



RPEA NEWS AND VIEWS

Retired Public Employees' Association of California
Chapter 048 Hemet – San Jacinto, Area VI

February – March 2020
Volume 8, Issue 1



We are California public employees who are working together to maintain and improve the quality of our members' lives by protecting and improving our retirement and medical benefits. RPEA members include retirees and their beneficiaries, those public employees who are currently employed, family, friends, and others who share our goals.

We welcome everyone!

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2020 Luncheon Dates
Wit and Wisdom

Please join us for our March Luncheon!

When? Wednesday, March 11, 2020 11:30 a.m. – 2:00 p.m.

Where? El Patron Banquet Room, 2524 E. Florida Ave., Hemet

Be sure to RSVP by March 4.

Phone Sharri at 951-654-8965, Carol at 951-306-0336, or Linda at 951-784-1060. Or email lindaandwes@aol.com. Give name (with correct spelling) and phone number for each attendee.

Lunch Price: RPEA Member: \$7 Spouse of member: \$7

New member attending for the first time: FREE

Non-member: First time – FREE; thereafter - \$12

What's planned? A delicious lunch, friendly conversation, an interesting program and door prizes.

Program: "Decluttering!"

Guest Speaker: Heather Travis from Practical Solutions

Everyone has a little "junk" lying around the house. (OK, some of us more than others.) Regardless of how much stuff we have, we can all benefit from decluttering our lives and homes. Mess causes stress! You may even be thinking about downsizing and relocating. Learn how to declutter your home by using tips straight from the experts!





Welcome to Our Newest Chapter Members!!!!

Keith Chang	Temecula	Anita Lopez	Sun City
Carolyn Deger	Menifee	Carol Pulliam	Perris
George Holk	Cathedral City	Diana Robles	Palm Desert
William Hood	Menifee	Sisio Rodriguez	Warner Springs
Mary Hudson	Hemet	Carolyn Torres	Hemet
Anne Kaplan	Rancho Mirage	Richard Triggiani	Palm Desert
Judy Lee	Cathedral City	John Wall	Lake Elsinore

TAKE A LOOK AT OUR 2019 STATS!

ATTENDANCE AT LUNCHEONS:

- March – 48
- June – 35
- Sept. – 37
- Dec. – 39

TOTAL CHAPTER MEMBERSHIP:

We began 2019 with 333 members.
As of January 1, 2020 we now have **366** members.

THOSE ATTENDING ONE OR MORE LUNCHEONS IN 2019: 78
THOSE WITH PERFECT ATTENDANCE: 11



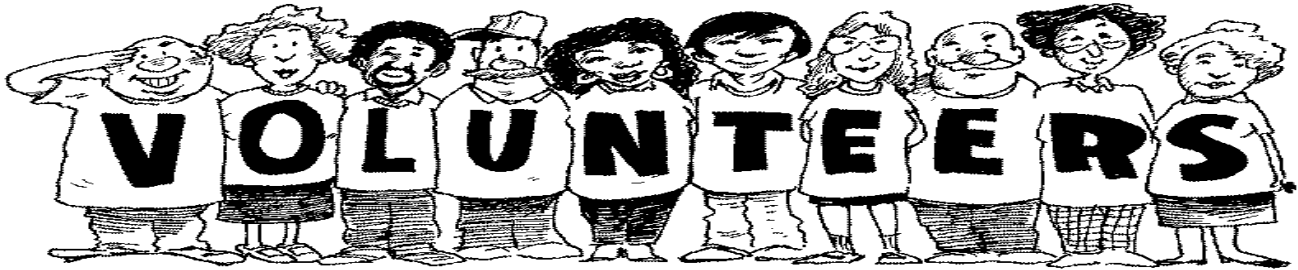
In Remembrance

Charlene Krown Sun City
Jacqueline Wagner Hemet

CHAPTER 048 LEADERSHIP

Sonny Gillespie, President	951-492-0787	Robert McMahan, Membership	951-256-6757
Carol Bell, Vice President	951-306-0336	Julia Lary, Communications	951-926-2104
Linda Stonebreaker, Sec. - Treas.	951-784-1060	Carole Gillespie, Sunshine	951-492-0787
Sharon Kreul, Hospitality	951-657-9588	Lucy Murray, Recruitment Secretary.	951-282-5820
Bonnie Hoffarth, Luncheon Sec.	951-591-1014	Linda Stonebreaker, Newsletter Editor	951-784-1060
Dennis Kaczor, Past President		951-454-7241	
Susan Nelson, Area VI Director 909-794-2017 (Please leave message with name & chapter number.)			





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. The study 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 programs, cautions, "There's a lot of work to do...to educate the public so they can take some actions to protect themselves."



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PLEASE SAVE THESE
2020 LUNCHEON
DATES

- March 11
- June 10
- Sept. 9
- Dec. 9

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.

- Garrison Keillor

<p>Q. What's Irish and stays out all night?</p> <p>A. Patty O' furniture !!</p> 	<p>Q. When is an Irish potato <u>not</u> an Irish potato?</p> <p>A. When it's a FRENCH fry !!</p> 
<p>Q. How can you tell if an Irishman is having a good time?</p> <p>A. He's DUBLIN over with laughter!</p> 	<p>Q. What does a leprechaun call a happy man wearing green?</p> <p>A. A Jolly Green Giant!</p> 
<p>Q. What do you get when 2 leprechauns have a conversation?</p> <p>A. A lot of small talk.</p> 	<p>Q. Why do people wear shamrocks on St. Patrick's Day?</p> <p>A. Because regular rocks are too heavy !!</p> 
<p>Q. Where would you find a leprechaun baseball team?</p> <p>A. In <u>Little League</u>!!</p> 	<p>Knock, knock. Who's there?</p> <p>Irish. Irish who?</p> <p>IRISH you a Happy St. Patrick's Day!</p> 

Know someone who might be interested in joining RPEA? Please share this invitation!