



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!

Jan /Feb/Mar/ 2021

Editor: Sharon Albera

The Prez Sez..... Pg 1

Health News.....Pg 2

Scam du Jour.....Pg 3

The Prez says.....by Anita Alvarez

Things are looking up folks! Since the first quarter of 2021, the vaccines to combat Covid 19 and the pandemic were developed and approved for distribution to the people. There has since been new strains of the virus emerging, which so far will also be stopped with the same vaccines now being distributed. Distribution of vaccines has been more of a circus than the virus itself. Our new Government is one that cares about people, which has been handling these things for us swiftly and admirably. Prior to the vaccine distribution, we were behind on testing individuals to find out who has the virus, We still need to isolate those people that have the virus and take measures to not spread the disease further. It is urgent that you continue social distancing, wear masks

is about life.

An appointment is all you need to get tested and an appointment is all you need to receive the vaccine. Do not wait for others to help you. Ask someone to help you. Demand that you get the vaccine. Alleviate the fear and get vaccinated for yourself, your family and your friends and neighbors. We seniors are not helpless! Last week I called two relatives and they had not signed up for vaccinations. You can call a friend or relative who qualifies and help them get started.

Go to [Planyourvaccine.com](https://www.planyourvaccine.com) and help yourself; Get back your life!

Our RPEA headquarters and chapters have been working and continue their efforts with Zoom meetings and written documents. For Example, this "In Touch" newsletter for Chapter 46 San Mateo County members and the RPEA headquarters "Retired Public Employees' Association of California" bi-monthly magazine are a very important

conduit for contact with California's Legislature.

Recently, the January/February 2021 issue, has important and up-to-date information from our President Rosemary Knox and Vice President Al Darby, a Health Benefits Update, Legislative Updates and information on CALPERS, COLA updates, a Legislative Analysis and Public Relations Updates. There are other articles of interest like Virtual Volunteerism, and Savvy Senior information on Medical Alert Systems. We used to get this information when we were employed. Now that we are retired, this Association is your lifeline and are keeping you informed and connected to legislation that may affect your life as you know it.

An Important message, Update your E-mail, phone number and Address by emailing RPEAHQ@RPEA.COM. Or send a note to RPEA headquarters at 300 T Street, Sacramento, CA 95811-6912.

Health Newsby Sharon Albera

With all the health benefits associated with olive oil, it's easy to overlook olives themselves. But they, too, serve up antioxidant and anti-inflammatory compounds plus add zest to any dish.

Among the important nutrients in olives are oleic acid, a monounsaturated omega-9 fatty acid that helps raise HDL "good" cholesterol and helps eliminate plaque in the arteries, and strong disease fighters called phenols.

Oleuropein, its main phenol, is extremely bitter, so most olives are processed, or cured, in one of several ways to "de-bitter" them.

Curing Determines Taste Olive labels generally do not indicate the curing method, but the approach used definitely affects the flavor.

Lye-cured. Most canned black olives on supermarket shelves are made using a diluted lye bath followed by washing or soaking in water. Lye removes more phenols than other

methods and so produces the mildest flavor. You may hear "lye" and think "toxic," but it is thoroughly washed out and poses no danger.

Lye-cured olive to try: The Italian Castelvetro, which has more taste than most lye-cured olives.

Brine-cured. Sometimes called Sicilian style, brined olives are fermented in a salt-and-water solution, similar to sauerkraut and pickles. With some olives, such as the Greek - Kalamata, this often is followed with a red-wine vinegar brine for deeper flavor. "Spanish-style" curing uses lye and then brine, as with the Italian Cerignola. **Salt-cured.** Olives dry-cured in salt, such as Throuba Thassos from Greece and Beldi from Morocco, retain the greatest amount of phenol compounds and have the most intense flavor.

Finding New Favorites Sample both mild and pungent olives by buying small amounts of different varieties from the olive bar at a local supermarket or gourmet shop. You also can find many jarred choices online.

Imported olives come primarily from Mediterranean countries, but a number of varieties are grown in California—farms including McEvoy Ranch and Penna Olives sell direct. Penna and Chaffin Family Orchards even sell fresh raw olives online in the fall that you can cure yourself.

Experiment with olives in cooking. Add chopped olives to tuna, egg, pasta and grain-based salads and whole olives to any green salad. The secrets to a true Greek salad are using Kalamata olives and chunks from a fresh slab of feta cheese (not packaged crumbles) and assembling it just as you're ready to eat.

For a tasty accompaniment for grilled fish or chicken, make olive tapenade, a purée easily done in a food processor. Chunky olive salad, used in the classic Muffaletta sandwich, is a rough chop of olives, pickled vegetables and spices, and on its own makes a great alternative to salsa.

As an ingredient in recipes, olives add complex flavor to Mediterranean dishes, from Moroccan tagines to Italian sauces such as puttanesca.

Another Note...SamTrans to Provide Free Rides to Vaccination Sites in San Mateo County.

As of Thursday, February 25, Sam Trans will provide free bus rides on existing service to coronavirus (Covid-19) vaccination sites for people living or working within San Mateo County.

For people interested in the free bus ride, passengers going to a vaccination site must let the bus operator know as soon as they board the bus and show proof of the vaccine appointment or a vaccination card. Fare payment to vaccination sites will not be required until further notice. Redi-Wheels and Redi-Coast paratransit services will also offer eligible participants free rides to and from vaccination sites. Riders need to indicate while booking their **reservations that the** trip is for the purpose of a COVID-19 vaccination. Staff will then alert the driver that the rider is not required to pay the fare.

For more information on Sam Trans coordinated effort with the Bay Area Transit Plan, please visit their official article and webpage, at www.samtrans.com **Free translation assistance is available from SamTrans**

Scam DuJour..... by Dan Porter

Late last month, Axios summarized the Federal Trade Commission articles and posts. The following is a summary of that summary which we need to share with family members and friends who have limited or non-existent experience with the internet as that type of person tends to be a victim of swindlers.

COVID-related scams, more recently around vaccines, have resulted in a significant

increase in the complaints reported to the Federal Trade Commission - from 3.2 million in 2019 to more than 4.7 million in 2020. The victims tend to have been confused by the chaotic rollouts of things like stimulus payments, loans, contact tracing and vaccines - along with one of the traditional sources, online shopping. Scammers clearly pay attention to the news. Reporting of an event or developing news (like the 1/6/21 Capitol insurrection) catapult scamming schemes.

Social media has been assumed as a prominent vehicle for scams; however, the larger platforms have been putting a lot of effort in taking down bots and scam accounts. The majority are pushed by phone calls, emails and text messages. The FTC found a significant increase of scams via text messages in 2020 offering bogus “help” with the pandemic, stimulus relief, and loans.

The FTC recommends the following: Scammers often spoof telephone numbers so that the number appearing on the called person’s phone screen seems to belong to a Fed Agency or legitimate organization. Fed Agencies, like IRS, HHS, send letters - not emails, text, etc.

- Unless the caller is known, requests for information about health insurance, Social Security number or financial information is likely being made by a scammer.
- Solicitation of payments to help with things like health care or vaccine enrollments likely are by a scammer, as those are services the government offers for free.