



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 24, Issue 3



May/June 2019

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 **Nadie Savage** at savagelouise1948@gmail.com or call **(916) 495-2742** by Friday before each meeting.

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UPCOMING EVENTS

RPEA CHAP. 004

MEETINGS

Sacramento, Yolo Areas
Second Wednesday
of each month.

Wednesday, June. 12, 2019

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

Wed. July 10, 2019

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

Wed. Aug. 14, 2019

General Meeting, 9:30 a.m.
EARLIER FOR CARD BINGO
Casa Gardens Restaurant
2760 Sutterville Rd.

Wed. Sept. 11, 2019

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

Many retirees received their Cost-of-Living Adjustment (COLA) in the May warrant. The COLA is a benefit to ensure your value of money at retirement keeps up with the rate of inflation. Those on a fixed income in retirement count on it. Today we are seeing and paying higher costs for a lot of things, including health care and prescription medications. Every bit helps.

We had a good turnout at our Spring luncheon at Cattlemen's. Sheryl Zazzi has been doing a great job with the planning and handling of our special events. The Santa Cruz Follies event is coming up in September. It is an annual musical production full of comedy, dancing, and singing. The Follies is sponsored by the Santa Cruz based Senior Citizens Opportunities and features entertainment by performers all over

the age of 50. If you have not already done so, be sure to sign up for this bus trip as the deadline will be here before we know it. I'm excited and hope that you are too. On a similar note, I recently read that the musical, Beach Blanket Babylon, is ending its 40+ year run at the end of this year. I'm glad that I had the opportunity, thanks to Sheryl, to see them at Club Fugazi a few years ago.

The CalPERS Benefits Education Event has announced its Sacramento make-up day for those that were impacted by the event shutdown on March 2nd. The make-up date is May 18th and the location is CalPERS headquarters building. RPEA will have a vendor table at this event.

RPEA recently launched its new website. The address is the same: www.rpea.com, but the look and content are new. Check it out. If you are an active member, invite your co-workers to join. The application is on-line.

A brief article in the newspaper the other day mentioned that a new member was just appointed to the CalPERS Board of Administration. That individual is Lisa Middleton of Palm Springs. She was appointed by Governor Newsom and will be representing local government on the 13 member Board.

A trial date has been set for June 2019 for the CalPERS long term care lawsuit. The lawsuit stems from a series of rate increases that began in 2013. CalPERS says that winning the case would actually harm people who bought the plan because the pension fund would be compelled to more than double the rates it charges for long-term care insurance.

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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.

AIR TRAVEL TIPS FOR OLDER PASSENGERS

Now that summer travel time is here, a question was asked about airport or airline services available for older passengers. Some tips given by Jim Miller, The Savvy Senior, are:

Booking: Make any special requests that will help make the trip easier for you at the time you book your flight. You will need to make these requests over the phone.

For example, you may want to book a preferred aisle seat in the front of the plane for easier access or bulkhead seats that provide extra leg room, and you should probably request a wheelchair with an attendant to maneuver through the airports that you will be arriving to and departing from. Or, inquire about electric carts if a wheelchair isn't desirable. If you require the use of oxygen, check with the airline regarding their policy for oxygen units. While the FAA prohibits the use of personal oxygen tanks during flights, they do permit certain portable oxygen concentrators.

Getting to the airport: If you need help getting to the airport, there are various senior transportations options depending upon your location. Also available are SuperShuttle, Uber or Lyft.

Airport Assistance: If you are flying on your own, most airports allow elderly fliers to be escorted to and from

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SPRING LUNCHEON NOTES

A gathering of almost 60 members and guests attended the annual Spring Luncheon sponsored by Chapter 004. We dined at the Cattleman's Restaurant in Rancho Cordova, enjoying the fine menu selections with all the trimmings. We had such a good time I don't believe anyone took photos for us to share here.

A presentation was given by J. J. Jelencic, the RPEA supported candidate for the Retiree's Seat on the CalPERS Board. J.J. told us his qualifications and information about CalPERS, having worked there for many years prior to retiring, and having served previously on the CalPERS Board as the representative of active employees.

We also had the opportunity to meet and listen to the Northern California AMBIA representative, Anja Baucom. Anja spoke about some of the benefits being offered to our members and is here in Sacramento to help members take advantage of offerings by AMBIA. She can be reached at 1-800-258-7041.

As members of Chapter 004, you are encouraged to participate in the events we offer our membership. We always seem to have a great time and enjoy the comradery of our fellow retirees in whatever activity we offer. We are looking forward to a day in Santa Cruz on September 12. See information in the last issue of *The Camellia* for the flyer to join in that excursion.

the gate by a non-traveling companion as long as they get a gate/escort pass, which he or she can get at the airline check-in counter by showing a government-issued photo ID. Or, some airlines offer special check-in and escort assistance to passengers that request it. Also, there are some independent companies that will meet you at the curb, check your bags, expedite all check-in and security processes and escort you to a VIP lounge and then to the gate when boarding is called. These are at an additional fee, however. Other options are also available, but of course, these also come with additional fees.

Security and boarding: To help get through security screening a little easier, the Transportation Security Administration (TSA) offers special expedited screening to passengers 75 and older as well as those with disabilities and medical conditions. This allows those individuals to move through security without removing their shoes or jackets, and some airports may have a special line for these travelers.

When it's time to board, you can also take advantage of the airlines pre-boarding option for elderly passengers who need some extra time to get on the plane and get settled. And for getting off the plane, you can wait for the other passengers to disembark so attendants can assist you with carry-ons and escort you from the plane.

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

Please bring non-perishable food to donate to the Sacramento Food Bank when you come to any meeting or member luncheon. Just one can a meeting can make a big difference to a local family. We have successfully donated to the Food Bank every year.

And did you know we can make a difference with items we usually toss away?

Don't toss your used greeting cards! Bring only the fronts of the cards to the Chapter meeting for me to get them to St. Jude's Ranch for Children. The Ranch teaches their participants to recycle used greeting cards into a new product to sell in their gift shop. The program assists young people in learning business skills while raising funds for a charity. We recently had word from one of our members, Janice Williams, that the Ranch will not accept Hallmark, American Greeting or Disney card fronts due to copyright issues.

Rather than toss those aluminum tabs from soda cans and other products that use them, bring the tabs to the meeting and I will get them to McDonald House, which collects them as a fund-raiser for their programs.

Thank you for your generosity.

~ Nadie Savage

A NOTE FROM ELLIE

I have had many calls regarding a cruise on October 26-November 2, 2019. We have enough interest to go ahead with the trip. Approval from President Al to offer the opportunity to participate in this RPEA supported event has been received, so plans are moving forward. All RPEA members are invited to join in this cruise. See the note in the latest issue of the RPEA magazine regarding this fun trip.

Once you let me know you are interested, I will get your permission to pass on your contact information to my cruise travel agent. She will then call each person and book the appropriate stateroom. If we book soon, we should have enough points to pay for a cocktail party and possibly other perks such as \$50 OBC, etc.

Since we will be cruising over the Halloween holiday it might be fun to have our own little Halloween costume party. Let me know if you are interested in joining in on this fun adventure. Looking forward to hearing from you soon.

Ellie Knapp, RPEA Area V Director

661.607.2072 (C)



Ship: Royal Princess
Date: Oct. 26 - Nov 2, 2019
Ports: Leave San Pedro on 10/26/19
10/27/19 @ Sea
10/28/19 Day in Cabo San Lucas
10/29/2019 Day in Mazatlán
10/30/2019 Day in Puerto Vallarta
10/31-11/1 @ Sea
11/2/19 Home

Prices for this cruise will depend on when you book your stateroom and the number of people in your stateroom. The going rate at time of booking and special promotions will be applicable. Contact Ellie Knapp if interested, but no later than July 15, 2019.

Column below borrowed from: "News Briefs", a Sacramento County Retirees publication.

MORE ABOUT TRAVELING

When we think of traveling and preserving the memories of our trips, we usually think of photographs, photo books and videos of our trip. These methods of memorializing our adventures are very important and a way to share our trip with our friends and family. But let me ask you this question. When looking back on a trip, have you ever been at a loss to remember a favorite restaurant, museum or shop where you bought a wonderful gift? I know, because it has happened to me.

A good friend who travels frequently gave me a journaling travel book for a gift. I have filled 6 of these books with my memories. Even if you are not a great writer, these books are easy to use and a goldmine of information.

Go to Amazon or your local bookstore (i.e., Barnes and Noble) to find one that suits you. They are compact and lightweight. Here are some of my suggestions for content: a daily page that includes weather, name of the country and city, lodging, form of transportation, food (where you went and what you paid), expense items, stores and what you bought and the cost (great for helping with customs), and a section for journaling your day. I suggest you fill it in daily; I

usually journal at night when the day is still fresh in my mind. I have gone back and relived my trips, given information to fellow travelers before they leave on their adventures, or looked up a favorite shop or restaurant for future return trips.

A combination of visual and written reminders of your adventure makes for a wonderful way to remember and share your experiences for many years to come.

The saying goes something like this: travel is 40% anticipation, 20% the actual trip and 40% remembrance. Get the most for your time and money: **journal**. Happy Traveling

Presidents Message - Cont'd from page 1

For those who have CalPERS Long Term Care, we'll have to wait to hear the outcome of this class action lawsuit.

We hope that you can join us for our June 12, 2019 general meeting at Casa Garden. Our guest speaker will be Percy McGee and his topic is "Protecting your Wealth and Health Care Costs in Retirement". We hope to see you there.

As Memorial Day is nearing, let us not forget those who served and paid the ultimate sacrifice for our country. Enjoy the holiday and fly your flag to honor those we celebrate this day..



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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