



Volume 28, Issue 1

The Camellia
Retired Public Employees' Association
Area VII -Sacramento, California
Chapter 004 Newsletter

We are active and retired California public employees working together to maintain and improve the quality of the lives of our members by protecting and improving our earned retirement, medical and other benefits.



Jan./Feb. 2023

PRESIDENTS MESSAGE - Roxanne Woodward

Happy New Year to All –

We wrapped up the holidays with over 60 people attending an enjoyable holiday luncheon. The highlight was our raffle prizes. Tatiana Weber made and donated several gorgeous floral arrangements. We are very appreciative of her thoughtfulness and generosity. These arrangements are bringing joy to several lucky recipients, including me.

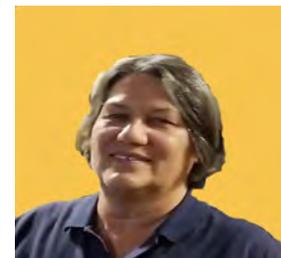
We've been able to meet at various venues this past year to carry out our business and enjoy a good meal with the camaraderie of others. Our next meeting will be **February 8, 2023** at **Vince's**. The doors open at **11:00 a.m.** and our General Membership (GM) meeting will commence shortly thereafter. Reservations are required. Please RSVP with Sheryl Zazzi via text, telephone, or e-mail at (916) 607-8282, redhatzaz@gmail.com with your entrée choice from the following selections: **steak or chicken sandwich, veal parmigiana, or lasagna.**

Diane Buffington has already lined up guest speakers for our February and April general meetings. Ramona Boscow, one of our AMIBA partners, will talk with us in February about *Assets in Aging*. Thanks, Diane for making these speaker arrangements on our behalf. Our annual spring luncheon is **April 12, 2023** at Cattlemen' (see flier within). In between other venues, we will continue to meet at Aviator's, and I always look forward to our card bingo in August. Also, Sheryl Zazzi is working on some type of an excursion for us so get your ideas to her.

Our Chapter is currently undertaking an effort to review for potential changes and get our by-laws into a new templated format. In addition, we'll be holding our election of officers later this year. Marie Reed will head up this effort as our Immediate Past President and pursuant to our by-laws. It will commence in late spring or early summer. All positions are open and include President, Vice President, Secretary, Treasurer (or Secretary/Treasurer), Directors at Large, and Delegates for General Assembly. All nominees must complete a consent form prior to the elections. This is our chapter and I encourage you to consider one of these positions, and taking pride in nominating and casting your vote. Please note these positions are for a two-year term with installation in November 2023.

As we've entered another fiscal year, I'm fortunate to participate in the advancement of our mission, and be surrounded with talented people working together for such a worthy cause. I want to thank our Board of Directors, Directors at Large, Delegates and, of course our members for your volun-

teerism, dedication, efforts, and individual contributions to this organization. As always, let others know about RPEA, what we do for them, and why they should join RPEA in our fight to protect our benefits and pensions. At the end of December our chapter membership stood at 1,013 members. During this most recent reporting period, we lost 3 members (deceased). Reach out, share our newsletter, and invite prospective members to our meetings. Ask your colleagues and cohorts to join RPEA in its fight to continue to protect our pensions. **We are stronger together and together we can make a difference!** Applications are available at our meetings. Prospective members may also join on-line. A pdf version of the application is also available from RPEA's website at: <http://www.rpea.com>



Long Term Care (LTC) – Class Action Lawsuit: For those that have CalPERS LTC insurance, we are once again feeling the effects of the premium increase hike that took place in November 2022. The **Wedding, v. CalPERS** lawsuit is set to go to trial on May 15, 2023. Copies of the court's updated *Scheduling Order* and the parties' recent *Joint Status Conference Report* may be found at: <https://www.calpersltcclassaction.com/>

CalPERS Retiree Seat Runoff Election: Randy Cheek, Director of Legislation, faced off with Yvonne Walker in the runoff election for the retired member seat on the CalPERS Board of Administration. This seat was vacated by Henry Jones when he resigned in January 2022. Election results should soon be certified by the Secretary of State's office. Ms. Walker's term begins immediately upon certification and expires on January 15, 2028. As reported by Cal-PERS, the unofficial results indicate Yvonne Walker received 64,553 votes, which represents 56.90% of the votes cast during the voting period while Randy Cheek, received 48,900 votes, or 43.10%. Once again, we had low voter turnout when over 660,000 retired members were eligible to vote in this election. Thanks, Randy, for the tough fight, and despite the loss, we all know that **your voice and our voice** to that Board will continue to be heard loudly.

Thinking about Moving out of California: CalPERS put out an article on things to consider if you are thinking of moving out of California. It covers such topics as the need to consider

RANDOM THOUGHTS FROM THE PAST PRESIDENT

From time to time, something will come to me in an email, or I might read it in a newsletter or magazine, and I think it needs to be shared with my peers. Following is just one of those things I felt it might be of interest to you, our members...

Something to think about...

By Arnaldo Liechtenstein, Physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: **What are the causes of mental confusion in the elderly?**

Some offer Tumors in the head. I answer: No! Others suggest Early symptoms of Alzheimer's. I answer again: No! With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes: uncontrolled diabetes, urinary infection & dehydration.

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate.

Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (*chest pain*), coma, and even death. This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion: *People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body. So here are two alerts:

1) * Get into the habit of drinking liquids *. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work.

* The important thing is that, every two hours, you must drink some liquid. Remember this!

*2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now? Send this information on

to others! DO IT NOW! Your friends and family need to know for themselves and help you to be healthier and happier.

###

What You Should Know About Assisted Living Services, Amenities, and Benefits

Written by Kara Lewis

If your loved one is considering a move to a senior living community, the range of choices may seem overwhelming. Assisted living communities, one popular senior care option, offer assistance with the personal care tasks your loved one may need, alongside a variety of leisure options and levels of care. These communities combine the benefits of senior care with the social aspects of an active senior living community.

In assisted living, a team of qualified caregivers and attentive staff work together to create and follow a care plan for each resident. These communities offer a wide range of assisted living services, including personal care, nutritious meals, and engaging activities. [When it's time to consider assisted living options](#), many families are thrilled to learn that their loved one will have the help and support they need to remain independent for as long as possible at these communities.

"The amount of burden it takes off of the resident to not have to manage their life and instead focus on the good things — it's actually magical," says Rachel Levy, a social worker and national account manager for A Place for Mom.

From help with daily routines to providing a wide range of social opportunities that ward off loneliness, the services and amenities at assisted living communities can help seniors live their best lives.

Trained caregivers

The staff at an assisted living community plays a crucial role in helping residents feel safe, supported, happy, and, ultimately, more independent. Nurses and caregivers typically receive ongoing elder-care training, with a specific focus on helping seniors with their activities of daily living (ADLs). Through these services, assisted living staff empower seniors to be as independent as possible.

Depending on your senior loved one's specific needs, caregivers may provide support with the following:

- Bathing and showering
- Dressing and grooming
- Mobility
- Toileting
- Medication management

Many communities conduct [an assessment of care level](#) before move-in. If you're unsure of how much assistance you or your senior relative requires, or whether a community can meet those needs, you can discuss your concerns during your initial assessment.

Economic Impacts of CalPERS Pensions in California, FY 2020-21

California Benefit Payment Data FY 2020-21; 2020 Economic Data

A Look Back at 2020: The Impact of CalPERS' Pension Spending in California's Economy During the COVID-19 Pandemic

CalPERS provides pension benefits statewide and contributes substantially to local economies. In FY 2020-21, \$22.4 billion was paid in pension payments to 628,391 retirees and beneficiaries residing in California. Despite the unprecedented challenges and extreme economic uncertainty faced due to the COVID-19 pandemic, this report finds that our pension benefit payments continued to play an important role in supporting local economies and small communities.

This report provides estimates of how our retiree pension benefit payments in FY 2020-21 continued to support the California economy during the COVID-19 pandemic. More details about the methodology can be found at the end.

A Steady Statewide Economic Impact, Bigger Impacts Locally

An analysis in 2019 found that our pension payments generated an estimated \$28 billion in statewide economic activity. Even though the COVID-19 pandemic led to major economic disruptions in California in 2020, the estimated statewide economic activity of our pension payments only slightly decreased to \$27.7 billion.

Economic indicators show that between 2019 and 2020, California's gross domestic product, or GDP, decreased roughly 2%, according to the Bureau of Economic Analysis' data embedded within IMPLAN, the software used to conduct the analysis. While some regions and industries contracted significantly, the overall impact was offset by others that showed growth. In addition, the economic infusion of the federal COVID-19 stimulus helped counter economic contractions.

Overall, the statewide impacts of our pension benefit payments held steady with a bigger impact in the smaller communities.

Pension benefits are a reliable component of California's economy. Even when recessionary pressures rise, pension benefit spending can stimulate growth and provide several secondary benefits that support jobs.

Year in, year out, pension benefits supply a steady stream of income into the California economy.

JOIN US AT A MEETING NEED TRANSPORTATION?

CALL ONE OF OUR OFFICERS TO SEE IF RIDE
SHARING MIGHT BE ARRANGED.

PRESIDENT'S MESSAGE - continued from page 1

any tax implications; choosing a new health plan, and updating your direct deposit information. The brief article is available at: <https://news.calpers.ca.gov/thinking-about-moving-out-of-california-in-retirement/>

Free COVID-19 Tests: If you are in need of free COVID-19 test kits, they may be obtained from the federal government. The kits are shipped directly to your home via the U.S. Postal Service. The website to sign up for the test kits is: <https://www.covidtests.gov>

Here's to a happy and healthy year ahead!



###



Office Manager Corey Saeteurn and Accounts Payable Clerk Spencer Neuman enjoying some Christmas fun at Chapter 004's annual Christmas Luncheon.



Member Services Secretary Teena Stone and Vice-President Al Darby at the Christmas Luncheon.

Continued from page 2**Dining choices**

Rather than dealing with the hassles of grocery shopping, cooking, and monitoring nutrition, seniors in assisted living simply visit the community's dining areas. In addition to a social boost at mealtimes, dining areas give seniors access to delicious, nutrient-packed dishes.

Many senior living communities employ culinary experts, including a chef and registered dietitian, to provide a restaurant-quality dining experience with an emphasis on nutrition and taste. For example, at Sunrise Senior Living, a company with hundreds of communities, menu favorites include Greek salad, crab cakes, green beans amandine, and herb-roasted chicken.

Meal programs in assisted living communities typically offer the following benefits:

- Three professionally prepared meals a day
- A variety of entrée, side, and dessert options
- Nutrients from every food group
- Fresh fruit, healthy snacks, and drinks available any time
- Weekly menus posted in advance
- The option to invite family members and guests
- Special meal plan options, including diabetic, low-sodium, high-fiber, etc.

Housekeeping, laundry, and maintenance

Less housework means less stress, and nearly all assisted living communities include housekeeping with rent. These cleaning services give seniors more time to focus on their happiness, health, and well-being:

- Dusting and vacuuming
- Bed-making
- Bathroom and kitchen cleaning
- Laundry
- Apartment maintenance and beautification

Security features

Is your senior loved one having trouble managing [safety at home](#)? One of the most important assisted living services is 24/7, on-site staffing and enhanced safety for senior residents. This means staff can be there to handle urgent needs or emergencies at any time, day or night.

Expect assisted living communities to use modern security systems and provide the following safety and accessibility features:

- Clearly marked and alarmed exits
- Wheelchair ramps
- Handrails and grab bars
- Wide doorways

- Stair lifts
- Elevators
- Zero-threshold showers
- Emergency call systems

Enriching activities

[The loneliness that comes from senior isolation](#) stands out as one of the most common problems older adults face. A rich and stimulating social schedule can remedy this with activities to fit a wide range of interests. In addition to on-site social events, communities often plan outings to local museums, concerts, parks, and other attractions. Such services may not be your first concern when choosing a community, but social opportunities are a major benefit of assisted living.

Activities in assisted living communities focus on three core needs of aging adults:

Physical health. Popular physical health activities include walks, tai chi, strength exercises, dances, fitness classes, and yoga. Some communities even offer nutritional coaching.

Intellectual stimulation. Common intellectual activities include current events and interest clubs, art classes, book clubs, and computer classes.

Social connection. Communities promote social connections through events like game nights, devotions, happy hours, karaoke, holiday parties, and trips.

According to research in the journal *Dementia and Neuropsychologia*, staying involved physically, intellectually, and socially gives seniors a significant defense against cognitive decline.

One goal of [assisted living](#) communities is to provide every resident with a social outlet. Care providers talk to incoming residents and their families about individual passions and interests, often developing programming just for them. These initial conversations also help staff know which activities to encourage a new resident to try.

On-site amenities

A soothing change of scenery is never far in assisted living, with multiple rooms and creative spaces to lift residents' moods with pampering, leisure, and relaxation. When you see dedicated spaces for a [variety of activities](#), it is a good sign that a community has robust programming your loved one can look forward to.

Depending on the community, amenities can include a variety of options on-site:

- Beauty salon and barbershop
- Movie theater
- Game room
- Library
- Communal garden and courtyard
- Bar



SPRING LUNCHEON - RPEA CHAPTER 004

OUR SPRING LUNCHEON IS AROUND THE CORNER

Invite family – bring a friend. Come on out and join us. All are welcome.

WHEN: Wednesday, April 12, 2023

RSVP by April 7, 2023, to Marie Reed- details below

WHERE: CATTLEMENS

12409 Folsom Boulevard

Rancho Cordova, CA 95742 (Hazel Avenue Exit off Highway 50 East)

TIME: 11:00 a.m. (no host cocktails & social...)

12:00 p.m. (lunch served)

COST: \$15.00 per person

MENU: Top Sirloin Steak (*aged to perfection*)

Atlantic Salmon (*broiled thick cut boneless filet*)

Chicken Breast (*marinated teriyaki sauce or basted in lemon herb sauce*)

Pasta Ravioli (*vegetarian ravioli served with a seasonal sauce*)

SPEAKER: John Diggs on Senior Driving

All selections include a baked potato, all-you-can-eat salad, sourdough bread, ranch style beans, soda, coffee or tea. Steaks are prepared medium to medium rare. Special requests for rare or well done will be accommodated.

Please RSVP no later than April 7, 2023. *Make check*

payable to RPEA, Chapter 004. Indicate entrée selection(s) & mail reservation and payment to Marie Reed, 6796 Pocket Rd., Sacramento, CA 95831, telephone (916) 606-6049, marie.reed@comcast.net.

Payment must be received prior to the luncheon.

Non-perishable food donations will be collected for a local food bank.

NAME: _____ PHONE: _____ # RESERVED: _____

PRINTED NAME(S) FOR NAME TAG: _____

MENU SELECTION(S):

Steak: _____ Salmon: _____ Chicken: _____ Pasta: _____

UPCOMING MEETINGS

RPEA CHAP. 004
Sacramento, Yolo Areas
Second Wednesday
of each month.

Feb. 8, 2023
General Meeting - 11:00 a.m.
Vince's Ristorante
840 Harbor Blvd. West Sacramento

Mar. 8, 2023
Board Meeting - 10:00 a.m.
Aviator Restaurant
6151 Freeport Blvd. Sacramento

April 12, 2023
Spring Luncheon - 12:00 p.m.
Cattlemen's Restaurant
12409 Folsom Blvd. Rancho Cordova

Please RSVP if you plan to attend
any of these meetings
Members meals are free except for
Spring Luncheon and Holiday Luncheon

**NOW THAT IN-PERSON MEETINGS
HAVE RESUMED**

Lunch is **FREE** to members and **\$10.00** for guests for all
Chapter lunches except
**Spring Luncheon and
Holiday Luncheon**

Members may attend all meetings.
Please reserve your spot.

**Failure to make a reservation may result in no lunch
available and failure to appear and not cancel a
reservation will result in a \$10.00 charge.**

To reserve or cancel
contact **Sheryl Zazzi** at
redhatzaz@gmail.com or call (916) 607-8282
by the Wednesday before each meeting.

NOTICE!!!

If you discard or recycle our newsletter in the trash, please
shred it as there are email addresses and telephone numbers
listed in it. Our directors are volunteers and we don't want
unnecessary solicitations coming our way because of publi-
cation of those numbers.

Continued from page 4

- Porches, patios, and sunrooms
- Fitness center
- Woodworking shop
- Art studio
- Billiard room
- Chapel
- Large event space

Learn more about assisted living benefits

If you want to find out more about what life in an assisted liv-
ing community looks like, reach out to A Place for Mom's **Se-
nior Living Advisors**. These experts can answer any ques-
tions you may have about the differences between assisted
living, nursing homes, or even memory care and can help
find the best option for you and your family.

Sources

Dementia and Neuropsychologia. "Cognitive performance
and engagement in physical, social and intellectual activities
in older adults: The FIBRA study."

###



*Darlene Eredia and Tatiana
Weber enjoying the
Christmas Luncheon.*



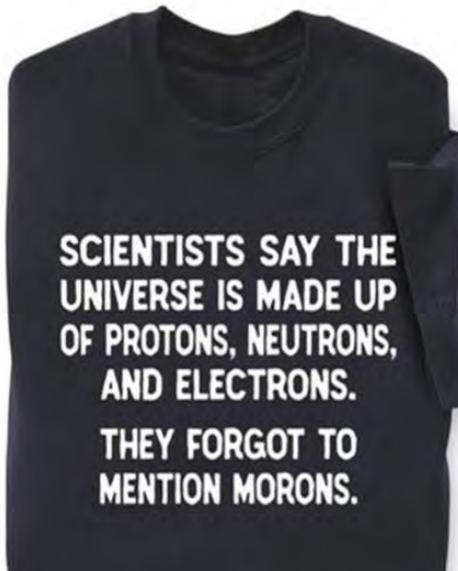
*From left: Johnnie
Young-Craig, Diane
Buffington and Penny
Felix at the Christmas
Luncheon.*



*Guest Drew Johnson greet-
ing the photographer at the
Christmas Luncheon.*

TEE-SHIRT WISDOM

*A Bit of Humor to
Brighten
Your Day!*





Retired Public Employees' Assn. Chapter 004
P O Box 188235
Sacramento, CA 95818-8235

www.rpea.com

NON-PROFIT ORG.
 U. S. POSTAGE PAID
 PERMIT NO. 1309
 SACRAMENTO, CA

TAKE THE 100% LOCAL PLEDGE
 SHOP Local
 STAND With Small Businesses
 SUPPORT Those Who Employ Our
 Neighbors
 We Will Come Back From This Together!

I COULD HAVE BEEN AN E-MAIL!

Save your Chapter mailing costs and receive me in color!
 Contact marie.reed@comcast.net

2021-23 CHAPTER 004
 OFFICERS

President Roxanne Woodward	(916) 388-0230
rwoodward55@comcast.net	
Vice President Randall Cheek	(916) 541-8988
rcheek1947@att.net	
Past President Marie Reed	(916) 428-2090
marie.reed@comcast.net	
Secretary Marie Reed	(916) 428-2090
marie.reed@comcast.net	
Treasurer Bobbi Smith	(916) 852-8736
smithbcat@hotmail.com	
Area VII Director Ken Brown	(530) 647-2168
moosenmarno13@gmail.com	
Asst. Area VII Director C.T. Weber	(916) 320-9186
ctwebervoters@att.net	

NOTICE!!

If you have moved or changed your address for
 delivery of this newsletter, please notify:
 RPEA Headquarters
 300 T Street
 Sacramento, CA 95811-6912
 or (916) 441-7732

2021-23 Chapter 004
 COMMITTEE CHAIRS

Health Benefits Vacant	
Legislation Randall Cheek	(916) 541-8988
rcheek1947@att.net	
Membership Diane Buffington	(916) 452-9097
diane-buffington@att.net	
Program Director Diane Buffington	(916) 452-9097
diane-buffington@att.net	
Newsletter Marie Reed	(916) 428-2090
marie.reed@comcast.net	
Special Events Sheryl Zazzi	(916) 607-8282
redhatzaz@gmail.com	
Reservations Sheryl Zazzi	(916) 607-8282
redhatzaz@gmail.com	
Sunshine Lucy Gutierrez	(916) 213-8719