
~~~~ RETIREWIRE ~~~~

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❄️ **Happy Winter 2023** ❄️

**Happy New Year**

**RPEA Chapter 096 General Meeting on Friday,  
January 13, 2023 @ Noon at Black Angus  
Steakhouse at 2290 Wyoming Blvd NE ABQ 87112  
Please join us!**

🎂 *Happy Winter Birthdays* 🎂: *Donald Baker, Delmar  
Bergen, Leslie Chamberlin, Ben Gillespie, Floyd Roberts,  
Jan Schouw*

Our current chapter bank account balance is \$4645.83

**In Memoriam**  
~ Helen Fuller ~

# IS IT ... COVID, THE FLU OR A COLD?



It's likely  
**COVID** if ...

- ▶ Fever or chills\*
- ▶ Sore throat and cough
- ▶ Shortness of breath
- ▶ Fatigue
- ▶ Muscle aches
- ▶ Headache
- ▶ Loss of taste or smell
- ▶ Runny or stuffy nose
- ▶ Nausea or vomiting
- ▶ Diarrhea



It's likely  
**THE FLU** if ...

- ▶ Feels as if you got hit by a truck suddenly
- ▶ Fever and chills
- ▶ Muscle aches
- ▶ Sore throat and cough
- ▶ Runny or stuffy nose
- ▶ Headache
- ▶ Fatigue



It's likely  
**A COLD** if ...

- ▶ Comes on slowly over two to three days
- ▶ Runny or stuffy nose
- ▶ Sneezing
- ▶ Sore throat and cough
- ▶ Watery eyes
- ▶ Fever (rarely)
- ▶ Nasal mucus that starts clear but turns to white, yellow or green after two to three days

\*For adults over 65, a fever is considered one thermometer reading higher than 100 degrees Fahrenheit, multiple thermometer readings above 99 degrees or a rise in temperature greater than 2 degrees above normal body temperature.

## LONG COVID: VERY REAL, VERY SCARY

**M**ost bodies fight off a COVID infection in one to two weeks, but for others, symptoms last for months—and can be debilitating. Experts aren't sure what triggers long-haul COVID. And how the disease progresses in an individual and the short- and long-term complications are all unclear. "Long COVID is not something we expected," Galiatsatos says. "The virus has mutated so much that it infects almost every cell. The inflammatory cascade seen in COVID is new. We're still trying to figure out what this all means." Here's what we know about this mysterious lingering condition.

**WHAT IS IT?** The World Health Organization defines long COVID as symptoms of the disease—mainly fatigue, shortness of breath, brain fog—that last at least two months with no other known cause. In some cases, the symptoms linger continuously from the time of initial illness; in others, the symptoms reemerge after a period of apparent recovery.

**WHO GETS IT?** Estimates vary widely based on the population being studied and the time period being looked at. Having a milder initial case seems to help stave it off, while those who are hospitalized have a greater risk. Research

in PLOS One found that people who had at least six COVID symptoms were more likely to endure long COVID. One really big risk factor: being unvaccinated.

### WHY SHOULD I WORRY?

One study last year in *The Lancet* found that nearly half of long COVID sufferers had to reduce their everyday workload and almost one-quarter couldn't work at all due to enduring symptoms. More worrisome, recovery took more than eight months. Other research in *The Lancet Psychiatry* found that people are more at risk for being diagnosed with a neurological or psychiatric condition (such as depression, anxiety or dementia) in the first six months after being diagnosed with COVID. It's serious.

### WHAT DO I DO IF I THINK I HAVE IT?

If you've shaken off COVID but symptoms linger after two to four weeks, it may still be your body's healing process. Longer than that? See your doctor. Diagnosis can be a struggle because there is no test for long COVID. Doctors will try to exclude all the other reasons for your symptoms first. "If the fatigue or brain fog is not going away after six months and we can't pin another disease on those symptoms, that's when I start thinking long COVID," Galiatsatos says. Getting

this confirmation can be particularly fraught for older adults who may be told that slowing down and feeling tired or foggy is all part of the aging process. It's not, and you don't have to accept that explanation. You should feel heard by your care team.

### WHAT CAN I EXPECT IF I REALLY DO HAVE IT?

The difficult reality for "long haulers," as they're called, is that long COVID has no cure. Treatment involves helping people adjust to their life as it is now: how to manage extreme tiredness or compensate for memory problems. At least 66 hospitals around the country run post-COVID clinics—and more are no doubt to come—but even if yours doesn't, you should be referred to a cadre of specialists, such as a physical therapist or neuropsychologist. When it comes to each individual patient, Galiatsatos says he cannot tell them what the future holds. Some people improve and feel better, others plateau and adjust to their new life, and some get worse and suffer greatly because they can hardly recognize themselves anymore.

### WHAT IS THE BEST DEFENSE AGAINST LONG COVID?

Being vaccinated and doing everything you can to avoid catching it in the first place.

### **Lucy's Corner**

As we welcome in a New Year It's time for our bi-annual election of officers. RPEA Chapter 096 of Greater Albuquerque is having an election on January 13, 2023. We are seeking retired public employees to volunteer for a two year term of service.

The following positions available are:

President---Vacant

Vice President---Vacant

Treasurer---Vacant

Secretary---Evelyn McGarry

Newsletter Editor---Evelyn McGarry

Health Benefits Chairperson---Vacant

Legislative Chairperson---Vacant

Membership Chairperson---Lucy Lopez

Sunshine Chairperson---Linda Clark

Telephone Chairperson---Vacant

Assistant Area Director---Vacant

Please contact Evelyn McGarry if you are interested in filling any of the above vacancies. Warmest wishes to all our members.

Thank you,

Lucy Lopez, RPEA Chapter 096 President

### **Retired Public Employees' Association (RPEA)**

#### **Chapter 096 General Meeting Minutes**

**October 14, 2022**

Present: Lucy Lopez, Evelyn McGarry, Leslie Chamberlin & Esther Duran

Meeting Commenced at 12:00 pm

- CalPERS legislation runoff election vote by November 2022; RPEA is backing Randall Creek
- Chapter 096 member Helen Fuller passed away on 8-25-22; Helen's obituary was shared with chapter members
- Lucy talked about her experience at the General Assembly in September 2022
- This general meeting lunch was free provided by chapter funds
- Chapter members shared their past employment
- Leslie recommended the exhibit at the National Hispanic Cultural Center in ABQ
- Chapter members shared a joke or two
- Current bank account balance is \$ 4473.55
- Our next RPEA Chapter 096 general meeting will be on January 13, 2023 @ noon at Black Angus Steakhouse

Meeting Adjourned at 12:30 pm

Respectfully submitted by Evelyn McGarry

## **You're Retired, So Now What?**

### **Cowboy Days**

March 4–5 This cowboy-themed celebration sprawls across the New Mexico Farm and Ranch Heritage Museum's 42-acre grounds, filling it with music, livestock, horseshoeing, pony rides, and blacksmith demonstrations. Nothing compares to learning how to lasso from a real, live cowboy in the kids' area. Food trucks and vendors will be on-site. Open 10 a.m.–4 p.m. Check [website](#) for ticket prices. Las Cruces.

### **"Chocolate: The Exhibition"**

Through March 12 Americans love their chocolate, buying an estimated 58 million pounds of it for Valentine's Day alone. A traveling exhibit at the New Mexico Museum of Natural History & Science traces cacao's evolution from the key ingredient in a spicy Aztec drink to the inspiration for modern chocolatiers, who add sugar to fuel the obsession. A life-size cacao tree illustrates how the small seeds grow. Warning: The realistic candy displays are not edible. Adults, \$8. Albuquerque.

Your participation is always welcome and encouraged. If you would like to contribute to the RETIREWIRE newsletter please contact your newsletter editor, Evelyn McGarry, at [mcgarrye2004@yahoo.com](mailto:mcgarrye2004@yahoo.com)

### **Your RPEA Chapter 096 Board Members:**

Lucy Lopez: President; Richard Dick: Vice President; Evelyn McGarry: Secretary & Newsletter Editor; Lucy Lopez: Treasurer

**Next RPEA Chapter 096 Meeting:**  
**April 14, 2023 at NOON**