

# RPEA RIVERSIDE



Retired Public Employees' Association of California  
Chapter 15 – Riverside California Area VI Newsletter Issue 2 of 6



## *You're Invited to Attend Our March Luncheon!*

**When?** Thursday, March 26, 2020  
11:30 a.m. to 2:00 p.m.

**Where?** Meeting Room, Janet Goeske Senior Center  
5257 Sierra St., Riverside

**Be sure to let us know you're coming!** Make your reservation before noon on Thursday, March 19. Phone Shirley Muntz at 951-359-4520 or email her at rivshirley3@aol.com. If you have made a reservation and find you cannot attend, please let Shirley know as soon as possible so the catering order is accurate.

**Catered Lunch Menu:** Teriyaki Chicken, Rice, Stir-fry Vegetables, Green Salad, Fresh-baked Bread, Cupcakes [Thomas Catering]

**Lunch Price:** \$5 per person.

**Program: "What's Going On in Riverside County?"**

Our guest speaker will be Kevin Jeffries who represents the residents of the 1<sup>st</sup> Supervisorial District on the Riverside County Board of Supervisors. The County faces many challenges, including transportation, traffic, infrastructure, homelessness, marijuana dispensaries, pension obligations, and general finances. Bring your questions and concerns to learn what is being done.

**Reminders:** Please bring canned/packaged non-perishable foods to help restock the Goeske food pantry--and don't forget used books for the Book Exchange.



**MEMBERSHIP REPORT**  
**As of February 4, 2020**

Total number of Chapter 15 members: 598  
 Active: 527                      Chapter Associates: 2  
 Beneficiaries: 46              State Associates: 19  
 Affiliates: 4

Annie James, Membership Chairperson

**NEW MEMBERS**

Jerry Austin	Norco
Marcos de la Ossa	Riverside
Hiram Epps	Corona
Marchelle Epps	Corona
Rodrigo Espiritu	Riverside
Irene Estrada	Riverside
Frederick Haberkern	Indiana
Ewa Lopez	Riverside
Zachary Sturk	Riverside
Christine Weidinger	Riverside
Darrell Zeller	Corona

**TREASURER'S REPORT**

As of February 10, 2020, the Chapter 15 account balance totaled \$4,043.65. Copies of the current financial statement will be available at the March 2020 general meeting.

Del Sells, Treasurer

*Life is full of beauty. Notice the bumblebee, the small child, and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential, and fight for your dreams.    ~Ashley Smith*

**SAVE THESE 2020 DATES!**

<b><u>LUNCHEONS</u></b>	<b><u>BOARD MEETINGS</u></b>
March 26	April 16
May 28	June 18
Sept 24	October 15
November 19	December 17



**In Memory.....**

Margaret Evitt	Riverside
Dorothy Love	Riverside
La Wanda Pennels	Riverside
Marion Proctor	Riverside
Rose Reusze	Riverside

<b>CHAPTER 15 OFFICERS AND BOARD MEMBERS</b>					
(telephone area codes are 951)					
<b>PRESIDENT</b>	Wes Stonebreaker	784-1060	<b>HEALTH BENEFITS</b>	Norma Carter	924-2208
<b>VICE PRESIDENT</b>	Janet Green	334-9317	<b>NEWSLETTER EDITOR</b>	Linda Stonebreaker	784-1060
<b>SECRETARY</b>	Margie Wayne	689-9654	<b>LUNCHEONS</b>	Louise Russell	242-2279
<b>TREASURER</b>	Del Sells	776-2165	<b>HOSPITALITY</b>	Tom Gunn	237-7782
<b>SUNSHINE</b>	Helen Lair	683-7666	<b>MEMBERSHIP</b>	Annie James	992-8508
<b>TELEPHONE</b>	Shirley Muntz	359-4520	<b>GOESKE PANTRY</b>	Norma Carter	924-2208
	<b>PAST PRESIDENT</b>	Jim Anderson	(951) 212-8281		
	<b>AREA VI DIRECTOR</b>	Susan Nelson	(909) 794-2017		



## RPEA PROJECT TO FOCUS ON OUR VOLUNTEER POWER!

Last fall, RPEA Chapter 43 in Woodland initiated a grass roots movement designed to combat all the negative publicity about pensions and benefits that our retirees have EARNED and receive. It's important to debunk the inaccurate information and slanted data that convey the idea that public employees are an economic burden. We know that retirees continue to be productive members of society and that our volunteerism is beneficial to the economy.

The State RPEA Board has authorized chapters to participate by gathering information. We want to highlight the value of RPEA members' volunteer hours to state and local communities! How is this done? By producing "hard numbers." All volunteer hours will be included and a proven formula developed to calculate the monetary benefit to communities. Susan Nelson, our Area VI Director, will be on the state RPEA committee that will coordinate this effort. So keep track of all your volunteer hours! As the project develops, you will be kept informed and asked to participate.

## UNDERSTANDING RISKS FOR DEMENTIA

In a November 2019 article by Lindsey Tanner, Medical News Reporter for the Associated Press, she described an interesting 2018 study published online in JAMA Neurology which suggests that seniors inaccurately estimate their chances for developing dementia and have not discussed with their doctor how to prevent it. The study's findings raise concerns because doctors can help people manage conditions such as high blood pressure and diabetes that have been linked to dementia risk. Research has shown that regular exercise, a good diet, limiting alcohol and not smoking make dementia less likely. Mental stimulation is thought to help, but more challenging methods than puzzles are better: playing chess, taking a class, and reading about unfamiliar topics. Supplements such as fish oil and ginkgo have not been shown to help. According to the Alzheimer's Association, one in three seniors die with Alzheimer's or other dementia. Keith Fargo, who oversees their research and outreach programs, cautions, "There's a lot of work to do...to educate the public so they can take some actions to protect themselves."

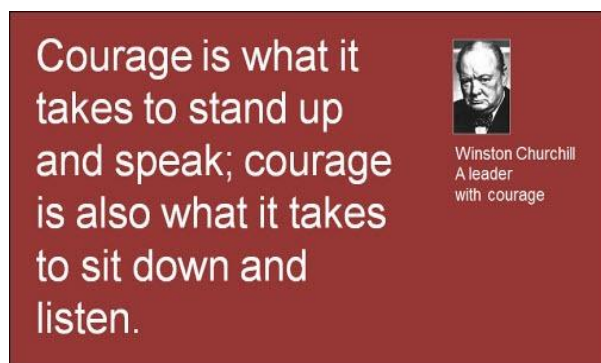
**WHAT YOU DO SPEAKS SO LOUD I CAN'T HEAR WHAT YOU SAY!**



Retired Public Employees' Association  
RPEA Chapter 15 - Riverside  
Margie Wayne      March Newsletter  
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Riverside, CA 92504

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**RETURN SERVICE REQUESTED**



**A LITTLE IRISH FUN!**

**What kind of spells do leprechauns use?**  
Lucky Charms!

**How do you know if an Irishman is having fun?**  
He's Dublin over with laughter.

**Why did St. Patrick drive the snakes out of Ireland?**  
Because he couldn't afford a plane ticket.

**Why do Irishmen recycle?**  
They like to go green.

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Know someone else who might be interested in RPEA? Please share this invitation.

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