



## RETIRED PUBLIC EMPLOYEES ASSOCIATION

### EAST SAN DIEGO COUNTY – CHAPTER 065

June 2019 Newsletter

#### **GENERAL MEMBERSHIP MEETING**

*Held 2<sup>nd</sup> Monday of the month quarterly*

**June 10, 2019**

**IHOP, 1286 Oakdale Ave., El Cajon**

11:00 am – General meeting

12:00 pm – Lunch

#### **FUTURE DATES**

*Board Meeting – August 20, 2019*

*General Meeting - September 9, 2019*

*General Meeting - December 9, 2019*

#### **PRESIDENT'S MESSAGE:**

It's hard to believe that almost half of this year is over. Most retirees should have received their Cost-of-Living (COLA) adjustment in their May warrant. The COLA is a benefit that makes sure that the value of your money at the time of retirement keeps up with the rate of inflation. The cost of things today is constantly going up, gas prices for example, including health care and prescriptions. Every little bit helps. If you or someone you know needs help with receiving meals because of finances, there are several agencies that can help at a nominal fee. Some of these agencies are Meals on Wheels, Spring Valley Community Center, Lemon Grove Senior Center and the La Mesa Adult Enrichment Center.

RPEA headquarters launched a new website. The website is still the same – [www.rpea.com](http://www.rpea.com) – it has a new look and the content. If you know of a retired person or a currently employed Public employee

(school, city, state) who might be interested in joining, the application is on the website. We are not a union. We represent the interests and rights of all retired Public employees.

The board met in May and decided we need a new place for our meetings. One where the cost is not as high. CoCo's began charging \$150 for the use of the room and if we used a debit or credit card there was a 2% surcharge added. We are meeting at the IHOP on Oakdale in El Cajon (off Highway 8 and Second Street exit) at 11:00 a.m. They serve both breakfast and lunch. Do not forget that members pay \$5.00 for lunch with the chapter paying up to \$15.00 for lunch. Guests pay for their own and perspective members are paid for by the chapter.

Interested in serving on the board? We are taking nominations for the board at the June meeting. All positions are open and are for a 2-year term.

Please remember to bring your non-perishable canned goods for the Crisis House in El Cajon. No expired items please.

Hope to see everyone in June.

President,

Barbara Allen

#### **PARTIAL AGENDA ITEMS:**

First reading of the Constitution and Bylaws (C&B's). Second reading will be at the September general meeting.

Approval of Standing Rules.

#### **GUEST SPEAKER:**

Natalie Ford, Senior Programs Representative, from Sharp Hospital.

## SPRING CLEANING:

Some of us are in the midst of our spring cleaning. While this may include your spice cabinet or closets, this might also be a great time for dispose of unused and/or expired prescriptions. There are options available for the disposal. Many pharmacy's such as Walgreens, CVS, RiteAid and Kaiser may have disposal bins.

The DEA has a twice a year National Prescription Drug Take-Back day. At the April 2019 Take Back Day, the DEA collected 937,443 pounds of unused or expired prescription medications. The next Take Back Day will be October 26, 2019. Their website also has information on locating a year-round drug disposal site new you.

<https://takebackday.dea.gov> .

Another useful site is <https://DontRushToFlush.org> . Their site offers examples of how to find a bin, how it works and what goes in.

## Trivia Question:

Why did your mom shop in stores that gave Green Stamps with purchases?

- A. To keep you out of mischief licking the backs, which tasted like bubble gum
- B. They could be put in special books and redeemed for various household items
- C. They were given to the kids to be used as stick-on tattoos

Answer: B

### BOARD MEMBERS – 2018-2019

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