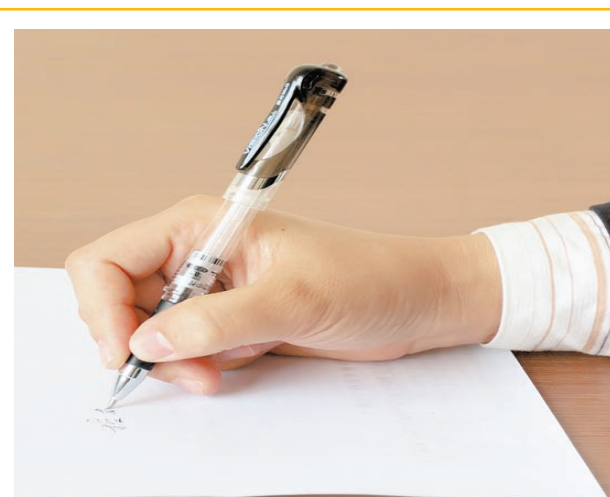


YOU SHOULD KNOW...



YOUR BENEFICIARY FORM: Keeping it Up To Date

When was the last time you updated your beneficiary form with the Fund?

If you have moved, changed phone numbers or experienced a relationship change that impacts your beneficiary designation, you should let us know. If you have changes to make, please contact the Fund at 312-603-1200 to request a new form.

YOUR PRESCRIPTION PLAN: Maintenance Medications



If you take the same medication every month, you may be on a “maintenance medication”. It is cost effective for both you and the Fund to fill these medications at a 90 day supply. Therefore we require that all maintenance medications be filled using the following options after two retail fills.

1) Obtain a 90-day supply through the Caremark mail order program.
OR

2) Obtain a 90-day supply at any CVS retail pharmacy at the mail order copayment rate.

DIRECT DEPOSIT Advice Change

Please make note that the Direct Deposit advice has changed from monthly to annually. This means that you will receive an annual notification of your status. If you make any changes, such as switching banks, it’s important to let us know. We will send you an updated advice confirming the change. Important: As a direct result of the American Recovery and Reinvestment Act of 2009 (also referred to as the Stimulus Package), we will be changing some tax withholdings effective April, 2009. If you are impacted by this change, you will receive an updated advice in April.

COOK COUNTY PENSION FUND EASY PHONE REFERENCE 312.603.1200

RETIREE - Press 1 FAQ - 0 Forms & Applications - 1 Retirement Counselor - 2 Health - 3	ALL OTHER - Press 2 FAQ - 0 Forms & Applications - 1 Retirement Counselor - 2 Disability Counselor - 3 Refund Counselor - 4
---	---

**Questions
or Concerns?**
Feel free to call the
Pension office at
312.603.1200



2008 TRUSTEE ELECTION RESULTS

Pursuant to the Illinois Pension Code, certain Trustee elections are held each year. Trustees serve a three year term. The terms are staggered so that not all positions are up for election at the same time. On October 29, 2008 an election was held for the position of Cook County Employee Member Trustee. As the election was for an employee member trustee, all employee members were eligible to vote in the election. Nine employees ran for the position and after tallying the votes, the Independent Election Administrator declared Ms. Donna Dunning the winner. Ms. Dunning’s term began on December 1, 2008. Congratulations and thanks to all those who participated by seeking the position or by casting a ballot.

YOUR THOUGHTS- From Our Open Enrollment Meetings

Our November Open Enrollment meetings saw amazing attendance. Thank you! Through a brief survey, we asked what YOU thought of our meetings, and what sort of information you’d like us to provide you with.

Here’s what we determined from your comments:

- You liked the location.
- You’d like additional suburban locations
- You’d like more Fund counselors at meetings.
- You’d like to see more focus on wellness and diet
- You’re interested in Dental
- You’d like to learn more about Medicare (see page 5!)
- You’d like us to have a Website (It’s on it’s way)

We will continue to explore and update through this newsletter as the year progresses — see you in November at the next open enrollment meeting!



UNDERSTANDING Disability & Annuity Timing

As with any of the benefits that the Fund provides, it’s important to have a general understanding of the timing involved. Here’s what you need to know:

Timing - Ordinary & Duty Disability

Cases are submitted to the Board of Trustees for consideration on a monthly basis. In order to be presented to the Board, we must be in receipt of final payroll records, have verification of employment status and a completed application. Disability payments are made within one week of Board meeting.

Eligibility - Ordinary Disability:

To be eligible for ordinary disability you must be off the work-site for 30 days. Ordinary Disability becomes effective on the 31st day if you have been off the “work-site” and in a “no-pay” status for 30 consecutive days.

Duty Disability:

Benefits are effective the first day you become disabled as the result of an accidental injury incurred while in the performance of an act of duty.

Annuity:

Submit application 30 days prior to your resignation date. Processing can take up to 3 months from your resignation date, however, if you have reciprocal service it may take longer than 3 months.

Example of timing:

1. Employee anticipates a retirement date of December 31
2. Employee submits completed application by November 30
3. First annuity check would be received in March, with a retro payment to January 1.

APRIL IS... STRESS AWARENESS MONTH

April 2009 has been designated Stress Awareness Month by The Health Resource Network (HRN), a non-profit health education organization. Stress Awareness Month is a national, cooperative effort to inform people about the dangers of stress, offer successful coping strategies, and dispel harmful misconceptions about stress that are prevalent in our society. “Even though we’ve learned a lot about stress in the past twenty years,” says Dr. Morton C. Orman, M.D., Founder and Director of HRN, “we’ve got a long way to go. New information is now available that could help millions of Americans eliminate their suffering.” In addition to sponsoring Stress Awareness Month, the organization also sponsors National Stress Awareness Day, held every April 16—or the day after income taxes are due!

HEALTHY WAYS TO RELAX AND RECHARGE*

Go for a walk.

Sweat out tension with a good workout.

Light scented candles

Work in your garden.

Listen to music.

Spend time in nature.

Write in your journal.

Savor a warm cup of coffee or tea.

Get a massage.

Watch a comedy.

Call a good friend.

Take a long bath.

Play with a pet.

Curl up with a book.

*Source HELPGUIDE.ORG

Explore the Nature Centers of Cook County

The Forest Preserve District of Cook County operates 6 nature centers highlighting the natural diversity of the Chicago region. Each offers interpretation of natural experiences unique to its site. Discover oak—hickory savanna at Crabtree Nature Center, oak and maple forest at River Trail Nature Center, prairies and sand dunes at Sand Ridge Nature Center, moraine hills surrounding The Little Red Schoolhouse Nature Center, and the only rock canyon in Cook County at Camp Sagawau Environmental Education Center.

Visitors learn of native plants and animals through interpretive displays in each museum, and may experience the serenity of strolling self guided nature trails. Professional naturalists answer questions, and interpret our natural wonders. Nature programs offered throughout the year connect people with the intricate beauty of life in the natural world, and explore conservation issues.



These centers are opened year-round - you may visit www.fpdcc.com for seasonal hours.

- Crabtree Nature Center (Barrington)
- River Trail Nature Center (Northbrook)
- Little Red Schoolhouse Nature Center (Willow Springs)
- Sand Ridge Nature Center (South Holland)
- Camp Sagawau (near Lemont)
- Harold “Hal” Tyrell Trailside Museum (River Forest)

Medicare Made Easy



Quite often, you'll hear people nearing the age of 65 speaking of Medicare as if it's a gift they can't wait to open. And, it is a gift to everyone who has paid rising health care costs over the years.

To some, however, this gift might seem as though it comes with lots of instructions and small parts that need assembling. Medicare can indeed be confusing, but we hope that the following information will help you better understand its benefits.

What is Medicare?

Medicare is the nation's largest health insurance program, currently covering over 39 million people. Administered by the Federal Government, Medicare covers people who are 65 and over, or those who are disabled or have end-stage kidney disease.

Like any health insurance program, Medicare offers options for its beneficiaries. These options include:

Part A - Provides Hospital Insurance. It covers hospital stays, as well as stays in a skilled nursing facility if certain criteria are met. Anyone eligible for Medicare is automatically enrolled.

Part B - Provides Medical Insurance. Part B generally pays for doctors' fees and services, outpatient hospital care, and some medical costs not covered by Part A, like physical and occupational therapy. Part B will help pay for some covered services only when they are declared medically necessary.

Part D - Stand-alone prescription drug coverage insurance. Most people do have to pay a premium for this coverage. Plans vary and cover different drugs, but all medically necessary drugs are covered. Anyone who has Part A or B is eligible for Part D.

The Pension Fund offers a medical supplement plan to those who are eligible and enrolled in Medicare Part A and B. All of our medical plans include a comprehensive prescription plan through CVS/Caremark, so there is no need to enroll into Part D.

It's important to remember that you must contact the Fund BEFORE the month in which you turn 65. To be considered for a Medicare supplement plan, you must have full Medicare Part A and B. The Social Security Administration determines your actual eligibility. You are required to submit a copy of this determination to the Fund, so that we can adjust your coverage accordingly.

If you still find Medicare a bit puzzling, don't worry. Just call us at 312-603-1200 with any questions you might have. We'll be happy to help!



County Employees' Annuity & Benefit Fund of Cook County
33 N. Dearborn St., Suite 1000
Chicago, IL 60602

Comments or Suggestions?

Write to:
The Cook County Pension Fund
33 North Dearborn, Suite 1000
Chicago, IL 60602

If you have any questions about the Pension Plan or your benefits, please contact the Pension Fund office and we will be happy to help.

PHONE: 312- 603-1200
FAX: 312 603-9760

Office Hours: Monday-Friday
8:30am to 4:30pm



PENSIONNOTES

SPRING 2009

Newsletter for Member's of the County Employees' Annuity & Benefit Fund of Cook County and Forest Preserve District Employees' Annuity & Benefit Fund of Cook County

We welcome you to our first issue of Pension Notes for 2009

Our objective is to provide exceptional service in our support and administration of your annuity, health and disability benefits. In addition, along with your Board of Trustees, we are also committed to effectively managing the assets of both the Cook County and Forest Preserve Funds.

In November 2008, the Fund conducted open enrollment meetings for the health benefit. Many of you completed our survey and shared feedback on our performance as the administrator of your benefits, along with recommendations for the future. We appreciate this feedback and have initiated many plans based on your suggestions. We will utilize this newsletter to communicate our progress and future objectives. Our thanks to everyone for their candid responses to the survey, it is very much appreciated.

What matters - your annuity

During these times of unprecedented economic turmoil, while governments all over the world are taking extraordinary action to support capital markets, we want to assure you of two things. First, your annuity benefits are guaranteed by Illinois law, and second, market conditions do not change the value of your annuity.

Like all other investors with exposure to the markets, the Funds' portfolios have experienced decreases over the last year. However, we are long term investors with diversified and conservative asset allocation strategies with 20 to 30 year time horizons and we remain confident that those strategies will result in consistent performance over that time horizon.

Please watch for future issues for further information on the condition and performance of the Funds.

In this issue:

At our 2009 Plan Year Open Enrollment Meeting, our theme focused on "caring for you". As a result, many of you asked for continued suggestions on wellness including activity events. In this issue, we draw attention to the importance of managing stress as part of our wellness initiative. As exercise is an effective tool in managing stress, we also highlight the beautiful Nature Centers of Cook County as a great destination for the spring.

In addition, you can read about the following:

- Timing for processing an annuity and disability claim
- The importance of maintaining a current beneficiary form
- 2009 Plan Year Open Enrollment Meeting
- Reminders on the health benefit prescription plan
- Updates to the direct deposit program
- Results from the 2008 Trustee election

Our goal is to improve our communication and procedures in 2009 – as part of this strategy, the Fund is working to kick-off a website late 2009. We will share updates on our progress in future issues.

Enjoy the spring!