



# SAN BERNARDINO CONNECT

## Retired Public Employees' Association Chapter 33 – Area VI

JUNE 2023  
Volume 12 – Issue 2



*You're invited to our June Luncheon!*

**When** Tuesday, June 20, 2023 11:30 a.m. to 2:00 p.m.

**Where** Fellowship Hall, First Presbyterian Church  
1900 North "D" Street, San Bernardino

**Important!** Reservations are required by **Mon., June 12** at the latest.  
Phone June Copple at 909-583-1082 or Kathy Pollard at 909-229-5167. Be sure to give us the name and phone number for each person who will attend. Our catering order must be accurate; so if you RSVP and then find you can't attend, let June know right away.

**Menu** BBQ Pork Ribs and BBQ Tri-Tip , Baked Beans, Potato Salad, Fruit Salad, French Bread with Butter, and Cookies for Dessert

**Lunch Prices** Member attending for the first time: FREE

Current Member \$10 Member's Spouse: \$10 Guest: \$15

Caregiver (if needed) \$10 Non-member: First time \$10; thereafter \$15

**Program** Our guest speaker will be Maria Swanson from AMBA (Association Member Benefits Advisors). She will discuss the exceptional benefits available to RPEA members—including insurance for health, dental, vision, hearing, accident and home health care.

**Don't Forget** Bring along used books and magazines (ones no more than three months' old) for our Readers' Exchange. It's a chance to get some "great reads" at no expense!

We are California public employees who are working together to maintain and improve the quality of our members' lives by protecting and improving our retirement and medical benefits. RPEA members include retirees and their beneficiaries, those public employees who are currently employed, family, friends, and others who share our goals. We welcome everyone!



## **A WARM WELCOME AWAITS OUR NEWEST MEMBERS!**

John Burell   Florida  
Rosie Crossland   Yucaipa  
Jamil Hashim   Rialto  
Annie Jones   Fontana  
Jesus Rodriguez   San Bernardino  
Wayne Smith   Sierra Vista  
Larry Stewart   Rialto  
Celia Stormes   Beaumont

### **ABOUT YOUR COLA AND INFLATION**

As a CalPERS retiree, you may be wondering when you are to receive your annual Cost-of-Living Adjustment (COLA). Here's the information CalPERS has posted on their website:

Retirees typically receive an annual COLA paid on the May 1 benefit payment. The law requires that retirees receive their first COLA in their second calendar year of retirement. That means if you retired in 2020 you got your first COLA in May 2022. If you retired in 2021, you see your first COLA in May 2023. COLAs are limited to a maximum of 2% compounded annually for all school retirees and First-Tier State of California retirees. Second Tier State of California retirees receive a fixed 3% COLA. Public agencies contract with CalPERS for their COLA (ranging from 2% to 5%) so it depends on what your agency contract stipulated. Your COLA allowance can equal but not exceed the rate of inflation using the U.S. City Average. The law also limits your annual adjustment to the rate of inflation or the COLA based on your agency's contract with CalPERS-whichever is lower. The Purchasing Power Protection Allowance (PPPA) protects against inflation for those whose benefits fall below minimum levels established by law. Most members will not begin to be eligible for the PPPA adjustment until 25 to 30 years into retirement.

If you have questions about your COLA, you can phone CalPERS at 1-888-225-7377.

## PUT COLOR ON YOUR MENU!

According to an article in Consumer Reports' ON HEALTH, research has shown that people who eat the most brightly-colored fruits and vegetables (which are those with carotenoids) are 16% less likely to become frail. Studies show that frailty (age-related weakening) increases the risk of falls, fractures, hospital stays, and early death. Carotenoids are antioxidant compounds that help by reducing inflammation and protecting cells from damage that contributes to muscle strength loss.

SOURCE: THE AMERICAN JOURNAL OF CLINICAL NUTRITION, May 2022.

## TOO MUCH SALT?

According to the JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY, too much salt can damage your blood vessels, heart, kidneys and brain. The USDA recommends that healthy adults consume no more than 2,300 milligrams of sodium per day. It's important to monitor sodium intake!



## UPDATE: LONG-TERM CARE CLASS ACTION LAWSUIT

All Participating Settlement Class Members should have, by now, received a notice of the second Proposed Class Action Settlement. Using your unique ID Number and PIN, a claim must be submitted online at [www.CalPERSLTCCClassAction.com](http://www.CalPERSLTCCClassAction.com) by the June 6, 2023 deadline. Any Class Member who has NOT received the notice or who has questions should call the Settlement Administrator at 1-866-217-8056.

### CHAPTER 33 BOARD MEMBERS' CONTACT INFORMATION

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## **PHONE 211**

In 2000, the FCC designated 211 as the 3-digit number for information/referrals to social services and other assistance. In 2021 alone, 211s (across 95% of the U.S). responded to more than 21 million requests for help. The 211 service is provided by more than 200 organizations that serve their local communities, including United Way, Goodwill, Community Action Partnerships and local crisis centers.

You can access free/confidential crisis and emergency counseling, disaster assistance, food, health care/insurance assistance, stable housing/utilities payment assistance, employment services, and veteran services as well as childcare and family services. 211 connects people with resources/services to improve their lives, with help available 24/7 and in more than 180 languages. 211 does much more than “patch people through”!

If you or someone you know needs help, no matter the situation, 211 provides caring help. To get connected and get practical help, simply call 211 or search 211.org.