



SCARE Newsletter

Sonoma County Association of Retired Employees

Published Quarterly **November 2018** Volume 308 Issue 4

Calendar of Events 2018

General Membership Meetings

11/27/18
**Steele Lane Community
Center in Santa Rosa at
1:00 PM—Social at
12:30**

Luncheons

12/12/18
**Quail Inn in Oakmont at
1:00 PM**

Board Meetings

11/7/18
**1:00 PM Dates may
change so call Board
member first.**

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, which is really important as we work to protect retiree health benefits and pensions. Plus you get the newsletter in color and can increase the font size for easier reading!! If you are willing to get the newsletter and notices via email, send an email to communications@sonomacounty.retirees.com authorizing SCARE to send them to you. Please add that address to your address book so spam filters let it through.

President's Message by Alix Shor

Elections for SCARE Board members will be held at our membership meeting on November 27. Two current members have chosen to leave the Board when their terms expire at the end of this year and one has resigned due to poor health. Furthermore, the Board is at a crossroads since the lawsuit was settled. We are currently exploring more ways to serve our members now that most of our time and financial resources aren't consumed by the lawsuit. We could use some fresh perspective by adding new faces to the Board.

The Board meets every other month for about two hours in the afternoon. In addition, we encourage Board members to attend the quarterly luncheons and general membership meetings though it is not required. There are committee assignments such as Health Benefits, Legislative and CRCEA (California Retired County Employees Association) representative, Financial Oversight, Membership, and Sonoma County Coalition of Labor Organizations. During this next year we will be preparing to host the CRCEA conference so there will be activities related to that. Some may ask for a couple of hours every month while most require less time. Furthermore, each committee has more than one member, so we cover for each other when we're unavailable. After all, we are retired! If you would like more information, please call me at (707) 538-0708 or contact any of our Board members. You can get their phone numbers from our web page <http://www.sonomacountyretirees.com/contacts.shtml>

This fall your SCARE Board is paying attention to plans the Congress may have to reduce what Social Security pays. Since there is no cost of living increase for our pensions through SCERA, any cuts to Social Security or changing the formula used to calculate the annual COLA will affect our monthly incomes. Should Congress come up with a plan that has an adverse effect on retirees we will fight back hard. That may mean asking you to write letters to our Senators and to congressional representatives.

Bargaining for active employees for this year has been completed. There is no longer an agreement with any of them that guarantees that retirees get the same health care premium benefit that active management employees get. This means that anyone who retired after June 20, 2016 is at risk in the future of having the county reduce or eliminate the up to \$500 per month the county contributes to health insurance premiums. Bargaining will begin again in 2019 since the current contracts are only good for one year. We will keep a close eye on negotiations especially as they relate to retiree benefits.

On a happier note, I'd like to invite you to join us at our December 12th luncheon. In addition to good food and company, there will be holiday music by Due Zighi Baci.

Board of Directors**Officers****President** — Alix Shor

707-538-0708

alixshor@sonic.net

Vice President — Phyris Tobler

707-795-6926

phyris@sbcglobal.net

Secretary — Patty Hamley

707-579-1726

phamleyis@hotmail.com

Treasurer — Bill Robotka

707-570-5134

brobotka@aol.com

Immediate Past**President** — Carol Bauer

707-874-9149

bfuzzy51@aol.com

Directors at Large

Bill Adams

Bob Bulwa

Ed Clites

Shaun Du Fosee

Lou Maricle

John Pels

Retirement Board Retiree Reps

John Pels

Alternate: Neil Baker**Committee Chairs & Tasks****Health Benefits/JLMBC:** Phyris Tobler**Financial Oversight:** Phyris Tobler**CRCEA Rep:** Lou Maricle**Alternate:****Legal:** Phyris Tobler**Membership:** Patty Hamley**Legislative:** Lou Maricle**Bylaws:** Phyris Tobler**Newsletter Editor:** Lonna Necker**Facebook Coordinator:** Bob Bulwa**Programs:** Bob Bulwa**Scholarships:** Bob Bulwa**Nominating:** Bill Adams**SCCLO:** Bill Robotka**Minutes of the SCARE Business Meeting of August 28, 2018**

1. Guest Speaker: Bob Bulwa introduced today's speaker, Nancy Guernon, Director of CareCounsel. CareCounsel has been contracted by the County of Sonoma since 2010 to advocate for employees and retirees with:

Open enrollment assistance with plan selection

Assistance finding quality doctors, hospitals and other healthcare providers

Access to world class health-related information through Stanford Health Care and the Stanford Health Library

Help understanding treatment costs before getting care and finding the most cost-effective providers

Guidance for doctor visits and education on medical conditions, test and treatments

Help resolving insurance claims and billing issues

CareCounsel Health Advocates are available from 6:30 a.m. to 5:00 p.m., Pacific Time, Monday through Friday at 888-227-3334 (www.carecounsel.com).

2. Call to Order: Following the CareCounsel presentation, the business meeting was called to order by President Alix Shor. There was a quorum today, as more than 25 members were present.

3. Strategic Planning Meeting: Alix reported on a Strategic Planning Meeting the SCARE Board held Saturday morning, August 18, with Attorney Michael Allen (former Assemblyman and Executive Director of SEIU Local 1021) acting as Facilitator. The purpose of the meeting was to plan for our future now that the lawsuit against the County has been settled. A questionnaire will be sent next January to the membership to get their suggestions for the future of SCARE.

4. Email Addresses for Rapid Response: Alix once again asked that members make sure SCARE has personal email addresses (even if they want to get a hard copy of the Newsletter). Send email addresses to Lou Maricle (maricles2@gmail.com). Quite often there are notices that need to be sent out to members between Newsletters.

5. SCARE Scholarships: Alix reminded members that SCARE provides two \$2,000 Sonoma State Scholarships and two \$1,500 SRJC Scholarships to children or grandchildren of Sonoma County employees or retirees. Any interested full-time student should check in with the Financial Aid Office of those facilities. We need to get the word out that these scholarships are available.

6. SCARE Luncheon: Alix reminded members of the September 12th SCARE Luncheon at the Quail Inn in Oakmont. Reservations (\$21 for members/\$25 for non-members) must be sent to Patty Hamley by September 5th. Fliers were included in the August Newsletter and were also on the back table at this meeting.

7. Drawing: 25 members signed the roster for today's meeting. Anna Paul and Patricia Wagner won the drawing for a free SCARE luncheon at Oakmont. Thanks to Carl Jackson for conducting the drawings at our Business Meetings.

8. Adjourn: There being no further business, the meeting was adjourned.

Respectfully submitted,
Patty Hamley, Secretary

Board Meeting Minutes can be viewed at our website or you can request a copy from Patty Hamley.

With Regret, Saying Goodbye to Dick Gearhart

It is with sadness that we report that Dick Gearhart has passed away after a long battle with cancer. Prior to retirement, Dick served as Human Resources Director in Ventura, Marin and Sonoma Counties. Dick has been on the SCARE Board since 2003 and was the SCARE President from 2005 to 2009. He was there for all the early discussions on the new requirements of GASB and the County OPEB liability which led to the cutting of health insurance contributions to retirees and to our lawsuit against the County. He wrote numerous letters to the Board of Supervisors to try to prevent their cutting our benefits and to suggest alternatives. We were able to stop some proposed cuts but not the one that decreased the County contribution to \$500/month. He helped find an attorney who would represent us and continued to serve on our Legal Committee through much of our lawsuit. He was a thoughtful leader known for his extensive knowledge, his decency and kindness, and his respect for others. He was a gentleman but still fought hard to protect retiree benefits. Dick was very involved with all the issues facing SCARE and retirees and a great contributor right to the end. He will be missed.

SCERA Update Report for October 2018 by John Pels

SCERA held its annual Planning Session on October 3 and 4, 2018, at the Oxford Suites in Rohnert Park. The presentations included a review of the 2018 Business Plan accomplishments and 2019 goals, highlighting the day-to-day activities of each division as a reminder to the Board that SCERA is a very busy organization in addition to the extra Business Plan action items we complete each year. Goals for 2019 include some portfolio structure review, specifically in alternative fixed income and risk premium strategies. Trustees heard a macroeconomic review by Steven Wood, Ph.D. from the Haas School of Business that noted that despite an overall strengthening economy and expansive fiscal policy, tax receipts were lower and deficits were exploding, with a weak labor force and sluggish productivity, pointing to a likely increase inflation. Trustees also heard from SCERA's Investment Managers and experts on PTSD, legislation and Blockchain investing.

SCERA's 2017 actuarial experience study results were reviewed by Segal Consulting actuaries Paul Angelo and Andy Yeung, noting a recommended reduction in the inflation assumption from 3.00% to 2.75% that affects both the investment earnings assumption and the salary growth assumption. The recommended changes to the investment assumption were to lower it from 7.25% to 7.00%, due to the lowering of the inflation component. The recommended changes to the salary growth assumption were to lower it from 3.50% to 3.25%, again due to the inflation component. The other major assumption change recommendation is the mortality assumption, which was moving from a static table to a generational table. The generational table predicts mortality each year based upon a person's age that year. The assumptions are being discussed for adoption at the Board meeting on October 25, 2018, at 9:00 a.m. Once adopted, they will be applied to the December 31, 2018 actuarial valuation that sets employee and employer contribution rates for Fiscal Year 2020/21.

Two of the Retirement Board seats are up for election/appointment. The 7th Trustee position, which is an elected position of an active Safety member, currently held by Brian Williams, and the 6th Trustee position, which is an appointed position currently held by Supervisor Rabbitt. The nomination papers for the elected 7th Trustee position are due on October 25th and the election will take place on December 4th by mail. Only active Safety members are eligible to vote. The appointment will be made by the Board of Supervisors.

CRCEA Conference Report by Lou Maricle

Alix Shor and I attended the California Retired County Employees Association (CRCEA) conference in Marin County on October 15 through 17. It was an appropriate place to meet since Marin County declared 2018 as the "Year of the Older Adult". The keynote speaker at the conference was Dr. Gordon Lithgow, a Professor of Gerontology at the Buck Institute for Research on Aging in Novato. He was a very enthusiastic and interesting speaker who gave us insight on aging. So here's his bad news, and yes it seems obvious: aches and pains, dementia, various diseases, and declining physical capabilities are caused by aging.

The good news is that steps are being made that can slow the aging process. The Buck Institute has been working over the past 20 years with tiny worms and mice finding that they have been able to not only extend their normal life spans, but make them less susceptible to diseases. They are doing this with chemistry and gene modification (or more technically from their website: Proteomics, phenotyping, metabolomics, cytometry, and other terms that are way over my head). This is a very slow process and it may be some time before they work their way up the food chain to the human species. I am optimistically hopeful I'll be around when that happens. One recommendation Dr. Lithgow had that we can do to fight aging was to reduce Vitamin D deficiency by taking 1,000 to 2,000 units of Vitamin D daily.

Here is a trivia question: What is the oldest recorded animal on earth? It was ocean quahog clam discovered near Iceland in 2006 and determined to be 507 years old. It was named Ming since it was 'born' during the reign of the Ming Dynasty. It was a calamity that it could've lived longer if it hadn't been dredged from its longtime home.

Timothy Talbot, a partner of the law firm RLS, gave a very thorough presentation on the current legal battles in California related to benefits and pensions. He said Jerry Brown is working hard to kill the "California Rule" which is a judicial precedent that holds that public employee pensions cannot be reduced in any way without affected employees receiving additional compensation to cover their lost income. Candidate Gavin Newsom has said he will support the California Rule, so Governor Brown is pushing the courts to rule in favor of his Public Employee Pension Reform Act (PEPRA) before the election.

Here are some reasons our pensions are criticized in the media inciting pension reform:

- 50% of Private sector workers have some form of retirement, but only 15% of that number have a defined benefit plan.
- 74% of Public sector workers have a defined benefit plan.
- 25% of American workers say they will never retire

The other major factor driving today's pension reform movement is the rising costs of pension benefits in general and the increasing inability of state and local governments to meet the funding obligations. The City of Stockton is an example of an organization that declared bankruptcy because of financial mismanagement and inability to cover promised benefits and pensions. Ultimately this led to major cuts to normal public services, also known as "service insolvency".

At this time there are three pending cases in California related to public pensions. They are in different stages in the court process and currently unresolved at this time. I will provide a more detailed account of each of them when I have more definitive information.

Amy Brown, a lobbyist for CRCEA and numerous public entities spoke about her role in Sacramento. She is a very dynamic speaker with an insider's view of the workings of state government. Amy is well known for her advocacy for public pensions and benefits and has been called to testify in legislative committees. She said that although there is a constant threat to public pensions and benefits, legislators like Carl Demaio are now focusing on repealing the gas tax and immigration issues. As mentioned above Governor Brown is trying to end his term by securing his pension reform from any legal challenges. It is very reassuring that we have such a strong presence in Sacramento advocating for all our members.

On a positive note there was a tour of the San Rafael campus of Guide Dogs for the Blind. Since 1942 GDB has been creating partnerships between people, dogs, and communities. They have an extensive program for raising and training puppies to assist the blind. They primarily use Labrador Retrievers and have an intensive training regiment where less than 60% of the dogs graduate from the program. GDB will match a dog for an applicant and teach them to work together for a perfect bond. One of the remarkable things about the organization is that they provide the dog and all their services entirely free to the clients, using donations and volunteers to support their operations. It is very heartwarming to see how they have changed the lives of so many.

SONOMA COUNTY ASSOCIATION OF RETIRED EMPLOYEES

LUNCHEON

Luncheon Holiday Songs Performed by Due Zighi Baci

When: Wednesday, December 12, 2018
Where: Quail Inn Restaurant, Oakmont Golf Club, 7035 Oakmont Drive, Santa Rosa
Time: 1 p.m. (This is a sit-down luncheon.)
Cost: \$21.00 (tax and tip included) for Members & Associate Members
\$25.00 (tax and tip included) for Non-Members and Guests

M E N U

Baby Mixed Greens Salad With Apples, Dried Fruit, Candied Walnuts & Apple Cider Vinaigrette

Dinner Rolls

Coffee & Tea

Entrées:

- (1) Roast Turkey Breast, Mashed Potatoes, Gravy, Seasonal Vegetables
- (2) Baked Snapper with Fruit Salsa, Mashed Potatoes, Seasonal Vegetables
- (3) Seasonal Vegetable Wellington with Basil Buerre Blanc

Dessert: Seasonal Fruit Crisp

(Please be sure to indicate your preference of entrée for lunch.)

RESERVATIONS AND CHECKS DUE BY WEDNESDAY, DECEMBER 5th.

(We can take late reservations until Thursday, Dec. 6th, if you call Patty Hamley at 579-1726)

Non-Responsibility Declaration: All luncheons or other activities arranged for by Sonoma County Association of Retired Employees (SCARE) are for the convenience and pleasure of the members and their guests who desire to participate. SCARE does not assume any responsibility for the well being or safety of the members or their guests when attending SCARE activities.

_____ Cut here _____

Make checks payable to "SCARE" and send to:

Patty Hamley
2112 Berkeley Drive
Santa Rosa, CA 95401

Name _____

Choice of Entrée _____

Name _____

Choice of Entrée _____

Name _____

Choice of Entrée _____

Member _____ Associate Member _____ Non-Member _____

Amount Enclosed: \$ _____

Phone # _____

JLMBC Report by Phyris Tobler

There isn't much to report at this time but look for information on health insurance rates for next year in the February newsletter. We get preliminary rates at our January meeting. While they may change after that, it will give you a pretty good idea of the direction rates are going.

New Shingles Vaccination

Since 1 in 3 people in the US will develop shingles in their lifetime, hopefully most of you have had the initial shingles vaccination (Zostavax) which has been recommended for those 50 and older for some time. It was only 50% effective although it really decreased the long term pain that often persists. **Here is what the CDC is saying about shingles and the new vaccination (Shingrix) that is 90% effective:**

"Shingles is a painful rash that usually develops on one side of the body, often the face or torso. The rash consists of blisters that typically scab over in 7 to 10 days and clears up within 2 to 4 weeks. Some people describe the pain as an intense burning sensation. For some people, the pain can last for months or even years after the rash goes away. This long-lasting pain is called postherpetic neuralgia (PHN), and it is the most common complication of shingles. Your risk of getting shingles and PHN increases as you get older.

A new shingles vaccine called Shingrix (recombinant zoster vaccine) was licensed by the U.S. Food and Drug Administration (FDA) in 2017. CDC recommends that healthy adults 50 years and older get two doses of Shingrix, 2 to 6 months apart. Shingrix provides strong protection against shingles and PHN. Shingrix is the preferred vaccine, over Zostavax® (zoster vaccine live), a shingles vaccine in use since 2006".

The CDC website has a fact sheet on shingles and need for the new vaccination even if you already had the Zostavax vaccination. Go to <https://www.cdc.gov/shingles/downloads/shingles-factsheet-adults.pdf>. Ask your doctor about getting Shingrix. You can get shingles even if you were already vaccinated or even if you have already had shingles. The County insurance plans should cover it. Kaiser gives it readily. Just ask your doctor for it. Shingles vaccinations are covered under Medicare Prescription Plans—Part D. If at any time you think you have shingles, see your doctor right away. Treatment is more effective if done asap.

Updating Contact Information by Lou Maricle

If you move, you need to give your **change of address** 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. I also need changes of phone numbers and email addresses.

And if I don't hear from you, this is what happens: Mail and newsletters were returned with no forwarding address for the following members - **Elliot Daum, Patsy Horst, Linda Lorentzen, Alan Schraffel, John Destefano and Joseph Quinn**. Attempts to contact these people by phone and/or email have failed and we have no way of contacting them. If anyone knows how to reach them, would you please contact them and ask them to call me (# shown above) or give me their number and I'll call the person. Thanks to our members, I have been able to locate several retirees.

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 Open Enrollment Booklets. If they don't have your current address, you may not received your Annual Enrollment Booklet in time to make changes before the deadline. Contact them at 575 Administration Drive, Suite 116C, Santa Rosa, CA 95403, or benefits@sonoma-county.org, or 707-565-2900.

From Bob Bulwa: Reminder—SCARE now has its own Facebook page

It 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/1519844528337032/>. To join the group, go to the page and at the top you will see a box that indicates "Join Group." Once I verify you are indeed a member of SCARE, or are a spouse of a member, you will be added.

In Memoriam

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

Dante Beltrami

Joan Chadd

Dick Gearhart

Manjit Kaul

Susan Sumerlin

Rene Witt

2018 County of Sonoma Combined Fund Drive

The 2018 Combined Fund Drive (CFD) has begun and will continue through November 16, 2018. Now is your opportunity to say "Laissez les bons temps rouler" or "Let the good times roll" by donating to the nonprofits you are most passionate about. Every year Sonoma County retirees are very generous and support their favorite charities through this campaign. Last year they contributed more than \$41,000.

You can make contributions to any 501(c)(3) non-profit organization that you choose. A monthly automatic deduction from your retirement check or a one-time donation by credit card or check makes the CFD one of the easiest and most flexible ways to support our community. For a list of organizations to choose from, visit the CFD website at sonomacounty.ca.gov/donation/, or contact the United Way of Wine Country directly at 707 528-4485. Retirees who are currently donating to the Combined Fund Drive through the Sonoma County Employees' Retirement Association (SCERA) or who have retired during the last five years, will receive a pledge form by mail in October. The pledge form will also be available for download at <http://scretire.org/Retired/My-Pension-Check/Combined-Fund/> or you can call Rebecca Lankford at 707 565-8106 or send an email to Rebecca.Lankford@sonomacounty.org, and she will mail you a pledge form.

Did you know that you can get a discount on Sees Candy if you are a Kaiser member. You have to go to the store in the shopping center at 333 S. McDowell Blvd., Petaluma, CA

THANK YOU FROM F.I.S.H.

Friends In Service Here – A Food Pantry for All Members in attendance at our September luncheon contributed \$160 to FISH. This is greatly appreciated by FISH which responded with it is only with the support of food and money from our community that we are able to continue the important work that we do. All of us at F.I.S.H. of Santa Rosa extend our very heartfelt gratitude to our donors and wish you a Happy Holiday Season.

SPEAKER AT NOVEMBER 27th MEMBERSHIP MEETING

The speaker for our November membership meeting is Donata Mikulik, Elder Justice Coordinator for Sonoma County, with the local non-profit Senior Advocacy Services. Her presentation will discuss signs to watch out for in our neighbors and loved ones, as well as common frauds and scams that increasingly target older adults. Often, financial exploitation or falling for scams is the starting point for other types of abuse, so there will be a conversation about what to watch for. District Attorney's Office Elder Protection Unit investigator Matt Stapleton will also be present to join the discussion and answer questions.

Donata Mikulik earned her Bachelor's in Anthropology from UC Berkeley and her Master's in Public Administration from the University of San Francisco and has spent over 15 years working in the non-profit and public sector promoting community engagement.

SCARE Membership and Financial Information

As of 10/31/18 SCARE had 1532 members and 170 associate members for a total of 1702 members.

We no longer include our financial information in the newsletter, but if you are interested contact me and I can provide you with a copy of our year-end financial statement (contact information on page 2). I can send this information to you either via email or postal service. Bill Robotka, Treasurer

Sitting is Detrimental to Your Health

By Gene Lennon, Director, Senior New Ways Board of Directors
www.seniornewways.org

Researchers are finding that a sedentary lifestyle is harmful to your health, and over time, sitting on your backside can literally kill you. Thanks to the electronic age, people worldwide are spending less time in physically active jobs and hobbies and more time sitting at computer screens and texting via smartphones.

At home, couch potatoes watch TV, pay bills online and catch up with friends via Facebook and FaceTime – all without standing up and moving around. As people of all ages sit for longer periods of time, their metabolism slows, circulation decreases, and muscles become weak and stiff. With less movement, the body uses less blood sugar, and research shows that for every two hours a person sits per day, the chance of getting diabetes increases by 7 percent. Inactive people also are more prone to heart disease because enzymes that regulate blood fats become sluggish. With less activity, individuals also burn fewer calories, which can lead to obesity and further health complications.

A medical study by the University of Hong Kong and the Chinese Department of Health found that in people 35 years of age and older, 20 percent of their deaths were from lack of physical activity –that's more deaths than from smoking. The same research concludes that for more lethargic people, the risk of dying from respiratory illnesses was 92 percent higher for men and 75 percent higher for women. Also in this study on physical activity and morbidity, the chance of dying from heart disease for the inactive is 52 percent higher for men and 28 percent higher for women. The troubling health effects of the sedentary lifestyle has spawned a new medical field called "inactivity physiology" that explores what researchers are dubbing "sitting disease." Fortunately, sitting disease can be prevented and often reversed through physical activity. Movement massages the body's tissues and organs, supplying them with oxygen and improving flexibility. The body's lymph system relies on physical activity to keep lymph fluid circulating to boost the immune system and fight infections. More rigorous exercise produces perspiration, which rids the body of toxins. Consistent activity also fuels the mood-elevating hormones that sharpen thinking and decrease depression. Getting up and moving throughout the day also lowers one's number of doctor visits and reduces healthcare costs. Statistics show that older adults who engage in regular exercise improve their overall physical and mental health and are 60 percent less likely to get dementia.

Even a few simple adjustments in daily activity, particularly in the non-exercise routines that burn calories, such as folding laundry and standing to stretch, can deter the perils of extended sitting. For example, standing at your desk burns 115 calories per hour compared to 83 calories sitting. Taking the stairs uses 509 calories vs. riding the elevator, which uses only 128 calories. Chatting on the phone while pacing expends 147 calories, compared to talking on the phone while seated, which burns a mere 102 calories. Small increases in daily moving add up to better health and longevity in the long-run.

The following are tips for shaking up the sedentary life every day:

- Stand up every half-hour and walk around and stretch.
- Stand while you read emails or clean up your desk.
- Walk around when you are on the phone.
- Watch TV while on an exercise bike or treadmill.
- Consider trading your chair for an oversized stability ball.
- Cook more meals instead of ordering fast food or delivery.
- Shop at the mall instead of shopping online.

Are you worried about contracting sitting disease? There is a preventive cure. Getting off one's behind and swapping a more active approach to common everyday activities is just what the inactivity physiology experts ordered.

***Congratulations New Retirees and
New SCARE Members (in italics and bold)***

John Albrecht - Water Agency
Jarene Bell - Health Services
 Salvatore Borruso, Jr - Sheriff
 Linda Bracey - Information Systems
 Michael Brewster - Human Services
 Raymond Bruhn - ACTTC
Daniel Cahill - PRMD
 Michael Carlo - Probation
 Frank Chavez - Sheriff
 Kim Clouse - District Attorney
 Ellen Cooper - Courts
 Martha Crosat - PRMD
Anna Evenson - Health Services
 Linda Farmer - Human Services
 Michael Ferris - Health Services
 Terry Gardezy - Community Development Comm
 Raymond Glanton - General Services
 Patrick Green - Sheriff
Jeremy Huerta-Miller - Sheriff
Victoria Huerta-Miller (Associate)
Diane Kaljian-Combs - Human Services
 Susan Keach - Water Agency
Laura Knudsen - Human Services
 Dianne Krueger Reints - Human Services
Priscilla Lane - Ag Commissioner
 Daniel Langdon - Information Systems
 Diane Lomba - Human Services
Ingrid Macy - Health Services

Yolanda Magdaleno - Human Services
Mitchell Mana - Sheriff
 Gerardo Martinez - Human Services
Patrick McKenna - Fairgrounds
 Laurie Mitchell - Health Services
 Suzanne Mueller - Human Services
Linda Parker - Adults & Aging
Dean Parsons - PRMD
 Rosemarie Piscitello - Health Services
Laura Porter - Health Services
Darcy Proctor - Sheriff
 Valeria Rose - Economic Development Board
 Theresa Russo - Emergency Services
Susan Sabia - County Counsel
Kim Seamans—Human Services
Martha Stiles - Health Services
 Christine Storm Koper - Human Services
 Monica Teixido - Health Services
Kathie Tunstall Lanattti - Health Services
Christopher Wach - Health Services
 Randall Walker - Sheriff
 Florence Williams - PRMD

In November 2017 SCARE mailed a letter and application to all retirees who were not SCARE members. The response was overwhelming (over 100), and we are still receiving applications. We welcome the following new members:

Sally Black-Barron (Associate) Widow of Ronald Barron (Public Works)
 Barbara Flournoy (Health Services 2011)
 Eric Greenband (Sheriff 2012)
 Jeanne Shaw (Health Services 2013)

Encourage Fellow Retirees to join SCARE!

While we have added many new members, we are stronger with even more. If you see people you know on the above list who have not joined SCARE, please encourage them to do so. That way they can continue to have a say in the future of their benefits. You can call Patty Hamley at (707) 579-1726 to get a copy of our application form or go to our website — <http://sonomacountyretirees.com/application.pdf>.

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

Address Service Requested

General Membership Meeting— November 27, 2018

Steele Lane Community Center DeMeo Room

415 Steele Lane (between Mendocino & Hwy 101 - best approached from Mendocino)

12:30-1:00-Meet and Greet

1:00-3:00—General Meeting

REMEMBER TO COME AT 12:30 FOR PRE-MEETING NETWORKING WITH FRIENDS

Refreshments Provided

AGENDA

- I. WELCOME
- II. SCARE BOARD ELECTION
- III. JLMBC REPORT
- III. SCCLO REPORT
- IV. SPEAKER FROM ELDER JUSTICE OF SONOMA COUNTY TALKING ABOUT SCAMS AIMED AT ELDERLY AS WELL ELDER ABUSE (see page 7 for more information).
- V. DRAWING