



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.*

Volume 27, Issue 5



Sept./Oct. 2022

**PRESIDENTS MESSAGE - Roxanne Woodward**

Hello All –

We held our annual card bingo event in August at Oki Park with 28 members and guests in attendance. Thank you to those that made the effort to come out for this fun event. A good time was had by all. It's so nice that we've been able to have our in-person meetings. We've only held a couple of Zoom meetings this calendar year. Not bad for not having a regular meeting place! Our plan is to have our next two Board meetings at Aviator's (September & November). We'll be at Vince's in October and Cattlemen's in December. See fliers within this newsletter. RSVP's are required for all of our in-person meetings and events. We need to be more diligent about our RSVP. A reservation. is not only a courtesy to our venues, but it is often required so that tables may be set-up in advance. It also ensures that you have a lunch available.

I am proud of our Chapter as we continue to move forward. We have the opportunity to grow our membership. At the end of August, our chapter membership stood at 1,019 members. It is incumbent upon all of us to do our part in recruitment so that we may bring our numbers up and remain strong! Please let others know about our organization, what we do for them, and why they should join RPEA in its fight to protect our benefits and pensions. Share our newsletter and invite prospective members to join us at our meetings.

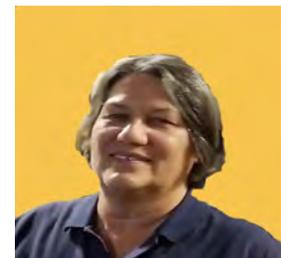
I hope that you are enjoying your summer thus far and look forward to seeing you in the near future.

**General Assembly 2022:** GA is fast approaching. It is being held this year in Sacramento from September 26-29, 2022 at the Harvard Hilton. Although our delegates and alternates have not yet received all of their printed packets from headquarters, they have been receiving emails with information on proposed resolutions, etc. I again extend an invitation to our local membership to join us and see your organization in action. Our chapter will reimburse its local members for mileage and meal expenses.

**Health Benefit Open Enrollment:** CalPERS members can change health plans during the open enrollment period (Sept. 19<sup>th</sup> to Oct. 14<sup>th</sup>). Open enrollment information is available on the CalPERS website and "myCalpers" accounts. Most health plans have increased. The new premiums take effect January 1, 2023. Additional information may be obtained at: [www.calpers.ca.gov](http://www.calpers.ca.gov)

**RPEA Board of Director's Meeting:** The RPEA Board of Director's met July 25-26, 2022 via Zoom, I attended this meeting along with a few other Chapter members who logged in. Aside from Board, Headquarters and Committee member

reports, the 2022-23 proposed budget was discussed as the new fiscal year begins on November 1<sup>st</sup>. The next Board of Director's meeting will be held during GA (September 26<sup>th</sup> -29<sup>th</sup>).



**CalPERS Elections – Randy Cheek for Retiree Seat:**

CalPERS ballots for the retiree seat will be mailed on August 26, 2022 and votes must be received by September 26, 2022. As you know our statewide Legislative Chairperson, Randall Cheek is running to fill this important retiree seat. Follow Randy on Facebook and learn of the many endorsements that he has received outside of RPEA. Randy is running against Yvonne Walker, former SEIU Local 1000 President and Ted Behrens, former California State Retiree's President.

Votes will be processed beginning September 27, 2022. You may vote online, by phone, or by mail. However, we recommend that you vote by mail so that a paper trail exists. We hope that you consider giving Randy Cheek your vote as it is a vote for our voice. We need people we can trust and who will work hard on our behalf to bring oversight, accountability, and transparency to the Board. The election results will be announced by CalPERS in October. Elections for the state and school member seats are not being conducted since incumbent Theresa Taylor and candidate Kevin Palkki were unopposed.

It is important that we get out the vote! Recently, Randy wrote an opinion piece for a southern California news outlet. In part it read: "From late August through late September, more than 650,000 retired CalPERS members will have the vitally important chance to vote for the one seat that they can directly elect to the board. Yet, recent history shows that fewer than 20% of those eligible will vote in this election to choose a representative who will help guide a pension system that generates \$28 billion in economic activity for California ...". These are dismal numbers. He also says "while many retirees don't cast votes in these elections - the impact that it has on communities around California is enormous, not to mention its importance to those of us lucky enough to have a CalPERS pension". Randy correctly points out how "CalPERS retirees must elect a Board member who will fight for ALL CalPERS retirees, who will end secrecy, attack mismanagement and demand transparency". Randy's op-ed may be found at the following link:

<https://thecoastnews.com/commentary-vote-somebody-for-calpers-board/>

**RANDOM THOUGHTS FROM THE PAST PRESIDENT**

Isn't it amazing how time seems to fly? Here we are already 2/3 of the way through 2022...where did the time go? I'm flabbergasted how it seems to take less and less time to move faster and faster through the year.

Meanwhile, while talking about how fast time goes by, I have come across some interesting items for us as retirees to consider. I realize this isn't the most pleasant topic, but as you know the passage of time is inevitable and there are many things we must consider as we age. One of which might be when to consider is it OK to remain living alone, together with your significant other, or should you or both of you consider something else. This decision is a complex one, both emotionally and practically. Above all, you want to be safe and well. Although every situation is different, the following signs are some key indicators that it may be time for a senior to transition to an assisted living facility.

- Increasing difficulty managing the activities of daily living
- Recent accidents in the home (such as a fall) or while driving

- Slower recovery times after an accident or illness
- Noticeable weight loss or increased frailty
- Changes in one's appearance, such as stained clothing or unkempt hair
- Loneliness due to lack of companionship
- Bills and loans going unpaid and mail from creditors going unopened
- Signs of dangerous driving (not wearing a seatbelt, easily distracted, new nicks or dents in the car)
- Stale or expired foods in the pantry and refrigerator
- Broken appliances that you used to use regularly
- Signs of lax housekeeping such as a dirty bathroom or lots of clutter around the home

Ultimately, no one other than the senior and those closest to them will know when it's the right time to transition for assisted living. But if one or more of the above situations occur, it's a sign that you might benefit from the services provided in an assisted living facility.

###  
**CalPERS Election**

**For the vacant retiree seat on the CalPERS Board of Administration, RPEA has endorsed our own Randall (Randy) Cheek. Be sure to vote when you receive your ballot for this important election.**

Everyday, Randy protects our pensions and fights to make CalPERS more transparent as the Retired Public Employees Association's Legislative Director.

Randy stopped the steal of \$2 billion from CalPERS members by Governor Schwarzenegger.

Representing both school and state workers, Randy fought to protect public employee's salaries, rights and benefits.

**Experience We Can Trust**

When Randy saw his fellow Vietnam Veterans were suffering from Agent Orange, he successfully fought to help them get their VA benefits.

Randy's unwavering commitment equals real results.

**He Asks The Right Questions and Gets Results.**

Paid for by Randy Cheek for CalPERS Board 2022  
ID#1447798  
Randycheekforcalpers2022.com

## WHAT SHOULD I LOOK FOR IN ASSISTED LIVING?

After determining if it's time for assisted living, it's time to choose a community. This is often the most challenging part – finding a community for yourself or your loved one that feels like home.

When possible, it's always great to tour a facility before any decisions are made about moving in to get a firsthand peek at what amenities are available and residents' lifestyles. Today, most communities offer high-quality virtual tours as well, which are particularly useful when in-person tours are not possible or safe. The main advantage of an in-person tour is that you can see and converse with current residents about their experiences. Still, virtual tours can provide you with an inside look at a community and give you more of a sense of it than just looking at pictures alone. Also, some communities may offer a brief trial period where you can stay for a few days to see how it fits you.

Whether you're looking at a community in-person or online, be on the lookout for the following signs of a high-quality assisted living facility.

1. **Regular Health Assessments:** You or your loved one should undergo an initial health assessment at the community, which will allow staff to determine the level of care needed. Staff should conduct regular follow-up assessments and adjust a resident's care plan as needed. This ensures that you or your loved one continues to get the care needed even as those needs change.

2. **Transparency:** Any trustworthy community should be able to provide you with details about costs, policies, and contracts on-the-spot. If a community takes a long time to provide you with this information or is not forthcoming about it, it's probably best to look elsewhere.
3. **Low Staff-to-Resident Ratios:** Some states mandate a minimum staff-to-resident ratio, while others leave it up to individual facilities to decide. Regardless, be sure to ask a community about their ratios and make sure that it's one you feel comfortable with.
4. **Efficient Communication:** You want to know that you'll always be able to reach the people responsible for your own or your loved one's care and to have your questions answered in a timely manner. Use the tour and inquiry process as a trial for the community's communication with family members. If it's difficult to get a hold of staff or get answers to your questions, it may indicate that the community staff is not the best at communicating.
5. **Amenities:** While all assisted living facilities offer personal care assistance, not all communities have the same amenities. If there is a certain amenity that is especially important to your or your loved one, such as a gym or swimming pool, be sure to check with each individual community you're interested in about which amenities they have onsite.

# # #



Here's Sheryl Zazzi calling the cards for our Bingo game.



Left to right: Penny Felix, guest Rosie Felix and Linda Peterson enjoying the game.



Left to right, Diane Buffington and Roberta Doyle hoping to win a hand.

A few photos from our recent card bingo in Oki Park. A good time was had by all and many prizes were won. A box lunch followed the game. This was a fun event and we hope to do it again.

At right: Bobbi Smith and Harry Gayle looking for a good hand.



**RPEA CHAPTER 004  
GENERAL MEMBERSHIP MEETING**

**OCTOBER 12, 2022  
VINCE'S RESTAURANT**



**840 Harbor Blvd.  
West Sacramento, CA 95691  
Phone (916) 371-6395  
*Vinceswestsac.com***

**Note: The meeting time is 11:00 a.m. as that is when the restaurant opens. Please arrive promptly so that you may get checked in.**

**LOOKING FORWARD TO SEEING YOU AT THIS GENERAL MEMBERSHIP MEETING.**

**MENU CHOICES:**

- \*Veal Parmagiana**
- \*Special Steak Sandwich**
- \*Italian Chicken Sandwich**
- \*Baked Lasagna**

***Lunch Includes \*Salad \*Hot Bread and Butter \*Coffee or Iced Tea  
(Gluten free pasta and vegetarian pasta available upon request)***

**Reservation Required**

**Cost is: \$5.00 - Members and \$10.00 - Guests**

**Please RSVP to our Reservation Chairperson, Sheryl Zazzi no later than October 5, 2022 and provide your menu selection. You may reach Sheryl via email at [redhatzaz@gmail.com](mailto:redhatzaz@gmail.com). Her mailing address is: Sheryl Zazzi, 1709 Lakewood Drive, West Sacramento, CA 95691-4043, telephone at (916) 607-8282. Make checks payable to RPEA, Chapter 004.**

# RPEA CHAPTER 004 - CHRISTMAS LUNCHEON

## Merry Christmas

Invite family. Bring a friend. Come out and join us. All are welcome.

DATE: December 07, 2022

TIME: 11:00 a.m. (no host cocktails) 12:00 p.m. (lunch served)

PLACE: Cattlemen's Restaurant  
12409 Folsom Blvd., Rancho Cordova, CA 95742  
COST: \$10.00 - Members and \$15.00 - Guests

### MENU:

Top Sirloin Steak - aged to perfection  
Atlantic Salmon - broiled thick cut boneless filet  
Chicken Breast- marinated in teriyaki sauce or basted lemon herb sauce  
Pasta Ravioli - vegetarian ravioli served with a seasonal sauce

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

Please RSVP by November 30, 2022. Indicate your entrée selection(s). Mail your reservation and payment to our Special Events Coordinator: Sheryl Zazzi, 1709 Lakewood Drive, West Sacramento, CA 95691- 4043, telephone (916) 607-8282, redhatzaz@gmail.com. Make checks payable to RPEA, Chapter 004. Payment must be received prior to the luncheon.

NAME: _____	PHONE: _____	# RESERVED: _____	
PRINTED NAME(S) FOR NAME TAG: _____			
MENU SELECTION(S):			
Steak: _____	Salmon: _____	Chicken: _____	Ravioli: _____

**UPCOMING MEETINGS**

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

**Sept. 14, 2022**  
**Board Meeting - 10:00 a.m.**  
**Aviator Restaurant**  
**6151 Freeport Blvd. Sacramento**

**Oct. 12, 2022**  
**General Meeting - 11:00 a.m.**  
**Vince's Ristorante**  
**(See flier on page 4)**

**Nov. 9, 2022**  
**Board Meeting - 10:00 a.m.**  
**Aviator Restaurant**  
**6151 Freeport Blvd. Sacramento**

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

Lunch is **\$5.00** to members and **\$10.00** to guests for all  
Chapter lunches except  
**Spring Luncheon and**  
**Christmas 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](mailto:redhatzaz@gmail.com) or call (916) 607-8282  
by the Wednesday before each meeting.

**INVITATION TO OUT OF STATE**  
**AND OUT OF COUNTY MEMBERS**

We would like to invite any fellow RPEA members, who live out of state or out of county, to join us. If you happen to be in town, during our meeting, come by and say hi and maybe tell us about some of your adventures.

This invitation also includes any of you from other chapters, who would like to stop by, and introduce yourself and tell us about your chapter.

**PRESIDENT'S MESSAGE - continued from page 1**

Also, CalPERS recently announced the Candidate Forum which will be held on September 7, 2022 from 12:30 p.m. to 2:30 p.m. via Zoom. Additional information may be found at the CalPERS website: [www.calpers.ca.gov](http://www.calpers.ca.gov)

**CalPERS Preliminary Rate of Return:** CalPERS recently released its preliminary rate of return for the previous 12-month period ending June 30, 2022. The net return for that period came in at a negative -6.1%, a big difference from a year ago which netted a 21.3% net return rate. The total fund annualized returns for the 5-year period ending June 30, 2022 stood at 6.7%, the 10-year period at 7.7%, the 20-year period at 6.9%, and 30-year period at 7.7%. At the end of the fiscal year, assets stood at \$440 billion. The estimated overall funded status stands at 72%.

The ending value of the fund is based on several factors and not investment performance alone. Contributions made to CalPERS from employers and employees, monthly payments made to retirees, investment fees, and the performance of its investments, among other factors, all influence the ending total value of the fund. Additional information may be obtained at: [www.calpers.ca.gov](http://www.calpers.ca.gov)

###

"Some of the biggest cases of mistaken identity are among intellectuals who have trouble remembering that they are not God."

###

**ONE MORE THING**

~Blood is thicker than water, but cheese dip is thicker than blood, so technically queso is more important than family.

~Today is national Underwear Day. I hope it didn't creep up on you.

~Sometimes you meet someone and you know from the first moment that you want to spend your whole life without them.

~The man who invented the Ferris Wheel never met the man who invented the merry-go-round. They travelled in different circles.

~I tried calling the tinnitus helpline. No answer. Just kept ringing.

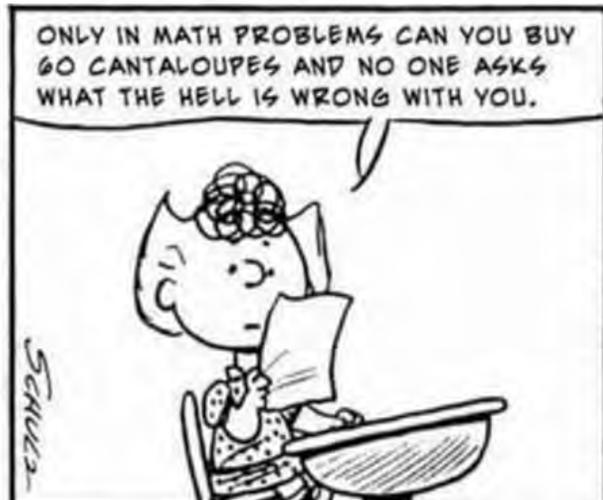
~A scientific study finds that fertility is hereditary. If your parents didn't have any children, chances are you won't either.

*A Bit of Humor to  
Brighten  
Your Day!*

Sometimes

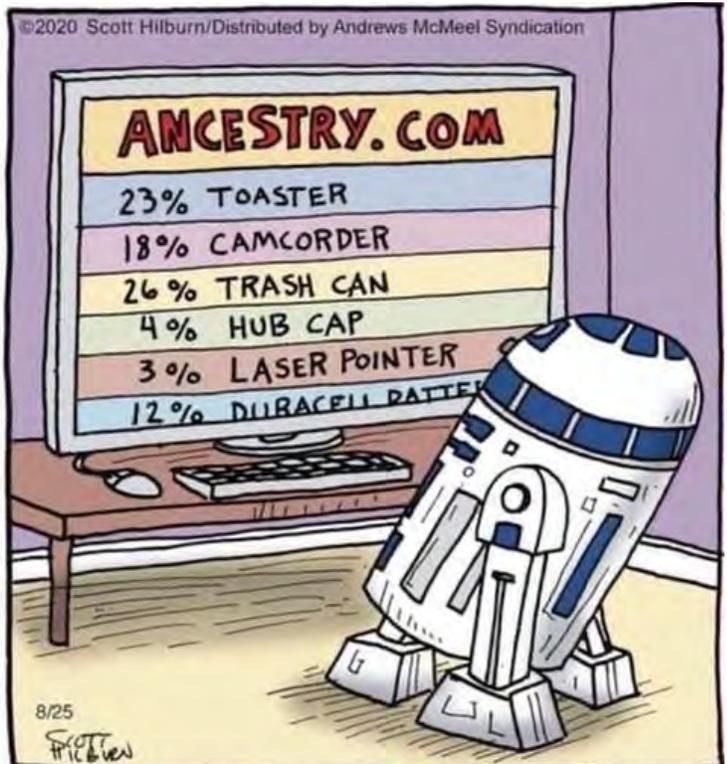
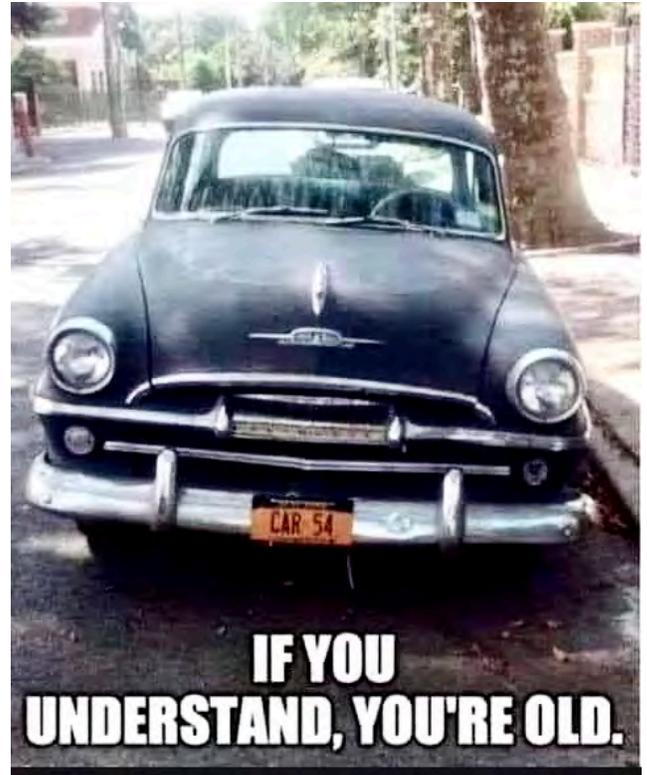


My greatest accomplishment is just keeping my mouth shut.



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**Retired Public Employees' Assn. Chapter 004**

**P O Box 188235**

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Contact [marie.reed@comcast.net](mailto:marie.reed@comcast.net)

2021-23 CHAPTER 004  
OFFICERS

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

2021-23 Chapter 004  
COMMITTEE CHAIRS

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