

# ~~~~ RETIREWIRE ~~~~

☀️ **Happy Summer 2021** ☀️



## **RPEA Chapter 096 Zoom "Virtual Meeting" Friday July 9, 2021 @ Noon (mountain time)**

**A Zoom meeting email with the invitation link will be sent out on the Thursday prior to our scheduled Zoom meeting day. Please Join Us!**

Questions on how to Zoom, contact Evelyn McGarry @ 408-839-2278 or [mcgarrye2004@yahoo.com](mailto:mcgarrye2004@yahoo.com)...we can practice before the meeting day.

*In-person chapter meetings will resume upon confirmation from our RPEA administration headquarters in Sacramento.*

🎂 *Happy Summer Birthdays 🎂: Linda Boylan, Barbara Desilets, Richard Dick, Esther Duran, Ruth Johnson, Rebecca Mayeaux, William Norton, Connie Roberts, Mary Schlegel, Lily Silva, Louis Silva, Kathy Sullivan, Larry Sullivan, Guadalupe Tellez and Andy Wilson!*

*Our current chapter bank account balance is \$3672.32.*

## **Lucy's Corner**

Hello Chapter Members,

I hope you are all doing well as we continue to wait out this pandemic, We will return to some sense of normalcy soon and our goal is to resume in-person chapter meetings. I will alert all our members when the board makes that decision. Thank you for being a member of RPEA especially during an extremely challenging time. The RPEA board remains committed to advocating for your continued health benefits and pensions.

CalPERS is conducting an election this fall. The candidates for the Member-at-Large positions are:

Position A: David Miller ( incumbent) and Tiffany Emon-Moran

Position B: Margaret Brown (incumbent) and Jose Luis Pacheco

All CalPERS members (excluding survivors and beneficiaries) will be able to vote in this election. A ballot package with instructions on how to vote will be mailed to eligible voters on August

27, 2021. Please make sure your mailing address is up-to-date. You can contact CalPERS at 888CalPERS or [888-225-7377](tel:888-225-7377) to update your mailing address. If you have not received a ballot by September 3, 2021 and are eligible to vote, contact CalPERS' Customer Service Center at [1-877-610-8637](tel:1-877-610-8637) for a replacement ballot.

On a different note...Ruth Johnson a long time member of Chapter 096 says hello and that she is happy as can be and getting stronger every day. Ruth is now living in Evansville, Indiana near the Ohio River. She came to live in Los Alamos, New Mexico on December 28, 1958 and started working at Los Alamos Lab in March 1959. She retired in 1991 after 32 years of service and then moved to Albuquerque. Ruth was one of the first members of our chapter when Jack Fuller and his wife Helen originated Chapter 096 based on the need of retirees living in the Rio Rancho and ABQ areas. Best wishes to Ruth and thank you for continuing to be a member of our association.

Lucy

## **Retired Public Employees' Association (RPEA) Chapter 096 Zoom General Meeting Minutes April 9, 2021**

Present: Martha Hoyt, Lucy Lopez, Helen Fuller, Lou & Lily Silva, Richard Dick & Evelyn McGarry

- Lucy led us in the Pledge of Allegiance
- Attendees thanked Evelyn for arranging chapter Zoom meeting
- Evelyn reported deceased chapter members
- Lou informed us that Larry could not attend chapter Zoom meeting but says “hello” to everyone; Lucy stated Larry welcomes phone calls from members
- Lucy gave Treasurer’s Report: current bank account balance is \$3266.02
- Evelyn gave Secretary & Newsletter Editor reports; January 2021 chapter Zoom meeting minutes posted in April newsletter; contributions to the newsletter from members are encouraged
- Lucy mentioned that the chapter Sunshine Chairperson & Telephone Chairperson positions are still vacant if any members want to volunteer; these positions are not mandatory chapter positions
- Meeting attendees talked about their COVID vaccination experiences
- Lucy stated restaurant menu prices have increased; discussion about increasing chapter lunch contribution to \$10 per member; attendees voted in agreement
- Lucy read “What is COVID-19” to attendees
- The next chapter 096 general meeting will be on July 9, 2021 @ noon via Zoom or in-person at local ABQ restaurant, Weck’s on Louisiana Blvd, depending on COVID restrictions; Lucy has contacted Weck’s and was assured our chapter meeting agreement is still in place; in the next newsletter will post safe COVID practices for in-person meeting attendees (vaccinated, social distancing seating & wear masks); Lou informed us that receiving the chapter Zoom meeting invitation link in a text message format works great; next newsletter will state that meeting attendees can request the meeting invite link as a text message, contact Evelyn if this is preferred

Respectfully submitted by Evelyn McGarry

### **You’re Retired, So Now What?**

**Admission tickets for the Albuquerque International Balloon Fiesta go on sale on July 2, 2021!**

# Taking A Closer Look at Cataracts

By [AMBA](#) May 20, 2021

June is Cataract Awareness Month. While cataracts are one of the most common eye disorders in the United States and around the world, too few people understand the causes, symptoms and treatment options.

1. Cataracts are the leading cause of vision loss in the U.S. The United States Centers for Disease and Control estimates that nearly 30 million Americans have cataracts. That's more than 2x the total number of people with glaucoma, diabetic retinopathy and age-related macular degeneration – combined.

- One out of every six Americans over age 40 has cataracts. Most people think of cataracts as only affecting the elderly, but symptoms – and even vision loss – often start as early as age 40. An estimated 20.5 million (17.2%) Americans aged 40 years and older have cataract in one or both eyes. Even more cause for concern, the likelihood of developing cataracts doubles in your 50s and doubles again in your 60s. By the age of 80, more than 50% of Americans have cataracts.

- Smoking and excessive sunlight add to the risk of developing cataracts.

Smoking doubles the risk of developing nuclear sclerotic cataracts and triples the risk for subscapular cataracts. Ultraviolet (UV) rays from the sun can also promote cataract development, reinforcing the importance of wearing UV-blocking sunglasses outdoors.

- Symptoms Can Range from Mild to Dangerous

The most common symptom of cataracts is cloudy or blurred vision. Other symptoms include difficulty seeing at night or in dim light, glare, sensitivity to light, seeing halos around lights, faded colors, and the need for more light when reading. Some people also experience frequent changes in eyeglass or contact lens prescriptions. One of the most concerning potential symptoms is double vision in one eye,

or “ghosting” around objects, which can produce balance issues that can result in falls or hazardous driving.

- Surgery is the only effective treatment for cataracts.

Cataracts permanently damage the natural eye lens. The only way to restore a patient’s vision therefor is by surgically replacing the natural lens with an artificial lens. Cataract surgery is one of the most common surgical procedures in the world and is recognized as safe and effective.

Keeping your eyes healthy is essential to being able to maintain a full lifestyle, especially as we continue to age. That’s why a Vision Plan from your association and AMBA is so important. It can help you save money on everything from checkups to UV-blocking sunglasses. To sign up, visit [www.AMBAdentalvision.com](http://www.AMBAdentalvision.com) or call 866-979-0497.

#### **In Memoriam**

~ Joseph Bell ~

~ Billy Claybrook ~

~ Deanna Fuller ~

**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)**

*[Please contact me if you no longer want to receive your newsletter in paper format and receive it in an email.]*

Your RPEA Chapter 096 Board Officers:

Lucy Lopez: President, Larry Sullivan: V-P, Evelyn McGarry: Secretary & Newsletter Editor, Lucy Lopez: Treasurer & Membership Chairperson

Next RPEA Chapter 096 Meeting (hopefully):

**October 8, 2021 @ Noon at 'Weck's'**