



SCARE Newsletter

Sonoma County Association of Retired Employees

Published Quarterly **November 2019** Volume 312 Issue 4

Calendar of Events 2019

Membership Meetings

**Steele Lane Community
Center in Santa Rosa at
1:00 PM—Social at
12:30. *Nov. 19***

Luncheons - Legends

**Legends at Bennett Valley
Golf Course 1:00 PM.
*Dec. 11***

Board Meetings

**1:00 PM Dates may
change so call Board
member first. *Nov. 6***

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 get the newsletter in color and 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@sonomacountyretirees.com authorizing SCARE to send them to you. 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 news-letter 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 Alix Shor

Your Board of Directors has been busy making plans to host the Fall CRCEA (California Retired County Employees Association) conference to be held at the DoubleTree Hotel in Rohnert Park on October 28-30. We will be giving you a report at our next membership meeting on November 19th or at our holiday luncheon on December 11th.

We have been working with Steve Pettee of the Pacific Group Agencies to bring you a package of different types of insurance that will be offered to SCARE members. Many of the retirement groups that belong to CRCEA have worked successfully with Steve's agency for many years. Travel insurance, pet insurance, legal advice and dental insurance are some of the things that will be offered. We have invited Steve to join us for our February Membership Meeting and we will be sending you details in January.

SCARE Board elections occur every November at the Membership Meeting. Board members serve 2 year terms so half of the Board is elected each year. Board members Carol Bauer, Lou Maricle, Bill Robotka and Phyris Tobler are up for re-election. We also have 2 vacant positions. Chris Bauer has been nominated for one of those but we are still looking for another person who is willing to serve on the Board. Please contact me or other Board members if you would like more information on what is involved. It is interesting and does not require much of your time.

In addition to elections, we have several speakers coming to our Membership Meeting. Dana Jacoby will be presenting information on a program called a Matter of Balance which helps people improve their balance and reduce their chances of falling. Then we have three speakers talking about volunteer opportunities with Schools of Hope; Earn It! Keep It! Save It! (which has to do with tax preparation); and the Retiree and Senior Volunteer Program (see pages 4 and 7).

As I mentioned in the last newsletter the Board voted to reduce the cost of luncheons to \$20 for SCARE members. We did this in hopes that more of you would want to join us for a delicious meal at Legends Bennett Valley. For the December luncheon, we plan to have a group come to entertain us with holiday music. This is also an opportunity to meet up with your old co-workers and to share with Board members what you would like to see from SCARE.

It is hard to believe that another year is coming to a close. This has been a very chaotic one. Here's wishing you a happy holiday season and a New Year that is a bit less stressful.

Minutes of the SCARE Business Meeting of August 27, 2019

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

Ed Clites

Shaun Du Fosee

Cora Guy

Lou Maricle

We have 2 vacancies

Retirement Board Retiree Reps

John Pels

Alternate: Neil Baker

Committee Chairs & Tasks

Health Benefits/JLMBC: Phyris Tobler

Membership: Patty Hamley

Financial Oversight: Phyris Tobler

CRCEA Rep: Carol Bauer

Alternate: Carol Bauer

Newsletter Editor: Lonna Necker

Facebook Coordinator: Bob Bulwa

Programs: Cora Guy & Bob Bulwa

Scholarships: Lou Maricle

Nominating: Cora Guy

SCCLO: Bill Robotka

Contact info on website

1. Guest Speaker: Bob Bulwa introduced today's guest speaker, Ninna Arbour of Hospice Services of St. Joseph Health, who spoke on "Taking the Mystery Out of Hospice and Palliative Care." After her presentation, Ninna answered questions from the audience and also met with those who wanted to speak to her privately.

2. Call to Order: Following Ninna's presentation President Alix Shor called the meeting to order.

3. CRCEA: Carol Bauer reported on the CRCEA (California Retired County Employees Association) Conference which will be hosted by SCARE October 28-30, 2019, at the DoubleTree Hotel, Rohnert Park. Carol asked for volunteers to help with the conference (registration, gift bags, decorations for banquet, etc.). Contact Carol at 707-874-9149 or bfuzzy51@aol.com. SCARE volunteers do not have to pay to register for the conference. SCARE members not volunteering only pay \$10. Phyris has registration forms.

4. SCCLO (Sonoma County Coalition of Labor Organizations): Bill Robotka reported most of the Bargaining Units had finished contract negotiations with good improvements in salary and health benefits, but no changes in pension or post-employment health benefits. SCCLO will continue to meet and begin preparing for the next round of issues.

5. JLMBC (Joint Labor Management Benefits Committee): Phyris Tobler reported that Kaiser members have several additional benefits through the Choose Healthy website (kp.org/choosehealthy). Through Active & Fit Direct, you can get membership in health clubs for just \$25/month. The ones in this area are Anytime Fitness, Curves, and some others. Additionally, you get 25% discounts off acupuncture, chiropractic care, and massage therapy.

The County VSP program available to retirees at no cost gives discounts on glasses. It also gives discounts on hearing aids although providers are limited. Costco has some of the best prices for glasses and hearing aids. It is part of the VSP program for glasses but not for hearing aids.

6. HRAs: Over 650 retirees have not used any of their HRA funds. The last major payment was made July 1 in the amount of \$1,379.86. There will be more money deposited next July 1, but nothing major. It is good to file a claim this year and have it pending so that P&A will pay it just as soon as they get the money from the County.

7. SCARE Luncheon: Alix announced SCARE's next luncheon will be held September 11th at Legends (Bennett Valley Golf Course). This is a buffet luncheon. Fliers were in the last Newsletter and also available on the back table today. Member lunches now cost \$20 rather than \$24 (all inclusive). Non-SCARE members pay \$30.

8. Drawing: 27 members signed the roster for today's meeting. Nancy Ito and Chris Bauer won the drawing for a free SCARE luncheon at Legends. *Carl Jackson, who usually conducts the drawing, was unable to attend this meeting due to an illness. We wish him well and hope to see him back very soon.*

9. 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.

County Health Plan vs. the AARP/UHC Plan by Phyris Tobler

Thank you to all of you who responded to my question in the last newsletter which asked Medicare retirees why you were staying with the County Health Plan (CHP) when AARP/UHC is so much less expensive and provides better coverage, except for prescriptions. Even prescriptions are less expensive if you just have generic drugs. Cost then is usually 0. Many of you responded and it has been very helpful. I am working with HR to see if there are solutions to some of the issues mentioned. I'm going to list some of the responses and what we might be able to do.

- 1) Response from members: Staying with CHP because they don't want to lose access to their doctors. Answer: AARP/UHC has much broader coverage than the CHP Network. Bottom line - If a doctor accepts Medicare, which they must if CHP is paying them, then UHC will pay them. You will not lose your doctor by switching. I told HR that this was a concern and they will emphasize this in the next Annual Enrollment Booklet.
- 2) Response from members: A couple people responded that they were on Medicare due to a disability and they were under 65. Their understanding was that CHP was the only Medicare plan available to them until they turned 65. Answer: Medicare recipients under 65 are eligible for AARP/UHC in some states. It looks like California might be one of those states. I've talked to the Benefits Manager at HR and she will check into this further. Hopefully this option will be available to those in this situation by the next Annual Enrollment.
- 3) Response from members: The language in the Annual Enrollment Booklet indicates that there may be medical underwriting if you are outside of the guaranteed issue period when coverage may be subject to approval. It goes on to say "If you are switching from a County medical plan, you are eligible for guaranteed issue." A couple people contacted me to say that they thought that meant they had to be in **the** County Health Plan so they didn't try to switch to AARP/UHC. The reality is that "a County medical plan" means **any** of the County health plans available to Medicare retirees which are CHP or Kaiser rather than "the County Health Plan". I've contacted HR and they will try to make this much clearer in the next Annual Enrollment Booklet.
- 4) Some people said their prescriptions were not covered under UHC or were too expensive. I'm afraid there isn't anything we can do about that. But be sure to check cost of coverage vs. prescription cost. Especially if you are covering a spouse, the monthly savings on just the premium is \$800 to \$900 a month. That may more than cover your prescription costs.
- 5) Several people said they just hadn't gotten around to taking action on changing plans. We understand that is hard after you have been with a plan for a long time. Changing to AARP/UHC is more complicated than the others because they have separate plans for medical and prescriptions and you must apply for both. The County has been working with UHC to make this simpler and there is now one phone number that you can call to apply for both.

Health Related Items by Phyris Tobler

County Contributions to Health Insurance: I get questions on how long the County will continue to contribute to retiree health insurance. For those covered by the lawsuit, the County will contribute up to \$500/month until June 2026. Then the contribution will drop to \$200/month until 2041. For retirees who retired after 6/30/16, the retiree benefit is negotiated by the unions. So far, the negotiated rate is \$500/month with the current MOUs effective until 2023.

Sutter Walk-In Clinic is now open in Santa Rosa at 2360 Mendocino Avenue, Suite A4. It is open daily 8 am to 8 pm. This is not emergency care. It is treated as a regular doctor visit. There is also a walk-in clinic in Petaluma at 411 North McDowell Blvd. You have to be a Sutter Health Plus member, but you can get same day appointments or just walk in. Sutter Walk-In Care staff includes clinicians who diagnose, treat and prescribe medications—all overseen by a physician medical director. From colds, flu and strep throat, to allergies, ear infections, sprains and strains—they cover everyday illnesses and health needs, including flu shots and other immunizations. For more information, go to sutterhealthplus.org/walk-in.

Extra Kaiser benefits available: Kaiser offers discounts on massage therapy, acupuncture, and chiropractic care through the ChooseHealthy program. Get 25% off contracted provider's standard fees when you make an appointment through the ChooseHealthy program. You don't need a referral from your doctor, and you can see a participating provider as many times as you want. Also through ChooseHealthy, they have the Active&Fit Direct program. This allow you to choose from many participating fitness centers. The cost is \$25/month and a \$25 enrollment fee. Locally, Anytime Fitness and Curves are available. Full list and more information is available at kp.org/choosehealthy. Click on Reduced Rates for Members.

Continued on the next page

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Vision and Hearing Discounts through VSP: The County offers a VSP Retiree Savings Pass Program. This is a discount program and you do not have to pay for it.* To find information on it, go to page 61 of the Annual Enrollment Booklet. If you don't still have it, you can go to the County website, <https://sonomacounty.ca.gov/HR/Benefits/Benefit-Directory-for-Retirees/>, and click on 2019-2020 Retiree Benefits Guide. This shows the savings that you can get at any time, but you do have to go to a VSP doctor.

Even better, go to the VSP website (vsp.com) and register. It is very easy and once you do this, your exact benefits are shown. You can also see what doctors are available in your area.

Now VSP is offering a new service which is called Tru Hearing which gives discounts on hearing aids; again going to a network doctor. For more information, go to vsp.truhearing.com or call 877.396.7194. Anyone in your household is eligible for this plan. It is a good idea to do some comparison shopping. If you are a Costco member, they have some pretty good prices for hearing aids.

*SCERA offers a much more comprehensive vision plan for \$10.50/month. Open enrollment forms for this plan come out about the same time as the County open enrollment. We think the Tru Hearing plan is also available through that plan.

Volunteer for Earn It! Keep It! Save It!

We will have a speaker talking about this program at our November 19th Membership Meeting.

Earn It! Keep It! Save It! is one of the largest coalitions of free tax preparation sites. We train volunteers to help individuals and families claim their maximum refund because it is our mission to provide free tax preparation service as a tool to help local residents become financially stable. Volunteer opportunities are available at more than 21 locations throughout Sonoma, Mendocino, Lake, Humboldt, and Del Norte Counties. We are actively recruiting volunteers to become:

- Tax Preparers - assist taxpayers with their tax returns during tax season. Volunteers will complete an in-person or online training course and become IRS certified to prepare taxes at the Basic or Advanced level
- Intake Coordinators (Greeters) - welcome taxpayers to the site and guide them through the intake process
- Interpreters - interpret between the taxpayer and the tax preparer, when needed (Spanish needed most)

Join our exciting coalition of volunteers and we will link you to a local site in your community! Learn more about the program and how to volunteer, by visiting <https://unitedwaywinecountry.org>

Make a difference. Volunteer registration is open now!

Reminder—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/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.

Bob Bulwa

Comments on Our Newsletter

We would like to hear your comments on the SCARE Newsletter. What do you like about it? How could it be improved? Is there information you would like to see added? We could possibly add articles from members on their travels—like great trips they have taken—if members would submit them.

We won't necessarily be able to implement your suggestions but we will definitely consider them. Send comments to Phyris at phyris@sbclglobal.net

Dear Mr. Maricle,

Thank you for awarding me with a scholarship to help me continue my studies. Over the summer semester I will be taking 12 units and during the fall semester I will be taking 20 units, while also being the president of the Finance Club and the treasurer of the Economics Association, as well as tutoring other students in economics. Because of these responsibilities and my desire to earn a 4.0, much of my time is devoted to my studies, which leaves me with only a few days to work per week. With this scholarship I will be able to buy my books and a parking pass in the beginning of the semester, and also help pay down a portion of my student loan. Additionally, it will give me more time to plan my path for after college, such as applying to summer internships and researching the different fields of finance. This letter does not do justice to the amount of gratitude that I feel towards your organization and I would like to assure you that your support is making a big impact.

In the beginning of my academic career at my junior college, I was a poor student, uninvolved and unmotivated. I had let myself believe that I was unable to succeed academically and constantly contemplated dropping out of college to get a job that would pay me now rather than make the investment in myself. Luckily, I was fortunate enough to meet adults that acted as mentors and pushed me to apply myself in a way I had thought I wasn't capable of. They taught me both the importance of school and more importantly; that what I would get out of life was dependent on the effort I put into it. It's funny that such a seemingly elementary concept revolutionized my life and propelled me in a different direction than I was headed. A few years and many sleepless nights later I look at the trajectory I have been on and am very positive about what the future holds for me. It is the little things that help assure me that I have been improving myself like getting a perfect score on a test, a professor letting me know that I'm doing very well, being nominated to be a tutor and receiving a scholarship from your organization. I can not put into words the emotion I felt when I found out I received a scholarship and the determination I have to prove that I was worthy of it.

Sincerely,

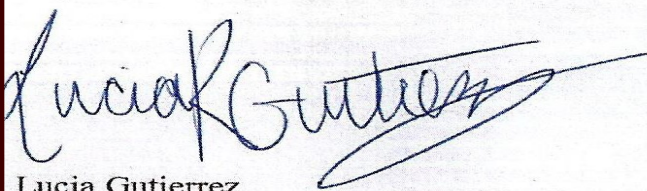
Dante Alimonti Macchia

Mr. Lou Maricle,

I would like to express my appreciation for the Sonoma County Association of Retired Employees Scholarship. As a Sonoma State student born and raised in Sonoma County, I appreciate the support of the association. My dad has worked for the county as a supervisor for eighteen years, and he has always had a passion for his job and serving the people of Sonoma County.

I am excited to continue my studies in Kinesiology and hopefully continue on to a master's program in Orthotics and Prosthetics. This award will help in covering the costs of books and tuition as I continue on my educational journey.

With gratitude,

A handwritten signature in blue ink, reading "Lucia Gutierrez". The signature is fluid and cursive, with a long horizontal stroke extending from the end of the name.

Lucia Gutierrez

Class of 2021

SONOMA COUNTY ASSOCIATION OF RETIRED EMPLOYEES

Holiday Buffet Luncheon

With Live Holiday Music

When: Wednesday, December 11, 2019

Where: Legends at Bennett Valley Golf Course, 3328 Yulupa Ave., S.R.

Time: 1 p.m. (This is a sit-down buffet luncheon)

Cost: \$20.00 (tax and tip included) for Members & Associate Members

\$30.00 (tax and tip included) for Non-Members and Guests

M E N U

Pork Loin with Apple Chutney

Rice

Mixed Roasted Vegetables

Fresh Garden Salad – Honey Poppy Seed Dressing

Tiramisu

Coffee, Iced Tea, & Water

(Limited Vegetarian Entrée Available - Chef's Choice)

RESERVATIONS AND CHECKS DUE BY WEDNESDAY, **DECEMBER 4TH**

(We can take late reservations until Thursday, December 5th, 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

Member _____ Associate Member _____

Non-Member _____ VEGETARIAN? _____(Yes/No)

Amount Enclosed \$ _____ Phone # _____ Email: _____

Speakers for the November 19th Membership Meeting

More than one in four adults 65+ will fall this year and 1 in 5 of those are serious, resulting in broken bones or head injuries. Dana Jacoby will be presenting information on a program to help prevent falls called "A Matter of Balance". See flier below for more information. She will also lead us through some of the exercises that are used in A Matter of Balance.

Mindy Keegan, Ariel Vipond, and Rachel Reynolds will present information on Schools of Hope; Earn It! Keep It! Save It! (see page 4); and the RSVP (Retired and Senior Volunteer Program). These are all volunteer programs that help the community.

Are you unsteady on your feet? Want better balance so you move more safely?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Decrease concerns about falls,
Increase balance, flexibility
and strength through these
free classes for older adults**



Classes include:

- Simple chair exercises focusing on areas of the body that help with better balance
- practical solutions to real-world balance challenges at home and elsewhere
- a medical professional to demonstrate ways to fall more and get up more safely and answer your questions

**To schedule or join
A Matter of Balance classes
Call the Program Coordinator
(707) 565-5936 or go to**

<https://sonomacounty.ca.gov/Human-Services/Adult-and-Aging/Area-Agency-on-Aging/Fall-Prevention-Classes/>

A Matter of Balance: Managing Concerns About Falls is based on *Fear of Falling: A Matter of Balance*, copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by an Administration on Aging grant (#90AM2780) and sponsored locally by the Sonoma County Area on Aging.

A Matter of Balance: Managing Concerns About Falls is based on *Fear of Falling: A Matter of Balance*, copyright ©1995

In Memoriam



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

Patsy Horst, Robert L Key and Dot Proctor

SCERA Update Report for October 2019 by John Pels

SCERA is gearing up for its annual Planning Session on October 9 and 10 at Vintner's Inn in Santa Rosa. It is two full days of operations and investment information about SCERA and the full Board and management staff will be in attendance, along with SCERA's investment managers, plan sponsor representatives and other interested parties. Discussions will include investment manager panels in equities, fixed income and real assets, a legislative update, a US economic update by an economist from the Federal Reserve Bank of San Francisco, a global economic update by an economist from State Street Global Advisors and a discussion from Sonoma County Sheriff Mark Essick and Disability Manager Lynne Durrell on the management of disability claims. SCERA will also hear from its investment consultant on the upcoming asset liability modeling study that will begin soon, and its actuary on a new risk report required by the Actuarial Standards of Practice.

SCERA is in the process of hiring a new Senior Office Assistant to fill the position vacated by the retirement of Alden Adkins. Alden had been with SCERA for a number of years and was a welcoming face greeting our members, the Board and staff, and others who visited SCERA. There is a Board election and appointment upcoming for a general member seat and an appointed member seat for the terms beginning on January 1, 2020. The general member seat is currently occupied by Michael Gossman and will be voted on by active general members of SCERA. The appointed seat is currently occupied by Bob Williamson and will be appointed by the Board of Supervisors.

On the investment side of things, SCERA reviewed its active versus passive structure in the equity and fixed income markets as it does every few years, and heard from its consultant, Aon, that SCERA and Aon have been successful in choosing active managers as demonstrated by its results. No changes were suggested. SCERA increased its exposure to infrastructure by bringing on a new infrastructure manager, Axiom, which specializes in core infrastructure with a heavy weighting towards power generation. Axiom will provide diversification from SCERA's other infrastructure manager, IFM, which holds large scale assets.

The Board heard an update on the various arrangements between SCERA, the County and other plan sponsor agencies, VSP, United Way and SCARE for deductions from retiree payments for health insurance premiums, charitable donations and retiree organization dues. The Board was supportive of the various arrangements provided they did not put an unreasonable burden on SCERA staff, and agreed with staff that a more formal agreement between the United Way and SCERA, as well as SCARE and SCERA, defining the roles and obligations of each entity was appropriate. United Way and SCARE are currently working with SCERA to formalize the agreements.

Sonoma County Activities

By Phyris

I maintain the SCARE website. As I was adding information for our CRCEA Conference, I explored tourist activities as we wanted to encourage people who were coming to our conference in October to stay a few extra days and enjoy the bounty and beauty of Sonoma County. While I have lived in Sonoma County for 50 years, I found some new things. One of the best, if you like wine, is a website that allows you to sort over 250 wineries by whether they charge for wine tasting, need a reservation, have a garden or even a bocce ball court, and the types of wine they produce.

And did you know that Sonoma County is now one of the top producers of artisan brews in the United States? And we also have many distilleries for gin, whisky and vodka as well as cider houses. The link on our website shows 29 breweries, 8 cider houses and 15 distilleries. Did you know that Sonoma County now has more than 50 Regional Parks and Trail systems? Plus many State Parks. All of these and much more can be found on our website at <http://sonomacountyretirees.com/activities.shtml>

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

Jennifer Abramson - Community Development
Rachel Avila-Anderson—BehavioralHealth
 Maria Beaz - Courts
 Vivian Blake - Human Resources
 Connie Brown - PRMD
Deborah Butterfield - Human Services
 Peggy Carr - Health Services
 Jack Church - General Services
 Gloria Cote - Transportation & Public Works
 Spencer Crum - Sheriff
 Karen Davis - ACTTC
 Mary Dodge - Open Space District
 Heidi Doire - Human Services
 Asta Edlin - Courts
Yerixia Perez Feith - Sheriff
 Maureen Furlong - Sheriff
 Erick Gelhaus - Sheriff
Kathleen Halloran - Human Services
James Johnson - PRMD
 Tracy Kelley - Probation
 Thomas Laudari - Probation
John Magsamen - District Attorney
 Nancy Martin - Human Services
 Theresa Menshek - District Attorney
Maria Ochoa—Juvenile Hall/Probation
 Richard Pabros - Sheriff
Andrew Parsons - PRMD
 Kelly Pothier - Human Services
 Elena Quezada - Sheriff
Eileen Shired - County Counsel
Traci Lynn Tesconi - PRMD
 David Thompson - Sheriff
Richard Walker - Sheriff
Susan Zanzi - DHS

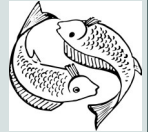
SCARE Membership and Financial Information

SCARE currently has 1548 members and 172 associate members for a total of 1720 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 financial statement (contact information on page 2). I can send this information to you either via email or postal service.
 Bill Robotka

F.I.S.H. (Friends In Service Here)

A Food Pantry for All



Thank you for your generous donation of \$104 to F.I.S.H. of Santa Rosa. This comes at a critical time for us as the number of people we help feed has gone up 25% in the past year. We will use these funds to purchase the staples that fill our pantry from Redwood Empire Food Bank. Because we are a non-profit organization and an agency of the Food Bank, every \$1 we spend equals \$4 purchasing power. Your donation goes a long way in stemming the food insecurity that our clients experience every day.

On behalf of our clients and the Board of Directors, we send our heartfelt thanks.

Sincerely, Kaarin Lee Executive Director

(Thank you to those who attend our SCARE luncheons and put their donations in the baskets on the tables.)

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 - **Renan Lopez, R. Scott Murphy, Cecilia Proschold, Charlotte Quick-Paris, Cecelia 'Susie' Brown, Shirley Norman, Sheila Ollis and Lee Williamson**. 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.

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. Contact them at 575 Administration Drive, Suite 116C, Santa Rosa, 95403, or benefits@sonoma-county.org, or 707-565-2900.

Magazine and Book Exchange We are continuing our magazine exchange at our Membership meetings so if you hate having to recycle perfectly good magazines, bring them to the meeting on February 26. You can also bring books, cd's, and calendars.

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

Address Service Requested

General Membership Meeting— November 19, 2019

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 VISITING WITH FRIENDS AND COLLEAGUES

SNACKS PROVIDED

Please join us

MEMBERSHIP MEETING AGENDA

- I. SPEAKER—DANA JACOBY ON A MATTER OF BALANCE
- II. SPEAKER—MINDY KEEGAN ON SCHOOLS OF HOPE AND EARN IT! KEEP IT! SAVE IT! AND RSVP PROGRAM
- III. SCARE ELECTION FOR BOARD OF DIRECTORS FOR 2020
- IV. REPORT ON CRCEA CONFERENCE
- V. LUNCHEON DRAWING—LUNCHEON IS ON DECEMBER 11TH AT LEGENDS BENNETT VALLEY