muscle cells die.

A heart attack may result when plaque inside the heart arteries breaks open or ruptures, forming a clot that significantly blocks blood flow through the artery.

A plaque is made up of cholesterol, white blood cells, calcium, and other components, and it is surrounded by a fibrous cap. This fibrous cap may tear or rupture if blood suddenly flows faster, or the artery suddenly narrows. A tear or rupture signals the body to repair the injured artery lining, much as it might heal a cut on the skin, by forming a blood clot to seal the area. A blood clot that forms in an artery can completely block blood flow to the heart muscle and cause a heart attack.

The pain of a heart attack often occurs with other symptoms, including:

- ♥ Chest discomfort or pain that may be crushing or squeezing or may feel like a heavy weight on the chest.
- ♥ Chest discomfort or pain that occurs with:
- ♥ Sweating.
- ♥ Shortness of breath.
- ♥ Nausea or vomiting.
- ♥ Pain that spreads from the chest to the neck, the jaw, or one or both shoulders or arms.
- ♥ Dizziness or lightheadedness.
- ♥ A fast or irregular heartbeat.
- ♥ Loss of consciousness.



The pain of a heart attack usually will not go away with rest. It is important to recognize the early stages of a heart attack and to seek emergency care. Medical treatment is needed to prevent death. Sometimes medicines can be given to reduce the damage to the heart muscle caused by a heart attack. Check with your physician if you experience any of the above symptoms.

<http://www.aolhealth.com/conditions/heart-attack?>

Start! Heart Walk

The City of Edinburg Human Resources Department together with the American Heart Association has started a program entitled **Start!HEART WALK**. City employees are encouraged to walk and will enjoy incentives for their participation in the program. The Edinburg Municipal Park, located at 714 South Raul Longoria, has been designated as the **Start!Heart Walk** “walking path”.

Beginning Tuesday, February 1, 2011, employees can log into www.startwalkingnow.org to register, as well as track their progress.

Retirement and you

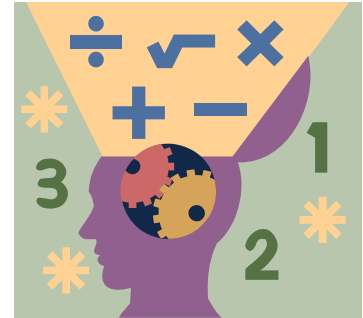
The Wait that pays

If you're looking for a risk-free way to boost your retirement income, consider postponing your Social Security benefits.

Your Social Security is a significant chunk of retirement income: On average, the monthly benefit check currently equals 25% to 45% of a worker's pre-retirement salary. And that's not all: This government-guaranteed benefit is inflation-indexed, lasts for your lifetime and continues for a spouse's lifetime after your death.

Do the math

The earliest you can claim Social Security is age 62. But if you wait until your full retirement age—age 66 for people born between 1943 and 1954 your check will be almost one-third bigger. If your benefit at age 62 is \$750 a month, for example, and you postpone collecting your benefit until you're age 66, you'll get \$1,000 a month. If you delay your benefit until after full retirement age, you get more still. Waiting until age 70 boosts your benefit an average of 32% for each year you delayed past your full retirement age. A \$1,000 monthly benefit at age 66 will be \$1,320 a month if you delay until age 70.



Factors to consider

If your health is poor and/or your family history gives you reason to think you may not live to a ripe old age, taking Social Security at age 62 may make financial sense. But if you expect an average or longer-than-average lifespan, consider waiting. On average, Americans now in their 50's and 60's will live until their mid-80's, but there's a 50% chance of living longer. Indeed, the likelihood of living to at least age 90 is 20% for a 65-year-old man and 33% for a 65-year-old woman, and when two lives are involved, the chance of a very long life are greater still. A 65-year-old married couple has a 58% chance that one or both spouses will live to age 90.* To learn more, explore the Social Security Administration's online "Retirement Planner" at www.ssa.gov/retie2/index.htm.

*American Academy of Actuaries, 2007.

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5. Choose "Retirement Estimate", from the pull down menu
6. Click on "Request New Estimate", and enter a future retirement date
7. Read and agree to the disclaimer
8. View your estimate onscreen
(it will show all the annuity and PLSD options)
9. Print your estimate by using your browser's print command

For assistance, contact the TMRS phone center: 1-800-924-8677

RISK MANAGEMENT'S ultimate goal is to promote and maintain the health of it's employees and the general public by striving to prevent injuries and accidents through the continuous education and training of our employees. We believe that Safety is everyone's responsibility and that all tasks can and should be done easily. Our goal is to prevent accidents and/or injuries.

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