

# SCARE Newsletter

# Sonoma County Association of Retired Employees

Published Quarterly May 2025 Volume 325 Issue 1

# Calendar of Events 2025

#### Membership Meetings

5/27/25, 8/26/25, 11/18/25 Meetings are at 1pm at Finley Center and by Zoom

#### **Board Meetings**

1:00 PM Dates may change so call Board member first.

5/8/25, 7/9/25, 9/10/25, 11/5/25

#### Get Newsletter by Email:

Many members have agreed to get notices and newsletters via email. This saves money and trees and lets us get info to you more quickly. Plus you can increase the font size for easier reading!! If you are willing to get notices and the newsletter via email, send an email to communications@sonomaco untyretirees.com authorizing SCARE to send them to you.

If you would like to get the newsletter both by email and by USPS, contact Lou Maricle (maricles2@gmail.com)

Please add that address to your address book so spam

filters let it through.

The SCARE Newsletter is printed quarterly. The information printed in the newsletter is believed to be accurate and from reliable sources. However, no responsibility is assumed by SCARE, the Editor, or the writers for inaccuracies in the articles as published.

# President's Message by Kathy Young

Happy Spring!

There has been much activity around our COLA issue during the first part of this year. We had two board members, Phyris Tobler and Ed Clites, meet with each member of the Board of Supervisors and the County Administrator to discuss our concerns about not having a COLA since 2008. More information on what was covered on page 3.

At the SCERA Board meeting on April 17, four different one-time COLA costs were presented to the Board. Julie again explained the history of COLAs to the Board, emphasizing that retirees expect to get some kind of COLA under the current Ad Hoc system and recognizing that the issue has been pushed forward year after year without action. A member of the SCERA Board also mentioned that the most prudent way forward was for the current active employees to begin funding a COLA program. However, even if they did that through negotiations, it would not help current retirees so it is important that we continue to fight for COLAs for those who are already retired. We thanked the Board for the work that has been done to help facilitate COLAs.

The Board of Supervisors budget workshop is being held on April 28, 29, and 30. Julie Wyne, CEO of SCERA, will present the state of the retirement system and present the COLA cost scenarios. An email went out to members about the meeting and several SCARE members plan to attend and to make public comments. Our website has Julie's report which shows cost for each option and other relevant information:

https://www.sonomacountyretirees.com/index.shtml. We will also report on this at the May Membership Meeting

At our next SCARE Membership Meeting, in addition to getting an update on COLA efforts, we will have two speakers, Bonnie Petty from CARA and Joni Huntsberger from the Area Agency on Aging. Bonny will be discussing the legislative efforts they have been addressing for seniors. Joni will be discussing the Sonoma County Master Plan for Aging. There is more detailed information on page 2.

Our Membership meeting will be held at 1:00 PM on May 27, 2025, in person at the Finley Center Cypress room or by Zoom. Join Zoom Meeting at https://us06web.zoom.us/j/8954632781?omn=83007426292, Meeting ID: 895 463 2781, Dial by your location: +1 669 444 9171 US.

We look forward to seeing you at the May membership meeting.

# Board of Directors Officers

**President** — Kathy Young

707 539-8027

kyoung2@sonic.net

Vice President — Carol Bauer

707 708-1061

bfuzzy51@aol.com

Secretary — Paul Carroll

707 559-0588

Pf.carroll58@gmail.com

Treasurer — Phyris Tobler

707 795-6926

phyris@sbcglobal.net

Immediate Past President —

Alix Shor

707 495-4992

alixshor@sonic.net

#### Directors at Large

Chris Bauer

Andre Bercut

Fd Clites

Shaun Du Fosee

Lou Maricle

John Pels

Vacant

### Retirement Board Retiree Reps

Mark Walsh

**Alternate:** Neil Baker

Committee Chairs & Tasks

Health Benefits/JLMBC: Phyris

Tobler

Membership: Lou Maricle

Financial Oversight: Phyris Tobler

CRCEA Rep: Carol Bauer
Alternate: Lou Maricle

Newsletter Editor: Phyris Tobler

Programs:

Scholarships: Ed Clites

SCCLO, ICPC, NBLC: Bill Robotka

Facebook Coordinator: Bob Bulwa

Contact info on website

### May 27th Membership Meeting Speakers

We are going to have 2 speakers at our May Membership Meeting. The first will be Joni Huntsperger who will give us an update on what is happening with the Sonoma County Master Plan for Aging. This is a ten-year plan highlighting the community's most pressing needs and corresponding strategies for its aging population which is growing rapidly. There are 6 committees addressing different needs like housing, transportation, health and economic security (very relevant to us as we try to get COLA). See details on different committees on page 5. They can use more people on the committees and Joni can fill us in on details of time commitment for those who might want to be involved.

Bonnie Petty will give an overview of CARA (California Alliance for Retired Americans). CARA fights for services for retired persons and seniors in a number of ways. SCARE is a member of CARA. We thought it would be helpful for our members to get more information on this organization. Presentation will cover:

#### I. CARA Introduction

- A. Who we are (organizationally and membership), origin (union retirees)
- B. What we do (issues pertaining to seniors and persons w/ disabilities)
- II. Two-prong approach to our work
- A. Legislative work: Active Leg committee; supports/opposes/ sponsors bills; holds candidate forums; produces scorecards on candidates for office; holds Lobby Days with all state legislators to advocate for bills; hold rallies and events to hold representatives accountable; support affiliate and other organizations on issues; speak/testify at hearings in the Legislature
- B. Educational work: Empowered Elder workshops (Vial of Life, Rights During a Hospital Stay; Filling out Advanced Directive forms); Fabulous Friday Forums (online webinars on a wide variety of topics)

# **Money Saving Ideas**

Eggs have become very expensive so you don't want to waste them. Eggs are good for a long time - usually well past the pull date. If you have had eggs for a long time and are not sure if they are still good, you can try the float test. Place an egg, uncracked, in a bowl of water. If the egg sinks, it's fresh. If it floats, you're dealing with an older egg, but that doesn't mean it's spoiled." Older eggs float because the air pocket that's inside every egg expands as the contents shrink with age.

# **Ongoing Effort to Get COLAs**

It is crucial that members participate in this effort by writing letters to the Board of Supervisors, attending Board meetings and participating in the public comment period for the item. The Board pays attention to this. Board member, Andre Bercut, will be coordinating these efforts. If you write to the BOS, (Board addresses below) please remember to cc him at andre.bercut@gmail.com, and add whether you are willing to be part of a team appearing at BOS meetings. When writing to your Board member, it is very important to state how the increase in the cost of living without a COLA has personally affected you.

SCARE Board members have met with all members of the Board of Supervisors and with the County CAO, Christina Rivera, to ask them to seriously consider giving retirees a COLA. We were encouraged by positive responses from all supervisors although, as always, it's budgeting that's the problem. Following are some of the points we made to the Board members.

- Sonoma County's Ad Hoc COLA is not working. Sonoma County retirees have not gotten a cost
  of living increase since 2008, and those who retired after 2003, have never gotten a COLA.
  Other public agencies in California have automatic COLAs which means they get a 2 or 3%
  COLA every year.
- About half of retirees get \$2,500 or less—and sometimes much less. There are people who retired in the 1970s, 1980s and 1990s when salaries were much lower compared to today's so they have very low pensions. There are 765 retirees who retired before April 1999 who have lost 78% of their Purchasing Power as of March 2025 and they started out with very low pensions. To see chart, go to our website—https://www.sonomacountyretirees.com/index.shtml
- ♦ 32% of Safety retirements and 5% of General retirement are due to duty disabilities. They are younger, often with families and high health insurance costs, and they average \$1,000/month less than regular service retirements. They are usually many years away from being eligible for Medicare.
- Having no COLA affects the County's ability to hire and retain employees.
- Sonoma County has a very high cost of living but if retirees move, they often have very high health insurance costs unless they are Medicare eligible.
- As retirees age, their costs go up as their health deteriorates and they are unable to continue doing everything they did earlier.
- The Board of Supervisors has shown that they care about older people as they adopted a comprehensive Master Plan for Aging, ensuring that their increasing aging population can age with dignity, resources and independence. But they seem to have forgotten to include their own retirees.

In addition to our discussion with the BOS about COLAs, we are also asking them to modifying the SCARE settlement agreement and increase their contribution for those impacted as it is due to decrease to \$200/month in July 2026.

Email addresses for Board Members:

- District 1 rebecca.hermosillo@sonoma-county.org
- District 2 david.rabbitt@sonoma-county.org
- District 3 chris.coursey@sonoma-county.org
- District 4 james.gore@sonoma-county.org
- District 5 lynda.hopkins@sonoma-county.org

There is a lot of pension information on the SCARE website at https://www.sonomacountyretirees.com/pensions.shtml.

# JLMBC Report by Phyris Tobler

#### **Health Insurance Information**

**Health Reimbursement Accounts Transfer to TASC** —This applies to the people under the SCARE settlement who have HRAs. For those that have account balances, the cards have been issued. If SCARE participants do not have balances, then they won't be in TASC's system until the reallocation in July and won't receive a card until that time. **Even if you had a claim on file with P&A, you will need to refile any incurred claims to be reimbursed when the reallocation is posted in July.** As usual, the amount you receive in July will be small—probably between \$25 and \$30.

More recent retirees who had money put into an HRA to pay for health insurance when they retire should now be able to access that money through TASC.

**New rates** for health insurance are effective June 1 but premium is due in advance so it will come out of your May 31st pension check.

**County Health Plan** for those under 65. The good news is that the rates will not increase this year. The County is using reserves that had been built up for CHP to defray the increase. Rates remain very high. No active employees can access this plan. It is mainly for those under 65 who move to areas that none of the other plans cover.

**Anthem Medicare Preferred** is the new plan introduced in 2025. This went up a little more than reported in the last newsletter. However, since AARP/UHC rates have increased quite a lot, it is the least expensive Medicare plan offered by the County and it covers anywhere in the US. The coverage is great and you can go to any doctor who takes Medicare. Plus they cover things like Healthy Meals after surgery or for chronic illness, wearable health and fitness trackers, Personal Emergency Response System, and more. More info available at https://sonomacounty.ca.gov/anthem-medicare-preferred-ppo—look for Anthem booklet.

**AARP/UHC** insurance for those on Medicare are individual plans based on age and area of residence. It is very good coverage except for prescriptions that can be very high if you are on expensive brand name drugs, However, cost you pay for prescriptions is now capped at \$2000 for the year due to legislation passed last year.

**Fitness Plans included in Insurance:** these include many if not most of the fitness centers in Sonoma County as well as other locations in the US. This is a valuable benefit as they are often expensive and exercise has been shown to be valuable for both physical and mental health.

**One Pass:** Kaiser is adding free membership in One Pass Fitness to their benefits for Medicare eligible retirees. One Pass is a health and wellness program that gives you access to gyms, fitness locations, studios, online workouts, brain health tools, and social events and activities. You can get more information at https://www.youronepass.com/#gym-search-link. There is a section with Frequently Asked Questions that gives a lot of information on program. **This program will not be available until June 1, 2025** 

**Silver Sneakers:** Medicare recipients who are in the Anthem plan get Silver Sneakers which covers many fitness clubs for free. It covers places like 24 Hour Fitness, Curves, Planet Fitness, and more. This is a great savings. If you go to https://silversneakers.com/, you can put in your zip code for locations near you.

**Renew Active Fitness** is available through AARP/UHC. Again, it is free and covers a good number of fitness clubs in Sonoma County and elsewhere. Go to https://www.uhcrenewactive.com/home for locations near you.

# **Sonoma County Master Plan for Aging**

This is a ten-year plan highlighting the community's most pressing needs and corresponding strategies for it's aging population which is growing. Committees are still forming and they would like to have seniors involved. If you are interested in being on one of these committees or finding out more about what is involved, call Joni Huntsperger at 707 565-4560 or send email to Jhuntsperger@schsd.org

# **Goals and Strategies**

Goal Area #1: Housing: Increase the availability of preventive and supportive services to allow older adults and people with disabilities to age in place without concerns of safety and homelessness.

- Advocate for policies leading to the development of affordable housing for older adults, including options near public transit and provide supportive services.
- Advocate for tenant protections at the local and state level, including protection of residents who live in mobile home parks.
- Grow and coordinate strategies that focus on keeping people in their homes and preventing homelessness.
- Expand housing options for low-income older adults like shared housing, accessory dwelling units (ADUs), and adult family homes.
- Expand and support home modification programs for greater service areas and eligibility.

Goal Area #2: Transportation: Make accessible and safe transportation available for older adults and people with disabilities, regardless of where they live.

- Advocate for improved transportation options for older adults and people with disabilities, including more accessible vehicles, safe bus stops, and expanded hours and service areas.
- Expand voucher programs to address transportation barriers, such as gas vouchers, rideshare vouchers, or mileage reimbursement for caregivers.

Goal Area #3: Health: Assist older adults and people with disabilities in accessing the health services and support they need to maintain and improve their health and well-being.

- Foster collaboration between healthcare entities and community organizations to provide coordinated care that addresses health and social service needs.
- Develop and expand mental and behavioral health services including through formal services and peer support groups.
- ♦ Advocate for funding to expand the Program of All-Inclusive Care for the Elderly (PACE) program in the county by adding more centers.
- Facilitate coordination of and involvement in multi-lingual outreach to consumers on health topics for older adults and people with disabilities, such as dementia awareness, COVID-19, the Program of All-Inclusive Care for the Elderly (PACE), and mental and behavioral health.

Goal Area #4: Wellness, Equity, and Inclusion: Ensure that older adults and people with disabilities can easily locate and access information, resources, and opportunities for greater social connection.

- Expand efforts of the Aging & Disability Resource Hub (ADRH) to improve collaboration between community organizations and make it easier for consumers to access information and resources.
- Increase emergency preparedness planning and support for older adults and people with disabilities via outreach and coordination across programs.
- Expand training and educational resources on technology and improve access to technology for older adults, including more language offerings and providing technology devices and orientation.
- Develop an ongoing process to gather community input on the needs for older adults and people with disabilities (with a focus on underrepresented populations) and use the results to campaign for funding and resources to address the needs.

Continued on next page

#### Master Plan for Aging Continued

Goal Area #5: Caregiving: Reinforce the value of caregiving by improving the resources, support, and training for paid and unpaid caregivers.

- ♦ Increase awareness of and coordinate training resources and supports for paid and unpaid caregivers.
- Expand the caregiver workforce through development programs, career pathways, and offering financial incentives/ stipends. Expand caregiver respite programs and adult day care programs.
- Advocate for and develop programs that provide financial support to those that choose to leave the workforce to be a caregiver for family or a friend.

Goal Area #6: Economic Security: Ensure basic needs are affordable and attainable for older adults and people with disabilities.

- Advocate at the local, state, and federal levels for streamlined processes and increased access of CalFresh (SNAP) and other nutrition benefits.
- Expand financial assistance to help older adults with medical bills, utility bills, and other out-of-pocket expenses through increased funding and eligibility for benefits.
- Increase funding and awareness of education and legal services for financial abuse cases.
- Offer and encourage volunteer, part-time, and flexible employment opportunities for older adults.

# Alphabet Soup by Bill Robotka

ICPC: The ICPC met on October 3rd, December 5th, and March 6th. At the October and December meetings we reviewed and discussed the 2024 report to the Board of Supervisors (BOS), and at the March meeting we got briefed on the plans of next years "Status of the Pension" report and had an opportunity to make comments. The 2024 "State of the Pension" report to the BOS is available at this link: <a href="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legistar.com/LegislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legislationDetail.aspx?ID=6895663&GUID=EAE0B5D2-56F9-44F9-A83A-F1C4F8F39F06&Options=&Search="https://sonoma-county.legislationDetail.aspx">https://sonoma-county.legislationDetail.aspx</a>

NBCLC: The Labor Day event was a huge success. The CLC is now adding a new event ("May Day") to provide more public access to public officials and labor news. It will be in Petaluma on May 4th. Our members are invited to attend as we (SCARE) are one of the sponsors of the event. Here is the basic information, and a link for more info: North Bay CLC WILL PROVIDE FOOD (BURGERS & HOT DOGS). SUNDAY, MAY 4 STARTING AT 11 AM! LOCATION: McNear Park Picnic Area #1. Address: 1008 G ST, Petaluma, CA, 94952 <a href="https://www.nbclc.org/event-details-registration/2025-may-day-fundraiser-1">https://www.nbclc.org/event-details-registration/2025-may-day-fundraiser-1</a>.

CLC leadership has also committed to supporting us in lobbying the BOS on COLA and Health benefit issues, and is working with SCARE to develop a plan for this and provide them with guidance on when/how to best support us.

**SCCLO**: No activity until very recently for SCCLO. I've been discussing getting SCCLO re-energized with SEIU folks and we will hopefully find a reenergized SCCLO soon.

The Sonoma County Library has a large number of workshops available to the public from one on one Tech Help, Computer Basics, Genealogy research, legal advice, and many more. These are offered at different branches but if you sign up for the library newsletter at https://sonomalibrary.org/stayinformed/signup, you will get updates on what is available.

Additional money saving offers from the library: If you like audible books, you can get them free with Libby. Enjoy concerts, ballets, documentaries and master classes with Medici.tv. And more.

#### It's Time to Visit A Park

We sometimes rerun articles for new members and for those who missed it the first time. Or for those who have turned 62 and are now eligible for the Federal Senior Lifetime Pass and the senior pass for Sonoma County Regional Parks.

While there is a lot of conflicting information about best practices for staying healthy, exercise seems to be the one thing that everyone agrees improves both your physical and mental health, including improving brain functioning. Fortunately, in Sonoma County we have all kinds of county, state and federal parks within the county or near it where we can exercise and also enjoy the beauty of this country. Some of these are free (most of the Sonoma County beaches) and others charge a fee. Go to **Sonoma County Regional Parks** website for information on the more than 60 parks available to you. https://parks.sonomacounty.ca.gov/ They have many ranger lead hikes that you can sign up for. Do it early as they fill up. Right now, they have information on parks with the best display of spring wildflowers. https://parks.sonomacounty.ca.gov.

You can get an annual pass for \$49 if you are 62; it's \$69 if under 62. There are also daily rates and you can pay with credit card at most sites. The pass is for your car so you can take friends or family/grandchildren with you. You are bound to find something you like to do—hiking, swimming, camping.

#### SUPER SAVER: The National Parks and Federal Recreational Lands Senior Pass

**The Senior Pass**: There are some advantages to getting older and one of the best is the Federal Senior Pass that gets you into all National Parks and Federal Recreational Lands free as well as into some local areas. For instance, you can use it in place of the Northwest Forest Pass that is required at most hiking trailheads on National Forest Lands in Oregon & Washington, or in place of the Red Rock Pass in Sedona, AZ. There are undoubtedly many more places that I haven't discovered. This pass is available once you are 62 years old. It costs \$80 for a **lifetime** pass. That may sound like a lot but it's good for the rest of your life, and it covers anyone in your car. Entrance fee to National Parks is often \$30 and will undoubtedly continue to increase. There is an Annual Senior Pass available for \$20 if you don't want to put out \$80.

**The Access Pass**: A free, lifetime pass available to people who have been medically determined to have a **permanent disability** (does not have to be a 100% disability). It also covers anyone in your car.

**Both passes**: In addition to entrance fees, you also get camping in most National Parks and Federal Recreational Lands/Forests for half price. What a deal if you like to travel! You can buy passes at the entrance station to any National Park or online. Go to <a href="https://store.usgs.gov/faq">https://store.usgs.gov/faq</a> for more information on all America the Beautiful passes. They have annual passes as well and you don't have to be 62 or disabled.

**California State Parks** also has a discount pass for the permanently disabled that gives you 50% off on entrance fees and camping. Go to <a href="http://www.parks.ca.gov/?page\_id=1049">http://www.parks.ca.gov/?page\_id=1049</a> for more information (page down as it is toward bottom of page). There are other passes available as well. Remember that Sonoma County Libraries have day passes for State Parks that you can check out giving you free access.

**Internet Coverage in Parks:** Many times, there is no internet coverage in parks, especially National Parks. The Sonoma County Library has Verizon Hot Spots that you can check out and take with you when you are traveling to places that do not have internet available. Verizon service has to be available. This can also be helpful if you are going to be staying where they charge for internet service.

Hot Spots are on a first come, first checked out basis. No way to reserve them or renew them. However, you can ask your local librarian to check other libraries for you since they have the ability to do that on their computer system. You have to drive to that other library and return it to that one but you get it for 3 weeks. Since they started this program a few years ago they have greatly increased the number of Hot Spots each library has so it's easier then ever to get one. Also the library will always tell you to call them first thing in the morning and if they have one available they will hold it THAT DAY only for you with your library card number. Good idea to start checking every day about a week in advance.

# **Updating Contact Information**

If you move or change your email or phone number, you need to give your *updated information* to the following organizations. They do not share information.

SCARE - send changes to Lou Maricle via email at maricles2@gmail.com, or address to 4720 Santa Rosita Ct, Santa Rosa, CA 95405, or call 707 538-7342. We also need changes of phone numbers and email addresses. SCERA, the Retirement Board, does not share information with us. And if we don't hear from you, this is what happens: Mail and newsletters were returned with no forwarding address for the following member - Cecilia Proschold. Board member. Alix **Shor**, attempts to contact these people by phone and/or email but has not been able to reach them so we have no way of contacting them. If anyone knows how to reach her. would you please contact them and ask them to contact Alix Shor at alixshor@sonic.net or 707 495-4992 or give her the number and she'll call them.

**SCERA** - You get your pension check from them. Contact them to report changes at 433 Aviation Blvd., Suite 100, Santa Rosa, CA 95403, or call them at 707 565-8100.

Sonoma County Human Resources Benefits Unit - They handle health, dental, and life insurance and send out Annual Enrollment Booklets. Contact them at 575 Administration Drive, 116C, SR, 95403, or benefits@sonoma-county.org/707-565-2900

#### SCARE has its own Facebook Page

This is a private (closed) group meaning that the public may not view the contents, and membership must be requested and approved. For those of you already on Facebook, it can be found by searching for Sonoma County Association of Retired Employees (SCARE)" or using the direct link: https://www.facebook.com/groups/socoretirees To join the group, go to the page and at the top you will see a box that indicates "Join Group." Once we verify you are indeed a member of SCARE, or are a spouse of a member, you will be added.

Bob Bulwa and Paul Klonsky

# In Memoriam



Our deepest sympathy is extended to the family and friends of the following retirees:

Betty Carner Clayton Fallis
Pauline Gregerson Michael Kerns
Richard McClurkin Evelisa Perezselsky
Kathleen Provence Rex Reader

Bruce Rochester Pete Sutsos



## **Car Battery Portable Jump Starter**

Do you occasionally have a dead battery? Do you dislike having to wait for road service? There are now very small portable jump starters available. With these, you can jump your battery without needing assistance—no bulky jumper cables and another car. You just attach the cables to the battery and get in your car and start it. They usually have a USB port so if you lose electricity or you are on the road, you can charge your phone or anything else that uses a USB connection. They are rechargeable and start at around \$40. Carrying one in your car makes you feel much safer.

# **Medical Equipment Recycling Program (MERP)**

MERP is expanding to two days per week— Monday and Wednesday from 11 am to 1 pm. They are located at 3650 Standish Ave, Santa Rosa (in parking lot of the Child Parent Institute). This is run entirely by volunteers. They take donations of any gently used or new medical equipment and make it available **free** to anyone who needs it. Items that they can use/make available are wheelchairs, walkers, commodes, canes, adult diapers/briefs, first aid supplies, safety equipment. See their website for a more complete list of items—sonomamerp.com.

You may be able to pay less for prescription drugs by skipping insurance and paying cash. Using discounts available from websites like <a href="Maintenance">America's Pharmacy</a>, <a href="Blink">Blink</a> <a href="Health">Health</a>, <a href="GoodRX">GoodRX</a>, <a href="Optum Perks">Optum Perks</a>, <a href="SingleCare">SingleCare</a>, <a href="RXSaver">RXSaver</a> (by RetailMeNot), and <a href="WellRX">WellRX</a> may make your costs lower than your insurance copays. But be sure to compare costs.

# Congratulations New Retirees and New SCARE Members (in bold)



Alexander, Paul Badger, Chris Badger, Kathleen Basurto, Reynaldo Booth, Sumiko Bratton, Lisa Cameron, Andrea Carter, Justin Crowley, Peter Cuneo, David Dietrick, Michael Fernandes, Tonya Fijalkowski, Marta Foster, Keenan Garcia, Angela Gorin, Susan Hanssen, Lyle Huddleston, Donald Iversen, Lenore Jaimes, Jose Johnson, Carrie Kiefer, Christine Kinsey, Stacie Latham Debbie Lay, Randall Lish. Ozan Martinez, Ruben Marusic, Rados Mendoza, Mary Mendoza, Miguel Messenger, Douglas Naumann, LeAnnore Nelson, Steven Patterson, Linda Peterson, Sheri Ressler, Ana Tina Rivera Russell, Ryan Salazar, Cherine

Water Agency Water Agency Water Agency Sheriff's Office **Health Services** Sheriff's Office Auditor/Cont/Treas Sheriff's Office Water Agency Water Agency Sheriff's Office Clerk Recorder **Health Services** Water Agency Child Support Svcs **Board of Supervisors General Services** Sheriff's Office **Health Services** Fairgrounds Ag Preserv/Open Sp **Human Services Human Services** County Counsel Probation Clerk Recorder Sheriff's Office Clerk Recorder. **Human Services** Sheriff's Office Water Agency **Superior Court** Sheriff's Office Clerk Recorder **Human Services Human Services Health Services** Sheriff's Office **General Services** 

**General Services** 

**Human Services** 

Sereni Lisa **Health Services** Shabazz, Maureen **Health Services** Shinohara Taylor, Rowan Sheriff's Office Silveira, Anna **Human Services Ronald Smits** ISD **Richard Sweeting** Sheriff's Office Tanner, TiLiAnne Water Agency Tonelli, Michael Sheriff's Office Urbanek, Stephen **General Services** Van Wie, Robert Clerk Recorder Vent, Jody Ag Commissioner Viruet, Luis **Human Services** Walker, Mark Permit Sonoma Wells, Jeneal **Human Services** Yount, Jackie Retirement Ziilstra, Laura **Health Services** 

#### **Encourage Fellow Retirees to join SCARE!**

We only have about a third of retirees as members. When we are approaching the Board or Supervisors to ask for a COLA, we are in a much stronger position with more members. If you know any retirees who are not members, please encourage them to join. They can get a copy of our application form on our website at https://www.sonomacountyretirees.com/application.pdf

Redwood Credit Union celebrated its 75th anniversary in January with almost half a million members. Many of you may not know that it was started by Sonoma County employees and the first office was in the County complex across from the Human Services building. Now it has spread to several counties.

# Board and Membership Meeting Minutes can be viewed at our website

## SCARE Membership and Financial Information

SCARE currently has 1708 members and 160 associate members for a total of 1868 members. We do not include our financial information in the newsletter, but if you are interested, contact me and I can provide you with a copy of our financial statement (contact information on page 2).

Phyris Tobler

Schandel, Lori

Seidenberg, Julie

Sonoma County Association of Retired Employees (SCARE) P.O. Box 5513 Santa Rosa, CA 95402

Address Service Requested

## **General Membership Meeting May 27, 2025**

Join us at 12:30 for an in-person meeting at Finley Center, 2060 W College Ave, SR in the Cypress Room. There will be snacks and drinks and the opportunity to visit with friends.

## Vaccinations encouraged if attending in person

For those of you who can't attend in person, join us at 1:00 pm for the meeting on Zoom: https://us06web.zoom.us/j/8954632781?omn=83007426292, Meeting ID: 895 463 2781, Dial by your location: +1 669 444 9171 US.

#### MEMBERSHIP MEETING AGENDA

- PRESENTERS JONI HUNTSBERGER FROM SONOMA COUNY MASTERPLAN FOR AGING and BONNIE PETTY FROM CARA (see page 2 for more information)
- RECAP OF PRESENTATION ON COLAS AT THE BOS BUDGET WORKSHOP
- JLMBC REPORT
- SCCLO/NBLC/ICPC REPORT
- DRAWING FOR GIFT CARDS (3 for those at Finley and 3 for those on Zoom)