



# California State RETIREE



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## CSR members discuss issues with other retiree groups

As one of the founders of the State Coalition of Retired Employees (SCORE), California State Retirees (CSR) meets monthly with members of other retiree organizations to discuss CalPERS, legislation and other issues.

Pictured in the back row are: Al Darby, Chapter 3 vice president; CSR Executive Vice President Fritz Walgenbach; CSR District F Director Gerald Fountain; Larry Woodson, chair of CSR's Health Benefits Committee; CSR President Tim Behrens; Dave Elder, former assemblyman and chair of the Assembly Public Employees, Retirement and Social Security Committee; Alan Wade, director of legislation for California State University; and George Linn, president of Retired Public Employees Association (RPEA). In the front row are: Judy Walgenbach; Christy Christensen Fountain, Chapter 11 president; Mary McDonnell, Chapter 3 president; CSR Vice President Stephanie Hueg; Mariam Stout, board secretary for CSEA Schools Retiree Division; Connie Lira, Chapter 16 president; Phyllis Johnson, Chapter 2 vice president; Bobbie Estrada, Chapter 23 president and Jim Anderson, RPEA director of legislation.

## Open Enrollment is almost here – Sept. 12 to Oct. 7

The much anticipated and debated online Open Enrollment for CalPERS health care plan members finally begins Sept. 12 and ends Oct. 7.

An estimated 1.8 million CalPERS members and their dependents may make changes to their health plans, but those who are satisfied with their plans and have no additions or deletions need do nothing.

Over the last several months, CalPERS has sent communications explaining that members who wished to receive hard-copy versions of their open enrollment information needed to notify CalPERS by July 1. However, after concerns raised by California State Retirees (CSR) and other organizations, CalPERS

agreed members could continue making requests, but they won't be processed until 2017.

If you want to make any changes to your health care plan or request written materials, go to [www.calpers.ca.gov](http://www.calpers.ca.gov), visit a regional CalPERS office or call (888) 225-7377.

The Open Enrollment dates for Delta Dental, (800) 888-CalPERS and Vision Services Plus, (800) 877-7195, are also between Sept. 12 and Oct. 7. All health, dental and vision care changes go into effect Jan. 1, 2017.

## CSR challenges CalPERS on premium calculation method

California State Retirees says the California Public Employees' Retirement System erred when calculating 2017 state contributions to retiree health premiums and is asking for the pension giant to recalculate the figures in compliance with the law.

Under the provisions of Government Code Section 22871, CalPERS is required to base its premium contribution rate on the weighted average premium of the four benefit plans with the largest state enrollments.

However, CalPERS used the fifth largest plan instead of the fourth in its calculation for 2017 health premiums.

"CalPERS has passed nearly the entire increase in 2017 health plan premiums onto state retirees," said

CSR President Tim Behrens in an Aug. 3 letter to the CalPERS Board of Administration and Doug P. McKeever, deputy executive officer of CalPERS Benefit Programs Policy and Planning. "According to CalPERS, health plan premiums will increase on average 4 percent in 2017. Yet, by using the incorrect plan in its calculations, CalPERS proposes to increase reimbursement to retirees nominally or not at all."

Despite the mandatory language of the statute, Behrens said CalPERS did not use the enrollment in Blue Shield NetValue, which had the fourth largest enrollment in 2016 and instead used the

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# RETIREES REACT: What did you do this summer that was interesting or fun?

The views expressed are those of the respondents. Some of the statements and statistics may be up for debate. Send your letters to [tlundholm@californiastateretirees.org](mailto:tlundholm@californiastateretirees.org) or Trinda Lundholm, 1108 St., Suite 300, Sacramento, CA 95814.



“I thought I was a traveling salesperson this summer, as I was away from my Sacramento home half the time. CSR had its board meeting in Costa Mesa in June.

“Then, my youngest daughter had her out-of-town swim meets from Redding to Clovis, overlapping with her basketball tournaments. Then, I helped my older two daughters, who live in Berkeley, move from one apartment to another.

“And the last week of July, I took my oldest daughter and niece to witness history at the Democratic National Convention, where Secretary Clinton became the first woman to be nominated for President by any major political party. It was inspiring to hear the heart-felt speeches describing their personal experiences with Secretary Clinton and how compassionate she is, making a real difference in their lives. They were grieving mothers of gun violence and those injured from 9-11 at the World Trade Center, including the firefighters, who I note are public employees.

“I was in awe to hear Sen. Sanders; Presidents Clinton and Obama; First Lady Michelle Obama; and Chelsea describing her mother, who would remind her of things to do with post-it notes. And, of course, it was inspiring to witness the Gold Star parents who gave the biggest sacrifice for our freedom - their son’s life. Many tears were shed by the conventioners.

“And for state retirees, I attended both AFSCME and SEIU events at the convention, where they emphasized the importance of our next President appointing Supreme Court justices who would strike down attempts to eliminate fair share fees, while expanding Social Security and protecting Medicare from being privatized. My summer only emphasized the importance of CSR and being involved.”

**Keith Umemoto**  
CSR Board District E director  
Sacramento



“This year I decided to take three, one-week vacations instead of one or two longer trips. In March, I went to Maui with my niece and her husband. Although I had been there before, this was their first trip and it was fun showing the island to them.

“Next up, a week in Colorado in May. I go there every year to see the SF Giants play the Colorado Rockies at beautiful Coors Field in Denver. My nephew goes with me, and we visit other relatives in Denver – plus this city has lots of wonderful things to do.

“The last trip for the year was a “Giants Vacation” trip to Fenway Park in Boston and Yankee Stadium in New York. There was time for sightseeing (including the inspiring renewal of Ground Zero), and five baseball games. We started out in Boston, where our hotel was walking distance from the ballpark. I visited the JFK Museum one day and took a trolley tour and harbor cruise on another.

“From Boston, we took a train to New York – it’s only about three hours. Our hotel was in midtown Manhattan, so I could just jump on the subway to get to Yankee Stadium. I have now seen 12 of the 30 major league baseball parks in the U.S.A., items checked off the bucket list!”

**Susan Sears**  
CSR Board District D director  
Oroville



“The most fun/exciting time I had this summer was during my spouse’s family reunion, which is held every two years in a different state. The reunion is on his grandfather’s side (McMurtry) and his grandmother’s side (Brown).

“This year marked the 40th year since the first reunion in 1976, which was in Sacramento. The family reunion was held this year in Sacramento on July 29-31. Family came from eight states with 125 people in attendance.

“The activities at the weekend reunion consisted of a Friday Fish Fry, a Saturday picnic, which was held at Elk Grove Park, the site of the first reunion picnic, and Sunday church services. Following that, family gathered at the Sierra 2 facility for lunch, a talent show, other activities, then culminated with a meeting to discuss family business and elect new officers.

“It was so nice to see all the folks we love together, sitting and talking about all the things that have been going on since the last reunion and looking forward to the next one, which will be held in Detroit, Michigan in 2018.”

**Shirley Wade**  
Chapter 2  
Sacramento



Please answer this question:

## **Have you or would you ever participate in online dating?**

Sometimes it’s difficult to find other single people who are interested in becoming friends or finding romance. Online dating sites are growing in popularity – even among the older crowd.

Tell about your experiences and give advice to others willing to give it a whirl. If you’re against the idea, give your reasons why. Answer the question by Sept. 19 and your response will run in the October 2016 issue of the California State Retiree. Send a few paragraphs to [tlundholm@CalRetirees.org](mailto:tlundholm@CalRetirees.org) Or mail it to: Trinda Lundholm, 1108 O St., Suite 300, Sacramento, CA 95814. A jpg or photo of yourself is also strongly encouraged, but not required.



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# NEWS

## Barbara LaPlante, CSR's first female president and longest standing president, passes away

Barbara Jean LaPlante, the first female leader of California State Retirees, Inc., passed away Aug. 14. She was 89.

LaPlante also held the distinction of holding the position of director – now known as president – for more than 10 years, longer than any previous member of California State Retirees, Inc., which is now known as California State Retirees.

"No one could have worked harder or garnered more respect in her role," said Perry Kenny, former president of California State Employees Association (CSEA) and member of CSR's Chapter 36. "It was always a comfort to me to realize she would attend CalPERS meetings and any other event that would benefit or appear to impact state retirees."

LaPlante knew hundreds of state retirees throughout California and held several personal relationships with legislators.

She took extra steps to protect the pensions and health care that state retirees earned after dedicating entire careers to public service.

LaPlante was instrumental in



the passage of SB 400, which gave retirees an ad hoc increase of up to six percent and reopened Tier 1 retirement. LaPlante was also fought hard to establish comprehensive vision care for retirees, a rural health care equity program and Proposition 162, the Pension Protection Act, passed to prevent raids on the CalPERS fund.

"The Declaration of Rights For State Retirees" – listing the many rights and benefits that should be protected for state retirees – was established at the urging of LaPlante, who garnered approval from the Legislature and the

governor. She retired from her CSR work at CSR in 2008.

"I will miss her as a friend," said Marilyn Ferrasci Hamilton, former president of CSEA and secretary/treasurer of CSR's Chapter 36. "She was a go-getter and we had deep respect for each other. She was always up on everything she needed to know in order to represent retirees."

JJ Jelincic, another former CSEA president who is currently a board member on the California State Public Retirement System (CalPERS), remembered that LaPlante fought hard against his CSEA presidency.

"She finally realized that I really did believe each CSEA affiliate should be free to pursue their own needs, but that we needed to work together on common issues. Then, she became a big supporter. We became friends and took on several things together."

A native of Vallejo, LaPlante graduated from Albany High School in 1944 and embarked on a secretarial career that started with a law firm in San Francisco and culminated in retirement

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## UPCOMING EVENTS 2016

**Sept. 5 (Monday)**

Labor Day

**Sept. 12 to Oct. 7**

CalPERS Health Care Open Enrollment

**Sept. 16-17 (Friday and Saturday)**

CalPERS Benefit Education Event, Pacific Palms Resort, 1 Industry Hills Parkway, City of Industry. Contact: (888) 225-7377 or visit [www.calpers.ca.gov](http://www.calpers.ca.gov)

**Sept. 20 (Tuesday)**

California State Retirees Political Action Committee's Northern California meeting, Hilton Arden West, 2200 Harvard Blvd., Sacramento

**Sept. 20 (Tuesday)**

CalPERS Pension & Health Benefits Committee, Lincoln Plaza North, 400 P St., Sacramento  
**NOTE:** Live coverage of all open sessions of the board and its committees is streamed from the CalPERS auditorium to the internet. Visit [www.calpers.ca.gov](http://www.calpers.ca.gov) on

board meeting days to watch and listen. Access videos of past meetings at [www.youtube.com/calpersnetwork](http://www.youtube.com/calpersnetwork)

**Sept. 21 (Wednesday)**

CalPERS Board of Administration meeting, Same location as above

**Oct. 24 (Monday)**

Last day to register to vote in the General Election

**Oct. 25, 26 and 27 (Tuesday, Wednesday and Thursday)**

California State Retirees Board of Directors meeting, Hilton Arden West, 2200 Harvard Blvd. Sacramento

**Nov. 8 (Tuesday)**

General Election

**Nov. 15 (Tuesday)**

Deadline to submit Candidate Consent. Form to run for one of three seats on the California State Retirees Board of Directors. (See Page 6.)



# LEGISLATIVE WATCH with Ted Toppin

## Two-year legislative session comes to a close; Appropriations Committees pick winners and losers

In even-numbered years, August is always the last month of the state Legislature's regular, biennial session. What starts in the chill of early December in odd-number years, must end (according to the state constitution) 21 months later in the dog days of August.

And because it is the last month of session, it is the last chance for bills introduced over the two years to make it to the governor's desk. That generates urgency and anxiety among legislators, their staffs and interest groups as they seek to keep bills alive and moving in the final days. Just as many Capitol stakeholders are working just as urgently but with the opposite goal – they want to kill the bills they don't like.

By far the most significant event in the last month in identifying Capitol winners and losers is the day when the Senate and Assembly Appropriations committees consider their respective suspense files. The suspense file is the holding tank for both committees to keep hundreds of spending bills until they can be considered all at once in the last month. This is when legislative leaders in each house select their favored priority bills that will then move to the floor for a vote.

This year the suspense files were taken up on Aug. 11. That day, the Senate Appropriations Committee approved 110 out of the 364 bills they considered. The Assembly Appropriations Committee passed 72 of the 146 bills on their suspense file. The bills that don't make it out of

committee? Well, they're dead for the year.

Here is how three bills supported by CSR fared on Aug. 11:

**SB 1010 (Hernandez)** – is the latest effort to tap the brakes on runaway prescription drug prices. To say the bill was heavily lobbied – with labor, consumers, health plans and retirees in support and big drug companies against – would be an understatement.

The bill didn't propose to cap or regulate pharmaceutical prices, it simply required drug companies to report price increases to the state. Specifically, it compelled a prescription drug manufacturer to let the state know if it plans to increase the cost of a drug by more than 10 percent during any 12-month period. That transparency, it was hoped, would slow cost increases.

**SB 1010** made it out of the Assembly Appropriations Committee, but the contents of the bill when it left committee proved true the old adage, "If you can't kill a bill, amend it." The committee inserted multiple amendments into the bill, including increasing the reporting price threshold from 10 to 25 percent. That's right, under the new bill language, any manufacturer could increase costs by 24.99 percent in one year and not have to report or justify that increase to anyone.

The amendments obviously represent a big win for PHARMA (Pharmaceutical Research and Manufacturers Association of America), the powerful lobby that represents drug companies. Sen. Ed Hernandez, SB 1010's author, is still assessing his options, but it is clear that the bill in its current form is of little or no value to consumers. PHARMA may win

this battle, but the war over outrageous drug prices isn't going away.

**AB 1878 (Jones-Sawyer)** – Fortunately, this bill made it out of the Senate Appropriations Committee with its contents intact. The bill authorizes CalPERS to make inflationary adjustments to the current \$2,000 post-retirement death benefit provided to the beneficiaries of state and school members.

The current benefit is clearly inadequate and does not come close to covering the cost of burial services. CSR has argued that it is important to increase the benefit to ensure survivors are not put in difficult financial circumstances upon the death of a loved one.

Before the end of the month, the bill will likely be taken up and approved by the Senate and Assembly. The only question is whether the governor will sign it. His Department of Finance has opposed the bill.

**AB 72 (Bonta)** – This measure ensures that consumers who follow their insurance plans' rules and go to in-network hospitals and care facilities, will only pay in-network charges and co-pays for their visits. It made it off the suspense file and to the Senate floor. But Assemblyman Rob Bonta continues to negotiate amendments with bill opponents, primarily groups that represent physicians. Hopefully, in its final form, the bill will shield health care consumers, including state retirees, from outrageously high bills from out-of-network providers they did not select.

The contents of AB 72 are nearly



**Ted Toppin**

identical to the provisions of AB 533 (Bonta), which was introduced earlier this session. AB 533 was the featured bill at CSR's Lobby Day in April.

The Legislature will act on these bills and hundreds of others when it adjourns before midnight on Aug. 31. The governor has until Sept. 30 to sign or veto the bills that land on his desk – that, too, is in the constitution. (CPI-W).

The board of trustees overseeing the Social Security and Medicare trust funds said the latest figures show that Social Security benefits are expected to increase by 0.7 percent at best and zero percent at worst next year.

Social Security benefits received in January would be the first affected by the 2017 COLA – or lack of one.

Even if the maximum estimated increase of 0.7 percent is made for 2017, it will still be one of the smallest in recent years.

## CSR's Legislative Bill Watch

### SUPPORT

**AB 72 (Bonta) (Formerly AB 533)** – Will ensure if consumers follow their insurance plan's rules and go to in-network hospitals and care facilities, they will only pay in-network charges and co-pays for their visits. **STATUS:** Senate floor.

**AB 241 (Gordon)** – Requires, under certain conditions, a local public entity to provide the names and mailing addresses of its retired employees to an incorporated organization and qualified under specific state and federal laws

for the purpose of representing retired public employees during a bankruptcy proceeding. **STATUS:** In the Assembly. Concurrence in Senate amendments is pending. May be considered on or after Aug. 18.

**AB 259 (Dababneh)** – Requires a public agency that is the source of a data breach to offer at a minimum of 12 months of identity theft prevention and mitigation services at no cost to the individuals affected by the breach. **STATUS:** Held in Senate Appropriations – dead.

**AB 348 (Brown)** – Will create a

45-day timeframe for the Department of Public Health (DPH) to complete a long-term care facility complaint investigation and requires the DPH to provide additional information about the investigation of the complaint. **STATUS:** Held in Senate Appropriations – dead.

**AB 1667 (Dodd)** – Will protect seniors and disabled people by ensuring home care organization staff have received background clearances, been screened for tuberculosis and have had a minimum amount of training before they can provide care to a client. **STATUS:** Held in Senate Appropriations – dead.

**AB 1878 (Jones-Sawyer)** – Will authorize the California Public Employees' Retirement System (CalPERS) Board of Administration to adjust the current \$2,000 post-retirement death benefit paid to the beneficiary of a state or school member to reflect changes in the All Urban California Consumer Price Index. **STATUS:** Senate floor.

**AB 2231 (Calderon)** – Will increase the amount of civil penalties to be imposed for a licensing violation under the provisions of the State

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# NEWS

## CalPERS responds to media coverage of its investment returns and long-term sustainability

The California Public Employees' Retirement System (CalPERS) released two new videos and a written commentary in August, responding to recent media criticism of CalPERS' one-year investment returns and the pension fund's long-term sustainability.

The videos, featuring Rob Feckner, president of the CalPERS Board of Administration, and Wylie Tollette, CalPERS chief operating investment officer, can be accessed from the CalPERS Newsroom or the CalPERS YouTube channel at [www.calpers.ca.gov](http://www.calpers.ca.gov)

Feckner also responded in a written commentary published in The Sacramento Bee and posted on CalPERS' For the Record blog:

"Recent news reports and opinions would have you believe that these are dark days for a pension fund with assets of more than \$301 billion," Feckner wrote. "Nothing could be further from the truth ...

"We recently reported our investment returns for the fiscal year July 1, 2015, to June 30, 2016. They were just shy of 1 percent, a small but significant achievement in a year of

risk to our system will go down.

"We know that changing the discount rate affects the pension contributions of the state of California and local agencies that belong to CalPERS. But we designed the policy to minimize any increases and recognize the financial difficulties that many local governments are still facing.

"The plan unfolds over time because we pay pensions over time - just like you do your mortgage. That's why we don't overreact when our investment returns soar to 18 percent, as they did just two years ago, or when they fall, as they did this year. We invest for decades, not one year, not even 10.

"In addition to our policy, we also have a disciplined process to review the changing demographics of our members, the state of our economy and what we can expect from financial markets. We will conduct these reviews over the next year to determine if our discount rate should be changed sooner rather than later.

"Every family in California deserves retirement security. Defined benefit plans such as CalPERS are a cornerstone to a secure financial future.



Rob Feckner,  
CalPERS Board President

extraordinarily turbulent and volatile global markets. Through it all, we continued to pay promised retirement benefits.

"Clearly, these are challenging economic times. But we've been preparing for quite some time. Last year, we put a policy in place to incrementally lower our discount rate, currently at 7.5 percent, in years of good investment returns. The new policy - carefully developed over many months of research and consultation with financial experts and stakeholders - takes effect when our investment earnings hit a certain level. Essentially, it means that our funding level will go up and the

For employees, they're a solid path to a predictable income and peace of mind. For employers, they are a critical and cost-effective tool to recruit and retain highly skilled workers.

"They are also a powerful financial engine. In California, CalPERS benefit payments generate nearly \$27 billion in economic activity every year, stimulating business growth, generating tax receipts and supporting more than 360,000 jobs in our local communities.

"Let's put some perspective around public pensions and the importance of financial security for all. The choices CalPERS makes are never easy, but we make them with a long view. With so much at stake, we strive to keep our fund thriving for generations, to strengthen our commitment to our members and our communities and to deliver the pension benefits promised to public servants who work for all of us in California."

The CalPERS pension fund serves 1.8 million members in the retirement system and administers health benefits to more than 1.4 million members and their families, making CalPERS the largest defined-benefit public pension system in the United States.

Find us online or visit  
[www.CalRetirees.org](http://www.CalRetirees.org)

## CSR's Legislative Bill Watch

*continued from page 4*

Department of Social Services for care facilities, and will impose civil penalties for a repeat violation of those provisions. **STATUS:** Senate floor.

**AB 2497 (Wagner)** - Will authorize the addition of the California Senior Citizen Advocacy Fund as a voluntary contribution fund on the personal income tax return form to serve as the principle source of funding for the California Senior Legislature. **STATUS:** Held in Senate Appropriations - dead.

**AB 2691 (Holden)** - Will authorize a county board of supervisors to implement a Monthly Property Tax Payment Program to allow qualified taxpayers to pay the ad valorem property tax owed on their principal place of residence in monthly installments. **STATUS:** In Assembly. Concurrence in Senate amendments pending. May be considered on or after Aug. 18.

**AB 2843 (Chau)** - This bill would extend the limitation on the disclosure of

the personal information through the Public Records Act to all employees of a public agency, and would extend the limitation to include personal cellular telephone numbers and birth dates. **STATUS:** Senate floor.

**ACR 173 (Cooley)** - Will recognize the month of June 2016 as Alzheimer's and Brain Awareness Month; will recognize June 21, 2016, as The Longest Day; and would urge Californians to wear purple on this day to help spread awareness of this debilitating disease and of the Alzheimer's Association's vision of a world without it. **STATUS:** Ordered to engrossing and enrolling.

**SB 308 (Wieckowski)** - Will make much-needed changes to Chapter 7 bankruptcy exemptions to protect struggling Californians, particularly seniors, from being stripped of their assets. **STATUS:** Assembly floor - unfinished business.

**SB 547 (Liu)** - Will create a Statewide Aging and Long-Term Care Services and Coordinating Council (Council) that would

be chaired by the Secretary of the California Health and Human Services Agency. **STATUS:** Assembly floor.

**SB 1384 (Liu)** - Will require the California Partnership for Long-Term Care to allow insurers to offer long-term care policies at a lower-priced option in addition to the 5 percent inflation escalator policy currently issued; permits participating insurers to offer home care coverage-only policies and creates a task force to provide advice and assistance in implementing reforms to the California Partnership for Long-Term Care. **STATUS:** Assembly floor.

**SB 1010 (Hernandez)** - Moved from support to watch. This heavily amended bill was to have required health plans and health insurers to confidentially report specified information about prescription drug pricing to the Department of Managed Health Care and the California Department of Insurance; and make other related changes to help identify the impact of high drug prices on the cost of health care. **STATUS:** Assembly second reading file.





# NEWS

## Do you want to represent fellow retirees on the CSR Board of Directors?



CSR members in good standing wishing to run for one of three seats up for election on the California State Retirees Board of Directors must file a Candidate Consent Form by Nov. 15.

The terms for board members in Districts A, B and C will conclude at the February 2017 CSR Board of Directors meeting. An election in each district will be conducted only if more than one eligible candidate has consented to serve by the **Nov. 15, 2016** filing date.

Ballots in the contested race(s) will be sent to the electorate Dec. 1, 2016 and are due in the CSR Headquarters Office by Jan. 2, 2017. A blank Candidate Consent Form will be printed in the October and November 2016 issues of this newspaper. Please contact Corinne Wogksch at (916)326-4296 or CWogksch@CalRetirees.org with any questions.

Only members of California State Retirees in good standing are eligible to vote.

The following district representatives will end their three-year terms at the first California State Retirees Board of Directors meeting in February 2017:

- **Cynthia Frison** currently holds the district director position for District A, representing Chapters 4, 9 and 20.

- **Howard Wood** currently holds the district

director position for District B, representing Chapters 10, 26, 31 and 36.

- **Gus Lease** currently holds the district director position for District C, representing Chapters 1, 3, 21 and 23.

Eligible candidates must also reside within the district holding the election and in a chapter assigned to the district.

District representatives are elected by chapter members within their

respective districts.

The CSR Board of Directors is the governing body of California State Retirees and it meets three times a year at locations throughout the state. Among the board members' duties are attending board meetings, helping to coordinate chapter activities, helping chapter presidents and members understand the issues affecting member welfare, participating in political action and providing overall leadership.

The 2017 Board Election Schedule – Districts A, B and C Oct. 2016 – A blank Candidate Consent Form will be printed in the California State Retiree newspaper. This allows sufficient time for the signed form to be returned to the corporate office by Nov. 15. Candidates may also submit a brief 200-word statement regarding their qualifications. The Election Coordinator reserves the right to disallow any statement material that is considered inaccurate.

**Nov. 15** – Deadline for candidates to submit their signed Candidate Consent Form and 200-word candidate statement to the corporate office. The Candidate Consent Form and statement must be in the corporate office by 5 p.m.

**Dec. 1** – Deadline for the corporate office to mail



### ATTENTION VETERANS!

We are collecting stories from veterans who served in all branches of the military during peace and wartime. The stories will be featured in the November *California State Retiree* newspaper in honor of **Veterans Day Nov. 11**.

Tell us about your involvement and whether the military helped or hindered the building of your character. Did you study on the G.I bill?

Do you have other family members who served? Is the military today drastically different from when you served?

By Oct. 21, email your story, along with a photo of yourself then and now, to: Tlundholm@CalRetirees.org Or mail your story and photos to: Trinda Lundholm, 1108 O St., Suite 300, Sacramento, CA 95814.

Stories should be limited to roughly 250 words.

ballots non-profit to members with an address within the state and first-class mail to all others.

**Jan. 2, 2017** – Deadline for return of ballots. Ballots must be received at the corporate office by 5 p.m.

**Jan. 10** – Deadline for corporate office to send the election results to each candidate.

**Jan. 20** – Election protest deadline. Protest must be in writing and postmarked or received at the corporate office by 5 p.m.

**Feb. 2017** – Election results will be printed in the *California State Retiree* newspaper. District A-elect, District B-elect and District C-elect shall be installed at the first regularly scheduled CSR Board meeting following the election.

## Chapter 11 takes the CSR brand on the road

Members of CSR's Chapter 11 are helping to spread the word about the important work CSR does by putting magnetic placards featuring the CSR logo on their cars. The trend is spreading to other chapters, which vary their messages.

Pictured is the placard for CSR President Tim Behrens, center. For more information on ordering the inexpensive placards, call (559) 707-7067.





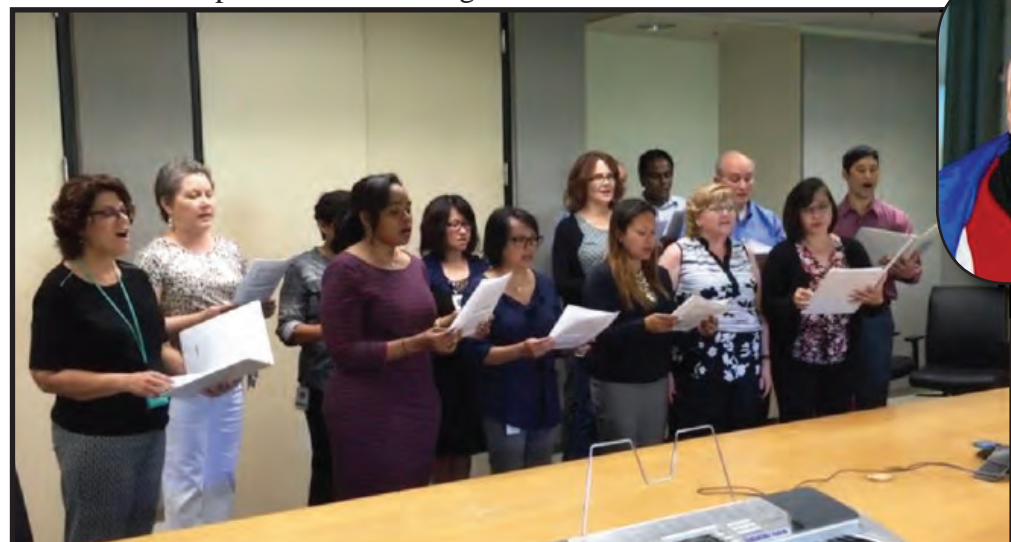
# MEMBERS ON THE MOVE



Chapter 21 Vice President Ron Franklin and Chapter 21 President Don Lehnhoff handed out materials and chatted with state workers preparing to retire at the Sonoma Developmental Center Aug. 9.



Christy Christensen-Fountain, Chapter 11 president, shopped for coats at Eco-Thrift with her husband, Gerald Fountain, District F director on the CSR Board of Directors. The chapter donates dozens of coats to needy people every year.



The CalPERS Choir sang a special rendition of "God Bless America" Aug. 23 for CSR District C Director Gus Lease, who is currently at home with an illness. The performance, which was requested by CSR Vice President Stephanie Hueg, can be seen on Dropbox. Lease, who was a professional singer and music professor at San Jose State University for decades, has held numerous elected positions within California State Employees Association (CSEA) and CSR. The song, "God Bless America," is special to Lease because he has sung it for many troops and at dozens of CSEA and CSR meetings over the years.



Chapter 23 President Bobbi Estrada and Vice President Maria Aquilar handed out California State Retiree newspapers and information during the Agnews State Hospital Picnic in August.

Chapter 26 President Al Fillon, center, participated in the Delano Philippine Weekend Aug. 13-14. To the right of Fillon is Henry Mendoza, Chapter 26 vice president.



## HAVE YOU MOVED?

Don't miss an issue of *California State Retiree*



To update your information, call us at (916) 326.4292 or (888) 808.7197







CalPERS Retirees,

## Discover the benefits and features of a UnitedHealthcare® Medicare Advantage plan.



SilverSneakers®



HouseCalls



Virtual doctor visits



Pharmacy Saver program

## Get a simpler health care experience with a UnitedHealthcare plan.

We're excited that our UnitedHealthcare® Group Medicare Advantage (PPO) plan is one of your health care plan choices for 2017.

### As you compare your options for 2017, we hope you'll consider UnitedHealthcare.

If you are interested in making a change to UnitedHealthcare, please contact CalPERS during your Open Enrollment Period (September 12 through October 7, 2016). CalPERS members who are just becoming eligible for Medicare will be automatically enrolled in the UnitedHealthcare plan unless they contact CalPERS.

### If you have questions about our UnitedHealthcare plan, please call us at:



1-888-867-5581, TTY 711

7 a.m. – 8 p.m. local time, Monday – Friday



This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/co-insurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.





## Pan-Grilled Salmon with Pineapple Salsa

### Ingredients:

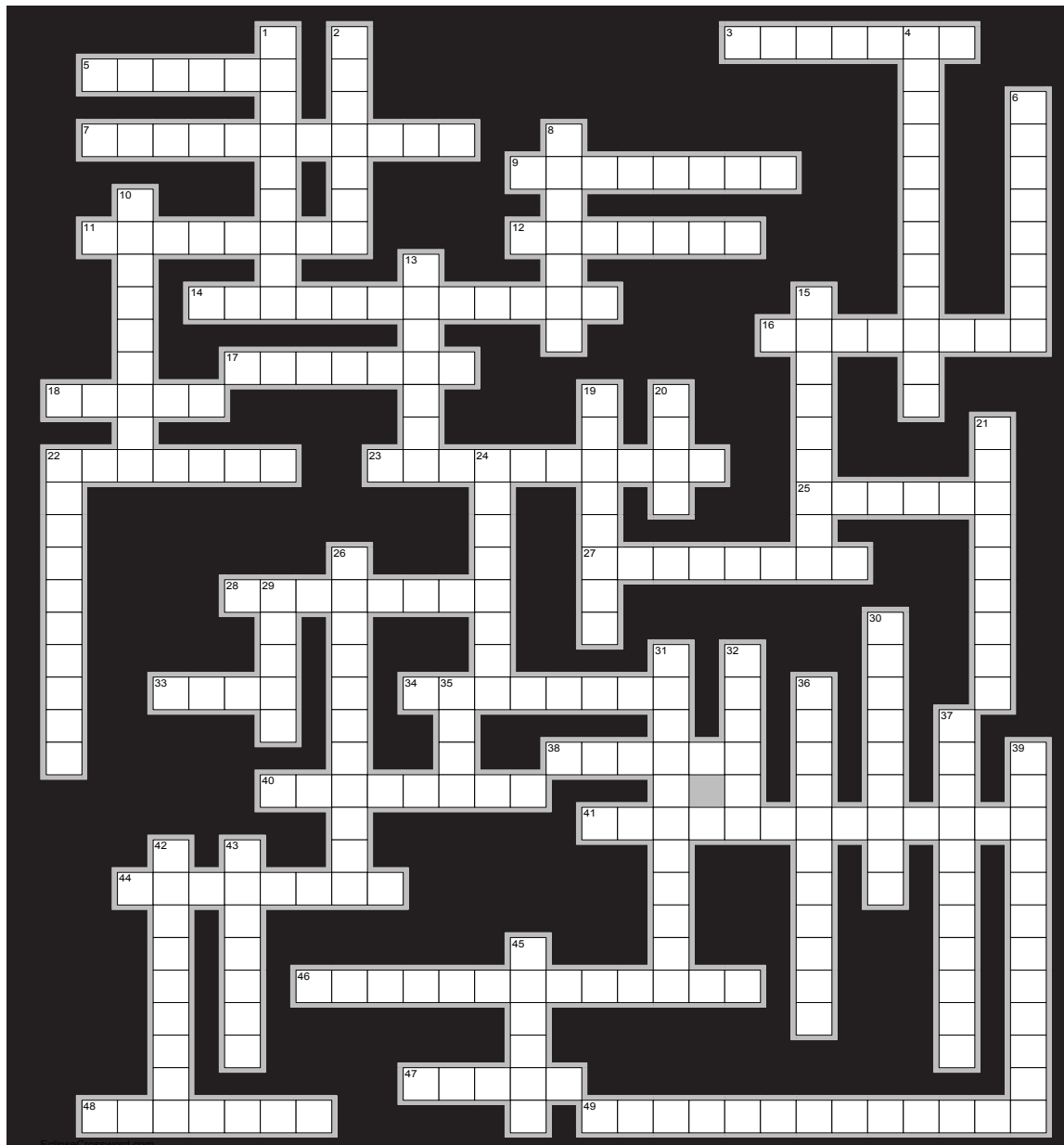
- 1 cup chopped fresh pineapple
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground red pepper
- Cooking spray
- 4 (6-ounce) salmon fillets (about 1/2-inch thick)
- 1/2 teaspoon salt

### Preparation:

- Combine first five ingredients (with pepper) in a bowl; set aside.
- Heat a nonstick grill pan coated with cooking spray over medium-high heat.
- Sprinkle fish with salt.
- Cook fish four minutes on each side or until it flakes easily when tested with a fork.



- 36. Rapid City, Aberdeen, Brookings
- 37. Grand Forks, Minot, Mandan
- 39. Morganton, Wheeling, Huntington
- 42. Kenner, Alexandria, Lafayette
- 43. Missoula, Great Falls, Kalispell
- 45. Lawrence, Shawnee, Salina



### Across

- 3. Burlington, Essex, Brattleboro
- 5. Hilo, Pearl City, Hililani Town
- 7. Stamford, Waterbury, Bridgeport
- 9. Bowling Green, Owensboro, Covington
- 11. North Platte, Grand Island, Omaha
- 12. Tempe, Yuma, Mesa
- 14. Erie, Allentown, Scranton
- 16. Roanoke, Lynchburg, Chesapeake
- 17. Yonkers, Mount Vernon, Schenectady
- 18. Bangor, Portland, Lewiston
- 22. Casper, Gillette, Green River
- 23. San Jose, Anaheim, Santa Ana
- 25. Eugene, Beaverton, Gresham
- 27. Fort Smith, Fayetteville, Jonesboro
- 28. Flint, Grand Rapids, Dearborn
- 33. Provo, Sandy, Ogden
- 34. Independence, Columbia, St. Charles
- 38. Fairbanks, Wasilla, Sitka
- 40. Wilmington, Middletown, Newark
- 41. Worcester, Springfield, Cambridge
- 44. Fort Collins, Aurora, Lakewood
- 46. Charlotte, Greensboro, Asheville
- 47. Corpus Christi, Plano, El Paso
- 48. Huntsville, Tuscaloosa, Mobile
- 49. Greenville, Mount Pleasant, Charleston

### Down

- 1. Kenosha, Appleton, Eau Claire
- 2. Evansville, Hammond, Muncie
- 4. Manchester, Derry, Salem
- 6. Norman, Broken Arrow, Midwest City
- 8. Athens, Albany, Marietta
- 10. Las Cruces, Roswell, Carlsbad
- 13. Hollywood, Jacksonville, St. Petersburg
- 15. Bloomington, Coon Rapids, Rochester
- 19. Gaithersburg, Bowie, College Park
- 20. Toledo, Akron, Dayton
- 21. Knoxville, Chattanooga, Murfreesboro
- 22. Vancouver, Yakima, Tacoma
- 24. Rockford, Joliet, Cicero
- 26. Pawtucket, Woonsocket, Warwick
- 29. Twin Falls, Meridian, Moscow
- 30. Paterson, Edison, Elizabeth
- 31. Gulfport, Greenville, Hattiesburg
- 32. Reno, Sparks, Henderson
- 35. Cedar Rapids, Ames, Waterloo



# SAVVY SENIOR

## How to track down things you routinely misplace

Dear Savvy Senior,

Can you recommend any products or devices to help seniors track down lost or misplaced items, like car keys, wallets and cell phones? My husband has become forgetful in his old age, so we spend a lot of wasted time looking for things.

- Frustrated Spouse

Dear Frustrated,

There are a wide variety of tracking devices that can help you and your husband find items that are commonly misplaced or lost. Here are some top options to consider depending on how tech savvy you are.

### SMARTPHONE OR TABLET USERS

If you or your husband use a smartphone or tablet, you can easily track down lost or misplaced items like keys, purses, wallets, remote controls, smartphones, tablets or laptops with a Bluetooth tracker like TrackR ([thetrackr.com](http://thetrackr.com), \$25 or \$30 per tag) or Tile ([thetileapp.com](http://thetileapp.com), \$25 per tag). Both of these products pair with an Apple or Android smartphone or tablet app, which will help you locate the missing item.

All you do is attach a small TrackerR



or Tile tag to the items you want to keep track of with an adhesive sticker, a key ring or you can just slip it inside the item.

Then, when a tagged item goes missing, you simply access the app on your smartphone or tablet to see how far away you are from the item or your last known location on the map. If you're within 100 feet, you can make the tracking device ring so you can follow the sound.

Or, if you or your husband lose your phone or tablet, both TrackR and Tile work in reverse, allowing you to press a button on the device to make your phone or tablet ring (even if it's on silent) as long as it's nearby. And to help you avoid leaving items behind, TrackR can

be set to sound an alarm when there's too much distance between your phone and device.

### LOW-TECH FINDERS

If, however, you or your husband don't have a smartphone or tablet, there are radio frequency devices like Click 'N Dig ([clickndig.com](http://clickndig.com)) that can help you find lost and misplaced items. This device comes with one finder fob/remote and four or six tags for \$26 or \$39 respectively. Attach a tag to the items you want to keep track of with adhesive or a key ring. Each tag is color-coded and corresponds to a colored button on the finder.

When an item goes missing, you simply press the colored button on the finder fob and the tag will flash and beep. The signal will go through



Send your senior questions to:  
Savvy Senior, P.O. Box 5443  
Norman, OK 73070  
or visit [SavvySenior.org](http://SavvySenior.org)

walls and cushions, but you'll need to be within at least 60 feet of your lost item. Make sure you keep the finder fob in a safe spot, because if you misplace it, you won't be able to find the tagged items.

Another good option, and one that doesn't require a finder fob, is Find One Find All or FOFA ([findonefindall.com](http://findonefindall.com)) This device can manage up to six items. It comes in a key-fob finder and/or a flat, credit card sized finder for your wallet, remote, phone, tablet, etc ...

These finders can be attached to items you wish to keep track of, and because each finder is also a transmitter, as long as you can find one FOFA tagged item, you can locate the rest. FOFA finders sound an alarm when signaled so you can follow the sound to locate the missing item, but the range for this device is only 30 feet. The cost is \$25 for two finders.

## How do I donate old hearing aids, eyeglasses and mobile equipment?

Dear Savvy Senior,

Where are some good places to donate old hearing aids, eyeglasses and mobility equipment? My uncle passed away a few months ago and left behind a bunch of useful aids that could surely help someone else.

- Searching Nephew

Dear Searching,

Donating old, unused assistive living aids and/or medical equipment is a great way to help those in need who can't afford them, and in most cases the donations are tax-deductible.

### HEARING AIDS

There are several national nonprofit service organizations that offer hearing aid recycling programs. Hearing aids that are donated are usually

refurbished and either redistributed to those in need, or resold with the proceeds going to buy new hearing aids for people who can't afford them.

One of the most popular places to donate old hearing aids, as well as hearing aid parts or other assistive listening devices is the Starkey Hearing Foundation "Hear Now" recycling program – [starkeyhearingfoundation.org](http://starkeyhearingfoundation.org), (800) 328-8602. The program collects around 60,000 hearing aids a year. Hearing aids and other listening devices can be sent to: Starkey Hearing Foundation, ATTN: Hearing Aid Recycling, 6700 Washington Ave. South, Eden Prairie, MN, 55344.

Some other good nonprofits to donate to are the Lions Club Hearing Aid Recycling Program (Go to

[lionsclubs.org](http://lionsclubs.org) and search for: HARP), and Hearing Charities of America ([hearingaiddonations.org](http://hearingaiddonations.org), (816) 333-8300), which is founded by of America ([hearingaiddonations.org](http://hearingaiddonations.org), (816) 333-8300), which is founded by Sertoma, a civic service organization dedicated to hearing health.

Or, if you're interested in donating locally, contact your Hearing Loss Association of America state or local chapter (see [hearingloss.org](http://hearingloss.org) for contact information). They can refer you to state agencies or community service programs that also accept hearing aids.

### EYEGASSES

One of the best places to donate old eyeglasses is to the Lions Club Recycle for Sight program. They

collect nearly 30 million pairs of glasses each year and distribute them to people in need in developing countries.

To donate, look for a Lion's Club glasses donation drop-off box in your community. You can often find them at libraries, community centers, churches, schools and many local eye doctor offices, or call your local Lions Club for drop-off locations. See [directory.lionsclubs.org](http://directory.lionsclubs.org) for contact information.

New Eyes ([www.new-eyes.org/recycle](http://www.new-eyes.org/recycle)) is another not-for-profit organization that collects unused eyeglasses and distributes them abroad to people in need.

*continued on page 15*



# Welcome aboard new members!

Now that you have become a member of the largest and most experienced state retiree organization in California, we want to properly welcome you aboard.

California State Retirees (CSR) has 26 different chapters statewide, and there is one just right for you. Members who don't specify which chapter they want to be in are automatically placed in the chapter within their zip code. Just

let us know if the chapter you have been assigned is where you want to stay.



A phone call to your chapter president or a visit to your chapter's next meeting is the best

way to become acquainted with everything CSR has to offer. Check out pages 14 and 15 for the phone and email information for your chapter president. Each chapter encourages new members to attend their meetings, where state retiree issues are discussed; a variety of speakers appear and lunch is served. At some chapters, new members receive complimentary lunches.

## Chapter 1

Margaret Boehm  
Guillermo Camacho  
Thelma Garcia  
Andrea Garnette  
George Grande  
Wai-Ling Ho  
Robert Lee  
Mary Lucchetti  
Richard Mcstay  
Mary Ross  
Nora Scully  
Patricia Sylvester  
Teresa Taniguchi  
Martha Tatum  
Pamela Walker  
Ellen Yasumura

## Chapter 2

Veronica Bahr  
Jean Barbour  
Elder Barzart  
Karen Belton  
Josephine Benjamin  
Janet Blaylock  
Belinda Boughton  
Patricia Brown  
Paul Burton  
Lois Carnahan  
Peter Ceccato  
Tina Chadwick Webber  
Carol Chapman  
Leona Cheung  
Valerie Crowder  
Elizabeth Daniel  
Anthony Delapaz  
Judy Doolittle  
Neil Finnestead  
Donna Freeman  
Eugenia Frye  
Jon Goi  
Ava Goldman  
Merry Gunawan  
Suzette Gunter  
Cindy Guzman  
Sherry Habon  
Wayne Hagen  
David Hale-Arroyo  
Marcie Harrington  
Mischell Hawkins  
Rosalind Heard  
Deborah Heller  
Barbara Holland  
Gloria Hyatt  
Bridget Jacobo  
Cynthia Keller  
Noumanh Khounboulom  
Spencer Larson  
David Lavorico  
Kenneth Leung  
Marilou Lopez  
Nemesio Lopez  
Nemesio Madayag  
Rakesh Malhotra  
Kathleen Manasero  
Olga Martinez

Mary Mccarty  
Douglas Mckeown  
Mark Mclean  
Margie Melger  
Geraldine Mohler  
Karen Nash  
Betty Penilton  
Theresa Ramos  
Mary Riggs  
Cynthia Robinson  
Carol Rogers  
Adela Rojas  
Sheik Sahib  
Samiha Saleh  
Vickie Sanchez  
Janine Santana  
Lori Schuh  
Hong Thai  
Wanda Thissen  
Michael Valdez  
Luella Vaughn  
Jack Wabinga  
Ruth Wells  
Bradley Winters  
Karen Zirkle

## Chapter 3

Virgilio Chavez  
Fatima Ioane  
Ronald Mayeda  
Elpidio Morales  
Hatem Nadim  
Roberto Navarro  
Elizabeth Roth  
Vera Sayfer  
Andrew Stockton

## Chapter 4

John Balthazar  
Consuelo Campos  
Kathleen Cater  
Pamela Dennis  
Linda Ebertz  
Martha Ford  
Lawrence Heineman  
Kathleen McMullin  
Maria Rogasch  
Cynthia Seldura-Weckstein  
Gaye Simpson  
Karl Whitmarsh  
Elise Woodson

## Chapter 5

Cathy Lanzon  
Gregory Lehman  
Karen Moon  
Alfred Sanchez

## Chapter 6

Elia Aldama  
Angela Beal  
Enrique Bryan  
Kathleen Buchwald  
Harlan Dean  
Judy Fulton  
Candelaria Gayetta

Penny Gilstrap  
Gregory Higgins  
Debra Holling  
Walter Huber  
Nancy Maldonado  
Maria Mendez  
Dianna Musarra  
Katherine Perrine  
Marilee Robinson  
Julieta Tarazon  
Sherme Williams

## Chapter 8

Donna Alpaugh  
John Dostal  
Marylynn Kosulandich  
Sally Medico

## Chapter 9

Lilia Alcaraz  
Ruben Castillo  
Dora Coomes  
Genevieve Daugherty  
Diana Davis  
Todd Howard  
Mary Marquez-Ackerman  
Richard Meza  
Debra Montano  
Janet Mori  
Louie Oriente  
Harry Sarni  
Alfredo Tutaan  
Kristina Vaughan  
Linda Wilson

## Chapter 10

Rebecca Cyester  
Kelley Hernandez  
Terry Hetrick  
Irene Hoefke  
Beatrice Howell  
Nancy Johnson  
Patricia Ramage  
Karen Rodriguez  
Laura Trujillo  
Scott Whalls

## Chapter 11

Lynn Hall  
Cheryl Hubble  
Ann Marquez  
Theresa Montero  
James Moreno  
Deanne Nikitin  
Candyce Rogers  
Edith Rosemond

## Chapter 13

Laurie Servis

## Chapter 14

Charles Halcomb  
Dwayne Nevis  
Sandra Rice

## Chapter 15

Sayed Baidar  
Philip Binstock  
Mayumi Bush  
Rosa Cacho  
Ilene Diccico  
Mary Guido  
Martha Lopez  
Michael Milani  
John Schoonmaker  
Ami Smalley  
Jennifer Stewart  
Deborah Stocksen  
Ann Tharp

## Chapter 16

Guadalupe Almer  
Marissa Gatchalian  
Traci Metters  
Satish Patel  
William Robinson  
Gustavo Sanchez  
Stephen Seeman  
Cynthia Williams

## Chapter 17

Erica Abraham  
Carmelita Curphy  
Roberto Esparza  
Elizabeth Gastelum  
Suzanne Godin  
Mozelle Harding  
William Jones  
Theresa Labriola-O'connor  
Marilyn Nichols  
Keith Parks  
Beatriz Powers  
Teresita Snaer  
Phyllis Washington-Brown  
Nancy Webster  
Lydia Wood  
Michael Yee

## Chapter 20

Lisa Anderson  
Michael Berg  
Marjorie Seagoe  
Gennaro Siano  
Cristina Trejo  
Patricia Troutt

## Chapter 21

Michael Bailey  
Adolfo Beltran  
Rhea Cernuda  
Fe Chan  
Jean Cope  
Scott Douglas  
Laurel Duncan  
Evelyn Dy  
Nicosha Harris-Raimie  
Karen Kuehl  
Karyn Lobley  
Bernard McBride

Deborah Mccracken  
Corester Mclemore  
Marianne Moore  
Therese Mouille  
Mark Noack  
Gail Radice  
Donna Robinson  
Csaba Szendi  
Evangeline Tucay  
Ann White  
Scott Yoo

## Chapter 23

Yolanda Duran  
Frank Galvan  
Diane Gerrity  
Melinda Gonzales  
Cynthia Octabiano  
Gloria Torres

## Chapter 26

Deborah Cink  
Barbara Espinosa  
Bernie Flores-Balder  
Phyllis Hastings  
Maxine Miller  
Diana Torres

## Chapter 31

Barbara Ciminera  
Jack Clymer  
Sharan Lyons-Harvey  
Valerie Patscheck  
Stella Reichard

## Chapter 34

Charlotte Blauw  
Valerie Christian  
George Heaney  
Charlynn Lane  
Lynne Lawhon  
Kyoo Park  
Joanie Rowe  
Linda Vincze

## Chapter 35

Cheryl Arnold  
Lupe Belloso  
Nancy Cato  
Vivian Farmer  
Kathleen Hadley  
Elvira Jones  
Corazon Pascua  
Nelia Pollock  
Ginger Reed  
Thomas Shelton

## Chapter 36

James Burgess  
Scot Close  
Charles Combs  
Joelle Lemaster  
Anne Monroe

Linda Pedraza  
Janie Terrano

## Chapter 165

Barbara Anderson  
Mary Avansino  
Ulric Bellaire  
Teresita Carson  
Teresa Cox  
Cynda Dart  
Raynell Davis  
Maria Defilippo  
Mary Dooley-Abello  
Abby Ewen  
Diane Flores  
Laura Gonsalves  
Daniel Logan  
Jacqueline Martin  
Patricia Mcdowell  
Elizabeth Newman  
Yvonne Olivas  
Paula Pate  
Kathleen Pruett-Shingleton  
Janet Radding  
Lorie Rassouli  
Mary Riehl-Campos  
Florence Rippe  
Carl Schwartz  
James Sparks  
Ferol Upton

Don't fret if you recently joined CSR but don't see your name here. Processing at CalPERS, the State Controller's Office and CSR can take a few months. Check again for your name during the next two months.

## REGISTER TO VOTE!



If you have not yet registered to vote, please visit:  
[www.registertovote.ca.gov](http://www.registertovote.ca.gov)  
call 1-800-345-VOTE  
(8683) to have a form sent to you.

EVERY VOTE COUNTS!



## CSR challenges CalPERS on premium calculation method

*continued from page 1*

lower enrollment, and lower premium, of the UnitedHealthcare plan.

CalPERS proposed to increase the state's contribution – or reimbursement – to single enrollee retirees by a mere \$2 (from \$705 in 2016 to \$707 in 2017) and there would be no reimbursement increase for family plans, meaning premiums would remain the same as those in 2016.

For single enrollees, reimbursements as proposed would go up by a mere \$2. For retirees enrolled in family plans, CalPERS premiums would remain the same as those in 2016.

“CSR requests that CalPERS re-evaluate and re-calculate the 2017 employer contribution consistent with Government Code section 22871,” Behrens wrote.

At an August meeting of the State Coalition of Retired Employees (SCORE), McKeever, the CalPERS executive officer named in the letter, said that CalPERS had interpreted the law correctly and that it followed the recommendations of the Department of Finance (DOF), which oversees the state budget.

Several retirees at the meeting contended that as a quasi-governmental entity, CalPERS is not necessarily required to follow

recommendations from the DOF and that it could have taken a different tact.

In an Aug. 12 letter to Behrens, McKeever acknowledged that CalPERS followed the recommendation from the DOF, which “insisted on using Kaiser, Blue Shield Access+, UnitedHealthcare and PERS Choice” as the four plans with the largest enrollments.

“Accordingly, CalPERS is unable to re-evaluate or recalculate the 2017 100/90 State Annuitant employer contribution,” McKeever wrote, noting that the CalPERS Board had already approved the 2017 contribution rates in June.

“Please rest assured that CalPERS is already at work to ensure that premiums for the 2018 plan year are as affordable as possible for California State Retirees,” McKeever said.

The CalPERS response is unsatisfying, Behrens said, but he stressed that challenging the issue was still an important exercise in letting CalPERS know CSR's interpretation of the law for future reference and inclusion of retiree comments.

“They needed to know that we're watching and that we expect them to be more inclusive of retirees in the future,” Behrens said. “If we weren't out here trying to protect pensions and health care for state retirees, who would be?”



Website: [www.calpers.ca.gov](http://www.calpers.ca.gov)  
 Phone: (888) CalPERS or  
 (888) 225-7377  
 TTY: (877) 249.7442  
 Fax: (800) 959.6545  
 Hours: Monday - Friday  
 8 a.m. to 5 p.m.

## Four CSEA Foundation scholarships go to CSR children and grandchildren



Nithya Menon, scholarship recipient



Hunter Wood, scholarship recipient

Four \$1,500 scholarships from the California State Employees Foundation were awarded in August to children and grandchildren of California State Retirees (CSR) members.

The CSEA Foundation is a non-profit, charitable corporation created to fund scholarships and disaster grants to CSEA affiliate members, dependents, spouses and grandchildren (CSR, ACSS, CSUEU, SEIU Local 1000 and UAW). A total of seven scholarships were awarded to affiliate relatives this year.

The CSR children and grandchildren who won scholarships are:

- Nithya Menon, a student at Northwood High School in Irvine. Her relative and sponsor is Ravi Vellatheri, a Chapter 34 member.

- Krystal Rhaburn, a student at Cal Lutheran University in Thousand Oaks. Her relative and sponsor is Lodiawick Henderson, a Chapter 9 member.

- Hunter Wood, a student at De La Salle High School in Concord. His relative and sponsor is Brenton Werder, a Chapter 21 member.

- Alessandro Di Modica, a student at Sacred Heart Catholic Prep School in San Francisco. He was one of two

scholarship winners in the best essay category. His relative and sponsor is Maura Caraffi DiModica, a Chapter 3 member.

All of the scholarship recipients are pursuing admirable professions and goals, which will be described on the foundation's website- [www.calcsea.org/Home/Foundation](http://www.calcsea.org/Home/Foundation) - along with the winning essays.

Pharmaceutical science is the goal for DiModica, one of the winners, whose mother suffered a massive stroke in 1999.

“Ever since her stroke, I have had an interest in research to find a cure for these sort of medical issues,” DiModica said. “I enjoy attending my mom's therapy classes where I am given the opportunity to meet others with similar disabilities. I listen to their stories and how they have dealt with their strokes.”

Joan Kennedy, board president and president of Cal Poly San Luis Obispo Chapter 316, said information for 2017 scholarships will be available in January and applications will be due in April. The California State Retiree will report the information as it becomes available.

### What are some witty responses to the question: 'How are you?'

Retirees get more than their share of inquiries about how they are doing. A serious answer is appropriate in many cases. Other times, a more light-hearted answer seems appropriate to the age-old question, “How are you?”

- Well, I haven't had my morning coffee yet and no one has gotten hurt, so I'd say "pretty good" at this point.
- Worse than yesterday, but better than tomorrow.
- My lawyer says I don't have to answer that question.
- Even better than the real thing.
- Spiritually? Physically? Socioeconomically? Well?
- It's a dog-eat-dog world out there and I'm wearing Milkbone underwear.
- I'm alright, slight bruises here and there, nothing I can't handle.
- Hey, wait a minute. How did you know what we were up to? Nobody was supposed to know.
- I'm telling my press secretary to say "fine" even though I feel like crap.
- I can't complain. I've tried, but no one listens.
- I am fantastic and feeling astonishingly glorious.



# CHAPTER MEETING NOTICES

## CHAPTER 1

### ALAMEDA COUNTY/ CONTRA COSTA COUNTY

**President:** Carol Bowen; **Vice President:** Stella Torrez

*Future meeting locations and dates to be announced*

**For further information:** Call (510) 527-5131.

## CHAPTER 2

### SACRAMENTO/YOLO AREA

**President:** Louis Espinoza, (916) 397-2526; **Vice President:** Phyllis Johnson, (209) 471-2192; **Treasurer:** Kathleen Elwell, (916) 395-3717; **Secretary:** Dianne Welsh, (916) 682-7810; **Membership:** Nadie Savage, (916) 968-5984.

*Meets on the first Monday of every month, unless otherwise announced*

**Note:** There is no meeting in September.

**Meeting:** Monday, Oct. 3, 11 a.m.; the official meeting starts at noon. **Where:** Sierra 2 Center (Curtis Hall), 2791 24<sup>th</sup> St., Sacramento. **Program:** Please suggest ideas for a program or guest speaker to Susan Shambaugh, Program Committee chair.

**Menu:** Happy Harvest Day! Roast beef sandwich on whole wheat bread, Waldorf salad and brownie. The vegetarian meal will be avocado, blue cheese crumbles, lettuce and tomato on a roll. **Cost:** Members are free; guests are \$3, which is payable at the door. **Reservations:** RSVP necessary for members and guests by noon, Thursday, Sept. 29 to Nadie Savage by email at texasgirl0124@gmail.com or voicemail (916) 968-5984. Please indicate regular, gluten free, veggie or vegan meals required. **Note:** Cancellations are also required by 5 p.m. Thursday, Sept. 29. For more information, please contact Phyllis Johnson at (209) 471-2192 or johnsonphyllis010@yahoo.com.

**Meeting:** Monday, Nov. 7, 11 a.m.; the official meeting starts at noon. **Where:** Sierra 2 Center (Curtis Hall), 2791 24<sup>th</sup> St., Sacramento. **Program:** California Insurance Commissioner Dave Jones will speak. **Menu:** Happy Thanksgiving! Turkey sandwich on croissant, cranberry salad, pumpkin pie with whipped cream. The vegetarian meal will be Portobello mushroom on a roll. **Cost:** Members are free; guests are \$3, which is payable at the door. **Reservations are required for everyone:** By 5 p.m. Thursday, Oct. 27. **No reservation, no lunch!** Contact Nadie Savage, attendance coordinator, at texasgirl0124@gmail.com or (916) 968-5984. **Note:** Cancellations are also required by 5 p.m., Oct. 27. For more information, contact Phyllis Johnson at (209) 471-2192 or johnsonphyllis010@yahoo.com. **Note:** Keep Monday, Dec. 5, open for the Chapter 2 Annual Christmas Party at the Danté Club. Updates to follow.

## CHAPTER 3

### WEST BAY AREA

**President:** Mary McDonnell, (415) 509-1914; **Vice President:** Skip Charbonneau, (415) 648-4946; **Secretary/Treasurer:** Al Darby, (925) 788-6068.

*Meets on the second Friday of March, June, September and December*

**Meeting:** Friday, Sept. 9, 11:30 a.m. **Where:** United Irish Cultural Center, 2700 45<sup>th</sup> Ave., San Francisco. **Program:** A Kaiser representative will speak about Open Enrollment. **Menu:** Fish and chips or ham with raisin sauce. **Cost:** \$10 for members; \$12 for guests. New members are free. **Reservations are required:** Contact Erlinda Villa at (415) 407-7905 or aida.b.villa@gmail.com. **For more information:** Contact Mary McDonnell at (415) 509-1914.

**Meeting:** Friday, Dec. 9. **Where:** TBA.

## CHAPTER 4

### GREATER LOS ANGELES

**President:** Marta Zaragoza, (310) 204-0484; **Vice President:** Ethel Watson, (323) 734-

2788; **Secretary:** Meryl David, (323) 939-0620; **Treasurer:** Virginia Griffin, (323) 290-3655. **Note:** If you need transportation to a meeting, please call Meryl at the number above at least three days prior to a meeting.

*Meets on the third Thursday of even months, unless otherwise announced*

**Meeting:** Thursday, Oct. 20, 11:30 a.m. **Where:** Taix French Country Cuisine, 1911 Sunset Blvd., Los Angeles; **Cost:** \$5 for members and \$7 for non-members.

### Chapter 4 Subchapter

**Meeting:** Tuesday, Nov. 15, 11:30 a.m. **Where:** Denny's, 10700 Jefferson Blvd. (southwest corner), Culver City. **Menu:** Senior menu. Please contact Marta at (310) 204-0484 or Virginia (323) 290-3655.

## CHAPTER 5

### CENTRAL VALLEY FOOTHILLS

**President:** Barbara Powers, (209) 223-2009; **Vice President:** Al Lara, (209) 825-5285; **Secretary/Treasurer:** Denise Simpson, (209) 206-3817; **Past President:** Anita McCabe, (209) 602-7775.

### Sonora Subchapter

*Meets after each CSR Board meeting, unless otherwise announced*

**Meeting:** Tuesday, Oct. 4, 11:00 a.m. lunch. Meeting starts at 12:30 p.m. **Where:** Pine Tree Lounge (private room), 19601 Hess Ave. (next to the Best Western), Sonora.

**Program:** A representative from the Sonora Office of Social Services will speak on long-term healthcare and CalWorks. **Cost:** Food is provided.

### Merced Subchapter

*Meets after each CSR Board meeting, unless otherwise announced*

**Meeting:** Wednesday, Oct. 5, 11:00 a.m. **Where:** Paul's Place, 2991 G St., Merced. **Program:** A representative from the Sonora Office of Social Services will speak on survivor benefits. **Cost:** Members buy their own lunches.

### Modesto Subchapter

*Meets after each CSR Board meeting, unless otherwise announced*

**Meeting:** Thursday, Oct. 6, 11:00 a.m. **Where:** Fuddrucker's Restaurant, 3848 McHenry Ave., Modesto. **Program:** Representative from HICAP to speak about Medicare Part A, B and D. **Cost:** Members buy their own lunches.

### Jackson Subchapter

*Meets after each CSR Board meeting, unless otherwise announced*

**Meeting:** Tuesday, Oct. 11, 11:30 a.m. **Where:** Amador Senior Center, 229 New York Ranch Road, Jackson. **Menu and Cost:** Meal is provided.

## CHAPTER 6

### SAN BERNARDINO/RIVERSIDE COUNTY

**President:** J. Dee Stoddard, (909) 862-1870; **Vice President:** Erlinda Ochoa, (909) 822-4128; **Treasurer/Secretary:** Willis Huddleston, (805) 573-5345.

*Meetings are held quarterly*

**Meeting:** Thursday, Oct. 20, 11:15 a.m. **Where:** Sizzler, 9800 Sierra Blvd., Fontana.

## CHAPTER 8

### NORTH COAST AREA

**President:** Jim Evert, (707) 951-4166 or jimevert@hotmail.com; **Vice President:** Veronica Avila, (707) 487-0235; **Treasurer:** Patti Falk, (707) 445-1196 or pmfalk@earthlink.net.

*Meetings are held quarterly, unless otherwise announced*

**Humboldt Chapter and Del Norte Subchapter**

**Meeting:** Annual BBQ & Picnic, Wednesday, Sept. 14, 12:30 p.m. **Where:** Rohner Park, Fortuna. **Directions (from southbound Highway 101):** Take Fortuna exit, continue on Main Street through the business district. Turn left at park entrance, just past Crivello's

Used Cars. **Directions (from northbound Highway 101):** Take Kenmar Road exit, bear right to stoplight; turn left on Fortuna Boulevard. Continue north to park entrance; turn right; go just past the Sequoia Gas Service Station.

**Menu:** Barbecued tri-tip and chicken with picnic food. **Cost:** Chapter 8 member and one guest are free. Additional attendees are \$10. **Reservations are required by Friday, Sept. 9:** Contact one of the officers listed above.

## CHAPTER 9

### LOS ANGELES AREA

**President:** Raelene Allard, (323) 221-6010 or raeleneallard@gmail.com; **Vice President and Membership Coordinator:** Luanna Allard, (323) 227-4287 or estebanos@sbcglobal.net; **Secretary/Treasurer:** Vivianne Fitzgerald, (562) 866-6264 or 4fitzi@gmail.com

*Meets on the second Wednesday of each month, unless otherwise announced*

**Meeting:** Wednesday, Sept. 14, 10 a.m., Executive Board meeting, followed by the general meeting at 11 a.m. **Where:** Sizzler, 15252 East Rosecrans Blvd., La Mirada. **Program:** Assemblymember Jimmy Gomez of the 51st Assembly District will speak. **Menu:** Your choice. **Cost:** Chapter 9 will pay \$15 towards each member's lunch. Guests pay for themselves.

**Meeting:** Wednesday, Oct. 12, 10 a.m., Executive Board meeting, followed by the general meeting at 11 a.m. **Where:** Sizzler, 15252 East Rosecrans Blvd., La Mirada.

**Program:** TBA. **Menu:** Your choice. **Cost:** Chapter 9 will pay \$15 towards each member's lunch. Guests pay for themselves.

## CHAPTER 10

### SAN LUIS OBISPO

**President:** Mike Smith, (661) 695-4435; **Vice President:** Vic Martinez, (805) 239-3397; **Secretary:** Pearl Cole, (805) 489-5194; **Treasurer:** Marc Laxer, (805) 546-8470.

*Meets on the fourth Thursday of January, April, July and October*

**Meeting:** Thursday, Oct. 27, 10:30 a.m. **Where:** Elks Lodge, 222 Elks Lane, San Luis Obispo. **For more information:** Call any chapter officer at the numbers above.

## CHAPTER 11

### MID VALLEY

**President:** Christy Christensen-Fountain, (559) 707-7067 or chrchr90@aol.com; **Vice President:** Joyce Jarrett, (559) 348-7845; **Treasurer:** Gigi Subilosky, (559) 269-5380; **Secretary:** Claudine Edwards-McDougall, (559) 696-2628.

*Meets on the first Wednesday of March, June, September and December, unless otherwise announced*

**Meeting:** Wednesday, Sept. 7, 11:30 a.m. **Where:** Pardini's, 2257 West Shaw Ave. Fresno. **Program:** Open Enrollment (Sept. 12 to Oct. 7). Speakers from UnitedHealthcare, HICAP (Medicare questions), and Caption Call (Free telephone equipment for hearing impaired). CSR Vice President Stephanie Hueg will also speak. **NOTE:** We are collecting new or slightly worn coats of all sizes. Bring a coat and receive a ticket for a prize drawing. **Cost:** \$10 each for members and spouses, \$15 for non-members.

**Note:** Mark your calendar for Chapter 11 Holiday Luncheon

**Meeting:** Saturday, Dec. 10, 11:30 a.m. **Where:** Armenian Community Center, 2348 Ventura St., Fresno. **Program:** Christmas party. We are collecting unwrapped toys and non-perishable food items to donate to those in need.

## CHAPTER 12

### EASTERN MOUNTAIN AND HIGH DESERT AREAS

**President:** Caryl Cole, (760) 247-8962 or carylcole@verizon.net; **Vice President:** Bob Liley, (661) 867-6004 or andrell@hughes.net; **Secretary:** Diane Deutsch, (661) 823-7307 or dianedeutsch07@gmail.com; **Treasurer:** Stephanie Pryzbeski-Gilbert, (661) 943-3759 or stefva22@hotmail.com.

*Meets on the third Wednesday of the even months*

**Meeting:** Wednesday, Oct. 19, 11:30 a.m. **Where:** Big Papa's, 1001 West Tehachapi Blvd. #200, Tehachapi. **Cost:** Chapter pays for members' meals from senior menu.

**NOTE:** Be sure to mark your calendar and save the date - Wednesday Dec. 21 - for Chapter 12 Christmas Party at the Wood Grill Buffet in Hesperia. More planning at Oct. 19 meeting.

## CHAPTER 13

### NO. CALIFORNIA/REDDING

**President:** Robert Black, (530) 722-0511 or bob\_linda@charter.net; **Vice President:** Warren Schlatter, (530) 605-1588 or kandws2@gmail.com; **Secretary:** Audrey Sandeen, (530) 221-3500 or thesuede8243@gmail.com; **Treasurer:** Georgene Gibson, (530) 529-0277 or rbjeepman10@hotmail.com; **Chapter Membership Director:** Ed Huey, (530) 246-9456 or edhuey@sbcglobal.net.

*Meets on the third Monday of every month, unless otherwise announced*

**Meeting:** Monday, Sept. 19, noon. Arrive at 11:30 a.m. if you are ordering a meal. **Where:** Country Waffle, 2300 Athens Ave., Redding. **Menu:** Order from the menu. **Cost:** Complimentary to CSR members and associates. **Reservations:** Not required.

**Meeting:** Monday, Oct. 17, noon. Arrive at 11:30 a.m. if you are ordering a meal. **Where:** Country Waffle, 2300 Athens Ave., Redding. **Menu:** Order from the menu. **Cost:** Complimentary to CSR members and associates. **Reservations:** Not required.

## CHAPTER 14

### NORTHERN CALIFORNIA/CHICO

**President:** S.E. Riazzi, (530) 519-2174 or seriazzi@gmail.com; **Vice President:** Vincent Herrera, (916) 804-6613 or tberreta@yahoo.com; **Secretary:** Kenneth Mayer, (530) 894-3479 or toddmayer@comcast.net

*Meets on the third Wednesday of every month, unless otherwise announced*

**Meeting:** Wednesday, Sept. 21, 11 a.m. **Where:** Creative Catering, 2565 Zanella Way, Chico (located at the Northeast corner of Zanella Way and Morrow Lane) **Program:** United Healthcare's, Medicare & Retirement Operations Service Account Manager John Martello will speak. **Cost:** Members are free, non-members pay \$15 per person. **Reservations are required:** Please send RSVP to S.E. Riazzi at (530) 519-2174 or email S.E. at seriazzi@gmail.com by Saturday, Sept. 17.

### Lassen/Plumas Subchapter

*Meets on the first Tuesday in April, June, August, October and on other dates as announced*

**Meeting:** Tuesday, Oct. 4, 11:30 a.m. **Where:** Diamond Mountain Casino, 900 Skyline Drive, Susanville. **For more information, please contact the following volunteers:** Darlene Hunter at (530) 251-2053, darlenehunter@frontier.com; or Carol Van Amburg at (530) 254-6891, carolvan60@frontiernet.net.

## CHAPTER 15

### SIERRA FOOTHILLS

**President:** Joann Stewart, jstewartgin@hotmail.com; **Vice President:** Vacant; **Treasurer:** Marshall Conner, mconner139@gmail.com; **Secretary:** Frank Weinstein, ch15secretary@hotmail.com

*Meets on the third Tuesday of every month*

**Meeting:** Tuesday, Sept. 20, 2 p.m. **Where:** Sizzler, 13570 Lincoln Way, Auburn. **Program:** Member Appreciation Day! **RSVP is required:** Please contact Frank Weinstein at ch15secretary@hotmail.com. **Meeting:** Tuesday, Oct. 18, 2 p.m. **Where:** Rocklin Library, 4890 Granite Dr., Rocklin. **RSVP is required:** Please contact Frank Weinstein at ch15secretary@hotmail.com.

## CHAPTER 16

### SAN JOAQUIN COUNTY

**President:** R. Connie Lira, (209) 601-5754; **Vice President:** Evelyn (Evi) McKenna, (209) 608-2149; **Secretary/Treasurer:** Sheila

Ward-Shaw, (209) 915-1020.

*Meets quarterly*

**Meeting:** TBA.

## CHAPTER 17

### GREATER SAN DIEGO

**President:** Diane Whorton, (619) 467-7861 or dlw.union@gmail.com; **Vice President:** Steve Haley, (619) 441-8769 or raceready@usa.net; **Secretary:** Gloria Koch, (619) 455-1917 or kochgloria303@gmail.com; **Treasurer:** Elaine Edwards Yahraus, (619) 435-4044, eyahraus@gmail.com; **Membership Co-Chairs:** David Juarez, (619) 379-4269, maxjuarez555@gmail.com and Theresa Juarez (408) 390-8006, terez-juarez@gmail.com.

*Meets on the first Thursday of even months*

**Meeting:** Thursday, Oct. 6, 11 a.m. to 2 p.m. (Doors open at 10:30 a.m.) **Where:** Sizzler, 3755 Murphy Canyon Road, San Diego (Off of I-15, take the Aero Drive exit. From north or south, go west to the signal and turn right. The entrance is to the back of the building with a parking lot.) **Cost:** Open and free to all Chapter 17 members.

## CHAPTER 19

### NORTH COAST AREA

**President:** Skip Hulet, (707) 279-4643; **Vice President:** Natalie Daugherty, (707) 485-8857; **Treasurer:** Dorothea M. Parsons, (707) 462-1209; **Secretary:** Marilyn Saegert, (707) 485-7823.

*Meets on the second Tuesday of February, April, August and October. The chapter and subchapter hold combined meetings in June and December*

**Meeting:** Tuesday, Oct. 11, noon. **Where:** Ukiah Garden Café, 1090 S. State, Ukiah. **For more information:** Call Marilyn Saegert, (707) 485-7823; Ines Freeman, (707) 485-7203; Natalie Daugherty, (707) 485-8857; or Lois Barth, (707) 459-5334.

### Lake County Subchapter

*Meets on the second Monday of February, April, August and October. The chapter and subchapter hold combined meetings in June and December.*

**Meeting:** Monday, Oct. 10, noon. **Where:** Running Creek Casino, 635 Highway 20 East, Upper Lake. **For more information:** Call Suzanne Schutz at (707) 279-9076 or Joan Hume at (707) 279-4811.

## CHAPTER 20

### SAN FERNANDO VALLEY AND LOS ANGELES AREA

**President:** Sharon Stoltzman (424) 228-2820 or chapter20bears@gmail.com; **Vice President:** Steve Cohen, (818) 788-1450 or easekidz@aol.com; **Secretary:** Jan Christiansen, (562) 413-0627 or jechristi@earthlink.net; **Treasurer:** M. Cora Okumura, (818) 359-7625 or mcokumura@yahoo.com; **Chapter Membership Chair:** Graciela Hernandez, (818) 342-4736, gracielaencn@aol.com

*Meets on the third Wednesday of each month, except in July and August*

**Meeting:** Wednesday, Sept. 21, 9 a.m.; the meeting starts at 9:30 a.m. **Where:** Sizzler, 7131 Van Nuys Blvd., Van Nuys. **Program:** A CalPERS representative will speak on Open Enrollment and other issues. **Cost:** Free salad bar plate with one non-alcohol beverage to chapter members. Entrée orders are at your own expense. First time members are free. **For additional information:** Please contact any chapter officer at the numbers above.

**Meeting:** Wednesday, Oct. 19, 9 a.m.; meeting starts at 9:30 a.m. **Where:** Sizzler, 7131 Van Nuys Blvd., Van Nuys. **Cost:** FREE Salad Bar plate with one non-alcohol beverage to chapter members. Entrée orders are at your own expense. First time members are free. **For additional information:** Please contact any chapter officer at the numbers above.

**Please Note Special Meeting Date:** Thursday, Nov. 3, 9:00 a.m. **Where:** Denny's, Banquet Room, 5525 Sepulveda Sherman Oaks. **Program:** Henry Jones, CalPERS board member will speak about the latest news from CalPERS.



# CHAPTER MEETING NOTICES

## CHAPTER 21

### SONOMA, MARIN, NAPA AND SOLANO COUNTIES

**President:** Donald Lehnhoff, (707) 795-9405; **Vice President:** Ron Franklin, (707) 992-0664; **Secretary:** Eric Norrbom, (707) 833-1870.

*Meets quarterly on the third Tuesday of the month*

**Meeting:** Tuesday, Oct. 18, 11:30 a.m. **Where:** Quail Inn at Oakmont Golf Course, 7025 Oakmont Drive, Santa Rosa. **For additional information:** Please call Don Lehnhoff at (707) 795-9405.

## CHAPTER 23

### SAN JOSE AREA

**President:** Barbara (Bobbi) Estrada, (408) 373-4220 or bobbieestrada898@yahoo.com; **Vice President:** Maria Aguilar, (408) 706-0366 or md12aguilar@yahoo.com; **Secretary:** Denise Johnson, (408) 460-1748 or dpadres7919@gmail.com; **Treasurer:** Essie Sukkar, (510) 566-3999 or esukkar@hotmail.com

*Meets in April, August and December, unless otherwise announced*

**Meeting:** Tuesday, Dec. 6, 11:00 a.m., lunch is at noon. **Where:** Three Flames Restaurant, 1547 Meridian Ave., San Jose. **Program:** Chapter 23 Member Appreciation Luncheon. More information to come.

## CHAPTER 26

### BAKERSFIELD/KERN COUNTY

**President:** Al Fillon, (661) 619-6181; **Vice President:** Henry Mendoza, (661) 725-8604; **Secretary:** Sue Kimbrel, (661) 589-2026; **Treasurer:** Regina Vaughn, (661) 832-6348; **Chapter Health Benefits Chairperson:** Rachel Mendoza, (661) 319-5943.

*Meets on the third Thursday of each month, unless otherwise announced*

**Meeting:** Thursday, Sept. 15, 11 a.m. **Where:** Lorene's Ranch House, 6401 Ming Ave., Bakersfield. **For more information:** Call any of the officers listed above.

## CHAPTER 31

### VENTURA/SANTA BARBARA

**President:** V. Raylene Laverentz, (805) 986-1854 or (805) 551-2278; **Vice President and Program Coordinator:** Barbara Driscoll, (805) 487-4619; **Secretary:** Irene Fisher-Clifton, (805) 984-1579.

*Meets in March, June, September and December, unless otherwise announced*

**Meeting:** Thursday, Sept. 22, 11:30 a.m. **Where:** Marie Callenders, 1295 South Victoria Ave., Ventura. **Program:** A UnitedHealthcare representative will speak about CalPERS Open Enrollment from Sept. 12 to Oct. 7. **Cost:** \$11 per person. **For more information:** Call (805) 551-2278.

## CHAPTER 34

### ORANGE COUNTY-SANTA ANA

**President:** Jenny Hayden, (714) 743-8423; **Vice President:** Lloyd S. Duronslet, (951) 687-1613; **Secretary:** Joe Whaling, (714) 349-5393; **Treasurer:** Bill Serb III, (714) 826-6029; **Legislative Representative:** Anne J. Spiegel, (714) 846-5150; **Membership Chair:** Jack Vander Bruggen, (949) 857-0955.

*Meets on the second Wednesday of every month, unless otherwise noted*

**Meeting:** Wednesday, Sept. 14, 10 a.m. **Where:** Santa Ana Elks Lodge, 212 Elks Lane, Santa Ana (across from the Santa Ana Zoo - Exit I-5 at Fourth and First streets, continuing south across First Street.) **Program:** A representative from the Newman Law Group will discuss trusts and wills. **Menu:** Lunch will be provided. **Cost:** Members are free.

**For more information:** Call any chapter officer listed above.

## CHAPTER 35

### SO. CENTRAL VALLEY PORTERVILLE AREA

**President:** Lou Flores, (559) 362-0689; **Vice**

**President:** Mary McCaig, (559) 359-6069; **Secretary:** Carol Wood-Gilham, (559) 240-0272; **Treasurer:** Larry Long, (559) 781-8761.

*Meets on the second Thursday of every month, unless otherwise announced*

**Meeting:** Thursday, Sept. 15, 11 a.m. **Where:** Santa Fe Depot/Senior Center, 280 N. Fourth St., Porterville.

## CHAPTER 36

### MONTEREY BAY AREA

**President:** Susanne Paradis, (831) 662-3334, svparadis@yahoo.com; **Secretary/Treasurer:** Marilyn Hamilton, (831) 809-2721.

*Meetings are the third Thursday of even months at various locations unless otherwise announced*

**Meeting: Special Candidate and Issues Forum** Thursday, Sept. 15, 1 p.m. to 4 p.m. **Where:** Cesar Chavez Library, 615 Williams Rd., Salinas. **Program:** Come discuss local issues and meet local candidates up for election in November. Light refreshments will be provided.

**Meeting:** Thursday, Oct. 20, 11:30 a.m. **Where:** The Hindquarter, 303 Soquel Ave., Santa Cruz.

**Future scheduled meetings:** Thursday, Dec. 15, Salinas, at Grower's Pub, Salinas.

## CHAPTER 165

### SACRAMENTO

**President:** Beverly Greening, (916) 383-3361; **Vice President:** David Phillips, (775) 790-5636; **Secretary:** Gail Fasciola, (916) 386-1553; **Treasurer:** Eleanor Poole, (916) 753-4821.

*Meets on the first Wednesday of even months, with some exceptions*

**Meeting:** Wednesday, Oct. 5, 11:30 a.m. **Where:** Canton Chinese Buffet, 1000 Howe Ave., (Corner of Howe and Enterprise), Sacramento. **Program:** A representative from the California Free Phone Program will speak. **Washington State Contact Person:** Dan Reibson, (360) 887-3123.

### Medford, Oregon Subchapter

*Meets on the third Thursday of even months*  
**Meeting:** Thursday, Oct. 20, noon. **Where:** Elmer's Restaurant, 2000 Biddle Road, Medford, OR. **Reservations:** Contact Bruce Eliason, membership chair, at (541) 779-2912 or Geanie Hixon, subchapter vice president, at (541) 646-0925..

Chapter Meeting Notices are compiled by Theresa Michael, CSR's administrative technician. She can be reached at tmichael@CalRetirees.org



## Barbara LaPlante passes away

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as the department secretary for the Public Administration Department of California State University, Hayward in 1984.

She married her husband, Don, in 1946. They moved to Hayward and bought a home in 1953, where she remained until her passing.

LaPlante was preceded in death by her husband, Don, and her son, Ron.

She is survived by her sister; her son, Rich (Angie); daughters Renee LaPlante and Rochelle (Lloyd) Tafoya; and several grandchildren and great-grandchildren.

Besides participating in

church, school and community activities, LaPlante held numerous offices with CSEA, which led to her election in 1998 as the first statewide director of the CSEA Retiree Division, a position she held for 10 years. During her tenure, Barbara's list of accomplishments included the establishment of a comprehensive vision care program for state retirees; the extension of a rural health care equity program; and most significantly, the creation of the Declaration of Rights for state retirees, a legislative action approved by the governor and state Legislature in 2001.



"She worked so hard for her state family," said her son, Rich. "She had a passion for helping people and will be forever missed by all who knew her."

LaPlante's funeral was held Aug. 24 at St. Bede Catholic Church in Hayward, a church she helped to found.

## How do I donate old hearing aids, eyeglasses and mobile equipment?

*continued from page 11*

### MEDICALEQUIPMENT

If you have old wheelchairs, walkers, canes, shower chairs or other durable medical equipment, there are many foundations and organizations that would love to receive them. For example, Goodwill and Salvation Army stores are popular donation destinations, as are foundations like the ALS Association ([alsa.org](http://alsa.org)) and Muscular Dystrophy Association ([mda.org](http://mda.org)), which accept donations at

local chapters.

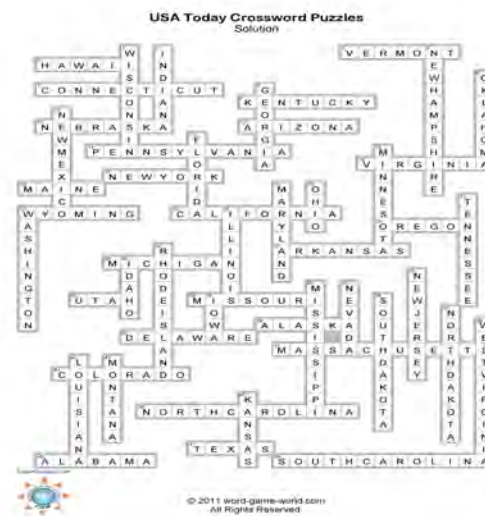
There are also state agencies and local nonprofit organizations that accept medical equipment donations and redistribute them to people in need. To find what's available in your area, contact your state assistive technologies program for a referral. See [ataporg.org/programs](http://ataporg.org/programs) for contact information.

Or, if you're interested in selling your uncle's old medical equipment, you have options here too, including [craigslist.com](http://craigslist.com),

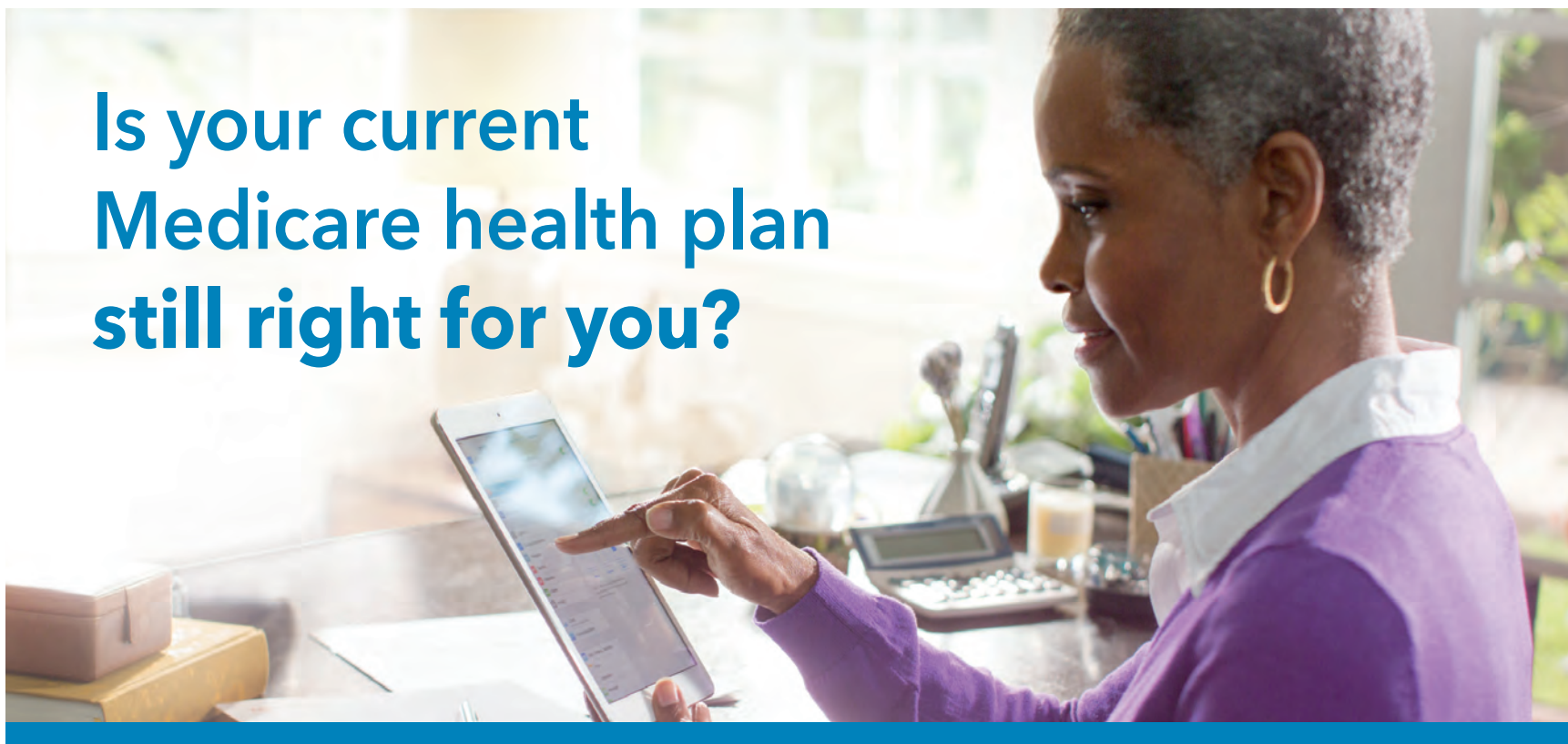
[recycledmedical.com](http://recycledmedical.com) and [usedhme.com](http://usedhme.com), which are all free sites that let you list what you want to sell online.

### TAX DEDUCTIBLE

Don't forget that donations to nonprofits are tax-deductible, so when you drop off your donated items, be sure to ask for a receipt for your tax records. Or, if you're mailing it in or are using one of the Lions Club drop-off boxes, you'll need to include a note requesting a letter of acknowledgement of the donation. Your note should include your name and a brief description of what you donated, along with a self-addressed, stamped envelope.







# Is your current Medicare health plan still right for you?

## CalPERS retirees:

Open Enrollment: September 12 through October 7, 2016  
Consider a Kaiser Permanente Medicare health plan for:

- **Affordable, high-quality care**
- **Your choice of great Kaiser Permanente doctors** and a wide range of specialists. And all of our available doctors welcome Kaiser Permanente Medicare health plan members.
- **The Highest-Rated Medicare health plan** in California – with 5 out of 5 Stars – for 5 years in a row (2012-2016).\*

To learn more and find out how to enroll through CalPERS, call a knowledgeable, licensed sales specialist toll free:

**1-877-619-7752**  
(TTY 711) 7 days a week,  
8 a.m. to 8 p.m.

Or go to [kp.org/calpers](http://kp.org/calpers)

## New for 2017

- **Silver&Fit®**  
Exercise and  
Healthy  
Aging Program
- **Optional Dental  
Coverage for  
Public Agency  
Retirees**

\*Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change one year to the next. Centers for Medicare & Medicaid Services Health Plan Management System, Plan Ratings 2016. Kaiser Permanente #H0524.

Benefits, premiums and/or copayments/coinsurance may change on January 1 of each year and at other times in accord with your group's contract with us. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. The provider network may change at any time. You will receive notice when necessary. In California, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.