

#### RETIRED PUBLIC EMPLOYEES' ASSOCIATION Surf City—Santa Cruz Chapter 009 November 2021

We are retired California public employees working together to maintain and

improve the quality of the lives of our members by protecting and improving our





## HOLIDAY LUNCHEON and **ENTERTAINMENT**

Tuesday - DEC 7th

Doors Open at 11AM - Meeting at 11:30

## Served Lunch

Chicken Cordon Bleu Scalloped Potatoes Veggies & Rolls Dessert

Coffee and Tea will be served.

The No Host bar will be open.

\$20 per person. Guests welcome.

(A vegetarian meal may be requested when you reserve)

## Back Nine Grill and Bar At Pasatiempo

Live Music with



Great Raffle Door Prizes!!!

Make your reservation by November 30th

Contact Marge Laxon at 831-476-2960 or robtmarge@yahoo.com

We will be collecting donations of food and \$ for Second Harvest

Please bring your proof of vaccination & wear a mask until you enter our dining room County Health Dept. COVID-19 protocols will be followed Issue 11
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#### RPEA CHAPTER 9

## BOARD OF DIRECTORS 2020-2021 PRESIDENT

Bob Culbertson 724-0860 bculb@sbcglobal.net

#### IMMEDIATE PAST PRESIDENT

Mary Doherty 423-3610 maryatscruz@aol.com

#### **VICE-PRESIDENT**

Lynn McKibbin 338-7074 lynnmckibbin@cruzio.com

#### RECORDING SECRETARY

Mary Doherty 423-3610 maryatscruz@aol.com

#### **TREASURER**

Steve Redfield 476-8120 sredfi3717@aol.com

## DIRECTORS Term 2021-2022

Jo Paulson 916-677-7226
cappyjo@kalenda.com
Dena Taylor 831-462-5548
detaylor@cabrillo.edu
Nancy Carr-Gordon 831-438-0108
Gordon741@comcast.net
1 Director vacancy

#### Term 2020 -2021

Bill Philipps 831-476-4584 philipps999@gmail.com Sue Pierce 408-353-2832 sapierce48@gmail.com 1 Director vacancy

#### **COMMITTEE CHAIRS**

**MEMBERSHIP:** Bill Philipps

HISTORIAN: vacant CONSIDER VOLUNTEERING!

**HOSPITALITY:** vacant

**HEALTH/INSURANCE:** Lynn McKibbin

**LEGISLATION:** 

Jerry Bowles, Nancy Carr-Gordon
NEWSLETTER EDITOR: Dena Taylor
PROGRAM: vacant CONSIDER VOLUNTEERING!
OUTREACH: Sue Pierce

SUNSHINE: Mary Doherty

AREA III ASST. DIR.: Bob Culbertson

RPEA Chapter 9 website: www.rpeasantacruz.org

Webmistress: Becky Taylor 421-9284 beckytaylortutor@gmail.com

#### Treasurer's Report - Steve Redfield

Beginning Balance: 10-1-2021 \$5,304.03 Ending Balance: 11-1-2021 \$5,387.09

#### **FUND BALANCES**

General Fund \$5,040.45
Investment Opportunities \$346.64 **TOTAL** 3-1-2021 \$5,387.09

#### **Legislative Report** — *Jerry Bowles*

The California legislators are out of session now. The State RPEA newsletter has a summary of the bills that RPEA followed last year. Two Federal bills to reform Medicare (HR 82 has 233 co-sponsors and Senate Bill 1302 has 35 co-sponsors) are both two-year bills that are moving slowly. The state of California has a budget surplus. So, now is the time to lobby for seniors.

The California 2021-22 Justice in Aging Budget Summary says that more money will be available for senior housing, health care, in-home and long-term care, technical help, and more. Details to follow as to the amount Santa Cruz will get.

#### **Boosters and Third Shots of Vaccine against COVID-19**

COVID-19 vaccine boosters and additional vaccine doses are now authorized by the U.S. Food and Drug Administration (FDA) and recommended by the U.S. Centers for Disease Control and Prevention (CDC) for certain people. <u>Lisa Maragakis, M.D., M.P.H.</u>, senior director of infection prevention, and <u>Gabor Kelen, M.D.</u>, director of the Johns Hopkins Office of Critical Event Preparedness and Response, explain what you need to know about these COVID shots.

#### What is a COVID-19 vaccine booster?

A COVID booster shot is an additional dose of a vaccine given after the protection provided by the original shot(s) has begun to decrease over time. Typically, you would get a booster after the immunity from the initial dose(s) naturally starts to wane. The booster is designed to help people maintain their level of immunity for longer.

#### Who can get a COVID-19 vaccine booster?

The CDC and FDA recently updated recommendations for the different vaccines available in the U.S. In California, the state Public Health Officer has expanded the eligibility in this state. People in California who are 18 and older are eligible for a COVID booster shot if at least six months have passed since their second dose of the two-shot Pfizer or Moderna vaccine or two months have passed since their Johnson & Johnson shot.

#### What are COVID booster side effects?

After getting vaccinated for COVID-19, you might experience some temporary symptoms similar to those you might notice when you get a flu shot, such as a sore, swollen arm where (Continued on last page)

#### PRESIDENT'S MESSAGE — Bob Culbertson

Dear Fellow Retirees.

This year our long serving Area II Director Bob Van Etten has retired, and Bill Wallace will now be representing us at the State RPEA Board of Directors. I am still serving as an Area III Assistant Director. If you are interested in being an Assistant Area III Director, please contact me and we can discuss the duties and process (we have more than one).

The COVID-19 pandemic has interrupted our Chapter 009 in-person meetings and our normal installation of Chapter directors and officers. We will be installing these representatives at our Nov. 30th meeting. If you would like to serve on our Chapter Board of Directors let me know (we have several vacancies). We also have committees that you may want to join. If you are interested in becoming an officer like president, vice president, secretary, or treasurer, let me know and I can explain the process. Our Director positions are appointed for terms that end on different years, so we always have someone on the board with some experience. It is good to get new people on the board with fresh ideas and energy.

I look forward to our first in-person December 7th lunch meeting and holiday party, and hope to see you there. If you are unable to make this event, please feel free to email or phone me with any thoughts or concerns. Hope you stay well.

#### **COVID-19 Protocols for RPEA Holiday Luncheon**

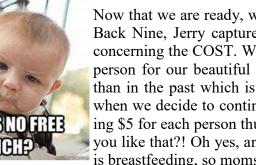
To ensure our safety during our upcoming luncheon at Back Nine, we ask that:

- 1. You let us know when you rsvp to Marge that you have been vaccinated;
- 2. You get a booster shot now in addition to those doses you received several months ago;
- 3. You please bring your vaccine record with you to the meeting to verify your information;
- 4. When you arrive at Back Nine, please wear a mask, which can come off when you check in at the banquet room. If you go to the restroom or the bar, please wear your mask;
- 5. If you have a fever and cold symptoms on the day of the luncheon, please do not come to the luncheon and call Mary at 331-7965 or Lynn at 227-4506 asap to let us know you are ill;
- 6. If you bring a guest or spouse, all of the above will apply to them as well;
- 7. Sanitize your hands frequently and maintain a moderate social distance from one another to the best of your ability. We will be seated six people to each table spread out nicely in the back room and Back Nine staff will be masked the whole time throughout the restaurant.

Go to myvaccinerecord.cdph.ca.gov to get a digital verification of your vaccine record.

# YOU MEAN TO TELL ME

#### ABOUT LUNCH



Now that we are ready, willing, and able to resume our lunch meetings together at Back Nine, Jerry captured the little fellow above to break the news to all of us concerning the COST. We have happily negotiated an all inclusive cost of \$25 per person for our beautiful Christmas luncheon which is about \$3 per person more than in the past which is likely to remain the same going forward in 2022 if and when we decide to continue meeting there. Our Board voted to continue subsidizing \$5 for each person thus bringing the final cost for each person to \$20 – how do you like that?! Oh yes, and the little guy on the left still gets his free lunch if mom is breastfeeding, so moms save the day again!

#### Santa Cruz's Evelyn Jones, 88, earns four medals at Huntsman World Senior Games

By JIM SEIMAS | jseimas@santacruzsentinel.com | Santa Cruz Sentinel

PUBLISHED: October 24, 2021 | UPDATED: October 25, 2021

Santa Cruz's Evelyn Jones, an 88-year-old who lives in the Dominican Oaks retirement community, earned four medals at the Huntsman World Senior Games, which were held Oct. 4-16 in St. George, Utah.

She won gold in the Bowling Singles Handicap division for athletes aged 85-89 with a 748 total. Joan Chappell of Kanab, Utah, won silver with a 728 total.

"Winning gold was a real shock," Jones said. "I was absolutely stunned."

Jones teamed with Roxana Mehl of Capitola for bronze in the Bowling Doubles Handicap division for female competitors aged 65-69. They had a 697 handicap. Jones bowled a 356 total over three games ad Mehl bowled a 417 total. With their handicap, they produced a 1,470 total. Sherril Rasmussen of St. George, Utah, and Joyce Somers, Hyrum, Utah, won gold with a 1,494 total.

Jones also earned two silvers as scorekeeper for the Santa Cruz Blues Breakers soft-ball teams.

"I wore them around my neck until the clanking drove me nuts," said Jones, noting that spanned a couple days.

Santa Cruz's Evelyn Jones, 88, left, teamed with Roxana Mehl of Capitola for bronze in the Bowling Doubles Handicap division for female competitors aged 65-69 at the Huntsman World Senior Games in St. George, Utah, on Oct. 4-16. Jones won four medals at the event.

Now, she carries them in a bag around Dominican Oaks because she's getting so many requests to see her haul.

Jones competes on a team at Boardwalk Bowl in Santa Cruz on Mondays. She recently got a new, sparking red Columbia 300 WD eight-pound bowling ball, downsizing from a 10-pound ball.

The Hunstman Games were supposed to draw more than 400 bowlers, but one of the facilities was unavailable, so the field was cut in half. Two-hundred bowlers competed at a 12-lane facility.

She said she played better Utah than she normally does in Santa Cruz, noting that the lanes weren't as oily.

Jones has competed in the Huntsman World Senior Games the past 20 years. She has also earned medals in social golf, discus and javelin.

## Membership — Bill Philipps

We have 554 members. I want to thank all members who have their dues automatically deducted and I encourage everyone else to consider paying their dues through automatic monthly deduction from PERS.



## SUNSHINE —Mary Doherty

Happy Birthday to all Chapter 9 members with birthdays in November!



I send cards to members throughout the month. If you know someone who I should send a card to, please let me know at 831-423-3610 Issue 11
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#### Adopt-A-Family Project — Sue Pierce

This year we have adopted an older woman and two families from the Volunteer Center of Santa Cruz County's Adopt-A-Family Project.

- A 77-year-old woman who lives on her own since she lost her daughter and husband. She was impacted by the CZU fire and fortunately was able to evacuate out of the area to a relative's home.
- A family of five made up of two adults and three children. The children include a 4-year-old girl, 14-year -old girl, and a 16-year-old boy. The two adults include the 41-year-old mother and a 61-year-old father. The mother is disabled and unable to work. She was ill with COVID-19 for six months. The four-year-old girl's teachers say she comes to class clean everyday but doesn't have many different clothes. Several of the Items on their Wish List are for clothing.
- A family of six made up of two adults and four children. The mother is 39 years old and the father 34 years old. The children include three boys, 14, 12, and 2 years of age, and a 10-month girl. The family recently found housing after living in a Shelter. The adults request warm clothing for work and the children's Wish List includes a variety of items: toys, art supplies, and trading cards.

The January or February newsletter will have information about the gifts we gave. Gifts will be selected from their Wish Lists. The Project requests a grocery store gift certificate be included in the gifts.

A special thanks to Natalie Kerkhove who is helping with shopping.

As of November 11<sup>th</sup>, Chapter members have donated \$865. There is still time to donate. Please send in checks by November 26th. Make your check payable to "RPEA Chapter 009" with Adopt-A-Family on the memo line. Mail to RPEA – Chapter 9, P.O. Box 413, Capitola, CA 95010.



Feeling isolated? Want to do good for your community? Want to meet new people? Consider volunteering!! The Santa Cruz County Volunteer Center would love to hear from you!

Santa Cruz Volunteer Center, 1740 17th Ave, Santa Cruz, CA 95062

Phone: 831-427-5070, Email: <a href="mailto:info@scvolunteercenter.org">info@scvolunteercenter.org</a>

Watsonville Volunteer Center, 349 Main St. #208, Watsonville, 95076

Phone: 831-722-6708, Email: wats@scvolunteercenter.org



Courtesy of former Regional Transportation Commission executive director and RPEA member Linda Wilshusen.

This month's newsletter sponsored in part by:



## THE GORDON LAW GROUP ATTORNEYS AT LAW



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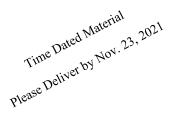
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#### RETURN SERVICE REQUESTED





if you're not already receiving this newsletter via email, please consider doing so! It will save our chapter considerable money each month by reducing the printing and mailing costs. Just let me know. We want to hear from you! Please email your letters to the editor to me at detaylor@cabrillo.edu or send to RPEA, P.O. Box 413, Ćapitola CA 95010.

For regular Coronavirus updates, check our Public Health Division website: www.santacruzhealth.org/coronavirus. Additional information can be found at the Centers for Disease Control and Prevention (CDC) website: https://www.cdc.gov/. Also click on "COVID-19" Resources" on our regularly updated chapter website (rpeasantacruz.org).

#### (Continued from page 2)

got the shot. You might run a fever and experience body aches, headaches, and tiredness for a day or two. Chills, swollen lymph nodes can also occur. These symptoms do not mean you are sick. They signal that your immune system is responding to the shots and building up protection against the coronavirus.

#### What is an additional dose of the coronavirus vaccine?

An additional dose, originally called a third dose, is given to people with moderately or severely compromised immune systems to improve their response to the initial vaccine series. (The term "third dose" was used to refer to additional doses for the two mRNA vaccines, but now the term is "additional dose" because those who received a J&J "one dose" may also be eligible for a dose based on their immune systems.)

What is the difference between a booster and an additional dose?

A COVID-19 **booster** is given when a person has completed their vaccine series, and protection against the virus has decreased over time. Depending on the original series you had, some details will vary. Please review the booster eligibility information above and talk to your health care provider if you are not sure if you meet these guidelines. Please note, if you receive the Moderna booster, you will receive half of the original Moderna dose.

An **additional dose** is administered to people with moderately to severely compromised immune systems. This additional dose is intended to improve immunocompromised people's response to their initial vaccine series. Depending on the original series given, some details will vary. Please review the additional dose eligibility information and talk to your health care provider if you are not sure if you meet these guidelines.

If you are not sure whether you fit into any of these categories, please contact your medical provider. For more details, please review the CDC's information for moderately to severely immunocompromised people.

Does my COVID booster or additional dose have to be the same brand that I got before?

No, you can mix and match brands. The FDA has authorized three vaccine boosters — Pfizer-BioNTech, Moderna and Janssen/Johnson & Johnson — and determined that it is safe to get a COVID-19 vaccine booster or additional dose that is a different brand than your initial dose or doses. If you get the Moderna booster, you will receive half of the original Moderna dose.

If you have questions, please check with your primary care physician or pharmacist.