



RETIRED PUBLIC EMPLOYEES' ASSOCIATION OF CALIFORNIA

## Santa Clara County Chapter 031 Newsletter

Volume 61 #02  
March/April 2026

*An Association of CalPERS Annuitants committed to the goal of helping all public employees maintain their physical and economic health during retirement*

***NEXT MEETING –  
Wednesday, April 29, 2026  
12:30 PM at China Stix***

**2110 El Camino Real, Santa Clara, CA 95050  
The Door opens at 11:15 am and lunch is served at 11:30 am. Please check the flyer enclosed in this newsletter, or check at the back of the last issue of the newsletter on the website.**

### **OUR SCHEDULED GUEST SPEAKER IS JOSE LUIS PACHECO, FORMER MEMBER OF CALPERS BOARD**



**J**oin us for a special presentation by Jose Luis Pacheco, former CalPERS Board representative and past President of

CSEA Chapter 363. As a lifelong union advocate and IT professional, Mr. Pacheco brings a wealth of expertise in protecting the pensions and healthcare benefits of California's public employees. He will provide a vital update on the current state of our fund and his work to safeguard retiree dignity. **Don't miss this essential session!**

**A VERY WARM WELCOME TO  
OUR NEW MEMBERS!**

**F**ollowing are the names of new members – Cheryl Armstrong, Kenneth Armstrong, Thomas Goglio, Diane Wilson, and Yazmina Letona.  
***Welcome Everyone!***

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***”IN MEMORIAM:*** Our deepest sympathy to the families and loved ones of Michael Ashby (member since 2010), and Arquelio Rodriguez (member since 2004)  
***They will truly be missed.***

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### **RPEA STATE GENERAL ASSEMBLY IS COMING TO SAN JOSE!**

**E**very two years RPEA holds a General Assembly where business is conducted that requires Chapter input and voting. GA is also an opportunity to attend informational sessions and socialize with members from other Chapters. The number of delegates for each chapter is determined by the total membership for that chapter. As the largest chapter, we are assured of at least six delegates, and perhaps seven. GA this year is scheduled for September 29 to October 2 and will be held right here in San Jose! Consider being a delegate. We will be providing more information about the conference and delegate duties and will be putting out a call for delegates at future meetings and in upcoming newsletters.

## THE HISTORY CORNER

Marianne Damon, RPEA Chapter 031 Historian

### ALL EYES ON MADAM VICE-PRESIDENT!



**Y**ou've seen her enthusiastically greet members as they come to our lunch meetings, you've seen her pop up to deliver raffle prizes, and you've seen her help organize our annual picnic and then be

called up to receive the Volunteer of the Year Award for 2025. She is our vice-president, Joanne Rudinkas! She was nominated for the award because she volunteered to represent our Chapter at the RPEA General Assembly, she stepped up to fill the vacant post of vice-president, and she energetically pitches in wherever needed.

I spent a long lunch with Joanne recently so we all could get to know her better. I actually knew her during our working career, when we both worked at Valley Medical Center. Our paths crossed on both the Rehab Unit and the Neonatal Intensive Care Unit, I working in Therapy Services and Joanne working in Social Services. We bonded over a shared sense of humor and a love for old-time sayings ("Got a hitch in your git along today?"). But there's so much more that I've since learned about Joanne!

She learned to swim in the bayous around Mobile, Alabama where she was born right before WWII. Her mother and her aunts were born and raised in the Mission district of San Francisco, and her mother went to Cal (Go, Bears!). In WWI her aunts served as Yeomanettes, the first group of women in the regulation Navy (one even misrepresented her age so she could join!). Her mother's side is a Navy family, with her grandfather and uncle as shipbuilders. Her father was a physicist and marine engineer from Texas. His father was a refugee from Lithuania, a skilled woodworker who worked on the Czar's Winter Palace, and once settled in the U.S. built those plush Pullman railway cars. The family moved to San Francisco when her father became employed at the Mare Island shipyard. All her life, and this is from age two and a half, she has been dancing, singing, and playing musical instruments. Her first piano recital was in first grade. She also played violin briefly, and plays

the ukulele, keyboards, drums, and any instrument to use in a classroom, as she was a music artist for Sunnyvale schools in the Music for Minors program. As a toddler she started tap, toe and acrobatic dance, and at nine she took Hawaiian dance. She has danced with her current group, the Lei Nani Dancers, for about seven years. They and their band dance, sing and chant in performances given to local senior groups.

Living in San Francisco on Dolores Street she attended Presentation High School. She entered science fairs, and one of her project mentors was none other than THE Glenn Seaborg, winner of the 1951 Nobel Prize in Chemistry; Element 106 on the periodic table is named after him... THAT Glenn Seaborg! I nearly fell out of our lunch booth! I learned that her father as a physicist and her mother as president of AAUW while in Mobile, San Francisco, and Berkeley were quite the power couple! Joanne went to Cal for her undergrad with a major in Sociology and minor in English, then the University of Washington for her master's in social work, and then San Jose State University for her teacher's credential. While at Cal and UW she took up sailing. When deciding on a job after obtaining her Masters, she greatly pleased her mother by moving back to the Bay Area and accepting a position with the California State Department of Mental Hygiene at Agnews State Hospital. There were two divisions, or "sides" at Agnews, Developmental Disability and Mental Illness. Joanne spent 3.5 years developing a specialty in DD and ran professional education for new psychiatrists for both sides. That's where we have another point of similarity, as I had a young cousin on the disability side and a grandmother on the mental illness side. Joanne said it was an exciting time to be in California because of the rise of different schools of psychotherapy and the start of the community mental health movement. She interned in Transactional Analysis and became licensed with the Transactional Analysis Association. She ran a group program for inner city San Jose residents. When Governor Reagan closed mental health hospitals throughout the State, Joanne got to work organizing groups to pull together to form services under the San Jose Community Health Center, a new concept for how to deliver mental health services, and she became the director. Because of her work at Agnews she knew many of the psychiatrists, psychologists, and social workers who had lost jobs and were looking for opportunities.

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She also was on the faculty of San Jose State teaching social work and was the Director of Social Work at San Jose Hospital after taking administrative training through the American Hospital Association in how to set up a department.

She met her husband, Algis Rudinkas (yes, our new treasurer), at Stanford's Newmann Center, and Joanne Zerolis became Joanne Rudinkas. After intense work-life busyness, she took time off to raise their two children, a son and a daughter born two years apart. Then...back to busyness! She ran counseling sessions and taught school for the most disturbed students in our County. Then she applied to VMC and because of her medical and psychiatric experience, she started on the 2<sup>nd</sup> Floor Rehab unit for head injuries, stroke and general rehab. She was offered a permanent position and moved to the NICU. She became Director of Social Services at VMC. Algis was Assistant Director, Outpatient Pharmacies, at the time. When the phone rang at night, they would wonder which of them it was for! Working in the NICU, Joanne started the practice of holding services for babies who had died. She also provided crisis intervention services to hospital and clinics staff. When they were ready to lighten the load of leadership and budget battles, opportunities opened for both at Kaiser. Joanne was recruited to implement their Early Start Program, a regional Kaiser program to encourage pregnant women to deliver babies free from drugs, alcohol and nicotine. She worked at Kaiser for about nine years before retiring in about 2012.

Retirement hasn't been all easy. During their "retirement trip" to the Mediterranean she fell and had a concussion, complete with a purple face just in time for Paris, where it snowed! She has needed several surgeries, including five eye surgeries. Fortunately, other trips have gone well. They went to Japan with Elder Hostel (now Road Scholar), took a volcano tour of Hawaii, and have traveled to numerous national parks. Was she new to travel? Of course not! In college she took a trip to Hawaii which was just newly a state, and a trip to Europe. As a young woman she followed her older brother, who worked for the State Department, to Africa where she traveled all over the continent, including a visit to Timbuktu. Languages? French, and some Italian, German and Japanese.

Her reading interests are heavily non-fiction. She is currently reading Eric Larson's History of Germany Under Hitler. She enjoys books on relationship theories. She and Algis enjoy listening

to mysteries; currently they are enjoying the Murdock Mysteries series. She practices with her Lei Nani group regularly and mentors new dancers, and she performs two to four times per month. We are so fortunate that she has decided to give her time and talents to our Chapter, and now we all know just a bit more about our vice-president.

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## **VOLUNTEER OF THE YEAR AWARD: TIME FOR NOMINATIONS**

**T**he window is now open for nominations for Volunteer of the Year. We have identified a committee to receive the nominations and select a worthy person. Qualified candidates shall be members of RPEA or deserving non-members who have served in a volunteer capacity. Candidates can be nominated by any member of our Chapter. Candidates shall be nominated for an activity that RPEA recognizes; examples are efforts which benefit RPEA as a whole, the chapter, its members, retirees in general, the county, community, churches, and charities. The member recognition includes a check in the amount of a one-year membership in RPEA along with a framed certificate of recognition. Award to a non-member shall include a framed certificate of recognition and payment for lunch. The form for nomination can be found on our website, but is not required. If you would like to recognize someone you know who is deserving of this award, please contact Marianne Damon at [marianne\\_damon@yahoo.com](mailto:marianne_damon@yahoo.com)



**RPEA SANTA CLARA COUNTY CHAPTER 031**  
**P.O. Box 111865**  
**Campbell, CA 95011-1865**

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**RETIRED PUBLIC EMPLOYEES' ASSOCIATION  
(RPEA)**

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**R P E A**

*Rosemary Knox*  
President  
Chapter 031

## April 29<sup>th</sup>, 2026

The April 29<sup>th</sup>, 2026 meeting will be held at **China Stix Restaurant, 2110 El Camino Real, Santa Clara, CA 95050.** *Jose Luis Pacheco, former member of CALPERS board is the scheduled speaker.*

Each attendee must pay \$25.00 in advance for lunch. The menu will be Pork Pot Stickers, Chinese Chicken Salad, Honey Pecan Prawns, Garlic Fish, Shanghai Spareribs, Broccoli Beef, Orange Chicken, String Beans Western Style, Combination Chow Mein, B.B.Q. Pork Fried Rice, Tea, and Water (they do not serve coffee). Each dish will be placed on a Lazy Susan at the tables and attendees can serve themselves.

**In order to provide a count of attendees to China Stix a \$25 payment for each attendee must be received no later than April 20<sup>th</sup>, 2026. No late payments will be accepted, no payments will be accepted at the China Stix Restaurant on the day of the meeting and there will be no refunds. NO EXCEPTIONS. We cannot accommodate those who choose to attend the meeting only.**

### **Doors open at 11:15 a.m. Food will be served at 11:30 noon**

Complete the form below and send with payment to Sue Farr, 1967 Bohannon Dr., Santa Clara, CA 95050 **no later than April 20<sup>th</sup>, 2026. Make payment out to RPEA Chapter 031.**

Sincerely,

Chapter 031 Board Members

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### Please Print

Name \_\_\_\_\_ # Attending \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

(Please list all persons included in your payment)

**Make checks payable to RPEA Chapter 031 and mail to  
Sue Farr, 1967 Bohannon Dr., Santa Clara, CA 95050  
Payment must be received no later than April 20<sup>th</sup>, 2026.**

**No late payments accepted**  
**No payments allowed at China Stix on the day of meeting**  
**Sorry, no refunds**

**Please do not arrive before 11:15 a.m.**

**Meeting Date: April 29th, 2026**

## Commitment to Empower Our Community with Support

Sourcewise provides an array of direct services for older adults, adults with disabilities, and caregivers.



Supportive  
Services



Health, Medical,  
and Evidence Based



Workforce  
Development



Isolation and  
Digital Inclusion



Advocacy



Nutrition



Caregivers

## The Sourcewise Commitment

Since 1973, Sourcewise has provided services, support, and resources to older adults in Santa Clara County. Our dedicated and diverse staff, with the help of volunteers, directly serve over 100,000 older adults, adults with disabilities, their caregivers and families on an annual basis by our direct programs and services. Sourcewise is committed to providing excellent service and support to all residents of Santa Clara County.

### Volunteer with Sourcewise

A few hours of your time can make a tangible difference in the lives of older adults. There are many opportunities for individuals, corporate, or social groups to jump in and get involved. Ongoing initiatives include wellness calls, intergenerational activities, seasonal cards, on-site administrative events, and more!

Contact [volunteer@mysourcewise.com](mailto:volunteer@mysourcewise.com) to learn more.



## Navigating the Journey

Community Support for  
Older Adults & Caregivers

3100 De La Cruz Blvd, Suite 310  
Santa Clara, CA 95054  
(408) 350-3200

16340 Monterey Road  
Morgan Hill, CA 95037  
(408) 762-7362

[mysourcewise.com](http://mysourcewise.com)



@sourcewise



@sourcewise



@mysourcewise



@sourcewise



SOURCEWISE  
COMMUNITY RESOURCE SOLUTIONS



## Who We Are

Sourcewise is an independent non-profit organization serving as the Area Agency on Aging in Santa Clara County.

We empower individuals by providing access to information, emphasizing person-centered care, and prioritizing continued independence.

To accomplish our mission of offering community resource solutions, we offer a variety of programs and services to help you age well.



## Who We Serve



Adults 60+



Adults with Disabilities



Caregivers



Veterans



Supportive Services

Sourcewise offers access to programs and services that support you in maintaining your quality of life by addressing functional limitations, maintaining health and independence, and promoting social participation in your community.

### Information & Awareness

A coordinated point of entry that connects community members to appropriate information, resources, and services by understanding their unique situation and providing quality resources to help them make informed choices and receive the support they need.

### South County Services

Provides greater access to vital services and resources for underserved areas of the Southern Valley of Santa Clara County, including Morgan Hill, San Martin, and Gilroy. Within South County, we provide the Sourcewise Transit Service, providing transportation to local senior centers, non-emergency medical appointments, grocery stores, and pharmacies.

### Fall Prevention

Offers support to adults 60 years and over and people with disabilities to avoid injuries and enable them to continue to live safely in their homes longer. Services include case management support, education, referral services, home modifications, injury prevention information, and durable medical equipment.

### Veteran-Directed Care

Gives veterans the opportunity to receive the long-term services and supports they need in a person centered and participant-directed way. A Sourcewise options counselor helps to facilitate care planning and support for the veteran, their families, and caregivers. Services include in-home care and are driven based on the Veteran's needs to avoid institutionalization.



Workforce Development

### Senior Community Service Employment Program (SCSEP)

Sourcewise provides adults 55 or older with the opportunity and support needed to obtain employment. Eligible participants receive paid, on-the-job training to develop occupational skills, practical work experience, and gain individual confidence to transition to permanent employment.



Caregivers

Sourcewise supports caregivers, both paid and unpaid, who provide care to residents of Santa Clara County.

### Caregivers Network

Provides access to family caregiver support services and resources for informal caregivers of adults 60 years and over or with dementia or similar neurocognitive disorder. A qualified care manager assesses both the caregiver and the care receiver's situation and provides support accessible online, via text messaging, in-person and over the phone to ensure both individuals receive the care they need. Caregiver specific services include case management, information & referral, caregiver respite, community-based support groups and training.

### Public Authority Services

Sourcewise offers Public Authority Services to support Santa Clara County's In-Home Supportive Services (IHSS) program which supports the IHSS consumer and care provider network.

#### ■ Provider Registry

Assists IHSS consumers with locating and hiring screened and experienced care providers to perform the consumers authorized services. IHSS consumers can request a list of pre-screened and fully enrolled IHSS care providers to interview and hire.

#### ■ Provider Enrollment

Oversees the simple, five-step process to become a registered IHSS care provider in Santa Clara County.

#### ■ Provider Benefits

Administers optional health and other employment benefits for care providers in Santa Clara County. Available benefits include medical insurance, dental and vision benefits, as well as a free transit pass.

#### ■ Provider Training

Offers training opportunities to help IHSS care providers to develop their caregiver skills to provide quality in-home care and injury prevention, as well as prioritize consumer-direction and independence.



Health, Medical, and Evidence Based

Sourcewise offers comprehensive case management programs and services provided by a multidisciplinary care team including clinical and non-clinical support. Medical health insurance benefits may affect eligibility.

### Multipurpose Senior Services Program (MSSP)

Provides ongoing care coordination, links participants to needed community services and resources, coordinates with health care providers, and purchases some needed services that are not otherwise available to prevent or delay institutionalization for adults 65 years or older and receive Medi-Cal with no share of cost.

### Enhanced Care Management (ECM)

In partnership with Medi-Cal health plans, local in Santa Clara County, provides services to eligible adults 18 years or older who have complex clinical and nonclinical needs by assisting with navigating medical conditions, providing referrals for community services, and conducting regular home visits to ensure the maintenance of health and well-being.

### Community Supports

In partnership with Medi-Cal health plans, local in Santa Clara County, Sourcewise offers Nursing Home Diversion to Residential Care Facility & Nursing Home Diversion to home services to eligible individuals to assist with discharge planning and transitioning from skilled nursing facilities back into an appropriate community setting. Can provide supplemental funds for care costs needed to maintain a supportive environment.



Advocacy

### Health Insurance Counseling & Advocacy Program (HICAP)

Sourcewise provides one-on-one counseling to existing Medicare beneficiaries, those who will become eligible for Medicare soon, their families, and caregivers to understand their Medicare eligibility, healthcare options and benefits in Santa Clara County. HICAP is part of the national State Health Insurance Assistance Program (SHIP) and is the Santa Clara County source for unbiased and objective Medicare-related counseling and information. Long Term Care Insurance counseling is also available.



Nutrition

Sourcewise provides programs and services with the goal of ensuring eligible adults in Santa Clara County have access to a healthy and nutritious diet, regardless of their mobility or economic status.

### Meals on Wheels

Provides a weekly delivery of 14 nutritious frozen meals to homebound individuals aged 60 and over, offering both traditional and therapeutic options. These meals meet two-thirds of the daily nutritional requirements for older adults.

### CalFresh Healthy Living Eligibility & Application Assistance

Offers assistance and support with applying for CalFresh Benefits. CalFresh is available to individuals who meet federal income eligibility requirements and need financial assistance to purchase food. Sourcewise also offers nutrition education seminars locally to reinforce healthy living and nutrition habits.

### Senior Farmers' Market Nutrition Program (SFMNP)

Provides older adults who meet federal income eligibility requirements with check booklets that can be used to purchase fresh fruits, vegetables, honey, and herbs from authorized farmers markets.



Isolation and Digital Inclusion

Sourcewise offers programs that mitigate loneliness and isolation and engage clients in social participation by providing them with greater access to technology, training, and resources to bridge the digital divide.

### Digital Inclusion

Provides eligible adults with electronic devices, technical support, and 1:1 training to use the device.

### Sourcewise Ambassadors

Pairs volunteers with homebound older adults to provide weekly social connection by phone. Whether it's a few minutes or an hour, a weekly wellness call can bring an older adult joy and companionship.

### Intergenerational Activities

Coordinates projects with youth, college students, adults, and groups who assist vulnerable and isolated older adults with home beautifications, friendly home visits, social activities, and digital literacy.