
THE REARGUARD

| Tucson-Southern Arizona Chapter 103 |



Retired Public Employees Association of California

PRESIDENT'S MESSAGE

We wish everyone a healthy and prosperous New Year. The biggest news story in my message this issue is the fire that occurred at Golden Corral on 22nd Street. This has necessitated us finding another meeting location and we are returning to Mimi's Café at Tucson Mall, see details elsewhere in this newsletter.

Rebecca O'Brien with the Pima County Department of Health spoke to us at our last Membership Meeting in October about the warning signs of dementia and Alzheimer's disease.

Our speaker for the January 15, 2020 Membership Meeting will be David Fife. David is with Casa de la Luz and will talk with us about end of life issues, see Tom's article in this newsletter for more information and thanks to Jim McGovern for suggesting this topic and speaker.

In our continuing effort to tell you a little bit about the men and women who serve on your Board of Directors, see Helen de Lara's biographical statement in this newsletter.

You may recall seeing some of my prior articles on telephone and internet scams. These scams victimize people in the US by millions each year, but particularly seniors. My wife Bev and I live in Green Valley, which is predominately a senior retirement community. Every week in our local newspaper, we read stories where seniors are victimized and lose usually thousands of dollars of their savings. Whenever I become aware of a new scam, I put an article in the newsletter, warning our members of these dangers. See the current Scam Alert article in this issue.

I am writing this message as 2019 nears its end. I want to thank the folks who serve on the Chapter 103 Board of Directors for their time and talents devoted to RPEA and our Chapter. I also want to thank each of our chapter members for supporting RPEA and our organization's efforts to help protect your retirement and health benefits.

For the next Membership Meeting on January 15, 2020 we are returning to Mimi's Café at Tucson Mall (corner of Oracle Rd and Wetmore Rd) at 11:30 am. Door prize winners will receive one of five \$10 lunch reimbursements in addition to our regular door prize. We look forward to seeing you there.

January 1, 2020

Ken Burns, President

January 15th Program

The speaker for the January meeting will be David Fife. He will be speaking on dealing with a life-limiting illness and “end of life” issues. David has been with Casa de la Luz Hospice since 2007. He served as a chaplain with Casa prior to his work as the Social Services Director. David is an ordained Presbyterian minister who has pastored congregations in California and Arizona. Throughout his career he has sought to bring greater cross-cultural and inter-religious understanding in his work with Catholic Charities, the American Friends Service Committee, Muslim community associations and with his collaborations in Central America. David graduated from Macalester College in St. Paul, MN, and received his Masters of Divinity degree from San Francisco Theological Seminary. He shares a love for the Sonoran desert and wilderness with his wife, Jennifer. They have two daughters.

Highlights of Presentation by Rebecca O'Brien on Dementia

Rebecca O'Brien from the Pima County Department of Health discussed the different types of dementia, one of which is Alzheimers. Although the cause of dementia is not known, she mentioned that there are risk factors such as age, family history, gender and race.

She also discussed the 10 warning signs which include memory loss that disrupts daily life, trouble understanding visual images and spatial relationships, and changes in mood or personality to name a few.

There is no known cure, but early detection is important as it can affect the success of treatment.

The Alzheimers Association can be a valuable resource and can be reached by phone at 800-272-3900 or online at alz.org. There is also a local office at Speedway and Craycroft.

MEET HELEN DE LARA

I was born in a small town in Oklahoma; however, my parents moved to Sonoma, California when I was eight years old. I attended schools in Sonoma and graduated from Sonoma High School.

Shortly after graduating high school, I married my first husband and we had three children (two sons and a daughter). All still live in the Sonoma and Santa Rosa area. I have four grandchildren (three grandsons and one granddaughter).

My first job out of school was at Sonoma State Hospital, which would later become Sonoma Developmental Center, where I began my career as a Psychiatric Technician Trainee. I attended Santa Rosa Junior College and graduated in 1960. I became a licensed Psychiatric Technician for the next few years with time off to have three children. In 1968 I was promoted to Developmental Specialist and worked in classrooms teaching and training physically and developmentally handicapped children.

In 1978, I made a career change and went into supervision and became a Psychiatric Technician 1. After two years, I was promoted to a Unit Supervisor position which I held until 1985. I then took a year off and reinstated at California Medical Facility in the California prison system to head the audit team in the Medical Records Department. After one year in the prison system, I decided to transfer back to the Sonoma Developmental Center where I finished out my career as the supervisor of the clinical record clerks. I retired in December 1995.

After living in Sonoma for most of my life, and having been single for several years, I decided to make a move to Tucson, Arizona. I moved here in 2002 and met my husband. We married in May, 2007. Now I keep busy working out at the gym and helping my husband take care of our gardens. We have almost three and half acres so it keeps us busy. I completed the University of Arizona Master Garden Program in 2009, and I volunteer weekly at the U of A extension

gardens. My husband and I share an interest in all desert plants. Gardening in Arizona is difficult but very rewarding.

Who Won What

At the October Membership Meeting, the following prizes were awarded:

A \$25 gift card was won by Maggie Kirk

The five \$10 Lunch reimbursements were won by Norma Fite, Sandra Carter, Mary Hedrick, Myrna Wunder and Louise Mendiola-Morallezz

A \$10 lunch reimbursement was given to first-time attendee Maggie Kirk

The Attendance Raffle amount was \$31 and was won by Louise Mendiola-Morallezz

TREASURER'S REPORT

Chapter 103 Balance as of
December 4 was \$3,324.10

RETURN TO MIMI'S

As a result of a kitchen fire at Golden Corral on 22nd Street in November 2019, our plans to conduct our quarterly Membership Meetings there have been sidelined. We have been told reconstruction will take at least 4 months. Because our members are familiar with Mimi's at Tucson Mall and Mimi's has done a good job for us for 2 years, we are returning to Mimi's for the January 15, 2020 Membership Meeting and for future meetings until further notice.

ARTICLE FROM "SILVER SNEAKERS"

Why Most New Year's Resolutions Fail

According to a recent poll, eating healthier, exercising more, and spending less are three of the top five most common New Year's resolutions along with focusing on self-care

(sleeping more or stressing less) and reading more.

A quality these resolutions share is that they are all very vague, which might be the reason 92% of people who set New Year's goals never actually achieve them. The 8% who do succeed do so because they make real habit changes, which take time and a SMART strategy. As you may remember, SMART stands for:

Specific,

Measurable,

Attainable,

Relevant

Time-bound.

This is a roadmap for exactly how to get to where you want to be and achieve those goals.

Chapter 103

QUARTERLY LUNCHEON MEETINGS

Meetings are held on the 3rd Wednesday of January, April, July and October. Take a minute and mark your calendar for all meetings this year. We meet at 11:30 AM at Mimi's Café at Tucson Mall (Oracle Rd and Wetmore Rd). Please join your fellow CalPERS retirees for conversation, lunch and interesting program speakers, plus chances to win door prizes and a cash prize!

2020 QUARTERLY LUNCH DATES

January 15, 2020

April 15, 2020

At-Large: Jim McGovern
520-825-1284
pjmcgov@comcast.net

At-Large: Mark Kinsey
402-861-9174
mkinsey@cox.net