

JULY - AUGUST
2018

AREA IX
"3" RPEA ARIZONA CHAPTERS

♦ **Chapter 101 Valley of the Sun** ♦
CENTRAL East-West ARIZONA

President – Pamela Tull ~ (480) 559.3112
Meets 4th Saturday each month.

Call Chapter 101 President (above) for location.

♦ **Prescott Chapter 098**

President – Jim Swank ~ (928) 708.0684
**Meets in odd-numbered months on the
3rd Tuesday beginning in January.**

♦ **Tucson-Southern Arizona Chapter 103**

President – Ken Burns ~ (520) 393.1855
**Meets quarterly on the 3rd Wednesday in
JANUARY/APRIL/JULY/OCTOBER.**

ONGOING, PAID MEMBERSHIP HELPS KEEP RPEA STRONG!

RPEA Membership Dues are \$60.00 a year.
RENEW RPEA Membership Dues with Headquarters:

**RPEA Headquarters
300 "T" STREET
SACRAMENTO, CA 95811**

RPEA HQ "Toll Free" Phone Number: 1-800-443-7732



**The 2018 Poverty level for a Single Person
is \$910.00.**



**RPEA
Chapter
101**

Valley of the Sun ~ Arizona

Greetings RPEA Member of Local Chapter 101-Valley of the Sun, CENTRAL East-West ARIZONA.

You are holding in your hand your Local Chapter newsletter that is produced and mailed out every 2 months (very similar to the 8-1/2" x 11" RPEA State Association glossy newsletter that comes from Sacramento, California - RPEA HQ office) , yours and my employment-to-retirement home State. For sundry reasons, we 180 retired members, mostly (no affiliates yet), in Chapter 101, are residing in hot, Hot, HOT, Arizona. Anyway, we have some fabulous months that it are beautiful like California was before the SMOG got so thick. This past Autumn was one of the most beautiful times in Arizona of my years here, since 2005.

Chapter 101 Chartered as an RPEA Chapter in July 1999 (we will have been in existence for 20 years this coming July 2019); 101 was the only RPEA Chapter in Arizona until Prescott chartered about 2 years after Chapter 101 and then in around 2010 Tucson-103 Chartered and shortly after Tucson (about one month), Colorado River (formerly Lake Havasu) RPEA Chapter 104 Chartered and then disbanded a few years later in about 2016 (*information roughly recalled, not 100% accurate, but close*). Our AREA IX Area Director Larry Sullivan may correct these facts at our *FIRST*-ever RPEA AREA IX Workshop at the biennial RPEA General Assembly 2018 site in Orange, California (near Irvine). The AREA IX Workshop will be on September 10th between 4pm-5pm. You are all cordially invited (at your expense) (service as volunteer GA assistants is available).

**JULY-AUG.
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Get ready for an extra meeting to review the GA Resolutions to give the Delegate guidance.

Pamela Tull, 2018 President-Chapter 101

RPEA CHAPTER 101 Meeting SPEAKERS

Speakers at our meetings are knowledgeable about topics of interest to retirees, seniors, and others in Arizona. Invite a friend, a co-worker, family member to a meeting to hear our speakers. They are Welcome and of course, we hope they will join RPEA, pay annual dues of \$60.00 a year, and keep coming to our meetings; it makes meetings more fun with a crowd of people.



SEASONAL ALLERGIES An allergy is an exaggerated immune response “to common substances (dust, mold, fragrances, pet dander, cleaning chemicals, etc.)”. The immune system normally protects the body against foreign substances by becoming overly sensitive when triggered by an allergen; the body produces an antibody called IgE. Allergens bind to IgE which is attached to mast cells--a specific type of immune cell in airways. This causes the mast cells to release a variety of chemicals, especially histamine--the main chemical that causes symptoms like burning, tearing, or itchy eyes; coughing; headache; hives; itchy nose, mouth, throat, or skin; runny nose, skin rash, wheezing; and other allergy symptoms.

Time of year allergic reactions can help you identify what causes your symptoms. One in five Americans suffer from allergies that affect their nasal passages and sinuses.

“Hay fever”, an allergic response to pollen and other environmental substances (also known as “allergic rhinitis”, there are two types: Seasonal, which occurs during specific times of the year, and Perennial, which can affect you all year round.

RPEA MISSION

We are retired California public employees working together to maintain and improve the quality of the lives of RPEA members by protecting and improving retirement and healthcare benefits.

SEASONAL ALLERGIES --cont'd.

Typically, if you suffer from "Hay Fever" in the Spring, you are likely allergic to tree pollen. Grass and Weed pollens commonly appear in the Summer. Autumn can bring on rag weed allergies. Fungus spores cause problems from late March thru November.

Perennial "Hay Fever" can be an allergy to one or more indoor allergens like dust mites, feathers, animal dander found in pillows, bedding, heavy drapes, upholstery, and carpeting.

Allergy and asthma; reaction to offending allergy-causing substances can worsen asthma symptoms.

To ease allergy and asthma symptoms while supporting healthy immune responses to allergies, many people reach for relief in over-the-counter and prescriptions.

But just treating symptoms may not change the underlying allergic response that would bring even more relief. Some nutrients can ease symptoms while supporting a healthy immune response to allergens:

VITAMIN C: Water-soluble vitamin that prevents the formation of a histamine response to allergens. One clinical trial gave Vitamin C daily for 2 weeks to allergy sufferers and reduced their blood histamine levels by 40 percent.

ANTIHISTAMINES: Typical antihistamine medications work by lowering histamine levels after they're produced. Preliminary research suggests it might also help reduce allergy symptoms by fortifying mast cells and helping to maintain a less extreme immune response.

QUERCETIN: A flavonoid (found in apples and onions) stops production and release of histamine. QUERCETIN also reduces production of leukotrienes (inflammatory compounds that stimulate airway constriction). QUERCETIN is also an antioxidant that helps neutralize free radicals from allergic reactions.

Quercetin, Vitamin C, and bioflavonoids N-Acetyl-Cysteine (NAC) offers symptomatic relief by thinning mucus secretions in the lungs and bronchial system.

FLAVONOIDS: Strongly anti-allergenic, natural antihistamines, bioflavonoids enhance the activity of Vitamin C in the body and help stabilize mast cells, which secrete histamine and is linked to allergic reactions.



AMBA and New to RPEA Chapter 101

AMBA, the RPEA Association Member Benefits Agency as it is called here in Arizona and other States outside of California, has been doing their job . . . we have 14 new members as of June 4, 2018. We warmly welcome new faces (and old bodies too!) and look forward to meeting new members at our upcoming Local RPEA Chapter 101 meetings.

Remember what it was like to venture out to your first RPEA meeting? I recall it was a little hard to be new at a first-time meeting, but it was well worth going to. This is a good time to come to the meetings to say "Hi!" and "Welcome!" to our new members. It is also a great time to think about being a volunteer at General Assembly (GA). Its being held at the Doubletree-Hilton Hotel, in Orange (Irvine), California, September 9-12, 2018, (RPEA General Assembly is held every 2 years at different locations in California). GA is an excellent way to experience what RPEA does and to become saturated in RPEA activities and meet some really nice folks. Call Chapter President Pamela Tull at (480) 559.3112 - *Always Leave a Message!* You are invited and welcome to go to Orange and the RPEA General Assembly. There's no pay but its lots of fun to be part of.

WHAT IS AN ASSISTED-LIVING REFERRAL AGENCY?

Do you know from searching for an Assisted Living Facility what the three different levels in an Assisted-Living facility are? In Arizona there are three licensed levels of "assisted living care" and many communities/facilities are not licensed to provide all 3. The three levels are: Personal Care, Supervisory Care, and Directed Care, and it is very important to know the difference. Prices range from \$2,000 to \$8,000-plus a month, depending on your level of care, your apartment/room size, and your needs. Healthcare professionals are different from Sales and Marketing staff. A Referral Agency can help to evaluate available options and can save you time and money because they know the rates, who has specials, and in many cases, they can negotiate discounts for you, whether you are looking for independent living, assisted Living, a group home, or a memory-care community. They are something to consider!

~Victor Borge

3 SIGNS IT MIGHT BE TIME FOR MEMORY CARE

Some forgetfulness comes with aging, but when lapses in memory cause concern about safety or security, it may be time to look for these 3 warning signs:

1 - Orientation / Recognition

Take note if your loved one gets lost, frequently has trouble remembering events or what day it is, or is unable to recognize familiar people or surroundings.

2 - Anxiety / Fear / Depression

Note worrisome emotional swings, from repeating questions, hearing/seeing things, to simply appearing sad, anxious, worried, or fearful.

3 - Accomplishing Tasks

Daily welfare could be at risk if your loved one has difficulty concentrating, following verbal directions or completing tasks.

Resources to help memory loss are available, from full-time memory care to short-term-stays which can relieve and give peace of mind to family member caregivers.

Consult the Senior Directory booklet or go online to
source: www.SeniorDirectory.com/Phoenix

When dealing with Alzheimer's Disease,
a smile often works better than words.

Humor and light-heartedness can be the best medicine to reduce stress that the Disease brings to the caregiver

AND

the one receiving care.

RPEA CHAPTER 101 -Valley of the Sun

11:30 A.M.

- ❖ **JANUARY 27th** - Chapter 101 Officer Installation
- ❖ **FEBRUARY 24th** - Mesa **"downtown" Library**
64 East 1st STREET
(between Country Club & Mesa Drive)
- ❖ **MARCH 24th** - Mesa **"downtown" Library** (SEE ABOVE)
- ❖ **APRIL 28th** - Deeann Griebel, Investment Manager
Moors & Cabot ~ "How to Die and Not
Have Your Kids Kill Each Other!"
- ❖ **MAY 26th** - Vito's Italian Ristorante
SE corner of Lindsay Road & McKellips Rd.
- ❖ **JUNE 23rd** - Vito's Italian Ristorante (SEE LOC. ABOVE)
- ❖ **JULY 28th** - **WORKSHOP: Electronic "Tablets"**
Vito's Italian Ristorante (SEE LOC. ABOVE) ←
BRING YOUR TABLET ALL CHARGED

- ❖ **AUGUST 25th** -
- ❖ **SEPTEMBER 25th** - Deeann Griebel, Speaker ~
"ZOMBIES" and Bankruptcy
Vito's Italian Ristorante (SEE ABOVE)
- ❖ **OCTOBER 27th** -
- ❖ **NOVEMBER 24th** -
- ❖ **DECEMBER 22nd** -

➔ **CALL: (480) 559.3112 - Always leave a message!**

"RSVP" and MEETING LOCATION DETAILS

LOC: (your) RPEA Biennial General Assembly
DoubleTree Hilton Hotel
100 The City Drive, Orange, Calif.
SEPTEMBER 9-12, 2018

Chapter 101 is sending ONE Delegate.

RPEA

Pamela Tull

POB 30177

Mesa, AZ 85275



JUL 30 2018

To:

RPEA HQ

ATTN: Janya

300 "T" Street

Sacramento, CA 95811

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