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# Large study provides scientists with deeper insight into long COVID symptoms

Initial findings from a study of nearly 10,000 Americans, many of whom had COVID-19, have uncovered new details about long COVID, the post-infection set of conditions that can affect nearly every tissue and organ in the body. Clinical symptoms can vary and include fatigue, brain fog, and dizziness, and last for months or years after a person has COVID-19. The research team, funded by the National Institutes of Health, also found that long COVID was more common and severe in study participants infected before the 2021 Omicron variant.

The study, published in JAMA, is coordinated through the NIH's Researching COVID to Enhance Recovery (RECOVER) initiative, a nationwide effort dedicated to understanding why some people develop long-term symptoms following COVID-19, and most importantly, how to detect, treat, and prevent long COVID.

Researchers examined data from 9,764 adults, including 8,646 who had COVID-19 and 1,118 who did not have COVID-19. They assessed more than 30 symptoms across multiple body areas and organs and applied statistical analyses that identified 12 symptoms that most set apart those with and without long COVID: post-exertional malaise, fatigue, brain fog, dizziness, gastrointestinal symptoms, heart palpitations, issues with sexual desire or capacity, loss of smell or taste, thirst, chronic cough, chest pain, and abnormal movements.

They also found that certain symptoms occurred together and defined four subgroups or "clusters" with a range of impacts on health.

To date, more than 100 million Americans have been infected with SARS-CoV-2, the virus that causes COVID-19. As of April, the federal government's Household Pulse survey estimates that about 6% of those infected with the virus continue to experience and suffer from the many symptoms termed together as long COVID. Patients and researchers have identified more than 200 symptoms associated with long COVID.



"This study is an important step toward defining long COVID beyond any one individual symptom," said study author Leora Horwitz, M.D., director of the Center for Healthcare Innovation and Delivery Science, and co-principal investigator for the RECOVER Clinical Science Core, at NYU Langone Health. "This approach — which may evolve over time — will serve as a foundation for scientific discovery and treatment design."

The researchers explain studying the underlying biological mechanisms of long COVID is central to advancing informed interventions and identifying effective treatment strategies.

In addition to establishing the scoring system, the researchers found that participants who were unvaccinated or who had COVID-19 before the Omicron strain emerged in 2021 were more likely to have long COVID and more severe cases of long COVID. Further, reinfections were also linked to higher long COVID frequency and severity, compared to people who only had COVID-19 once.

"All patients suffering from long COVID deserve the attention and respect of the medical field, as well as care and treatment driven by their experiences. As treatments are developed, it will be important to consider the complete symptom profile," said David C. Goff, M.D., Ph.D., director of the Division of Cardiovascular Sciences at the National Heart, Lung, and Blood Institute, part of NIH. Goff serves as an epidemiology lead for NIH RECOVER.

The ongoing RECOVER research serves as the foundation for planned clinical trials, whose interventions are rooted in many of the symptoms outlined in this study. RECOVER clinical trials are expected to begin enrolling patient participants in 2023.

For more information on RECOVER, visit <https://recovercovid.org>.

Source: NIH

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## Details & Other News INSIDE

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Retired Public Employees Association of California  
Newport Beach Chapter 064  
Tracy Jones, President  
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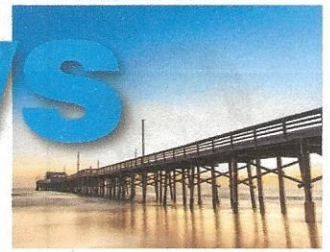




# RPEANews

Retired Public Employees Association of California  
Chapter 064 ■ Newport Beach, California

JUNE 2023



## PRESIDENT'S Message

Hello, my name is Tracy Jones and I am your new RPEA Chapter 64 President.

Dan Heredia has done a fantastic job. However, due to his long commute from Corona, and some health issues, he has decided to step down. I plan to continue his good work.



**Tracy Jones**  
Chapter President

I am a retired Costa Mesa Fire Captain with twenty-four years experience. I also served on the union board for a number of years. Prior to that I was a Santa Ana FD paramedic and worked as a paramedic in the Inland Empire. (For those of you who have been around for a while, I got my start at Seals Ambulance in 1984.)

I was born at Hoag Hospital and grew up in the area, graduating from Corona Del Mar High School in 1976. I currently live on the Balboa Peninsula, so you could say I'm truly a local. I have four adult children and my wife, Jeannine, is an elementary school music teacher for the Newport Mesa School District. She has a STRS retirement, so I definitely have a vested interest in keeping our retirement safe and secure. I became interested in RPEA while taking my aunt, Pat Jones, to meetings. Dan asked me to fill the empty vice president spot several years ago, and now I am stepping up to the role of President!

My goal is to keep you informed and to encourage everyone to be involved in matters that affect our retirement and benefits, and to build our membership. If you know of any current or future public employees, get them to join!

I need your help! I would greatly appreciate suggestions for speakers to appear at our quarterly membership meetings. The meetings are for you, so let me know what topics you are interested in. It is very important to attend the membership meetings, and you get a nice lunch for five bucks!

## Attend our next membership brunch June 10

Summer is just around the corner, so why not pop down to the shore for our next membership brunch, scheduled for June 10, 2023, at 10:30 a.m. at world famous The Chicken Coop in Newport Beach.

We'll touch on the most important issues facing public employees during their retirement.

Come to the meeting on June 10th and you will also be entered to win a raffle prize valued at \$50!

Of course, the food at The Chicken Coop is always outstanding. Your affiliation with RPEA gets you a pleasant brunch for just \$5.00!! Make a plan, and why not make a day of it touring the peninsula?

**Reservations are required. To RSVP for our June Membership brunch, please contact our Membership Chairperson Mary Ellen Bowman at 949-424-4104 by June 9th. Please leave a message if she does not answer.**



NEWPORT BEACH, CA

**THE CHICKEN COOP**  
414 Old Newport Blvd.  
Newport Beach

## Learn how to protect yourself from elder financial abuse

Over 65% of elder financial abuse cases are committed by family, friends or other trusted individuals, according to the The Council on Aging – Southern California (COASC). Yet only 1 in 24 cases are ever reported. That is a statistic that is hard to believe, and it is one that needs to change.

That's why the COASC has launched a program called Senior Protection Program (SPP), which helps educate seniors on how to avoid becoming a victim, and how to report it if they (or someone they know) have suffered a loss.

The program includes The Financial Abuse Specialist Team (FAST), volunteer advisors with expertise in law, accounting, real estate and other areas who assist Adult Protective Services, LTC ombudsmen, law enforcement, and attorneys in helping to root out and resolve elder financial abuse.

Their website is a valuable resource with tips on how to spot fraud warning signs, as well as instructions and phone numbers to use when you need to report elder financial fraud and abuse. Importantly, this type of fraud also includes internet fraud, which is becoming a common way for thieves to get your money.

Check it out at <https://www.coasc.org/programs/senior-protection-program-fast/>

### About COASC

The Council on Aging – Southern California (COASC) operates from 93 locations, including senior centers. Their programs and services cover almost 42,000 square miles across Orange, Riverside, San Bernardino, Inyo and Mono counties.

## Gay Zook takes over as Chapter 64 Secretary

Welcome our new Chapter 64 Secretary Gay Zook, who has taken over for Cathy Jeppson. Gay is an associate member who got her start with RPEA taking her mother, Charlotte Shamlin, to meetings.



Gay worked for the City of Torrance for 7 years and later became office manager for an architect in Torrance for 33 years until she retired in 2008.

She and her husband have 2 children, 5 granddaughters and a great granddaughter due in October. They have lived in Fountain Valley for 44 years. Gay loves to cook and the road trips to Oregon to visit their family. Thanks for volunteering!