



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 25, Issue 2



MAR/APR 2020

Presidents Message - Roxanne Woodward

Lunch is **\$5.00** to members and **\$10.00** to guests for all Chapter lunches except

Spring Luncheon and Christmas Luncheon

Members in good standing 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 Friday before each meeting.

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UPCOMING EVENTS

RPEA CHAP. 004

MEETINGS

Sacramento, Yolo Areas
Second Wednesday
of each month.

**PLEASE NOTE:
SOME MEETINGS LISTED
BELOW MAY BE CANCELED**

Wed. May.13, 2020

Board Meeting, 10:00 a.m.
CANCELED

Wed. June 10, 2020

General Meeting, 10:00 a.m.
Casa Gardens Restaurant
2760 Sutterville Rd.

Wed. July 8, 2020

Board Meeting, 10:00 a.m.
Casa Gardens Restaurant
2760 Sutterville Rd.

With the virus outbreak, it's a much different spring than any one of us could have imagined. This is a somber time for our families, communities, and our country. We cancel meetings and events, practice social distancing and adhere to stay at home orders. This is important. People all over the country have sacrificed. We all need to do our part to help control the spread and keep ourselves and each other safe. We will get through this together.



When we face adversity, we come together. Much like our membership, together we are stronger. As our anxiety and fear mount, so does our stress level. I continue to remind myself that we must find our inner peace. Stay calm and stay strong. Take care of yourself and each other. Be sure to drink plenty of fluids and get lots of rest. Reach out when you can. Pick up the phone. Call other Chapter members, friends, neighbors or relatives to say hello and catch up, send a card or reach out by other electronic means. There is no better time than now. I recently came across this quote: "One of the most powerful ingredients for stress reduction is warm, caring emotional support." – attributed to Elissa Epel

Election of Officers took place in February. Area Director VII Ken Brown was on hand perform the installation of officers. The President, Vice President, Secretary and Treasurer were re-elected by acclamation as there were no nominees from the floor. Directors at Large are Diane Buffington, Pat Fuller, Harry Gayle, Nadie Savage, Johnnie Young-Craig and C.T. Weber. General Assembly (GA) will be held this year and our GA Delegates are Diane Buffington, Pat Fuller, C.T. Weber and Roxanne Woodward. GA Alternates are Johnnie Young-Craig, Mary Crump and Penny Felix. Thank you to all who participated in our election process. On another note, all of our six standing Committee chairs have agreed to continue in their present roles; however, if anyone has an interest in serving as a Committee chair, please let me and/or the Chair of that office know as there is always room for mentoring new leadership. The same holds true for any of

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Installation of Officers - 02/12/2020

From left: Harry Gayle, Penny Felix, Nadie Savage, Ken Brown (in back), Mary Crump, Diane Buffington, Pat Fuller (seated) Roxanne Woodward, Randy Cheek, Marie Reed, Johnnie Young-Craig. Absent were Bobbi Smith and C. T. Weber

RANDOM THOUGHTS FROM THE PAST PRESIDENT

What a month!! We are in the midst of a major health crisis across the world and questioning every activity that we enjoy. Shall we go or shall we stay huddled in our homes until this crisis passes? What a way to spend our retirement “golden years”. Of course, as Seniors, we are in a vulnerable situation. It seems this coronavirus is most harmful to our age group as our immune systems are more likely to be compromised due to age or other health conditions. It is because of this caution that our events have been canceled and meetings are held in abeyance. Hopefully there will soon be some better news. On another note, I wish to express my thanks to those loyal members who attended our February General meeting and participated in the election of officers for the coming two-year term. It is very sad to note that of a total membership of

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President's Message

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the elected Board positions. Thank you all for your commitments to this great organization.

In early March we had an informative and productive Board meeting. After that meeting, we cancelled our April Spring luncheon and our May Board meeting. Should there be a need, we will hold a meeting by conference call or other electronic means.

I am hopeful that our members will attend GA as it will be in Sacramento from September 21-24 at the Hilton Sacramento Arden West. Our Chapter will reimburse you for mileage, parking and your banquet ticket. The GA committee is seeking volunteers to assist with registration, greeters or surplus inventory sales. Each volunteer will receive a RPEA polo shirt. If you are interested in lending a hand by filling a two-hour time slot, please contact me for further details. Thank you to those members who have already agreed to volunteer.

GA Resolutions are due in May and must be vetted through our Board. If you have a proposal or would like to discuss a potential submittal, please let me know soon. According to RPEA's Policy File, a resolution at GA is a means to determine, consult and deliberate the will or intent of a member or group of members to make a legal change in the Bylaws or to promote Board action by a vote of the assembled delegates.

In closing, I want to wish you and your families a joyful Easter and a favorable spring ahead. I'm looking forward to seeing you in the coming weeks. In the interim, stay strong, healthy and safe.

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I've got all the money I'll ever need . . .
unless I buy something.

From Wit and Wisdom

over 1,100, only 43 hardy souls turned out for this important activity. I do realize that many of you – about half of our members – are not local to Sacramento, but of the over 600 living in our area and of those who are able to attend, only 43 decided who will be our Chapter leadership for the next term. When I became active in this Association, we usually could count on at least 50-60 members at regular meetings and over 100 for special events. Please try to join in the meetings after the health crisis has ended and help make this the most vibrant Chapter once again.

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Newsletter Articles Wanted!

Share with us what you've been doing, your thoughts or reflections on retirement, any positive stories that might be of interest to our Chapter. Write for our newsletter. To get you started...

- Have you taken any interesting trips, foreign or domestic?
- How about hobbies...do you like to garden, Zumba, sing, write poems, fish, sail, practice yoga?
- Have you joined a club or organization that could be of interest to the rest of us?
- Have you participated/volunteered in a special event?
- How about books or films? Seen a good opera, play or concert?
- If you've moved out of state, has it been a good experience? We have much in common. Just send us a letter or an email to the addresses on the back page and we can publish it in the next Newsletter.

IMPORTANT LEGAL DOCUMENTS

ALL SENIORS SHOULD HAVE

All adults - especially seniors - should have at least four essential legal documents to protect yourself and your family. These documents will make sure your wishes regarding your estate are legal and clear and will help minimize any conflicts and confusion with your family and your health care providers if you become seriously ill or when you die. Here are the key documents you need, along with some tips to help you create them.

Will: This document lets you spell out your wishes of how you'd like your property and assets distributed after you die, whether it's to family, friends or a charity. It also allows you to designate an executor to ensure your wishes are carried out and allows you to name guardians if you have dependent children.

In addition to a will, if you own real estate or have considerable assets, another option you may want to consider is a "revocable living trust." This functions like a will but allows your estate to avoid the time and expense of probate (the public legal process that examines your estate after you die) and helps ensure your estate's privacy.

Durable Power of Attorney: This allows you to designate someone you trust to handle your financial matters if you become incapacitated.

Advanced Health Care Directive: This includes two documents that spell out your wishes regarding your end-of-life medical treatment. The two documents are a "living will" which tells your doctor what kind of care you want to receive if you become incapacitated, and a "health care power of attorney" (or health care proxy), which names a person you authorize to make medical decisions on your behalf if you're unable.

You should also consider making a do-not-resuscitate order (DNR) as part of your advance directive, since advanced directives do little to protect you from unwanted emergency care like CPR. To create a DNR, ask your doctor to fill out a state appropriate form and sign it.

NON-PERISHABLE FOODS, YOUR USED GREETING CARDS AND/OR PULL TABS FROM ALUMINUM CANS

We continue to request donations of non-perishable foods, the fronts of used greeting cards and pull tabs from aluminum cans.

The foods are donated to the Sacramento Food Bank and the pull tabs to Ronald McDonald House. We send the fronts of greeting cards to St. Jude's Ranch for Children where the children use them to create new cards for sale. The Ranch will not accept Hallmark, American Greeting or Disney card fronts due to copyright issues. This program assists young people in learning business skills while raising funds for a charity.

DO-IT-YOURSELF

If you have a simple estate and an uncomplicated family situation, there are do-it-yourself resources that can help you create all these documents for very little money. Some options to consider include Quicken WillMaker & Trust 2020 software (available at Nolo.com) that costs \$90 and works with Windows and Macs and is valid in every state except Louisiana. And LegalZoom.com, which offers an estate plan with professional legal guidance with an independent attorney for \$179.

GET HELP

If, however, you want or need assistance or if you have a complicated financial situation, blended family or have considerable assets, you should hire an attorney. An experienced lawyer can make sure you cover all your bases - especially when writing a will or living trust - which can help avoid family confusion and squabbles after you're gone.

Costs will vary depending on where you reside, but you can expect to pay somewhere between \$500 and \$2,000 for a basic estate plan that includes a will, power of attorney and advance directive. If you want your estate plan to include a living trust, that can run anywhere between \$1,500 and \$5,000.

The National Academy of Elder Law Attorneys (NAELA.org) and the National Association of Estate Planners and Councils (NAEPC.org) are two good resources that have directories on their websites to help you find someone in your area.

If money is tight, check with your state's bar association (see www.FindLegalHelp.org) to find low-cost legal help in your area. Or call the Eldercare Locator at 800-677-1116 for a referral.

The above is from a column by Jim Miller who writes for SavvySenior.org. Used without permission.

Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Visit SavvySenior.org.

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The amount of sleep needed by the average person is five minutes more!

From Wit and Wisdom

LUNCHEON POLICY

Chapter 004 holds its meetings at Casa Garden Restaurant on the second Wednesday of each month. General membership meetings are held during even numbered months, while Board meetings are held during odd numbered months. Our contract with Casa Garden requires a minimum of 50 lunches be purchased for general membership meetings and 17 lunches for Board meetings. Because the total number of Board members, Directors at Large and Committee Chairs is less than 17, we urge interested members to attend the Board meeting as well as the general membership meeting. The nominal cost to members is \$5 and \$10 for guests per meeting.

Reservations for attendance at meetings with choice of meal must be given to the Reservation Chairperson no later than the Friday before the meeting.



www.rpea.com

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JOIN US AT A MEETING

NEED TRANSPORTATION?

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

I COULD HAVE BEEN AN E-MAIL!

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

2018-20 CHAPTER 004

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NOTICE!!

**If you have moved or changed your address for
delivery of this newsletter, please notify:**

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2018-20 Chapter 004

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