



We are active and retired California Public Employees working together to maintain the quality of the lives of our members by protecting and improving retirement, medical and other benefits

Mission Statement

Retired Public Employees Association Of California

Chapter 46 North San Mateo County

In Touch!

Feb./Mar. & April 2020

Editor: Sharon Albera

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**Chapter 46 meeting will be held on the 3rd
Wednesday, April 15th, 2020 at:**

**Basque Cultural Center
599 Railroad Ave.
South San Francisco, California
10:30 a.m. to 1:00 p.m.**

**The Menu will be Salad, Salmon with
Champagne Sauce, vegetables and rice.**

UP-COMING PROGRAMS:

4/15/20 RPEA's Director of Legislation, Randall Cheek, will inform us about current legislation and will share with us information about what that Committee does in our behalf.

7/15 - Tom Carney, South San Francisco Fire Inspector, will present information on home fire safety and awareness as well as give a demonstration with his search and rescue dog, on the process and procedures used in rescues.

YOU CAN CALL CARRIE TO MAKE YOUR RESERVATIONS @ 650-738-2285 NO LATER THAN ONE WEEK PRIOR TO THE MEETING. WE NEED TO GIVE A HEAD COUNT BEFORE THE MEETING. THANK YOU.

The Prez Says...

by Anita Alvarez

We've got great news! RPEA headquarters' Membership Committee transferred San Francisco Chapter 2 members to our Chapter 46 Northern San Mateo County membership. We have gained 238 members for a total of 548 members as of the end of 2019.

We are very pleased about the outcome of our invitation for them to join us since their chapter ceased to have an elective operating board during 2019.

Our annual White Elephant gift exchange at our January luncheon meeting was fun and entertaining as usual. Most people are generous and find unique gifts to exchange. Some rascals bring last year's gifts back to exchange and others bring gag gifts, so, the suspense in seeing each gift, watching whether someone will steal a coveted gift or open a gag gift is always the best part. Think about joining us at our next White Elephant luncheon!

This year, in 2020, there is no unfavorable legislation RPEA must monitor and there are no anti-pension initiatives on the ballot. So, it appears we will be working on a big recruitment effort. This begins with YOU doing your part, like joining us at any or all of our meetings, inviting friends, co-workers and family. Join our efforts to maintain or improve our earned pension benefits, and mainly keep the benefits we have that are currently what we need to survive in this economy and assist us in keeping our standard of living intact.

The ongoing push to the Primary Elections in California and on to the National Presidential elections in November has developed into a mind-boggling constant deluge of candidates' information, requests for donations, resulting on mind-boggling amounts of money being spent on their campaigns. We would rather see that money being applied to our nation's problems or needs, which have been neglected for such a long time. Stay alert and prepare

your thoughts on who can deliver what YOU want and need to happen to correct all the wrongs that have been done!

READ, BE AWARE and VOTE!

Anyway, I'll get off my box. I know some of you cannot make it to the luncheons, but we are reaching out to you too, by providing some information on activities within RPEA, statewide and here in Northern San Mateo County.

Please take care of yourselves and stay In Touch!

Health News

by Sharon Albera

Preparing for Coronavirus: Dos and Don'ts. Public health officials have been urging people to **prepare -- not panic** -- for the new coronavirus. Those calls took on added urgency as cases of the virus have started to spike in countries outside China. Here's what you need to know to protect yourself right now:

Dos and Don'ts for Everyone

DO wash your hands for at least 20 seconds, several times a day. Use soap and water or a hand sanitizer with at least 60% alcohol:

- Before cooking or eating
- After using the bathroom
- After blowing your nose, coughing, or sneezing

DON'T touch your eyes, nose, and mouth.

DO learn the symptoms, which are similar to flu:

- Fever
- Cough
- Shortness of breath

Most cases do not start with a runny nose.

DON'T wear a mask unless you're sick. DO consider taking extra precautions and staying out of public places if you're over 60 years old, or have a condition, as you have a higher risk of developing the disease. Note that as of now, the highest-risk groups appear to be seniors and people with

preexisting conditions like heart disease, chronic respiratory diseases, and diabetes.

DON'T travel if you have a fever. If you get sick on flight, tell crew immediately. When you get home, contact a health professional.

DO reconsider travel to affected countries. Currently, the CDC advises against all nonessential travel to China and South Korea. For people in a higher-risk group -- seniors and people with preexisting conditions -- the agency suggests postponing nonessential travel to Italy, Japan, and Iran as well. Find the latest advisories here.

DON'T panic. At this point, public health officials still say the risk of becoming infected with COVID-19 is low. Taking proper precautions -- wash your hands! -- and making preparations are the best things you can do.

DO: Prepare by making sure you have supplies at home in case someone gets sick and needs to be quarantined. This would include prescription medications for anyone in the family, other health supplies such as over-the-counter pain relievers, and disinfectants to clean household surfaces. While COVID-19 has not yet been declared a pandemic, a government web site also suggests keeping a 2-week supply of food and water in the case of a pandemic and having copies of electronic health records.

Dos and Don'ts When You Don't Feel Well

DO seek help early if you have a fever, cough, and a hard time breathing. Call your doctor to find out the protocol first, to make sure you won't spread the disease to others.

DON'T go out except to see your doctor, after calling first. And if you do have to go out, avoid public transportation, taxis, and ride-sharing.

DO cough or sneeze into the crook of your elbow or a tissue, and dispose of the tissue immediately in a covered bin. DON'T hang

out with your family or pets if you suspect you have the virus. DO wear a mask properly around others if you suspect you may have the virus -- the mask itself can be a source of infection if you don't follow the guidelines. DON'T reach for antibiotics. If you happen to have some lying around from a previous illness, you may be tempted. But antibiotics work only on illnesses caused by bacteria, and the coronavirus is -- you guessed it -- a virus.

WebMD senior health writer Brenda Goodman contributed to this report.

Scam DuJour

by Dan Porter

Since we last covered ID tax fraud in March of 2019, the IRS has made available for taxpayers in California as well as 19 other states the "Identify Protection PIN Opt-In Program for Taxpayers". The PIN## on the paper or electronic form prevents identity thieves from filing a fraudulent form and obtaining the refund of program participants who may not have learned that his/her Social Security Number has been stolen through a hack, or a scam. Although participants in the program can file tax forms on paper as well as electronically, currently obtaining a PIN only is available on-line and participants must have an e-mail address.

There is far too much about this program to set out in the available space for this article. Please consider doing an internet search "Identity Protection PIN Opt-in Program for Taxpayers" -or- copying & pasting the following on your browser - <https://www.irs.gov/pub/irs-df/p5367es.pdf> - for the IRS information on the Program, and how to apply. Then consider going to the IRS website and searching for "Get An Identity Protection PIN (IP PIN)" -or- copying and Pasting

<https://www.irs.gov/identity-theft-fraud-scams/get-an-identity-protection-pin> In the middle of the page, there is a blue box - Get an IP PIN - when clicked on starts the process.

she will send out a get-well card!

**WELCOME
TO
NEW MEMBERS:**

Editors Note:

****Request:** If you know of a member who is sick or laid up as a result of an illness or operation, please let Carrie Potts know, and

Chapter 02 Members that Transfers to Chapter 046

Steven Lowe

Kathy O'Connell

****IF EACH ONE OF US GOT A FRIEND TO JOIN RPEA IT WOULD BE VERY HELPFUL TO OUR MEMBERSHIP. PLEASE TALK TO PEOPLE AND TRY TO RECRUIT.**

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Media Mogul: Dan Porter	(650) 207-6401	djporter13@sbcglobal.net
Meeting Hostess: Joan Stringer	(650) 367-7947	grumpybill@comcast.net

BRING A FRIEND TO LUNCH !

Make your luncheon reservation for April 15th, 2020. (Third Wednesday of the month)

Name: _____

Number of Attendees: _____ **Amount enclosed:** _____ **@ \$28.00 per person**

Make your check payable to RPEA Chapter 46 and mail this form to Carrie Potts at: 752 Arleen Way, Pacifica, CA 94044.

You can also let us know you are coming by calling Carrie: 650-738-2285 and bring your check to the meeting. Mail your reservation early.
