



# San Diego Chatter

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

Chapter EMAIL: [Chaptr17@gmail.com](mailto:Chaptr17@gmail.com) Chapter WEBSITE: [www.CalStateRetirees-Chapter17.info](http://www.CalStateRetirees-Chapter17.info)



### Chapter 17 - Diane Whorton, President

We are working on discussion topics for 2017. You will see below by each chapter meeting scheduled what topics are being worked on. If you have any that you want to hear please let us know.

I have asked chapter members attending the CSR Board Week give a report. The following is the report by Elaine Edwards-Yaharus. Pictures by Steve Haley.

### CSR BOARD WEEK REPORT

Chapter 17 members attending CSR Board week were: Diane Whorton, Chapter President, CSR Finance Committee member, Steve Haley, Vice President, Gaspar Oliveira, CSR Political Action Committee member and Elaine Edwards-Yaharus CSR Health Benefit Committee member.

Finance Committee met on Tuesday morning. One topic was that chapters are now required to do a one year budget rather than a three year budget. Many chapters have not yet submitted their 2017 one year budget. Members of Chapter 17 passed the chapter's one year budget at the December meeting. Another topic was Chapter Allocation and Reporting and limiting the reserve to three months at the end of the year.

The Bylaws and Governing Rules Committee met Tuesday afternoon. They reviewed several sections in the Governing Rules for clean-up language of should vs shall.

Health Benefits Committee ended the day with two guest speakers Jamie Pope from CalPERS who spoke Retired Death Benefits **which will be part of the Chapter 17 April Program.**

Prescott Cole, Senior Staff Attorney, California Advocates for Nursing Home Reform spoke on Medi-Cal for long term care. Many attendees were surprised by the amount of assets and income an individual may have and still qualify for Medi-Cal long term care. If you have questions regarding this or other care issues you can contact CANHR AT [1-\(800\) 474-1116](tel:8004741116) or [WWW.canhr.org](http://WWW.canhr.org).

The Membership Committee gathered Wednesday morning. The Ambassador Program was implemented in 2013 and currently has 100 Ambassadors who distribute 3,000 copies of the CSR. Retiree. A new member packet is being sent out by headquarters welcoming new retirees. Chapters are welcome to follow up with their own letter or invitations to the local meetings.

The Political Action Committee met midday on Wednesday. There was a discussion of the Candidate PAC and the Issues PAC. Currently Chapter has 33 members contributing to the Candidate PAC and 9 members contributing to the Issues PAC. The committee encouraged members to join one or both PAC. CSR endorsed seven of the eight representatives from Chapter 17 Assembly Districts. The one Senate was endorsed in the State. CSR endorsed 69 assembly candidates and 67 were elected. CSR endorsed 20 senate candidates 17 were successful. Lobby Day will be taking place April 5<sup>th</sup> and 6<sup>th</sup> with Steve Haley, Mark Flahan and Gaspar Oliviera attending.

The Presidents Forum closed out the afternoon. The seating was arranged with the Presidents facing the audience. District Presidents sat together. There was a discussion of the surveys that were sent out from headquarters and the problems encountered by those who received the survey. The Presidents shared the challenges they are facing.

The Board Meeting began at nine on Thursday morning and continued to the end of the day. Early in the meeting Harold Rose, Chief Financial Officer resigned his position. In December 2016 Executive Vice President, Fritz Walgenbach had resigned and Stephanie Hueg, Vice President moved up to fill that vacancy. This left a vacancy in the Vice President position which would be filled by a sitting District Director. An election was held for the Vice President with two candidates, Howard Wood, District B and J.W. Jimenez, District G. J. W. Jimenez was elected Vice President. This left a vacancy in the Director of District G. Gaspar Oliveira was appointed to District G Director by Tim Behrens, CSR President. The CFO position would be filled by a District Director. Gerald Fountain was the only candidate for CFO.

Douglas Hoffner, Deputy Executive Officer, Operations and Technology at CalPERS spoke about a variety topics. CalPERS retiree will receive a COLA this year. Those retirees having difficulty Optimum RX and are on the Basic Plan should contact Optimum at (855) 505-8110 and retirees on Medicare should call (855) 505-8106. He also stated if CalPERS went to online monthly warrant advisory the system would save a million dollars a year.

Elaine Linn from Script Your Future spoke in the afternoon. Three out of four people do not take their medicine as directed. One out of three people never fill their prescription. 125,000 people die every year due to non-adherence. Additional information on this will be provided at the April Chapter 17 meeting.



## CHAPTER MEETINGS

**Our meetings are held on the 1<sup>st</sup> THURSDAY of the February, April, June, August and October. Our December meeting is the 2<sup>nd</sup> THURSDAY.**

### **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.**

**Holiday Meeting will be announced.**

## MARK YOUR CALENDAR

- 1. APRIL 6, 2017 – Member Meeting – Sizzler Restaurant – DISCUSSION TOPIC: CalPERS - What to do in the event of the Death of the Member or Beneficiary.** The discussion would be most valuable if attendees reviewed their retirement election form so they know his/her retirement option and beneficiary or beneficiaries. If a retiree doesn't have this information he/she may go on line by accessing MYCALPERS at [WWW.CalPERS.CA.GOV](http://WWW.CalPERS.CA.GOV) or call [\(888\) 225-7377](tel:888-225-7377).
- 2. JUNE 1, 2017 – Member Meeting – Sizzler Restaurant – DISCUSSION TOPIC: Burials or Other Options From Several Perspectives: veterans, pre-planned, cremation, donation, etc.** Presented by Greta

Morgan from Glen Abbey in Bonita.

3. **June 27<sup>th</sup> thru 29<sup>th</sup>, 2017** – CSR Statewide Committees and Board of Directors Meeting – Los Angeles Airport
4. **AUGUST 3, 2017** – Member Meeting – Sizzler Restaurant – **DISCUSSION TOPIC: Open Enrollment – Changes to Health Plans and OptimumRX**
5. **OCTOBER 5, 2017** – Member Meeting – Sizzler Restaurant: **DISCUSSION TOPIC: TBA**
6. **October 24<sup>th</sup> thru 26<sup>th</sup>, 2017** – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton

**DECEMBER 14, 2017 – 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**

## RECIPE FOR HEALTH

Copied from **DIABETIC COOKING – Appetizers, Entrees and Sweet Treats** by Publishers International Ltd.



## BUTTERNUT GRATIN

(Cooked in the Microwave)

- 1 Butternut squash
- 6 oz lean boneless pork chops, trim fat, cooked and cut into bite size pieces (4oz cooked weight)
- ½ cup chopped celery
- ½ cup vegetable broth
- 1/3 cup whole grain bread crumbs
- ¼ cup sliced green onions
- 2Tbl shredded reduced fat cheddar cheese
- ¼ teasp Black Pepper (optional)

### MICROWAVE DIRECTIONS

1. Pierce squash with knife tip in several places. Microwave on HIGH 15 to 20 minutes or until squash is barely tender
2. Remove squash from microwave and let rest about 5 minutes or until cool enough to handle. Cut off top and discard. Slice squash in half lengthwise and scoop out seeds. Use knife to score each half into a grid of 1 inch cubes, leaving skin intact. Then slice cubes from skin.
3. Lightly coat microwave baking dish with nonstick cooking spray. Combine squash, pork, celery, broth, crumbs and green onions in prepared dish. Top with cheese. Microwave on HIGH for 2 to 2 ½ minutes or until squash is tender and heated through. Season with pepper, if desired. **MAKES 2 SERVINGS**

### Nutrients per Serving (1 ¼ cup Butternut Gratin)

**Calories: 285 Calories from Fat: 25% Total Fat: 8g, Saturated Fat 3g, Cholesterol: 83mg, Sodium: 452mg: Carbohydrate: 23g. Dietary Fiber: 5g, Protein: 31g Dietary Exchanges: 1 ½ Starch, 1/3 Vegetable, 3 ½ Lean Meat**

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

**Time Sensitive**

## IMPORTANT CONTACT INFORMATION

### CHAPTER OFFICERS

#### President/Newsletter Editor

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#### Vice President

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#### Secretary

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#### Treasurer

Elaine Edwards-Yaharus  
(619) 435-4044  
[EYaharus@gmail.com](mailto:EYaharus@gmail.com)

#### Past President

Vacant

#### District G Director

(CSR Board of Directors)

#### Gaspar Luna Oliveira

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### SUB CHAPTER – IMPERIAL VALLEY

#### Chair

Thomas Stroud – (760) 353-1749  
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#### Recording Secretary

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### COMMITTEES

#### Finance Committee - Chair

Steve Haley – (619) 441-8769  
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#### Legislative Committee – Co-Chairs

Laurie Bella – (619) 435-3688  
Email: [lbella@san.rr.com](mailto:lbella@san.rr.com)

Steve Haley – (619) 441-8769

[Raceready13@gmail.com](mailto:Raceready13@gmail.com)

#### Membership Committee –

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Therese Juarez – (408) 390-8006

[terez.juarez@gmail.com](mailto:terez.juarez@gmail.com)

**\*\*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](http://www.californiastateretirees.org)

#### CSEA Member Benefits

800 952-5283  
[www.calcsea.org/benefits](http://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](http://www.calpers.ca.gov)

#### Social Security

800 772-1213

[www.ssa.gov](http://www.ssa.gov)

#### Medicare

800 633-4227

[www.Medicare.gov](http://www.Medicare.gov)



## CHAPTER 17 – San Diego Member Meeting

February 2, 2017  
10:30 am to 2:00 pm

### MINUTES

<b>Call To Order</b>	Diane Whorton, President 12:05 pm .
<b>Pledge of Alligence</b>	Steve Haley, Vice President
<b>Roll Call of Officers</b>	Diane Whorton, President; Steve Haley, Vice President; Gloria Koch, Secretary; Elaine Edwards-Yahraus, Treasurer
<b>Delegates</b>	Diane Whorton, Elaine Edwards-Yahraus-excused, Steve Haley, Gloria Koch, Gaspar Oliveira, excused, Danny Morales, Patricia O’Neil (excused),
<b>Committee Chairs</b>	Laurianne Bella and Steve Haley, Co- Chairs PAC Committee David Juarez and Therese Juarez, Membership Co-Chairs
<b>Introductions</b>	Jay Jiménez, District G Director
<b>Welcome New Members</b>	Francisco Parra, Caltrans.
<b>Approval of Minutes</b>	October 6, 2016 Member Meeting - Motion by David Juarez, multiple seconds, Passed December 8, 2016 Member Meeting – Motion by Tom Gibson, 2 <sup>nd</sup> by David Juarez. Passed
<b>Treasurer’s Report</b>	Elaine Edwards Yahraus reported: <ul style="list-style-type: none"><li>December, 2016 – Income \$1,549.15 Expenses \$1,819,15 Balance at end of quarter \$3434.42</li><li>January, 2017 - Balance \$ 3,733.10 Under CAP of \$4,500</li></ul>
<b>Guest Speaker</b>	None scheduled
<b>President’s Report</b>	Diane Whorton, President

Diane explained that the expenses for the newsletter during January 2017 were higher because the mailing contained inserts regarding “preparing for your future discussions and information.” Diane also requested topics of discussions for future meetings. Suggestions::

- ✓ have legislators address the members;
- ✓ revisit wills & trusts-to answers questions such as:  
What do you do, if you are married to a state employee (but you are not one) and he/she dies?  
Where do you find information about your benefits? Calipers by law is not allowed to provide information.- Sharon will get a speaker
- ✓ Travel for retirees – Sharon will get a speaker

Diane also brought to the attention of the attendees:

- ✓ The position of Vice President at the CSR’s Board of Directors is vacant. The vice-president resigned due to illness.
- ✓ Jay Jimenez, District G Director will run for the vice-president position leaving a vacancy as the District G Director
- ✓ There will be an election for a District G Director

Regarding our participation at the Calpers Fair, Diane had the following question/thought

- ✓ The materials sent from headquarters were only copies of the California State Retirees’ newspapers and generic applications. These materials don’t help us promote participation in our

Chapters-. It does address what are the benefits of participation. Fortunately, we had our own information i.e. Chapter's 17 flyers and newsletters at the table.

Discussion:

- ✓ We need to let headquarters know that better materials are necessary
- ✓ Jay told us that headquarters sends an letter to all retirees; the letter has a special stamp and mentioned that it was the union that founded Calpers. . Retirees are kept for 3 months otherwise they are out.

Diane also requested assistance with the newsletter, the web page and other activities.

## **Commitees Reports**

### **Membership**

David and Therese Juarez

David provided an update on the District 17 participation at the Calipers Fair held on January 27 & 28.

- ✓ The location of the fair was very nice; however the set up was not conducive to recruitment.
- ✓ We only had one official application.
- ✓ Most of the attendees were between 3 months to 3 years from retirement.

Volunteers

- ✓ Friday - Diane, David, Terez and Gloria and Saturday - Jay, Laurie, Gaspar, Beverly and Diane

### **PAC/Legislation**

Laurie Bella - Steve Haley

- ✓ Gloria Koch will make appointments with legislators. Gloria requested volunteers once the appointments are made. She will send an e-mail with dates and times
- ✓ Lobby day is scheduled for April 4 & 5, 2017.

### **CalPERS Report**

Elaine Edwards-Yahraus

*Long term Care-*

- ✓ There is movement on the lawsuit. Elaine will know more after next meeting
- ✓ Calpers is considering a third party administrator for the program.

*Health Committee*

- ✓ There is a lawsuit regarding a rule that says that members and his/her dependents must be under the same HMO

*Heads Up regarding Direct Deposit Advice*

- ✓ Calpers would like to stop sending a hard copy of your direct deposit. Maybe they will do it 3 times a year, twice a year or quarterly.
- ✓ You will have to go to MyCalPERS to see your copy, unless you specifically request it done differently. Legally Calpers is allowed to do this under the law.
- ✓ This change is on the planning stages

### **Sub Committee**

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

No report

### **New Business**

No new business

### **Old Business**

None addressed

### **District G Report**

Jay Jiménez, District G Director -

- ✓ Mentioned that JJ Jelincic , Calipers Board -All Member Representative had been admonished by the Calpers Board. Jay may file a lawsuit since he believes the Board acted disrespectfully against one of its Directors. After all, the Union founded CalPers in 1936.

### **Meeting Adjournment**

1:50 pm

Submitted By

*Gloria Koch, Secretary*