

## RETIRED PUBLIC EMPLOYEES' ASSOCIATION

### *Surf City—Santa Cruz Chapter 009*

*November 2018*



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

### **General Membership Meeting**

**Tuesday Nov. 6, 2018 — Time: 11:30**

***Tara Ireland from the Volunteer Center will be our speaker.***

For reservations call **Pat @ 423-1239**  
**Reservations must be made by Thur., Nov 1**  
***If you find at the last minute that you can't come,***  
***please call Pat.***  
***We are charged for no-shows!***

**First lunch  
is free when  
you join!**

**The Back Nine at  
The Inn at Pasatiempo  
555 Hwy 17, Santa Cruz  
(take Pasatiempo exit)**

**Sit-down lunch  
\$15.00/person**

*Veggie Lasagna with 2 pieces of garlic bread  
Dessert: Cannoli*

### **SPEAKER NOTES — *Dena Taylor***



Claire Rubach, also known as The Home Weeder, entertained us with ideas and stories about clutter. She began by telling us how much she loves this work, and how it fits in with her background as a social worker. And then she asked us some questions, such as: Do you shop to relax? If you have a garage, are you able to park in it? How many boxes of holiday decorations do you have? How many pairs of shoes? Do you hang on to things that are broken? Do you feel anxiety when you think about decluttering?

These questions brought forth a slew of comments and more questions, and Claire answered them all. She talked about being frustrated with partners' stuff; dealing with belongings of a deceased person; how we're now living in a time of prosperity and are told our worth is measured by what we own. And now we have Amazon, where we can touch one button and have something delivered the next day — this is partly why we're buried in stuff.

Claire has been in the business of helping people to declutter for three years now, and has worked in homes ranging from tiny to one having 15 bathrooms. She has fun doing this work, and does not make judgements of people. Her goal is to make you happy. Her website is [thomeweeder.com](http://thomeweeder.com), her email is [clrubach@gmail.com](mailto:clrubach@gmail.com), and her phone number is 831-227-8537. She said to contact her with questions. She also has information on various places to donate items, and what we can do with possible valuables we no longer need or want.

**RPEA CHAPTER 9**

**BOARD OF DIRECTORS**

**2018-2019**

**PRESIDENT**

Bob Culbertson 724-0860  
bculb@sbcglobal.net

**IMMEDIATE PAST PRESIDENT**

Mary Doherty 423-3610  
maryatscruz@aol.com

**VICE-PRESIDENT**

Jo Paulson 916-677-7226  
cappyjo@kalenda.com

**RECORDING SECRETARY**

Mary Doherty 423-3610  
maryatscruz@aol.com

**TREASURER**

Steve Redfield 476-8120  
sredfi3717@aol.com

**DIRECTORS**

**Term 2017-2018**

Lynn McKibbin 338-7074  
lynnmckibbin@cruzio.com

Dena Taylor 462-5548  
detaylor@cabrillo.edu

Director vacancies

**Term 2018 -2019**

Bill Philipps 831-476-4584  
Philipps99@comcast.net

Sue Pierce 408-353-2832  
sapierce48@gmail.com

Director vacancy

**COMMITTEE CHAIRS**

**MEMBERSHIP:** Bill Philipps

**HISTORIAN:** vacant **CONSIDER VOLUNTEERING!**

**HOSPITALITY:** Pat Pimentel

**HEALTH/INSURANCE:** Lynn McKibbin

**LEGISLATION:** Jerry Bowles

**NEWSLETTER EDITOR:** Dena Taylor

**PROGRAM:** vacant **CONSIDER VOLUNTEERING!**

**OUTREACH:** Sue Pierce

**SUNSHINE:** Mary Doherty

**AREA III ASST. DIR.:** Bob Culbertson

**RPEA Chapter 9 website:**

**[www.rpeasantacruz.org](http://www.rpeasantacruz.org)**

**Webmistress: Becky Taylor 421-9284**

**[beckytaylor@tutor.com](mailto:beckytaylor@tutor.com)**

**Treasurer's Report – Steve Redfield**

Beginning Balance: 9-1-18	\$7,894.70
Ending Balance 10-1-18	\$8,317.68

**FUND BALANCES**

General Fund	\$7,047.72
Investment Opportunities	\$1,269.96

**TOTAL 10-1-18** **\$8,317.68**

**Legislative Report — Jerry Bowles**

The California legislative session is finished, and bills have been sent to the Governor. The ones we supported — AB-315, Pharmacy Benefit Management (pharmacies would



have to submit their costs to the state) and AB-1912, protecting pensions when a Joint Powers Authority dissolves — were signed; the ones we didn't, weren't.

Our Social Security checks will reflect a 2.8% increase in 2019. No word yet on whether there will be an increase in Medicare premiums.

There is a link to the statewide ballot propositions on our Chapter's website (go to Legislation).

Our local legislators will be in their home offices until December. Go visit them!



**REMEMBER TO  
VOTE ON OR  
BEFORE  
NOVEMBER 6TH !!!!**

**CHAPTER 9 ELECTION TIME**  
The Official Version  
By Mary Doherty

Our Chapter Bylaws allow us to have a Board of 12 composed of 4 elected Officers, 7 elected Directors, and 1 Immediate Past President. (See current Board list on page 2.) Directors serve 2-year terms with no term limits. This year the terms of 2 of our board members are up – Dena Taylor and Lynn McKibbin. Both have agreed to stand for re-election. We also have 3 vacant Director positions.

Elections will be held at the November General Meeting. Nominations can be made by contacting Mary Doherty (831-423-3610) before the General Meeting or at the General Meeting from the floor. If there are not more candidates than seats, the candidates are declared elected by acclamation.

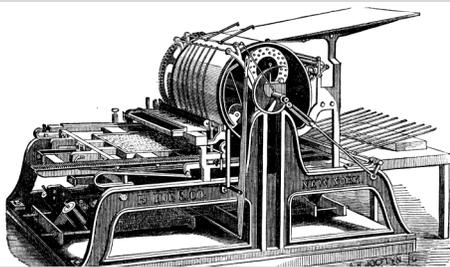
**CHAPTER 9 ELECTION TIME**  
The Un-Official Version

I've been on the Chapter 9 Board of Directors for over 10 years now. I enjoy the company of fellow board members and the shared sense of purpose. As stated in our Bylaws: The Purpose of this Chapter shall be to:

- A. Promote the betterment and welfare of all retired state, classified school and contracting agency employees, who are receiving benefits from CalPERS; and
- B. Foster acquaintances, cooperation, harmony and economic well-being among its members and thus assist in enjoyment of a healthy, active, interesting and useful life throughout their retirement; and
- C. Promote the welfare of said chapter members in all ways compatible with the public interest, including but not limited to the support of legislation deemed beneficial, and resistance to legislation deemed detrimental to the interest of said Chapter members.

I feel it is a serious purpose, yet we can have a good time doing it. If you think you might like to be part of this Board, contact me - Mary Doherty - at 423-3610.

We are looking for sponsors to assist the chapter in the cost of printing and mailing of our newsletters. The sponsorship will not only be printed in the newsletter, but would be on our chapter website which will reach over 700 persons. The cost of the sponsorship for a business-card size would be: \$25/1 month; \$60/3 months; \$100/6 months; \$180/1 year. Contact Dena Taylor by email, [detaaylor@cabrillo.edu](mailto:detaaylor@cabrillo.edu), or call (831) 462-5548 if you are interested or can direct us to an interested sponsor.



This month's newsletter sponsored  
in part by:



*Courtesy of former Regional Transportation Commission executive director and RPEA member Linda Wilshusen, [everydayprimate.org](http://everydayprimate.org)*

## **Random notes about useful stuff –*Mary Doherty***

It seems to me that the world has speeded up. I know that proportionately one year is less of my life now at 70 than when I was 40. I suspect the speed of light has sped up and scientists are not sure how to tell us. But here is another possibility described by Selene Yeager in AARP's *The Magazine*.

Blame it on how your brain marks time--through fresh experiences that crate memories. Growing up, you're learning and changing and making memories. Then, as an adult, you settle down into a routine, which makes the days, weeks, months and even years start to blur. "When those days don't change, they meld together until something – such as seeing a friend's grown child you haven't seen since age 2 – shocks you back into memory mode," says British psychologist Claudia Hammond, author of *Time Warped: Unlocking the Mysteries of Time Perception*. To keep time from flying by, you need to deliberately create new memories, Hammond explains. "Go somewhere different and do new things this weekend. On Monday, when you look back, the weekend will feel as if it were a longer period of time."

If you haven't already learned this trick for swallowing all those prescriptions, pills, and supplements, try taking them with spoonfuls of applesauce. Not quite Mary Poppins, but close.

Many of us have had lens implants after cataract removal. In about 30% of the time, scar tissue can gradually obscure the implanted lens after a year or two. So, if you notice your vision is blurry, check back with your eye doctor. The scar tissue can be safely removed with a quick procedure using lasers.

### **Adopt-A-Family Christmas Project**

*Sue Pierce*

A reminder: We will continue to collect money at the November and December meetings for the Adopt-A-Family program operated by the Resource Center. The October newsletter has more information about the program which RPEA Santa Cruz has participated in for many years. Want to contribute but not coming to the November meeting? Mail



a check made payable to RPEA - Chapter 9 to RPEA Chapter 9, P.O. Box 413, Capitola, CA 95010.

**From a recent AARP Bulletin -A non-partisan source for election information:**

[www.votesmart.com](http://www.votesmart.com)

Project Vote Smart takes the view that voters are like Jack Webb from the TV series *Dragnet*: Just give me the facts. "We provide data, without interpretation, that can easily be looked at and help you make up your mind," said cofounder Richard Kimball, who launched the site in 1988 after becoming disillusioned from his experience as a candidate for U.S. Senate. Unique to Vote Smart is its "Political Courage Test" that surveys candidates for their positions on issues of importance to voters. The site relies on financial support from citizens and foundations; it doesn't accept donations from business, unions or political parties.

Other resources include: [RealClearPolitics.com](http://RealClearPolitics.com); [Ballotpedia.org](http://Ballotpedia.org); and [PolitiFact.com](http://PolitiFact.com).

## Health & Insurance — *Lynn McKibbin*

OPTUM Rx : Stakeholder Update 9/10/2018 One of the workshops presented at our RPEA General Assembly 2018 which I attended was a very detailed presentation from OptumRx company officials (mostly doctors) about the “Operational Improvements” that have been made in response to RPEA members’ complaints about prior authorization procedures for medicines and various operational and clinical programs. RPEA issued a “No confidence memo to CalPERS” concerning services from OptumRx and initiated their system improvement process (quality assurance). Enhanced member services have been put into place including a new dedicated Director of Operations and a new manager position to improve oversight of member services staff just for CalPERS members. Also enhanced touchpoints in communications to members have been put into place as well as post-service surveys. They have updated their “auto dialer” updates and removed Robodialers (these will be meaningful changes to those of you in their system – I’m glad – meaningless to me in my UHC system). They displayed their “Medication Therapy Management (MTM)” program based on case management for high risk patients on multiple drugs therapy. Their goal is to reduce hospitalizations and ER visits, increase coordination between providers and in the end save \$\$\$\$.

The final message to RPEA members who are having problems with OptumRx, your pharmacy and your providers, is to call the CUSTOMER SERVICES phone # on your member card. Test out these improvements and the work of the new Director and Manager positions to take care of the problems (costly folks I am sure). I will explore this with our Board about putting the beautiful power point presentation on our website, which has been notated “do not distribute or reproduce without express permission from OptumRx” (but not copywritten).

The Nov. issue of Consumer Reports (CR.org) contained a beautiful article on “NATURAL CURES” which includes information on Acupuncture, Apple Cider Vinegar, Berries, CBD, Chelation, Chiropractic, Cupping, Detoxes & Cleanses, Ear Candling, Feverfew, Garcinia Cambogia, Glucosamine Chondroitin, Green Coffee, Homeopathy, Iodine, Jellyfish and Kava on pp. 34-42. Read this if you can so you will be more aware of these items which you or your family may be taking.

Lastly, I received a bulletin from United Health Care with the message stating “Effective 1-1-2019, UHC will not offer Basic (non-Medicare) health plan coverage for contracting agencies and schools in the Bay Area and other northern regions. This change does not impact our UHC Group Medicare Advantage (PPO) plan unless you have a Basic Plan family member included on your CalPERS health plan. If you have any questions just call UHC customer service at 1-888-867-5518.

Nurses’ questions to ponder: “Is it time for your medication or mine?”

**REMEMBER  
TO GET  
YOUR FLU  
SHOT!!!!**



### Membership — *Bill Philipps*

Surf City Santa Cruz Chapter 09 is now at 585 members. I hope everyone is registered to vote. Please do not forget to vote.

Retired Public Employees Association of California-CH 9  
PO Box 413, Capitola, CA 95010

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
SANTA CRUZ, CA  
PERMIT # 200

RETURN SERVICE REQUESTED

Time Dated Material  
Please Deliver by Oct. 27, 2018



*if you're not already receiving this newsletter via email, please consider doing so! It will save our chapter considerable money each month by reducing the printing and mailing costs. Just let me know. We want to hear from you! Please email your letters to the editor to me at [detaylor@cabrillo.edu](mailto:detaylor@cabrillo.edu) or send to RPEA, P.O. Box 413, Capitola CA 95010.*

**SUNSHINE — Mary Doherty**

Happy Birthday to all Chapter 9 members with birthdays in November!

*We send cards to members throughout the month.*



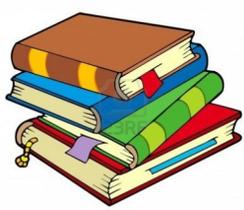
*If you know someone who we should send a card to, please let me know at 831-423-3610*

**Upcoming General Membership & Board Meetings**

- Dec. 4 — Holiday Party**
- Jan. 8 — Speaker from the DMV: Safe driving tips for seniors.**

The Chapter Board of Directors meets the last Tuesday of the month. Chapter members are invited to join us. Let a member of the Board know you would like to attend and get directions to the meeting. All the Directors' names, phone numbers and email addresses are located on page 2 of every newsletter.

**Book Exchange-  
Donation Program  
Sue Pierce**



Thank you to Jerry Bowles for taking a box of books to the October General Meeting. I will bring to the November meeting the usual two boxes.

Tell your friends about RPEA! We are the voice of all CalPERS members, retired or still working. It is an organization that advocates for retirement security for all public employees. Anyone can join, and members receive discounts on various kinds of insurance and entertainment attractions. In our local Santa Cruz Chapter, members enjoy monthly luncheons, interesting speakers, and special BBQs and holiday parties. Get a friend or neighbor to join RPEA and you will get 10 free raffle tickets at the next meeting you come to. We have recruitment packets of information for you to give to anyone you think might like to join us.



Have something to say? Send a letter to the editor! Send to [detaylor@cabrillo.edu](mailto:detaylor@cabrillo.edu) or to the return address on this newsletter.