

VOLUME 1, ISSUE 3
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Happy Mother's Day!
May 08, 2011



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City of Edinburg
Observed Holiday

Memorial Day
Monday, May 30, 2011



Exercise: The Natural Work Stress Reducer

We don't get stress headaches or have problems sleeping or get overly tired. We don't even get those tense muscle pains in the back of our neck, shoulders, or back. And, we never ever get depressed or edgy, right? But do you realize that these are all symptoms of stress and if you don't try to manage your stress it could lead to even worse problems such as high blood pressure, ulcers, heart attack, or damaged relationships?

What's the best solution for stress? Exercise!

We'll be the first to agree that exercise isn't easy, but exercise also doesn't need to be long and painful. You'll see results even if you can only take a few minutes to exercise. Once you get started you won't want to stop and you'll even be more productive with your everyday life; including your ability to concentrate, your energy level, and your creativity.

But before you begin your exercise, you need to learn how to breathe right.

We all were born with the appropriate breathing technique but quickly lose it due to the day to day stress. Watch a baby – they breathe long deep breaths in through the nose and out the nose. Studies show that slowing down your breathing calms the nervous system, which in turn lowers blood pressure and heart rate, reduces stress hormone levels and increases energy levels. Therefore, the deep breathing we did when we were born is a highly effective tool against asthma, poor digestion, weight gain, sleeplessness, high blood pressure, heart disease, and stress.

We suggest you try this as a prelude to your exercise routine and a way to calm your mind:

- Sit in a chair with both feet on the floor with your shoulders back and your chin up.
- Place your hands on your diaphragm so that you can feel the movement of your breathing.
- Breathe in deeply through your nose filling your abdomen and chest with air from bottom to top like you are filling a balloon.
- Exhale all the air out of your nose from top to bottom.

Repeat 20 times (even just 5 – 10 will help)



This is just one breathing technique of many. If this one doesn't work for you, research other techniques until you find one that is comfortable and refreshing for you. The key is controlling your breathing while you exercise, it will help you build endurance and continue to benefit by oxygenating your body.

Remember, the main way to reduce physical stress is to release endorphins into the bloodstream you can do this through exercise. Getting a 20-30 minute workout three to four days a week is critical in keeping the endorphins flowing and the heart pumping. According to the American Institute of Stress, Americans spend about \$11.3 billion a year coping with stress-related illnesses and injuries. Stress has been linked to leading causes of death such as heart disease, cancer, and suicide. Up to 60% of employee absences are caused by psychological disorders. We encourage you to avoid being one of those statistics. Focus your breathing and figure out the best exercise plan for you.



by Linda Gravett, Ph.D., SPHR and Robin Throckmorton, M.A., SPHR
<http://www.e-hresources.com/Articles/Oct2005.htm>

RETIREMENT AND YOU



Texas Municipal Retirement System
Providing Retirement Security for Texas Municipal Employees

How Do I Keep Up with My Account?

Annual Statements

A TMRS Annual Statement is mailed to the home address we have on file for you every spring. This statement includes your service history, your beneficiary information, retirement estimates, your total member deposits, and the past year's interest. **Keeping your personal information (such as mailing address and beneficiary) up-to-date is extremely important.** The Annual Statement gives you a chance to review the information TMRS has on file for you.

Retirement Estimates

We will provide retirement estimates at your request. These estimates show approximately how much money you will receive in your monthly retirement benefit for each of the available retirement options. TMRS will give you additional estimates of retirement benefits for one or more anticipated retirement dates, if requested. Call TMRS or use the "Request Estimate" button on the website. Estimates will be mailed to you, or faxed at your request. You can also use MyTMRS on the website to run a simple estimate that you can view or print.

MyTMRS®

The TMRS website (www.TMRS.com) provides secure access to your account information. Use the MyTMRS feature of the website to see your account or run a simple retirement estimate. You must register for this service before you can use it. You may register online, set up your password, and access MyTMRS using security questions and your e-mail address; a verification e-mail will be sent to you.

Cómo mantenerse al tanto de su cuenta

Resúmenes anuales

Cada primavera, TMRS envía a cada miembro un resumen anual de su cuenta. Dicho resumen incluye su historia de servicio, la información sobre el beneficiario, presupuestos de jubilación, el total de sus depósitos como miembro y los intereses ganados en ese año. Por eso es importante mantener al día su información personal (tales como su dirección postal y el nombre del beneficiario). El resumen anual le da la oportunidad de revisar la información que TMRS posee sobre usted.

Presupuestos de jubilación

Si usted lo solicita, podemos ofrecerle presupuestos que muestran aproximadamente cuánto dinero usted recibirá mensualmente en cada una de las opciones disponibles. Llame a TMRS o visite nuestra página de internet para solicitar un presupuesto.

MyTMRS®

Nuestra página de internet (www.TMRS.com) también ofrece acceso a la información de su cuenta. Antes de utilizar este servicio, usted debe registrarse bajo la sección de MyTMRS.®

For More Details...

For a complete description of your TMRS benefits, see the *Member Benefits Guide* (available in English and Spanish) or the "How Do I..." tutorials on the TMRS website *Members* page.

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RISK MANAGEMENT'S ultimate goal is to promote and maintain the health of its 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.