

CALIFORNIA STATE RETIREES



Vol. 5

A PUBLICATION REPRESENTING CALIFORNIA STATE RETIREES

MAY 2024

The 2024 COLA is Coming: Here's the Scoop

This month, all CalPERS retirees who retired in 2022 or before will receive a bump in their retirement check through a cost-of-living adjustment (COLA). The COLA takes effect the second calendar year after retirement to help retirement benefits keep up with the rate of inflation. Eligible retirees, beneficiaries, and survivors who receive a monthly benefit will receive the COLA in their May 1, 2024, retirement check. Most state and all school agencies contract for a 2% COLA provision, while public agencies may contract for a 2%, 3%, 4%, or 5% COLA provision. Currently, 95% of CalPERS retirees have a 2% COLA.

Over the last 40 years (1983-2022), the inflation rate has averaged 2.82%, and the long-term (1965-2022) inflation rate has averaged 4.02%. The 2024 COLA percentage is determined by the annual rate of inflation measured by the Consumer Price Index (CPI), which was 4.12% for 2023. This year's 4.12% inflation rate will be used to calculate the 2024 COLA for CalPERS retirees. Find more details about your 2024 COLA, how it's calculated, and frequently asked questions on: www.calpers.ca.gov/page/retirees/cost-of-living/cola

Cost-of-Living Adjustment (COLA)

2% Provision

Year of Retirement	Allowance Increase (COLA and PPPA) effective May 1, 2024
1965-1983*	4.12%
1984	3.68%
1985*	2.11%
1986*	2.19%
1987-2007	2.00%
2008	2.07%
2009-2022	2.00%
2023	Not eligible

*These retirement years include PPPA adjustments

www.calpers.ca.gov/page/retirees/cost-of-living/cola

••DATED MATERIAL - PLEASE DO NOT DELAY••



CALIFORNIA STATE RETIREES
3000 Advantage Way Suite 100
Sacramento, CA 95834
RETURN SERVICE REQUESTED



- May 12: Mother's Day
- May 27: Memorial Day-CSR HQ Closed
- June 16: Father's Day
- June 19: Juneteenth
- June 26: CSR Statewide Board Meeting
- July 4: Independence Day-CSR HQ Closed

Upcoming Events:

2024 Chapter Officers & Delegates Election Timeline

- May 20: Deadline for return of ballots.
- May 30: Deadline for candidates to be notified of the election results.
- June 10: Election protest deadline. Protest must be in writing and received at HQ by 5:00 p.m.
- October 21 Delegate Assembly committee meetings | October 22 Delegate Assembly

California State RETIREE

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Contact us!

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WEB: www.CalRetirees.org
501(c)(5)

Join us!

43,000 Strong and Growing!



California State Retirees Membership Application

(Print) Last Name _____ First Name _____ Initial _____ Social Security No. _____ Chapter No. _____

Number and Street _____ City _____ State _____ Zip Code _____

Retirement Date (MM-DD-YY) _____ Home Phone _____ Email _____

From Which State Agency did you Retire? _____

How Did You Hear about Us? _____ Recruiter's Name _____

Type of Membership (check one)

Retired Membership Available to state retirees only. See Dues Table.

Associate Member Available to persons not eligible for Retired membership. Dues are \$72.00 per year (payable annually).

I hereby apply for membership in California State Retirees, an affiliate of the California State Employees Association, and I authorize CSR to withhold dues from my monthly PERS allowance. I understand my membership rights are set forth in the CSR and CSEA bylaws, policies and procedures. As a member of CSR, I agree to abide by the CSR bylaws, policies and procedures.

Signature _____ Date (MM-DD-YY) _____

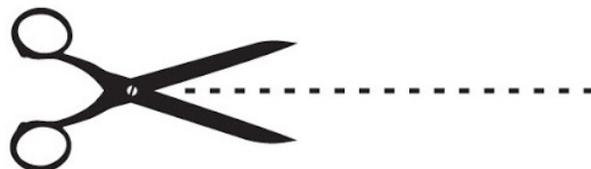
Dues Table for Retired Members	
Monthly PERS Allowance (Base + COLA)	Monthly Dues
\$0 - \$399	\$1.00
\$400 - \$799	\$2.25
\$800 - \$1,199	\$3.25
\$1,200 - \$1,599	\$5.00
\$1,600 - \$1,899	\$6.50
\$1,900 - \$2,299	\$8.00
\$2,300 - \$2,699	\$8.50
\$2,700 - \$3,099	\$9.00
\$3,100 - \$3,499	\$9.50
\$3,500 - \$3,999	\$10.00
\$4,000+	\$12.00

Office Use Only

To join, please fill out the application completely and mail it back in an envelope to:

CALIFORNIA STATE RETIREES: 3000 ADVANTAGE WAY SUITE 100 SACRAMENTO, CA 95834

JOIN ONLINE: WWW.CALRETIRES.ORG/JOINUS



California State Retirees CPAC Application

(Print) Last Name _____ First Name _____ Initial _____ Social Security No. _____ Chapter No. _____

Number and Street _____ City _____ State _____ Zip Code _____

Retirement Date (MM-DD-YY) _____ Home Phone _____ Email _____

From Which State Agency did you Retire? _____

How Did You Hear about Us? _____ Recruiter's Name _____

Please choose to which PAC you would like to contribute
You may contribute to both.

CSR Candidates PAC

Payroll Deduction Authorization
I authorize \$2 \$5 \$10 Other _____
to be withheld from my monthly _____ (Maximum of \$15.50/mo)
pension for California State Retirees' Candidates PAC

Contribute to the CSR Candidates PAC
I would like to make a contribution to California State Retirees' Candidates PAC
Enclosed is my check for:
 \$10 \$25 \$50 \$100 Other _____
(Maximum of \$186.00/year)

CSR Issues PAC

Payroll Deduction Authorization
I authorize \$2 \$5 \$10 Other _____
to be withheld from my monthly _____ (NO maximum/mo)
pension for California State Retirees' Issues PAC

Contribute to the CSR Issues PAC
I would like to make a contribution to California State Retirees' Issues PAC
Enclosed is my check for:
 \$10 \$25 \$50 \$100 Other _____
(NO maximum/year)

Party Registration (optional) Democrat Republican None Other _____

I hereby authorize the California State Retirees to withhold a designated amount from my pension for California State Retirees' political action fund. I understand that this political activity amount is a voluntary, non-tax-deductible contribution. This authorization will remain in effect until cancelled by me or California State Retirees and I understand that cancelling my California State Retirees membership will terminate this voluntary contribution.

Signature _____ Date (MM-DD-YY) _____

CALIFORNIA STATE RETIREES: 3000 ADVANTAGE WAY SUITE 100 SACRAMENTO, CA 95834

JOIN ONLINE: WWW.CALRETIRES.ORG/JOINUS

SAVVY SENIOR

Savvy Senior: Ways to Make Gardening Easier as You Age

*Dear Savvy Senior,
What gardening tips can you offer to older seniors? I love to putter around and work in the garden, but my back and knees have caused me to curtail my gardening activities, which I miss greatly.
Older Gardner*

Dear Older,
There's no doubt that gardening can be hard on an aging body. Joints stiffen up, kneeling for prolonged periods hurts, and bending and reaching can strain muscles. But that doesn't mean you have to give up your hobby. You just need to garden differently, add some special tools and know your limits. Here are some tips that may help you.

Limber Up

With gardening, good form is very important as well as not overdoing any one activity. A common problem is that gardeners often kneel or squat, putting extra pressure on their knees. Then, to spare their knees, they might stand and bend over for long stretches to weed, dig and plant, straining their back and spine.

To help protect your body, you need to warm up before beginning. Start by stretching, focusing on the legs and lower back. And keep

changing positions and activities. Don't spend hours weeding a flowerbed. After 15 minutes of weeding, you should stand up, stretch, and switch to another activity like pruning the bushes or just take a break.

help too. Kneeling pads can protect knees, and garden seats or stools are both back and knee savers. Lightweight garden carts can make hauling bags of mulch, dirt, plants or other heavy objects much easier. And long-handled gardening and weeding tools can help ease the



It's also important that you recognize your physical limitations and don't try to do too much all at once. And, when lifting heavier objects, remember to use your legs to preserve your back. You can do this by keeping the item close to your body and squatting to keep your back as vertical as possible.

Get Better Tools

The right gardening equipment can

strain on the back by keeping you in a standing upright position versus bent over.

There are also ergonomic gardening and pruning tools with fatter handles and other design features that can make lawn and garden activities a little easier. Fiskars and Felco make a number of specialty tools that you can buy online or at local retail stores that



Send your senior questions to:
Savvy Senior, P.O. Box 5443
Norman, OK 73070
or visit SavvySenior.org

sell lawn and garden supplies. Also check out Gardeners.com and RadiusGarden.com, two online stores that sell specialized gardening tools and equipment that are very helpful to older gardeners.

Make Watering Easier

The chore of carrying water or handling a heavy, awkward hose can also be difficult for older gardeners. Some helpful options include lightweight fabric or expandable hoses instead of heavy rubber hoses; soaker or drip hoses that can be snaked throughout the garden; thin coil hoses that can be used on the patio or small areas; a hose caddy and reel for easier hose transport around the yard; and a self-winding hose chest that puts the hose up automatically. There are also a variety of ergonomic watering wands that are lightweight, easy to grip, and reach those hard-to-get-to plants.

Stay Connected to CSR News and Events Through Email



Do you receive chapter meeting invitations in your email? Many CSR chapters use email to promote their events.

We encourage members to stay informed with CSR through email. Our emails provide news about your pension and healthcare benefits, as well as information about chapter events. To find an email invitation to an upcoming chapter meeting, check your inbox and spam folder. If you find a chapter meeting invitation in your spam folder, you can prevent further invitations from falling into spam by selecting the message and marking it as "not spam."

To confirm your correct email address is on file, please contact CSR headquarters. You can call (916) 326-4292 or (888) 808-7197, or email us at CSR@CalRetirees.org. To sign up to receive emails from CSR, go to www.calretirees.org/csrnewsletter.

TO YOUR HEALTH



By Joe Reynoso, Chair, CSR Health Benefits Committee

Below are updates on 1) Delta Dental, 2) the Blue Shield/ Providence Contract, 3) the UC/Anthem Contract, 4) Optum Rx Mail Order and addresses a member's concern under "Ask HBC."

Delta Dental:

With the never ending Delta Dental complaints, I worked with CSR staff to develop a survey, which was sent to all CSR members with a current email on file. The results of the survey showed a significant number of members have and are being affected by Delta Dental Providers dropping out of the plan. We were also able to determine a significant number of members were willing to consider higher premiums if the plan offered a higher benefit. If you did not get a survey and would like to have your feedback included, I encourage you to contact

CSRinfo@calretirees.org or by phone at **888-808-7197**. Your input to the survey is important and beneficial. While the survey provided valuable feedback, it alone will not solve the problems Delta Dental members face. CSR will continue to stay engaged with CalHR and work to find solutions and/or options to benefit our members.

Lastly, if you are still wondering if you were impacted by the Delta Dental data breach and have not been contacted by Delta Dental, you can call Delta Dental at **(888) 899-3734** and ask them to

verify if you were impacted.

Blue Shield/Providence

Contract:

On April 15, 2024, CalPERS notified Stakeholders via email that "the contract between Blue Shield and Providence St. Joseph Health System is set to expire on May 31, 2024 and although negotiations are continuing, health plans are obliged to notify members of the potential termination."

In its notification, CalPERS reported, "The agreement includes the affiliated providers of the Providence Provider Group and Providence Hospitals in Los Angeles, Orange, San Bernardino and Sonoma counties. Blue Shield sent letters to the 6,007 Access+ and 3,981 Trio members affected by the Provider Group negotiations on April 1, 2024 and will be sending additional notices to approximately 1,000 members impacted by the Hospitals contract on June 5, 2024. The notices are sent in the timeframes consistent with regulatory requirements."

I contacted CalPERS to find out how any potential cancellation might affect our specific members and received this response: "The Providence Provider termination letters sent on April 1, 2024, only impact the Basic members (Access+ and Trio), not Medicare members. BSC confirmed that 1,118 of the impacted members are retirees or retiree dependents enrolled in the Basic plan." I was also told the contract cancellation does not create a qualifying event to be able to choose another provider outside of Open Enrollment.

The effective date for termination of the current agreement between the two parties is June 1 2024. What happens if no deal is reached by then? Blue Shield says, "We will work with our customers, members, and network providers to timely and compliantly notify our members of any changes to their assigned physicians and hospitals." Meanwhile, Providence Northern California Communication

Manager, Christian Hill, said via email, "In the event an agreement is not reached with Providence by May 31, Blue Shield members who have PPO [preferred provider organization] products, may continue to see Providence providers/hospitals via their out-of-network benefits and are advised to confirm any out-of-pocket costs with Blue Shield." We hope this contract issue gets resolved to avoid needless hardship to our Basic plan members.

UC/Anthem Contract Update:

Anthem Blue Cross and UC Health have continued to work on the new contract language for 2024, which would allow members enrolled in PERS Platinum, PERS Gold, Anthem Blue Cross Traditional HMO and/or Anthem Blue Cross Select HMO to continue to access care through the UC Health system. As reported last month, this agreement and the contract only affects members in the Basic plans. This does not impact members in Medicare plans.

Optum Rx Mail Order Update:

We are beginning to get a lot of complaints from members regarding the new method by which members must refill their maintenance drug prescriptions through Optum Rx. Beginning in January 2024, in order to receive a 90-day supply of some prescription medications, members have to order their prescriptions through the Optum Rx mail order service. A benefit of ordering through Optum Rx is members get a 90-day supply at the price of a 60-day supply. For those members who choose to use their local pharmacies, they are only allowed to order a 30-day supply and will not enjoy the extra cost savings. I called Optum Rx to see how the program was working and was informed there have been a lot of complaints regarding the new program. The Optum Rx representative reported they understood the confusion, but it was a program implemented at the request of CalPERS, not

something Optum Rx decided to implement, and there are still some problems in the program to work through. If you are experiencing getting your prescription medication in a timely manner, I encourage you to call the CalPERS Customer Service number at **(888) 225-7377**.

Ask HBC:

I had a member recently send me an email about a Kaiser program called "Medline." The member was informed Medline, which is known as a manufacturer and supplier of medical supplies, changed warehouses and his orders were not going out promptly. Even though the member called Medline to check on the status of his order, he was told his order was "still pending" ten days after he submitted the order. I notified CalPERS on April 19, 2024, of the development and requested information about Kaiser's implementation of Medline on members, but have yet to get a response other than they are looking into the matter. If any members are experiencing problems with Medline or any other CalPERS related program, I encourage them to call CalPERS Customer Service at **(888) 225-7377**.

If you have any questions about your health benefits you have been unable to get resolved, please don't hesitate to send a message to the CSR Health Benefits Committee at CSRinfo@calretirees.org.



888 CalPERS
888.225.7377
www.calpers.ca.gov
Mon-Fri
8 a.m. to 5 p.m.

PUZZLES Five-Letter Fiasco

There are 70 five-letter words hidden (in any direction) in this word search. Each word starts with one of the last five letters of the alphabet: V, W, X, Y, or Z.

J	S	W	A	L	L	I	V	A	V	D	Y	H	P	E	U	N	E	V	O	M
D	L	H	A	W	E	R	O	G	I	V	O	W	P	B	Y	W	K	C	R	E
Y	J	C	G	V	W	T	P	E	O	I	K	U	A	E	A	O	A	E	Q	L
I	G	L	X	L	E	O	S	T	L	T	E	N	A	X	U	R	U	L	K	Y
E	E	I	H	E	A	R	R	A	A	A	L	R	Z	Y	E	D	B	N	T	X
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N	E	K	A	W	L	A	F	V	R	P	C	Z	O	E	T	E	U	J	A	V
V	W	P	U	X	W	E	W	L	Y	A	O	W	P	T	N	R	N	Z	Q	C
Y	A	I	L	A	W	L	D	U	B	N	W	A	J	S	W	O	G	O	V	G
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C	E	E	O	T	A	M	E	D	Y	E	Q	V	A	R	U	O	L	W	V	I
U	R	N	A	R	Y	L	V	K	S	I	H	W	Y	W	Z	U	O	E	O	R
Y	G	T	Y	R	Y	E	I	M	B	M	E	K	G	E	E	R	K	A	F	W
P	D	I	N	N	T	Z	A	Y	P	T	C	X	Q	H	R	S	U	R	I	V
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E	A	V	H	W	Y	D	N	I	W	E	O	U	W	C	K	L	H	H	T	N
A	C	W	C	I	E	X	A	T	G	E	O	A	I	H	E	C	C	A	A	V
S	I	J	S	D	M	W	A	R	D	Y	G	H	S	W	I	A	E	M	L	F
T	V	G	T	O	S	L	E	I	O	O	W	A	O	J	Y	R	O	R	Y	E
R	E	F	A	W	T	V	V	D	N	N	Q	V	A	J	I	W	L	X	W	Q

- | | | | |
|-----------|-----------|-----------|-----------|
| 1. VALUE | 19. WADER | 37. WHIRL | 55. YACHT |
| 2. VAPOR | 20. WAFER | 38. WHISK | 56. YEARN |
| 3. VAULT | 21. WAGON | 39. WHITE | 57. YEAST |
| 4. VENOM | 22. WAIST | 40. WIDOW | 58. YIELD |
| 5. VENUE | 23. WAIVE | 41. WINDY | 59. YODEL |
| 6. VERGE | 24. WAKEN | 42. WITTY | 60. YOKEL |
| 7. VERSE | 25. WALTZ | 43. WOMAN | 61. YOUNG |
| 8. VICAR | 26. WARMS | 44. WORLD | 62. YOURS |
| 9. VIDEO | 27. WASTE | 45. WORRY | 63. YOUTH |
| 10. VIGOR | 28. WATCH | 46. WORSE | 64. YUCCA |
| 11. VILLA | 29. WATER | 47. WORTH | 65. YUCKY |
| 12. VINYL | 30. WAVER | 48. WRECK | 66. YUMMY |
| 13. VIOLA | 31. WAXEN | 49. WRING | 67. ZEBRA |
| 14. VIRUS | 32. WEARY | 50. WRIST | 68. ZILCH |
| 15. VITAL | 33. WEDGE | 51. WRONG | 69. ZIPPY |
| 16. VOCAL | 34. WHALE | 52. WRUNG | 70. ZONED |
| 17. VOWEL | 35. WHICH | 53. XENON | |
| 18. WACKY | 36. WHILE | 54. XYLEM | |

PUZZLE ANSWERS ON PAGE 9

Facebook: @CaliforniaStateRetirees
 LinkedIn: @CaliforniaStateRetirees
 Website: www.CalRetirees.org



Hot Sloppy Joe Dip

Ingredients

- 2 pounds extra lean ground beef
- 2 green bell peppers, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 2 tablespoons brown sugar
- 2 teaspoons kosher salt, or to taste
- 1 teaspoon ground black pepper cayenne pepper, to taste
- 2 cups chicken broth
- 1 cup ketchup
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 cup shredded Cheddar cheese

Directions

Place ground beef, bell pepper, onion, garlic, flour, brown sugar, salt, pepper, and cayenne pepper in a heavy pot. Place pot over medium-high heat. Break up and stir mixture as it heats. Cook and stir until most of the moisture has evaporated and mixture is crumbly and begins to brown, about 15 minutes. Stir in chicken broth, ketchup, mustard, and Worcestershire sauce. Mix well and bring mixture to a simmer. Reduce heat to medium. Cook, stirring occasionally, until mixture is thick, about 45 minutes. Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Transfer mixture to oven-proof sauce pan. Top with 1/2 of the shredded cheese. Poke cheese down into the dip with a fork, stirring lightly. Top with remaining cheese. Place pan under broiler; broil until cheese is browned, and mixture is hot and bubbly, about 5 minutes.



Are you constantly forgetting things?

As we age, we may experience memory loss or forgetfulness. But it's never too late to take steps to limit the memory loss that comes with aging. Read about how [here](#).

Blue Shield Medicare (PPO) plans offer more benefits to help you keep your body and mind healthy:

- SilverSneakers® program allows access to fitness locations nationwide
- 24/7 access to phone and video consultations with physicians
- See any doctor that accepts Medicare
- \$0 deductible
- Nationwide coverage
- Worldwide coverage for emergency services and urgent care

To learn more about Blue Shield Medicare (PPO), visit blueshieldca.com/calpersmedicare or call **(888) 802-4599 (TTY: 711)**, 7 a.m. to 8 p.m., seven days a week.



SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

Blue Shield of California is a PPO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal. Blue Shield of California offers individual and employer group retiree plans to Medicare beneficiaries who have Part A and Part B. Individual plans are open to all Medicare beneficiaries who reside within a plan's specific service area. Employer group retiree plans are open only to Medicare beneficiaries who are eligible group retirees and who reside within a plan's specific service area. Individual and employer group retiree plans have different service areas, benefits, and provider networks.

Out-of-network/non-contracted providers are under no obligation to treat Plan members, except in emergency situations. Please call our Customer Service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

The company complies with applicable state laws and federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, ethnic group identification, medical condition, genetic information, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, mental disability, or physical disability. La compañía cumple con las leyes de derechos civiles federales y estatales aplicables, y no discrimina, ni excluye ni trata de manera diferente a las personas por su raza, color, país de origen, identificación con determinado grupo étnico, condición médica, información genética, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad, ni discapacidad física ni mental. 本公司遵守適用的州法律和聯邦民權法律，並且不會以種族、膚色、原國籍、族群認同、醫療狀況、遺傳資訊、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡、精神殘疾或身體殘疾而進行歧視、排斥或區別對待他人。

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Blue Shield of California is an independent member of the Blue Shield Association

A53468CLP_0524

Here is an update on some of the bills we are supporting and that may be of interest to CSR members:

Support

AB 46 (Ramos)

Would exclude from state taxation the gross retirement income received by retired members of the U.S. Armed Forces and recipients of the Department of Defense's Survivor Benefits Program. AB 46 will honor those who have dedicated their lives to serving our country while helping to retain and attract uniformed service retirees.

STATUS: Awaiting hearing in Senate Appropriations Committee.

AB 236 (Holden)

Would require health plans and insurers to annually update their provider directories to ensure accuracy when patients seek care. This bill would also protect enrollees and insured individuals who receive surprise bills after

being provided inaccurate or misleading information contained in a health plan or policy's provider directory.

STATUS: In Senate Rules Committee, awaiting committee assignment.

AB 820 (Reyes)

Would require the composition of various advisory groups and bodies to include an official or representative who advocates for, or administers programs that serve, older adults.

STATUS: Awaiting hearing in Senate Appropriations Committee.

AB 2028 (Ortega)

Would impose a minimum medical loss ratio of 85% on dental health care service plans and dental health insurance policies in hopes of improving the availability of cost-effective dental benefits to Californians.

STATUS: Awaiting hearing in Assembly Health Committee.

AB 2207 (Reyes)

Would expand the membership of various state Boards and Commissions to include persons that serve or advocate for older adults.

STATUS: Awaiting hearing in Assembly Appropriations Committee.

SB 980 (Wahab)

Would improve the Medi-Cal dental benefit by lowering the eligibility age for crowns from 21 down to 13 years old. This bill would also add dental implants as a covered benefit.

STATUS: Awaiting hearing in Senate Appropriations Committee.

SCR 104 (Nguyen)

Would recognize the month of May 2024 as Older Americans Month and encourages all Californians to recognize and treat all older adults with compassion and respect, and to participate in activities that contribute to the health, welfare,



Ted Toppin

and happiness of older adults.
STATUS: Senate Inactive File.

For a complete list of all bills that are being monitored by CSR, please see the most recent CSR Legislative Report online.



Over 125 members attended the Chapter 6 meeting in April! Congratulations to growing your membership and thank you for attending!

MEMBERS ON THE MOVE

Please send in your high resolution photos to CSRInfo@CalRetirees.org for a chance to be featured in an upcoming Retiree. Please include any details on the photo including names, dates and event specifics.

2024 ELECTIONS

A Statewide Officers Election will be held at Delegate Assembly on October 22, 2024, in Sacramento. Delegates present and voting will elect the President, Executive Vice President, Vice President and Chief Financial Officer/Secretary for a new three-year term. Nominations are currently being accepted and any active member in good standing is eligible to run for office. If you are interested in running for a statewide officer position, cut out this form, complete it and submit it to CSR Headquarters. If you would like your 200-word candidate statement published in the September 2024 CSR newspaper, submit both your candidate form and 200-word statement to CSR Headquarters by August 15, 2024. Contact Headquarters by phone (888) 808-7197 or email CSRInfo@CalRetirees.org with any questions.



CALIFORNIA STATE RETIREES

2024 STATEWIDE OFFICERS ELECTION

CANDIDATE CONSENT FORM

PLEASE PRINT FULL NAME AS IT IS TO APPEAR ON THE BALLOT

I, _____, self-nominate and/or consent to be a

Candidate for the office(s) of _____ /Delegate

Name Chapter No: Last 4 SS# or Member ID #

Address: City: Zip Code:

Telephone No: E-mail:

Candidates may submit a brief, factual, biographical statement of no more than **200-words** regarding their qualifications. Such biographical statements must be received in the Corporate Office by **August 15, 2024**, to be printed in the September 2024 CSR newspaper. The contents of these statements must be in accordance with approved guidelines.

By signing below, I certify I am a member in good standing and that I understand I cannot engage in an incompatible act (as defined in CSEA Bylaws Article XIV, Section 1) such as simultaneously holding a CSR office and an office within a competing organization.

Signature: _____ Date: _____

March 2024 (v2)

HELLO MAY!



Welcome Aboard, New Members!

Now that you have become a member of the largest and most experienced state retiree organization in California, we want to properly welcome you aboard. California State Retirees (CSR) has 26 different chapters statewide, and there is one just right for you. Members who don't specify which chapter they want to be in are automatically placed in the chapter within their zip code. Just let us know if the chapter you have been assigned is where you want to stay. A phone call to your chapter president or a visit to your chapter's next meeting is the best way to become acquainted with everything CSR has to offer. Check out pages 10 and 11 for the phone and email information of your chapter president. Each chapter encourages new members to attend their meetings, where state retiree issues are discussed; a variety of speakers appear and lunch is served. At some chapters, new members receive complimentary lunches.

Chapter 1
Kale Williams
Therisa Brechtel
Rodrigo Papa
Susanna Lacayo
Marieann Perez

Chapter 2
Peggy Robinson
Jill Rae
Phylester Jones
Michele Garcia
Unwana Okon
Benigno Pimentel
Carol McDonald
Molly Crawford
Rebecca Fletcher
Malena Ellzey
Diamond Longiel
Alexandria Moore
Richard Brown
Daisy Guzman
Eric Ellis
Cathleen Holvick
Sherryll Mayo
Trunella Bryant
Timothy Patton
Stephanie Munerlyn
Elijah Gwarada
Jaggiwan Prasad
Roxane Fidler
Binh Tran
David Cardoza
Shiu Chand

Chapter 3
Johanna Collins
Joanna Lei
Hung Cheng
Steven Tang
Christopher Dante
Emmanuel Aldip

Chapter 4
Doreen Goldsmith
Luz Vides
Leslie Smith
Michael Perez

Chapter 5
Frank Borrelli
Venzislav Portev
Cheryl Jennings
Ann Hutson

Chapter 6
Thomas Fisher-Morris
Timothy Wilcox
Kathleen Veylit
Teresa Lungstrum
Undina Segers
Lupe Chavez
Yolanda Harris
Nercelia Jackson
Teresa Aguiar
Kimberlee Lee
Frances Carter
Michelle Miller
Dolores Jimenez

Chapter 8
Raymond Altman

Chapter 9
Rick Wong
Sheri Hale
Katherine Lawrenz

Chapter 10
Sandra Gonzalez
Sheri Wright

Chapter 11
Gemma Salcedo
Freddie Esqueda
Jennifer Bruno
Deanna Wurster
Gadiel Micu

Chapter 12
Lauren Gaffney-Boggs

Chapter 13
Cecelia Lyons

Chapter 14
Joyce Harwood
Drew Somers

Chapter 15
Rosemary Avila
Tamara Watson
Conrad Erickson
Richard Gasparini
Joseph Espinosa
Kathleen Mascoc
Laura Breton
Peter Henry
Suzanne Murphy

Chapter 16
Joanna Matthews
Denise Thomas
Kevin Peters
Angelina Aguilar

Chapter 17
Dale Cady
John Young
Belinda Stutz
Elena Bautista
Maria Brown
Theodore Hom
Marlaina Gieselman
Melita Santos
Kristin Brann

Chapter 20
Freda Legree
Steven Devorkin
Maria Capco

Chapter 21
Daniel Garcia
Leanne Torres
Connie Ramos
Mary Cristobal
Rodolfo Artap

Chapter 26
Elisa Rubio
Sally Mestaz

Chapter 31
Alma Nieto

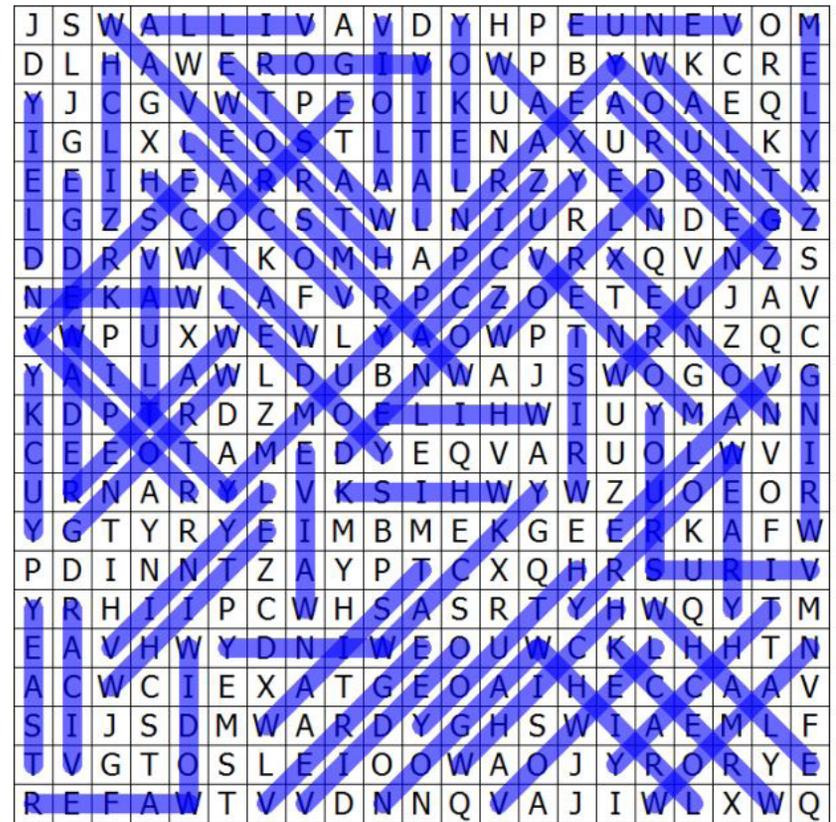
Chapter 34
Dennis Hernandez
Arnold Jones
Matthew Wilken
Silvia Paulin
Mark McLaughlin
Michael Kozinski
Carrie Dentici
Danalynn Bautista
Carolyn Pham

Chapter 35
Randy Clem
Lori Draper
Alicia Estrada
Ellen Gillespie
Jorge Medina

Chapter 165
Douglas Nelson
Janell Morrow
Ronnie Tieman
Abdelnasser Himed

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

Puzzle Answers from Page 5



CHAPTER MEETING NOTICES

Please send an email to CSRInfo@CalRetirees.org by the 15th of the month with your meeting information you would like to have printed in the next issue of the CSR newspaper.

CHAPTER 1

ALAMEDA/CONTRA COSTA COUNTIES

President: Allan Lee, ALee@CalRetirees.org; **Vice President:** Nathan Johnson (510) 304-9270, nathan.johnson0406@yahoo.com; **Secretary:** Russell Kilday-Hicks (415) 310-3823 rkildayhicks@gmail.com; **Treasurer:** Peter Greeff petergreeff09@gmail.com.

CHAPTER 2

SACRAMENTO/YOLO AREA

President: Phyllis Johnson, (279) 333-9446, sacyolocsr2@gmail.com; **Vice President:** Sophia Perkins, (916) 613-1813, Idgy1000@att.net; **Treasurer:** Kathleen Elwell (916) 804-6560; **Secretary:** Diane Welsh, (916) 682-7810, **Meeting:** Monday, June 3, noon; Setup committee admitted at 10:30 a.m.; Doors open for all members at 11 a.m.; Meet, greet, and eat with us from 11 a.m. to noon. **Where:** Sierra 2 Center for the Arts and Community, 2791 24th St., Sacramento. Meeting is a hybrid format (choice of in-person or Zoom) **Program:** TBA.

Menu: Choose from roast beef, turkey, or tuna sandwiches. The vegetarian/vegan option is black bean salad no oil. The roast beef is on gluten-free bread. **RESERVATIONS ARE REQUIRED:** By May 20 at 5 p.m. for members and their guests. Contact Phyllis Johnson at sacyolocsr2@gmail.com or (279) 333-9446 Monday through Friday between 9 a.m. and 5 p.m. only. Please indicate in-person or Zoom. Please include any special meal considerations (gluten-free, vegan, vegetarian or other). On all reservations, please include first name, last name, member, or guest. For members, please include your full name as it appears on your retirement paperwork. **For more information:** Contact Phyllis Johnson from 9 a.m. - 5 p.m. Monday-Friday only.

CHAPTER 3

WEST BAY AREA

President: Skip Charbonneau, (415) 648-4946; **Vice President:** Billie Feliciano, (415) 324-9058; **Secretary:** Bridget Blount; **Treasurer:** Erlinda Villa (415) 407-7905, aida.b.villa@gmail.com; **Meeting:** Friday, June 14, 11:30 a.m. to 2:00 p.m. **Where:** Basque Cultural Center, 599 Railroad Ave., South San Francisco. **Program:** TBA. **Menu:** Chicken chasseur or salmon with champagne sauce. **Cost:** \$10 per-member/guest. **Reservations required:** By June 7 to Billie Feliciano at sisters3CA@aol.com or call (415) 324-9058.

[aol.com](mailto:sisters3CA@aol.com) or call (415) 324-9058.

CHAPTER 4

GREATER LOS ANGELES

President: Marta Zaragoza, (310) 204-0484; **Vice President:** Cynthia Frison, (424) 227-6489; **Secretary:** Virginia Griffin, (323) 290-3655; **Treasurer:** Emma Johnson, (213) 258-8796 **Meeting:** Thursday, June 20, 12:30 p.m. - 2:30 p.m. **Where:** Petrelli's Steakhouse, 5615 Sepulveda Blvd., Culver City. **Program:** TBD. **Reservations required:** RSVP by June 13 to Marta Zaragoza. Cancellations must be received by June 18 to Marta Zaragoza.

CHAPTER 5

CENTRALVALLEY FOOTHILLS

President: Anita McCabe (209) 602-7775; **Vice President:** Vice President: Nanette Wallace, 209-577-8376 **Secretary:** Korryn Koplen (209) 577-8376; **Treasurer:** Joaquina Canedo (209) 524-7219

CHAPTER 6

SAN BERNARDINO/ RIVERSIDE COUNTY

President: J. Dee Stoddard, (909) 553-9744; **Vice President:** Frank Ornelas, (909) 948-8758; **Secretary:** Yolanda Ornelas, (909) 948-8758 **Treasurer:** Erlinda Ochoa, (909) 822-4128. *Will meet the second Thursday of even months* **Meeting:** Thursday, June 13, doors open at 11 a.m. **Where:** Sizzler, 1461 Rimpau Ave., Corona **Program:** TBD. **Cost:** Free to members. **Reservations required:** RSVP by June 10 to Frank Ornelas.

CHAPTER 8

NORTH COAST AREA

President: Veronica Avila, (707) 487-0235, VAvila@CalRetirees.org; **Vice President/Treasurer:** Steve Avila, (707) 487-0235, 59avilasteve@gmail.com; **Secretary:** Vacant; **Meeting:** Friday, May 10, 11:30 a.m. - 2 p.m. **Where:** Eureka Village Pantry, 1912 Broadway St., Eureka. **Program:** Guest speakers Christina Fountain of Optum Rx, CSR Executive Vice President Elnora Hunter-Fretwell, CSR District D Director Vincent Herrera, and CSR Membership Committee member Kenneth Todd Mayer. **Cost:** Free to members. **Reservations required:** RSVP, changes or cancellations required by May 1. Please contact Veronica Avila at (707) 487-0235 to reserve your place at the meeting. **For more information:** Please contact a chapter officer listed above.

CHAPTER 9

LOS ANGELES AREA

President: Donna Hernandez, (562) 405-1387, donnacooker@msn.com; **Vice President:** Joseph Sahli, (714) 865-9930, flysam52@aol.com; **Secretary:** Gloria Clansy, (562) 822-6656, gclansy@icloud.com; **Treasurer:** Maria Vazquez Bauer, (909) 519-8055 mavazbauer01@verizon.net **Downey Meeting:** Wednesday, May 8, noon. Executive meeting starts at 10:30 a.m. All are welcome. Order lunch at 11 a.m. **Where:** Sizzler, 10315 Lakewood Blvd., Downey. **Program:** Learn how CSR helps protect the pensions and healthcare benefits of state retirees like you. **Cost:** Members receive \$15 voucher at sign-in. Guests pay for themselves. **For more information:** Contact Donna Hernandez at the number above. **El Monte Meeting:** Wednesday, June 12, 11 a.m. Attendees sign in 10:40 a.m. **Where:** El Sombrero Restaurant & Sports Bar, 3550 Santa Anita Ave., El Monte. **Program:** Learn more about your CalPERS pharmacy benefits from Christina Fountain, Optum Rx. **Menu:** Buffet with soft drink included. **Cost:** Members pay \$5 at sign-in. Guests and non-members pay \$20. **Note:** At both events, we will remember Luanna Allard. The former CSR Chapter 9 president and CSR Finance Committee member passed away on April 15. Her only son, Steven, was by her side.

CHAPTER 10

SAN LUIS OBISPO

President: Leticia Soria, (805) 574-0109, LSoria@CalRetirees.org; **Vice President:** Mary Ann DeLeon; **Treasurer:** Marsha Epstein, (805) 704-0723; **Secretary:** Lori Williams, (805) 550-3510, lori.p.w@gmail.com

CHAPTER 11

MID VALLEY

President: Christy Christensen-Fountain, (559) 707-7067; Chrschrs90@aol.com; **Vice President:** Jose Gutierrez, (559) 917-4577; **Secretary:** Claudine Edwards-McDougall, (559) 696-2628; **Treasurer:** Gigi Subilosky, (559) 269-5380 *The remaining chapter meetings of 2024 are scheduled for June 5, Sept. 4, and Dec. 7.* **Meeting:** Wednesday, June 5, 11 a.m. **Where:** Pardini's, 2257 W. Shaw Ave., Fresno **Program:** Informative and interesting information provided. Don't be shy if you are a new retiree. You will meet old friends and make new ones before you leave. We encourage you to invite a former colleague to attend

with you. **Cost:** \$10 members and their spouses; \$15 non-members.

Reservations are required: Please RSVP by May 25. Call (559) 707-7067 or (559) 920-7277 leave a message with your name, phone number and how many people in your group. You will receive a return call to confirm.

We look forward to hearing from you.

CHAPTER 12

EASTERN MOUNTAIN AND HIGH DESERT AREAS

President: Linda Currie, (661) 273-6390, lcurrie197@roadrunner.com; **Vice President:** Stephanie Pryzbeski-Gilbert, (661) 537-3811, **Secretary:** Blanca Rodriguez, (909) 553-5625, secrtrycsr@outlook.com; **Treasurer:** Barbara Griffin, (661) 266-1130, bgrif1275@gmail.com; [BarbaraGriffin,\(661\)266-1130,bgrif1275@gmail.com](mailto:BarbaraGriffin,(661)266-1130,bgrif1275@gmail.com) **Meeting:** Tuesday, June 11, noon. **Where:** Los Domingos, 17790 Wika Rd. Apple Valley. **Cost:** Free. **Reservations required:** RSVP to Barbara Griffin or Stephanie Gilbert by May 28 at the contact information above.

CHAPTER 13

NORTHERN CALIFORNIA/REDDING

President: Terry Coyle, (916) 869-2094, tlc95821@yahoo.com; **Vice President:** LaDora Cooper, (530) 949-2131, Dola27@charter.net; **Secretary:** Audrey Sandeen, (530) 604-5289, theswede8243@gmail.com; **Treasurer:** Georgene Gibson (530) 524-0662, rbjeepman10@hotmail.com *Currently meeting the first Wednesday of every month* **Redding Meeting:** Wednesday, June 5, noon. Please arrive at 11:30 a.m. if ordering a meal. Meeting starts at noon. **Where:** Country Waffles, 2300 Athens Ave., Redding. **Cost:** Lunch is free to CSR members and associates. **Yreka Meeting:** Thursday, June 6, noon. Please arrive at 11:30 a.m. if ordering a meal. Meeting starts at noon. **Where:** Casa Ramos, 100 Main St., Yreka. **Cost:** Lunch is free to CSR members and associates. **For more information:** Please contact Audrey Sandeen.



CHAPTER 14

NORTHERN CALIFORNIA/CHICO

President: Kenneth Todd Mayer, (530) 519-2897, KMayer@CalRetirees.org; **Vice President:** S.E. Riazi, (530) 519-2174, SERiazi@CalRetirees.org; **Secretary/Treasurer:** Diana King, (530) 310-3454, LadyDi31481@gmail.com. **Chico** - Will usually meet the third Thursday of every month **Chico Meeting:** Thursday, May 16, 11:30 a.m. **Where:** Logan's Roadhouse, 1900 E 20th Street, Chico. **Program:** Christina Fountain, Optum Rx to discuss prescription changes for 2024. **Cost:** \$10 (includes meal and drink). Reservations not required. Reservations are not required. **Chico Meeting:** Thursday, June 20, 11:30 a.m. **Where:** Logan's Roadhouse, 1900 E. 20th St., Chico. **Program:** TBD **Cost:** \$10 (includes meal and drink). **Reservations not required.** **SUSANVILLE**-Will usually meet the first Tuesday of the Month from March through November **Meeting:** Thursday, May 15, 11:30 a.m. **Where:** Diamond Mountain Casino, 900 Skyline Dr., Susanville. **Program:** Christina Fountain, Optum Rx to discuss prescription changes for 2024. **Reservations not required.** **Meeting:** Tuesday, June 4, 11:30 a.m. **Where:** Diamond Mountain Casino, 900 Skyline Dr., Susanville. **Program:** TBD. **Reservations are required and for more information:** Call or text Diana King or Kenneth Todd Mayer.

CHAPTER 15

SIERRA FOOTHILLS

President: Pamela Robison, (916) 768-1657, PRobison@CalRetirees.org; **Vice President:** Joann Stewart, (916) 412-2075, JStewart@CalRetirees.org; **Secretary:** Shari Lynn Goodwin, (916) 521-7593; **Treasurer:** Lieutenant Coopwood, 916-206-2732, LtCoopJr@gmail.com **Meeting:** Tuesday, May 7, 11:30 a.m. - 3 p.m. **Where:** Cattelmens Restaurant, 12409 Folsom Blvd., Rancho Cordova. **Program:** Captain Nathan Menth, CalFire - Presentation on defending your property from fire danger. **Menu:** Lemon chicken, ravioli, salmon, steak, or teriyaki chicken. **Cost:** CSR members free. Non-members \$25, payable by cash or check (made out to CSR Chapter 15). **Reservations required:** RSVP by April 29 to Pam Robison at probrison@calretirees.org or (916) 768-1657. When submitting RSVP, please provide first and last name of member and guest with choice of meal. Note: Zoom access available

CHAPTER MEETING NOTICES

CHAPTER 16

SAN JOAQUIN COUNTY

President: Sheila Ward-Shaw, (209) 915-1020, sheilaws2@yahoo.com; **Vice President:** Susan Small, (209) 948-3839; **Secretary:** Georgia Pierce, (209) 405-0173. **Treasurer:** Juan Ochoa, (209) 334-1391. *Meets four times annually in March, July, September and December.*

CHAPTER 17

GREATER SAN DIEGO

President: Arlene Ryan, (619) 203-3124, aryan.ar858@gmail.com; **Vice President:** Danny Morales, (951) 675-1489, morales6391@hotmail.com; **Secretary/Treasurer:** Diane Whorton, (619) 454-3603, dlw.union@gmail.com *We will meet on the following dates: March 7, June 6, September 5 and December 5, 2024 Meeting:* Thursday, June 6, Doors open at 10:15 a.m. Meeting starts 11 a.m. – 2 p.m. **Where:** Elijah's Restaurant, 7061 Clairemont Mesa Blvd., San Diego. **Reservations required:** See postcard mailed to members. For more information: Contact Diane at (619) 454-3603 or Arlene at (619) 203-3124.

CHAPTER 19

NORTH COAST AREA

President: Skip Hulet, (707) 279-4643; **Vice President:** Joan Hume, (707) 279-4811; **Secretary:** Reba Hawley, revjimmyv@aol.com; **Treasurer:** Pam O'Toole, (707) 278-0508 *For 2023 we will meet in February, April, June, August, October & December Fort Bragg Ukiah Meeting:* Tuesday, June 11, noon. **Where:** Running Creek Casino, 635 E. Highway 20, Upper Lake. **Program:** Meeting will combine Lake and Mendocino Counties; We will discuss our 2025 budget, following the general meeting. **For more information:** Contact Skip Hulet at the number listed above.

CHAPTER 20

SAN FERNANDO VALLEY AND LOS ANGELES AREA

President: M. Cora Okumura, (818) 359-7625, mcokumura@yahoo.com; **Vice President:** Norma Gallegos, (818) 667-2347, norma.2005@gmail.com **Treasurer:** Gaylonn Mayo, (310) 897-7950, gaylonn28@gmail.com; **Secretary:** : LaVerne Archie, (909) 936-9940 **Meeting:** Thursday, June 6, 9:30 a.m. **Where:** Sizzler, 7131 Van Nuys Blvd., Van Nuys. **Program:** Learn about how CSR helps protect the pensions and healthcare benefits of state retirees like you. **Cost:** Members eat free from the senior/small menu, including free salad or soup, in addition to coffee, tea, or fountain soda; all others pay their own at cashier. **Reservations**

required: RSVP by May 29 to Cora Okumura at (818) 359-7625. **For more information:** Please contact Cora Okumura.

CHAPTER 21

SONOMA, MARIN, NAPA AND SOLANO COUNTIES

President: Lorna Wright, (707) 750-5990, CSRChapter21@yahoo.com; **Vice President:** Donald Lehnhoff, (707) 795-9405; **Secretary:** Eric Norrbom, (707) 322-1528; **Treasurer:** Christy Morgan, (707) 933-9218, citymorg@comcast.net. *Meets January, July and October* **Note:** No meeting is scheduled for May; Please see the June CSR newspaper for meeting information. **For more information:** Please contact Lorna Wright at (707) 750-5990 (please leave a message), or email csrchapter21@yahoo.com

CHAPTER 23

SAN JOSE AREA

President: Elvira Acevedo, (408) 550-9273, EAcevedo@calretirees.org; **Vice President:** Brad Geldert, (408) 655-4799, bgeldert@gmail.com; **Secretary:** Christine Jasper, (408) 373-1655, chris0521@sbcglobal.net; **Treasurer:** Larry Roberts, (510) 827-7938, lroberts1956@yahoo.com

CHAPTER 26

BAKERSFIELD/KERN COUNTY

President: Ophelia Rabanal, ORabanal@CalRetirees.org (661) 458-6588; **Vice President:** Henry Mendoza, (661) 725-8604; **Secretary:** Sue Kimbriel, (661) 333-0575, ckimbriel@bak.rr.com; **Treasurer:** Joe Salcido, (661) 477-2015, joe.salcido@yahoo.com. **PLEASE NOTE:** *All chapter meetings will be held on the third Thursday of EVEN Months – June 20, Aug. 15, Oct. 17, and Dec. 12.* **Meeting:** Thursday, June 20, 11 a.m. **Where:** Hodel's Country Dining, 5917 Knudsen Dr., Bakersfield. **Program:** Hear guest speaker from Kern County Aging & Adult Services; Meet our newly elected Chapter 26 Officers and Delegates. **Cost:** Members/Associates \$5; All other guests/spouses pay their own meals \$15. **Reservations required:** RSVP by June 15. **PLEASE NOTE:** For those who RSVP and cancel, the chapter is responsible for paying for each "no-show" meal. **For more information:** Please call, text or email Ophelia Rabanal.

CHAPTER 31

VENTURA/SANTA BARBARA

President: Gustavo Ruelas, gustavoruelas0@gmail.com; **Vice President:** VACANT; **Secretary/Treasurer:** VACANT. *Meets quarterly*

CHAPTER 34

ORANGE COUNTY-SANTA ANA

President: Jenny Hayden, (714) 743-8423, jlhaydenn991@yahoo.com; **Vice President:** Joe Whaling, (714) 349-5393; **Secretary:** VACANT; **Treasurer:** Bill Serb III, (714) 826-6029. Usually meets on the second Wednesday of every other month. **Meeting:** Wednesday, June 12, 11:30 a.m. **Where:** The Old Spaghetti Factory 110 E. Santa Fe Ave., Fullerton. **Program:** Hear guest speaker from Health Insurance Counseling & Advocacy Program (HICAP). **Reservations requested:** By June 5 to Joe Whaling (714) 349-5393

CHAPTER 35

SO. CENTRAL VALLEY PORTERVILLE AREA

President: Lou Flores, (559) 362-0689; **Vice President:** Mary McCaig, (559) 359-6069; **Secretary:** Don Perkins (559) 630-0314; **Treasurer:** Larry Long, (559) 781-8761. **Porterville Meeting:** Thursday, May 9, 11 a.m. – 1 p.m. **Where:** The El Nuevo Mexicali Restaurant, 640 N. Prospect St., Porterville. **Program:** TBA. **Reservations required:** By May 2. **HANFORD Meeting:** Tuesday, May 21, 11 a.m. – 1 p.m. **Where:** Chinese Dynasty, 441 N. 10th Ave., Hanford. **Program:** TBA. **Reservations required:** By May 14. For more information or to RSVP to any meeting listed above, please: Contact Lou Flores.

CHAPTER 36

MONTEREY BAY AREA

President: Maureen Thompson, (831) 236-7741; **Vice President:** Carolyn McIntyre, (831) 722-3827; **Secretary:** Susan Sisson (831) 578-1919; **Treasurer:** Abby Bayes, (831) 455-6189 *All chapter meetings are held on the fourth Thursday of even months, unless otherwise noted.*



CHAPTER 165

SACRAMENTO/OREGON

President: Joe Reynoso, (916) 708-0369, JReynoso@CalRetirees.org; **Vice President:** Gail Fasciola, (916) 612-0939, gailsgab@comcast.net; **Secretary:** John Bowden, (916) 361-8786, JBowden@CalRetirees.org; **Chapter Treasurer/Oregon Subchapter Chair:** Geanie Hixon, (541) 646-0925, Geanie.Hixon@gmail.com **Sacramento Meeting:** Wednesday, June 5, noon (meeting promptly starts at noon, late arrivals will not be seated for lunch) **Where:** The Old Spaghetti Factory, 12401 Folsom Blvd., Rancho Cordova **Program:** TBD. **Reservations:** Not required. **NOTE:** Bring a non-perishable food item for community donation to receive an extra ticket for the drawing at the end of the meeting. **For more information:** Contact Joe Reynoso at the number or email listed above. **Oregon Meeting:** Thursday, June 20, noon. **Where:** Foxy's Restaurant, 16011 Boat Basin Rd., Harbor, OR. **Program:** TBA. **Reservations required:** Please RSVP by June 17 to Geanie Hixon at the number or email listed above. **For more information:** Contact Geanie Hixon. the drawing at the end of the meeting.

CHAPTER 165 OFFERS PAY IT FORWARD SCHOLARSHIPS



The application for Chapter 165 Pay it Forward Scholarships for the 2024-2025 school year is now available to all Chapter 165 members and their eligible relatives! Please send a request for the application to the Chapter 165 Scholarship Chair: **Baskets4Les@comcast.net.** Complete application packets must be received by **June 30, 2024, to be considered.**



Get more with a Kaiser Permanente Medicare health plan



Kaiser Permanente has more Medicare health plan options for CalPERS retirees to choose from - with the addition of Summit.

- Get high-quality care from a connected team of doctors and specialists.
- Whether it's mental health support, cancer care, heart health, and beyond – you have access to expert physicians, cutting-edge technology, and the latest evidence-based care.

2024 benefit highlights



Rides to and from your doctor visits at no cost¹



Meals delivered to your home after a hospital stay at no cost²



Quarterly over-the-counter (OTC) health-and-wellness benefit

To learn more, call us toll-free: **1-855-717-9598** (TTY **711**), Monday - Friday, 8 a.m. to 8 p.m.



1. If you have a medical emergency, call **911**. **2.** Meal service is for 4 weeks and is available only once per benefit year immediately following an inpatient stay at a hospital or nursing facility. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

