



San Diego Chatter

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

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

Chapter 17 President's Report - Diane Whorton, President



At our June meeting we discussed a CSR RULE change being presented to the Board of Directors at the Board meeting in Costa Mesa. The intent of the change was: no change in the amount of dues to the chapter or the CAP for the year. Only change was that a chapter could have no more than 3 months of their annual dues as a rollover at the end of each fiscal year.

A memo was distributed at our August meeting indicating the CSR Board of Directors had made the effective date of the Fiscal Year balance to be June 30, 2016. (Not CSRs Fiscal Year). As well, the CAP was cut from 12 months to the amount equal to 3 months of our annual dues allotment.

A spreadsheet of the chapters estimated expenses was also passed out. After a thorough review and discussion by the members a motion was made to Appeal the decision of the Board of Directors regarding the effective date of June 30, 2016 as it was not the end of the fiscal year and the change of CAP amount as it was not part of the Rule change.

The appeal was sent and a conference call hearing was held on August 16th. Our chapter Treasurer was on that call with me. The Appeal was not ruled in Chapter 17's favor.

More discussion about chapter finances will take place at the October meeting.

DON'T FORGET OPEN ENROLLMENT. If you are thinking about changing insurance plans you need to do it between September 12th and October 7th. If you didn't receive the information to must call CalPERS and request it. **Blue Cross Net Value is being discontinued.** If members on that plan do nothing, they will automatically be transitioned to Blue Shield Access Plus, starting Jan. 1, 2017. Or they may choose another health plan during this Open Enrollment period.

PHARMACY CHANGES

The new Pharmacy Benefit Manager, beginning Jan. 1, 2017, is OptumRx, which replaces CVS Caremark. This affects about 460,000 of the 1.4 million covered members. Those on Kaiser, Blue Shield, and United Healthcare Medicare Advantage PPO are not affected because they have their own pharmacy plans.

CHAPTER MEETING – October 6, 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 CHAPTER.

MARK YOUR CALENDAR

- 1. 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**
- 2. October 25th thru 27th, 2016 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**
- 3. 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 MEMBER**

PREPARING FOR YOUR FUTURE

In our last newsletter we talked about the Power of Attorney and Wills and Trusts. Here's something else to think about.

The Goal: A Master Document or Folder with All Your Important Information

Perhaps the easiest method for creating a centralized document or set of files would be creating a Spreadsheet that you could share with your family and friends and keep updated regularly. There are really only a few steps to setting this organizer up:

- ✓ Gathering your records
- ✓ Securely sharing them
- ✓ Keeping them updated

Follow along and you'll have your kit set up in no time—and a little extra peace of mind.

VITAL RECORDS - The most important personal records: First, there are a few documents that you obviously should keep in a secured location (a fire safe or safe deposit box):

- Social Security card
- Birth certificate
- Passport
- Any other official, hard-to-replace documents
- Scan these items so you can have a digital record of them as well.

You'll also want to add to your emergency records kit:

- **Contact information:** Both your contact information and your emergency contacts' info. This includes your nearest relatives, your will executor(s), and employers.
- **Will and medical directives:** Add a copy of your will/living trust and medical letter of instructions (keep the originals with your legal representative). You can upload a PDF file to your computer or cloud server such as Google Docs for this purpose.
- **Insurance:** Homeowners, auto, medical, life, disability, and other insurance agents/brokers contact info and policy numbers
- **Financial accounts:** Bank, investment, and credit card/loan accounts information, including institution names, phone numbers, and account numbers
- **Income:**
CalPERS – Update your beneficiary (ies) with them. They have a Beneficiary form. Complete it and turn it back in. This will enable a smooth transition.
Social Security – This is a process so check the steps to make sure what they are. Social Security DOES NOT accept a Power of Attorney so make sure things are taken care of ahead of time if it is felt someone will need to act for you. You can do things online by creating an Online account with them. It is possible the family has benefits are due them even after the last check was issued and possibly returned after death.
- **Health records:** Immunization records, allergies, dietary restrictions, medications, medical/surgical treatments
- **Pet information:** Description of each pet, vet contact information, and any important medical notes
- **Property:** Car information, home purchase papers/deeds, and other home inventory items.

PERSONAL IDENTIFICATION – It is important that you have identification on your person, in your home in plain sight, in your car, etc so people know who to contact in case of emergency.

- **ID Card** – in your wallet. Make sure there is a contact name and phone number. List your medications on the card so they are readily available.
- **ID Bracelets** - There are companies out there who do ID Bracelets. They are able to engrave your name and contact person information. They will also place a medical alert symbol if needed.
- **In Home ID** – place an information sheet on your refrigerator with your contacts information and medical information. List your doctor, medical insurance and medications as well.
- **DNR** – Do Not Resuscitate form on green paper. This was provided to everyone in the last newsletter. Leave

this is plain sight with your information sheet. This is a Pre-Hospital designation. THIS IS AN INDIVIDUAL CHOICE.

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

RECIPE FOR HEALTHY EATING

Bohemian Pork Roast (Low Sodium meal)



- 3 pounds bone-in pork roast
- 2 tablespoons dried marjoram
- salt and pepper to taste
- 3 tablespoons caraway seed
- Garlic powder if desired
- Preheat oven to 325 degrees F (165 degrees C).
- Heat a roasting pan over medium high heat until hot. Rub the roast with the marjoram, salt and pepper. Brown all sides of the roast in the hot roasting pan. Sprinkle caraway seeds over all and pour in enough water to come halfway up the sides of the roast.
- Cover and place roast in the preheated oven. Bake for 1 1/2 hours, or until an internal temperature of 145 degrees F (63 degrees C) is reached, about 30 minutes per pound. Remove from oven and let sit for 10 minutes before carving.

This can also be cooked in the slow cooker.

Serve with: Spaetzle, Check Dumpling, Red potatoes, German potato salad, sauerkraut, green beans, cooked apples or apple sauce. Lots of combinations and all of them good. HAPPY EATING!



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

**WATCH FOR THE RESERVATION FORM AND FLYER
Being mailed in November 2016**



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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****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

August 4, 2016
10:30 am to 2:00 pm

MINUTES

Call To Order	President called the meeting to order at 12:05 pm in memory of Marva Roddy, a Chapter 17 Delegate, who passed away in May.
Diane Whorton, President	
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 -excused
Delegates	Diane Whorton, Elaine Edwards-Yahraus-excused, Steve Haley, Gloria Koch, Gaspar Oliviera, excused, Danny Morales, Patricia Oneil,
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	Gwen Hampton- State Disability, Chandra Levy - Housing, Arlene Ryan - Dept of Justice, Diane Boustard - Dept of Forestry, Donald Johnston- Parks, Mark Phelan, SDSU-welcome back President also mentioned that Gaspar Oliveira has a major broken ankle and wait to find out when he will have surgery.
Approval of Minutes	June 2, 2016 Member Meeting Motion Tom Gibson, 2 nd by Danny Morales. Passed
Treasurer's Report	Laurie Bella for Elaine Edwards Yahraus <ul style="list-style-type: none">June, 2016 – Beginning Balance \$July, 2016 - 10,743.07. The CAP for the first of August stood at \$7,256.93. Danny Morales motion to accept subject to audit, Tom Gibson 2 nd . Opposed by Mark. Diane explained that our Treasurer reports are made on a monthly basis now - instead of quarterly. HQ will review the Chapter's reports, produce its own reports, check for discrepancies, and balance the reports at the end of the year. Jay apposed, explained HQ audit procedure. HQs randomly select the Chapters that will be audited. Tom Gibson - Motion to amend – “remove subject to audit,” 2 nd Danny Morales. More discussion. Carried
Presentation	TOPIC: Open Enrollment and Insurance Plans Diane reported that members that did not sign the card sent by CalPERS regarding how they wanted their health plan information delivered - will have to go on line to get it, or call CalPERS to obtain written material, Open enrollment starts on September 14 and closes on October 7. This year we only have 3 weeks to make health plan changes instead of the regular 4 weeks. The pharmacy bid was won by OptimunRX. CalPers is trying to address the following problem: families that have one member on Medicare, but the rest of the family in regular HMOs have found that their family members have very few available health plan options,.
President's Report	Diane Whorton, President – Report under New Business
Reminder:	
<ul style="list-style-type: none">Holiday Meeting in December 8, 2016 – Mission Valley Resort	
Commitees Reports	
Membership	David and Therese Juarez – No Report. Still trying to get access to EDD and DMV
PAC/Legislation	Laurie Bella - Steve Haley No Report
Sub Committee	Laurie Bella – Elaine Edwards- Yahraus – Networking with San Diego Retiree Groups - Security Roundtable

October 4th – Round Table Meeting coming up – Laurie said this group is very involved with Legislation that affect all retirees

New Business

Dues Allocations to Chapters

Dues not coming to the chapters after new Rule change in 2.08 1 (d)(7). This rule establishes, "At the end of the fiscal year the chapter may hold a maximum of three months dues in reserve. If more than three months dues equal the fiscal year ending balance, dues funds will be forfeited until balance is at that level. At that time monthly dues allocations will continue."

President Diane Whorton passed out a copy of the Rules revision 2.08 1 (d)(7) that was passed by the CSR Board of Directors on June 30, 2016. She also handed out a copy of the memo sent to all Chapter Presidents on July 22nd and a copy of the estimated expenses for Chapter 17 until the end of the year. She explained the intent of the CSR Finance Committee of the Rule change and how it is suppose to affect the chapters.

The memo indicated that the CSR Board of Directors is NOT going by the Rule change they passed and are not looking at the "end of the fiscal year" as written in the change. They have started the process started as of June 30, 2016 and stopped sending the chapters their dues.

District Director Jay Jimenez stated that the Board was to establish effective date when they voted on it on June 30th. That did not happen. At the conference call on July 20th it was determined by the attorney that the motion passed is what we have. At conclusion of meeting is when Rules goes into effect. Thus Board determined June 30th was the effective date.

Diane and several members stated that the effective date of June 30th was accurate but according to the established Fiscal Year for CSR it is from *January 1st to December 31st each year*. Thus the effective date of June 30, 2016 means Fiscal Year 2016 and the 3 month rule is on December 31, 2016. The different interpretation as to when the fiscal year starts is very important. Presently, Chapter 17 has more than the 3 months in our operating account, therefore, we have not gotten our dues allocation for July and August.

Filing an appeal was discussed and Jay indicated that there is no process in place. Jay said there was a board conference call on August 4 at 7:00 pm. He would add this to the agenda and let the President know the results.

The following motion was made:

Motion made by Tom Gibson: I move the following: If the CSR Board of Directors does not resolve this issue on the scheduled conference call of 8/4/2016 @ 7:00 pm, the Chapter 17 membership directs the Chapter President to file an Appeal to the CSR Board of Directors for review for non-receipt of Chapter funds based on 2.08 1. (d)(7). Copies are to be sent to all members of the CSR Board of Directors, Attorney for CSR, Administrator of CSR and all Chapter Presidents.

There were multiple 2nds. After additional lengthy and thorough discussion the motion was passed unanimously.

Old Business

Expenses for CSR Committee members

President Diane reminded members of the decision for the chapter to pay the expenses of our 3 statewide committee members for 2016. Question was raised as to whether we should do that or ask HQ to reimburse what we paid because of not receiving our dues. Left for further discussion.

Through motions by members the following items will be paid:

- Holiday Meeting Deposit: Tom Gibson - Motion \$1,000 for deposit to Mission Valley Resort for holiday meeting. 2ND Donna Morey. Passed
- Newsletter: Mark Phelan – motion to pay Mail Management 2 months in advance for newsletter printing and postage, not to exceed \$3000. 2nd Sharon Hatch. Passed
- Giveaways for Membership Recruitment – not to exceed \$500. Therese Juarez – Sharon Hatch, 2nd. Passed
- Holiday Meeting Door Prizes Sharon Hatch – Motion purchase gifts, not to exceed \$500. 2nd by Tom Gibson. Passed
- Purchase supplies and necessary equipment. Not to exceed \$1000.

Open Mic: Chandra Levy asked if anyone knew anything about the Retired Annuitant Program? Discussion suggesting contacts to CSR HQ, CalPERS office, Elaine Edwards-Yahraus when she returns from trip.

President Diane asked if members were happy with the Chapter newsletter or should it be eliminated. Diane Boustard stated that the last newsletter is why she came to this meeting. She wanted to see what we were about and she was glad she came. President also mentioned getting a card from a member who is 96 saying how happy she was to get it. Newsletter continues.

District G Report

Jay Jimenez, District G Director – Report was given during discussion above

Meeting Adjournment

2:20 pm

Submitted By

Gloria Koch, Secretary