



RETIRED PUBLIC EMPLOYEES ASSOCIATION

EAST SAN DIEGO COUNTY – CHAPTER 065

March 2020 Newsletter

GENERAL MEMBERSHIP MEETING

Held 2nd Monday of the month quarterly

March 9, 2020

IHOP, 1286 Oakdale Ave., El Cajon

11:00 am – General meeting

12:00 pm – Lunch

FUTURE DATES

Board Meeting – May 11, 2020, 10:30

General Meeting – June 8, 2020

- RPEA fights to maintain our current pension and health care benefits and improve these benefits every year.
- RPEA represents more than 25,000 members with 88 active chapters in California, Arizona, Nevada, New Mexico and Oregon.

At our March meeting Sean Flannery of AMBIA will be our guest speaker. He will discuss the different services that AMBIA offers such as Medical Air Services Transportation and other important services.

Meals for members are \$5.00 for a meal up to \$15. Guests pay for their own meals. The chapter pays for meals of the guest speaker and prospective members. Please have the exact amount ready for lunch.

Terry Carpenter is our sunshine person. If you know of any members who needs a card sent to them, please contact her.

I want to thank all those who attended our December meeting at Marie Calendar's. We had a wonderful time.

I hope to see everyone at our March meeting. If you have any questions, or suggestions for speakers or activities at our meetings, please contact me at Barballen1954@icloud.com or 619-997-6027.

PRESIDENT'S MESSAGE:

It's hard to believe that we are already a couple of months into 2020. One of my goals this year is to increase our membership and attendance at our chapter meetings. If you know of someone who is in CalPERS, working or retired, invite them to our meetings. We are NOT a union, but we do have an important mission.

RPEA is a non-profit association of retirees and active employees who are members of the California Public Retirement System (CalPERS).

- RPEA represents all public employees – Classified schools, public agencies, and state.
- RPEA is a liaison between retirees and CalPERS.
- RPEA is a mutual protective association for all beneficiaries of CalPERS.

STEPS TO TAKE TO AVOID A FALL

“Work on strength and resistance training. Consider lifting weights and doing Pilates and exercises such as push-ups, which build muscle.

Walk and use stairs if you can. Join or start a walking club if it will help motivate you.

Strengthen your quads. One way to do that is by leaning against a wall, sliding down into a squat, then standing again – and doing repetitions.

Improve your balance. Yoga can help older people. So can martial arts training such as tai chi.

Have your vision and hearing checked regularly. Clouded vision or impaired hearing can greatly boost your chances of falling.

Talk with your doctor. Or ask your pharmacist about medication side effects that could increase fall risk.

Wear the right shoes. Find a pair that won't make you slip.

Remove tripping hazards. Check your home for what can cause a fall. The National Institute on Aging says 6 out of 10 falls occur at home. So use slip-resistant mats rather than throw rugs, tuck electrical cords out of the way, opt for door handles with levers instead of knobs and grab bars to navigate your home. Finally and critically, place slip-resistant mats in the tub or shower.” (Excerpt from an article in AARP The Magazine, by Catherine Alicia Georges, December 2019/January 2020 edition, page 71.)

NON-PERISHABLE CANNED GOODS

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

BOARD MEMBERS – 2020-2021

President – Barbara Allen – 619-997-6027
Email – Barballen1954@icloud.com

Secretary – Lydia D'Amico
Email –

Treasurer – Kathy Tinsley
Email - finally@cox.net

Newsletter – Robin Dunham
Email – robindunham1957@gmail.com

Sunshine Chairperson – Terry Carpenter
Email - tdcarp203@gmail.com

Past President – Eugenia Jordan
Email – dongean@cox.net

Trivia Question:

What kind of car did Starsky and Hutch drive?

- A. Mustang
- B. Gran Torino
- C. Firebird
- D. Grand Am

Answer: B

Notice: If you have moved or changed your address for delivery of this newsletter, please notify:

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