



# RPEA NEWS AND VIEWS

Retired Public Employees' Association of California  
Chapter 048 Hemet – San Jacinto, Area VI

May - June 2023  
Volume 11, Issue 2



We are California public employees who are working together to maintain and improve the quality of our members' lives by protecting and improving our retirement and medical benefits. RPEA members include retirees and their beneficiaries, those public employees who are currently employed, family, friends, and others who share our goals.

We welcome everyone!

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Phone Carol Bell at 951-500-0550 or Linda at 951-784-1000.

Or email Linda at [lindaandwes1@outlook.com](mailto:lindaandwes1@outlook.com). Give name (with correct spelling) and phone number for each attendee. If you later find you can't attend, let us know so our count is accurate!

**LUNCH PRICE: FREE.** This June luncheon is compliments of Chapter 48 as our "thank you" for your support—so lunch is free to members and their spouses, first-time attendees, and prospective members. **A RESERVATION IS REQUIRED!**

**MENU:** Green Salad, Chicken Cordon Bleu, Rice, Green Beans, and Cheesecake for dessert; Coffee, Iced Tea

## ELECTION OF OFFICERS

### PROGRAM:

We'll have a representative from the San Bernardino Regional Office of CalPERS as our guest speaker. We will explore a wide range of topics, including changing pension options/beneficiaries, identifying available benefits, and navigating required "paperwork." Here's a chance to have your questions answered and to address any other concerns you may have regarding CalPERS.



## **ABOUT YOUR COLA AND INFLATION**

As a CalPERS retiree, you may be wondering when you are to receive your annual Cost-of-Living Adjustment (COLA). Here's the information CalPERS has posted on their website:

Retirees typically receive an annual COLA paid on the May 1 benefit payment. The law requires that retirees receive their first COLA in the second calendar year of retirement. That means if you retired in 2020 you got your first COLA in May 2022. If you retired in 2021 you see your first COLA in May 2023. COLAs are limited to a maximum of 2% compounded annually for all school retirees and First-Tier State of California retirees. Second-Tier State of California retirees receive a fixed 3% COLA. Public agencies contract with CalPERS for their COLA (ranging from 2% to 5%), so it depends on what your agency contract stipulates. Your COLA allowance can equal but not exceed the rate of inflation using the U.S. City Average. The law also limits your annual adjustment to the rate of inflation or the COLA based on your agency's contract with CalPERS—whichever is lower.

The Purchasing Power Protection Allowance (PPPA) protects against inflation for those whose benefits fall below minimum levels established by law. Most members will not begin to be eligible for the PPPA adjustment until 25 to 30 years into retirement.

If you have questions about your COLA, you can phone CalPERS at 1-888-225-7377.

## **AMBA BENEFITS AVAILABLE TO RPEA MEMBERS**

Did you know that RPEA has partnered with Association Member Benefits Advisors (AMBA) so that our members have access to exceptional member benefits? This includes insurance for health, dental, vision, hearing, accident and home health care. For more information, phone our Area VI Representative, Maria Swanson at 1-909-556-3500, or email her at [Maria.swanson@amba.info](mailto:Maria.swanson@amba.info) for more details.

## **TOO MUCH SALT?**

According to the Journal of the American College of Cardiology, too much salt can damage your blood vessels, heart, kidneys and brain. The USDA recommends that healthy adults consume no more than 2,300 milligrams of sodium per day. It's important to monitor sodium intake!

**BE YOURSELF! EVERYONE ELSE IS ALREADY TAKEN.**





**SAVE THESE 2023 DATES TO ATTEND  
CHAPTER 48 TUESDAY LUNCHEONS!**

**JUNE 13      SEPTEMBER 12  
DECEMBER 12**

**Each chapter 48 newsletter will provide  
details re: menu and program.**

**HERE'S TO GOOD HEALTH!**

## **PUT COLOR ON YOUR MENU!**

According to an article in Consumer Reports' ON HEALTH, research has shown that people who eat the most brightly-colored fruits and vegetables (which are those with carotenoids) are 16% less likely to become frail. Research shows that frailty (age-related weakening) increases the risk of falls, fractures, hospital stays, and early death. Carotenoids are antioxidant compounds that help by reducing inflammation and protecting cells from damage that contributes to muscle strength loss. *SOURCE: THE AMERICAN JOURNAL OF CLINICAL NUTRITION, May 2022.*



Among the things you  
can give and still keep  
are your word, a smile,  
and a grateful heart.

*Zig Ziglar*  
PhotoBonito.com

### **CHAPTER 048 LEADERSHIP**

Sonny Gillespie, President	951-492-0787	Robert McMahan, Membership	951-256-6757
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Don't  
Think  
Too much.

you'll create a  
problem that  
wasn't even there  
in the first place.