



San Diego Chatter

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July - August 2016

CALIFORNIA STATE RETIREES CHAPTER 17 - SAN DIEGO/IMPERIAL COUNTIES District G

Chapter EMAIL: Chaptr17@gmail.com Chapter WEBSITE: www.CalStateRetirees-Chapter17.info

Chapter 17 - Diane Whorton, President



At our June meeting our guest speaker was Veva Arroyo, Business Development Special, Sharp Hospice Care, Transitions & Advance Care Planning. She had a lot of great information and stressed the need to complete the forms that will allow for easier care for you should you become unable to make decisions for yourself i.e. Durable Power of Attorney, Advance Health Care Directive, Do Not Resuscitate – DNR, etc. There are websites that can help through the process. Please see notes in the minutes (included).

Included as an insert in this newsletter is the California Emergency Medical Services – Do Not Resuscitate (DNR) form. This is important to have available at your home or close by where you are at all times. We've included it as a convenience to you.

At our August meeting we will be going over the Open Enrollment process and health plans available to members in 2017. Open enrollment begins September 12th and ends October 9, 2016. If you did not send the CalPERS post card back to continue receiving the information by mail, you will need to visit the website to get the complete package regarding plans.

CHAPTER MEETING – August 4, 2016

Regular meeting Location:

Sizzler Restaurant, 3755 Murphy Canyon Road, San Diego, CA, (858) 278-6988. Off of I-15 – take AERO DR exit from North or South – go West to Signal -Turn Right. **Go to parking lot behind the building. Entrance to room is at back of building at the parking lot.**

Doors open at 10:30 am. Meeting - 11:00 am to 2:00 pm. Please come early so we can get started on time. **OPEN TO ALL CHAPTER 17 MEMBERS – SALAD BAR LUNCH - MEMBERS MEALS ARE PAID BY THE CHAPTER.**

MARK YOUR CALENDAR

1. **AUGUST 4, 2016 – Member Meeting – Sizzler Restaurant Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA TOPIC: Open enrollment and health plans available**
2. **OCTOBER 6, 2016 – Member Meeting – Sizzler Restaurant - Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
3. **October 25th thru 27th, 2016 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**
4. **DECEMBER 8, 2016 – Chapter 17 HOLIDAY MEETING. Mission Valley Resort – 10:30 to 2:00 pm. Mission Valley Resort, 875 Hotel Circle S, San Diego, CA 92108 Phone: (619) 298-8281. I-8 at 163. Hotel Circle exit from either direction on I-8. OPEN TO ALL CHAPTER 17 MEMBERS**

PREPARING FOR YOUR FUTURE

Since the first of the year we have been talking, in our meetings, about various aspects of preparing for the future. No matter how healthy we feel, how prepared we “know” we are something can happen to throw everything out of balance. Suddenly you or your love one is left unable to care for yourself or unable to take care of business for you. It is a job that no one wants to think about but eventually it will come to be.

I have taking the “Google walk” and researched information on estate planning and preparation. I am including some of that information in the newsletter. This will give you a starting point but do the “Google walk” yourself and do your own research or touch base with community advocacy programs in your area for information.

One step for the present is to make sure your paperwork is together and you have some identified to speak and act for you.

1. How does that person get authority to speak and act for you? Two options are available.

a. Power of Attorney

- A Power of Attorney grants to someone else – called the agent, attorney-in-fact, or surrogate -- the right to make legally-binding decisions for the person who grants that authority. This is true for a power of attorney for health care and for a power of attorney for finances. A power of attorney may be limited to certain decisions only, or to a specific time period, or it may be open-ended.
- It can be revoked at any time by the person granting it.
- Its authority ends if and when the person granting the authority becomes incapable of making his or her own decisions.

b. Durable Power of Attorney

- A Durable Power of Attorney remains valid and in effect even if you become incapacitated and unable to make decisions for yourself.
- For people who want to make sure that their wishes about end-of-life medical care are followed, and who want their financial matters handled in a particular way after they can no longer make decisions, they must specifically state in their power-of-attorney documents that the authority granted is "durable."

2. **Estate Planning** Will or a Trust – here again you need to pick the one that best suits your needs. There is a difference in both of these documents as well.

a. WILL – goes into effect **ONLY** after you die

- Directs who will receive your property at your death and it appoints a legal representative to carry out your wishes
- A will passes through probate. That means a court oversees the administration of the will and ensures the will is valid and the property gets distributed the way the deceased wanted
- A will becomes public record

b. TRUST – Takes effect as soon as you create it

- Can be used to begin distributing property before death, at death or afterwards
- Is a legal arrangement through which a “Trustee” indentified by the individual, holds legal title to property for another person, called a "beneficiary."
- Usually has two types of beneficiaries -- one set that receives income from the trust during their lives and another set that receives whatever is left over after the first set of beneficiaries dies.
- A trust can be used to plan for disability or to provide savings on taxes
- A trust passes outside of probate, so a court does not need to oversee the process, which can save time and money
- A trust can remain private

Each month we will add more information to this list for you to think about.

RECIPE FOR HEALTHY EATING

Have you ever thought about what you can do with a tortilla? A Taco! Of course a taco. Have you ever thought about how many type of tacos you can make. Too many to think about. Here's a few ideas for summer fun, avoiding the heat wave in the kitchen and a 30 minute or less meal that means you can enjoy the rest of day just being leisurely lazy.



Tortilla options are your choice, corn, flour, wheat and more.

The standard – Chicken, Beef - ground or shredded, fish, shrimp – season to your taste. Dress with your favorite – lettuce, tomato, avocado, salsa, cabbage, white sauce, sour cream and cheese. You be the designer.

Guaco-Taco - Guacamole, beans, home-made salsa combine to make a light, flavorful alternative to traditional tacos.

Vegetarian – this can be fun. Eggplant, zucchini, bell peppers, avocado and anything else you desire. Add Feta cheese and Balsamic dressing or use a tangy fruit salsa.

Fajita style – Steak, Chicken, Shrimp, with sautéed onions, and bell peppers. Add sour cream, shredded cheese and guacamole. Kind of like a Philly Cheese Steak sandwich! Yummy!

Asian Style – Chopped steak served with cucumber and carrot slaw in ginger, soy and orange dressing. If you don't want to try making the sauce yourself these sauces are pre-made and on the shelf.

How about this!!!!

Dessert

Flour tortilla – add cinnamon and sugar on both sides. Add your favorite fruit. Apples, peaches, pears, etc. Roll them up and broil them until crisp. Won't take long. WaLa - Fruit taquito.

Flour tortilla – add a drizzle of honey, sliced apple, bacon bits, feta cheese and drizzle with Balsamic. Place in broiler not more than 5 minutes. Just want tortilla a little crisp and apple warm.

There is a lot more you can do that's quick and easy, experiment and have fun. Or, become adventurous and create a casserole that knocks your socks off.

Happy summer!



**SAVE THE DATE –
MARK YOU CALENDAR
HOLIDAY MEETING
2nd Thursday, December 8, 2016
Mission Valley Resort
875 Hotel Circle S, San Diego, CA 92108**



MORE INFORMATION TO COME

California State Retirees – Chapter 17
c/o Diane Whorton
7563 Central Avenue
Lemon Grove, CA 91945-2337

Time Sensitive

IMPORTANT CONTACT INFORMATION

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COMMITTEES

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****If there is a committee you wish to help with please contact the President so you can be assigned ****

IMPORTANT NUMBERS (have your SS# ready)

CSR Retirees, Inc.

888 808-7197
Fax: 916 326-4364
www.californiastateretirees.org

CSEA Member Benefits

800 952-5283
www.calcsea.org/benefits

CalPERS Headquarters Retired Members

Phone: 888 CalPERS
(or 888-225-7377)

TTY: (877) 249-7442

Fax: (800) 959-6545

Beneficiary

916 326-3848
800 352-2238
www.calpers.ca.gov

Social Security

800 772-1213
www.ssa.gov

Medicare

800 633-4227
www.Medicare.gov



CHAPTER 17 – San Diego Member Meeting

June 2, 2016
10:30 am to 2:00 pm

MINUTES (President's note)

Call To Order	Diane Whorton, President 12:00 pm
Pledge of Alligence	Steve Haley, Vice President
Roll Call of Officers	Diane Whorton, President; Steve Haley, Vice President; Gloria Koch, Secretary; Elaine Edwards-Yahraus, Treasurer
Delegates	Diane Whorton, Elaine Edwards-Yahraus, Steve Haley, Gloria Koch, Gaspar Oliviera, Danny Morales, Patricia Oneil, Marva Roddy, alternate.
Committee Chairs	Laurianne Bella and Steve Haley, Co- Chairs PAC Committee David Juarez and Therese Juarez, Membership Co-Chairs
Introductions	<ul style="list-style-type: none">• Jay Jimenez, District G Director
Welcome New Members	
Approval of Minutes	February 4, 2016 Member Meeting
Treasurer's Report	Diane Whorton for Elaine Edwards Yahraus <ul style="list-style-type: none">• Treasurer's Report
Guest Speaker	Veva Arroyo, Business Development Special, Sharp Hospice Care, Transitions & Advance Care Planning <ul style="list-style-type: none">• Anyone in community can get assistance in doing their documents.• Try to eliminate burden by making sure directions are done ahead of time• New law as of 1/1/2016 – physician or practitioner can bill for conversations regarding these issues• Chronic or terminal illness, doctor required to discuss these documents and desires• They can document your conversation with instructions• County is working on Electronic Information exchange (Pilot Program). Want to integrate all systems within the county. Any hospital would be able to pull up records on patients from other medical providers.• Advance Health Care Directive – not an order – TOOL – helps to make decision• POLST – Physician's Order for Life Sustaining Treatment -MSA-111B – current date is on top left corner• End of Life Option Act – Effective 6/9/2016 – Specific – who can utilize this. Cannot have Dementia. Can decide their own death. Must be able to take the capsule themselves.• Hospice prolongs life – does not induce death. Patient lives an average of 18 months longer on Hospice care• Hospice works with Primary Care doctor• Keep in own environment and teaching them about their illness and how to deal with it• 6 months or less• Hospice covered – reverts back to Medicare benefits – VA reverts back to Hospice for care as they don't have their own• HIPPA laws – Over the age of 18, no Advance Health Care Directive. Sign a release form at

the hospital so someone can speak for you.

- WEBSITES have a lot of information – SDCololition.org - Sharp.com – SD.org – 211SanDiego.org -
- What is Hospice – Chronic illness now terminal. Patient no longer seeking a cure. Referral from a doctor, evaluation by hospice person, more rapid decline. Team comes to their home, helps manage the patient. Goal to keep comfortable during process.
- Decrease in appetite, memory, falls, ER, Does not hurt to ask for consult evaluation.
- Families typically in denial. Hard for caregiver to back off.
- NHPCO.org – enter zip code for hospice in that area

President's Report

Diane Whorton, President

Reminder:

- Holiday Meeting in December 8, 2016 – Mission Valley Resort

Commitees Reports

Membership

David and Therese Juarez

Site Visit planning – June DMV – Vista; EDD , San Marcos
Jay suggested visiting CSU-San Marcos

PAC/Legislation

Laurie Bella - Steve Haley
Elaine & Laurie – Democratic Club – Toni Atkins no show and no Rep.

Sub Committee

Laurie Bella – Elaine Edwards- Yahraus – Networking with San Diego
Retiree Groups - Security Roundtable –

Meeting coming up in October
Windfall Provisions

Health Benefits

Elaine Edwards Yahraus

Medical out for bid.
Health Plan rates are out but not published yet- expect increase in rates
Optimum – Parent company for United Health Group

New Business

Old Business

District G Report

Jay Jimenez, District G Director

1. CFO – 4.5 years to prison
2. Harold Rose – CFO – no longer chair of Finance Committee – Jim Moranda is new chair
3. CSR hiring 2 communication specialists to market, recruit and IT work. Board considering hiring Marketing Consultant – financially better to hire these 2 people. Will try this first
4. Thank you to Chapter 17 for doing books correctly

Meeting Adjournment

1:50 pm



EMERGENCY MEDICAL SERVICES PREHOSPITAL DO NOT RESUSCITATE (DNR) FORM



PURPOSE

The Prehospital Do Not Resuscitate (DNR) Form has been developed by the California Emergency Medical Services Authority, in concert with the California Medical Association and emergency medical services (EMS) providers, for the purpose of instructing EMS personnel regarding a patient's decision to forego resuscitative measures in the event of cardiopulmonary arrest. Resuscitative measures to be withheld include chest compressions, assisted ventilation, endotracheal intubation, defibrillation, and cardiotonic drugs. This form does **not** affect the provision of life sustaining measures such as artificial nutrition or hydration or the provision of other emergency medical care, such as palliative treatment for pain, dyspnea, major hemorrhage, or other medical conditions.

APPLICABILITY

This form was designed for use in **prehospital settings** --i.e., in a patient's home, in a long-term care facility, during transport to or from a health care facility, and in other locations outside acute care hospitals. However, hospitals are encouraged to honor the form when a patient is transported to an emergency room. California law protects any health care provider (including emergency response personnel) who honors a properly completed request regarding resuscitative measures, including a Prehospital Do Not Resuscitate Form (or an approved wrist or neck medallion), from criminal prosecution, civil liability, discipline for unprofessional conduct, administrative sanction, or any other sanction, if the provider believes in good faith that the action or decision is consistent with the law and the provider has no knowledge that the action or decision would be inconsistent with a health care decision that the individual signing the request would have made on his or her own behalf under like circumstances. This form does not replace other DNR orders that may be required pursuant to a health care facility's own policies and procedures governing resuscitation attempts by facility personnel. Patients should be advised that their prehospital DNR instruction may not be honored in other states or jurisdictions.

INSTRUCTIONS

The Prehospital Do Not Resuscitate (DNR) Form **must** be signed by the patient or by the patient's legally recognized health care decisionmaker if the patient is unable to make or communicate informed health care decisions. The legally recognized health care decisionmaker should be the patient's legal representative, such as a health care agent as designated in a power of attorney for health care, a court-appointed conservator, or a spouse or other family member if one exists. The patient's physician **must** also sign the form, affirming that the patient/legally recognized health care decisionmaker has given informed consent to the DNR instruction.

The **white copy** of the form should be retained by the patient. *The completed form (or the approved wrist or neck medallion—see below) must be readily available to EMS personnel in order for the DNR instruction to be honored.* Resuscitation attempts may be initiated until the form (or medallion) is presented and the identity of the patient is confirmed.

The **goldenrod** copy of the form should be retained by the physician and made part of the patient's permanent medical record.

The **pink** copy of the form may be used by the patient to order an optional wrist or neck medallion inscribed with the words "DO NOT RESUSCITATE-EMS." The Medic Alert Foundation (1(888)755-1448, 2323 Colorado Avenue, Turlock, CA 95381) is an EMS Authority-approved supplier of the medallions, which will be issued only upon receipt of a properly completed Prehospital Do Not Resuscitate (DNR) Form (together with an enrollment form and the appropriate fee). Although optional, use of a wrist or neck medallion facilitates prompt identification of the patient, avoids the problem of lost or misplaced forms, and is strongly encouraged.

REVOCATION

In the absence of knowledge to the contrary, a health care provider may presume that a request regarding resuscitative measures is valid and unrevoked. Thus, if a decision is made to revoke the DNR instruction, the patient's physician should be notified immediately and all copies of the form should be destroyed, including any copies on file with the Medic Alert Foundation or other EMS Authority-approved supplier. Medallions and associated wallet cards should also be destroyed or returned to the supplier.

Questions about implementation of the Prehospital Do Not Resuscitate (DNR) Form should be directed to the local EMS agency.



EMERGENCY MEDICAL SERVICES PREHOSPITAL DO NOT RESUSCITATE (DNR) FORM



An Advance Request to Limit the Scope of Emergency Medical Care

I, _____, request limited emergency care as herein described.
(print patient's name)

I understand DNR means that if my heart stops beating or if I stop breathing, no medical procedure to restart breathing or heart functioning will be instituted.

I understand this decision will **not** prevent me from obtaining other emergency medical care by prehospital emergency medical care personnel and/or medical care directed by a physician prior to my death.

I understand I may revoke this directive at any time by destroying this form and removing any "DNR" medallions.

I give permission for this information to be given to the prehospital emergency care personnel, doctors, nurses or other health personnel as necessary to implement this directive.

I hereby agree to the "Do Not Resuscitate" (DNR) order.

Patient/Legally Recognized Health Care Decisionmaker Signature

Date

Legally Recognized Health Care Decisionmaker's Relationship to Patient

By signing this form, the legally recognized health care decisionmaker acknowledges that this request to forego resuscitative measures is consistent with the known desires of, and with the best interest of, the individual who is the subject of the form.

I affirm that this patient/legally recognized health care decisionmaker is making an informed decision and that this directive is the expressed wish of the patient/legally recognized health care decisionmaker. A copy of this form is in the patient's permanent medical record.

In the event of cardiac or respiratory arrest, no chest compressions, assisted ventilations, intubation, defibrillation, or cardiotonic medications are to be initiated.

Physician Signature

Date

Print Name

Telephone

THIS FORM WILL NOT BE ACCEPTED IF IT HAS BEEN AMENDED OR ALTERED IN ANY WAY

PREHOSPITAL DNR REQUEST FORM

White Copy: To be kept by patient

Yellow Copy: To be kept in patient's permanent medical record

Pink Copy: If authorized DNR medallion desired, submit this form with Medic Alert enrollment form to: Medic Alert Foundation, Turlock, CA 95381