



# 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)

### PRESIDENT'S REPORT - Chapter 17 – Diane Whorton, President



#### August 3<sup>rd</sup> Membership Meeting

Open enrollment is coming up in September. Will have a guest speaker, **Jamie Pope, Outreach Coordinator, CalPERS Stakeholder Relations, at our August 4<sup>rd</sup> meeting.** She will provide information on the plans, costs, and answer any questions members may have.

If you have SPECIFIC QUESTIONS YOU WANT ANSWERED please send them to the Chapter 17 email address listed above. We will pass them on to Jamie so she will be prepared with the answers.

### CSR BOARD OF DIRECTORS WEEK IN REVIEW – June 27<sup>th</sup> to June 29<sup>th</sup>, 2017

In attendance: Diane Whorton, President (Member of CSR Finance Committee); Elaine Edwards Yahraus (Member CSR Health Benefits Committee); Laurie Bella, Chapter Legislative Committee Co-chair (Member CSR PAC Committee).

**Finance Committee** – Overview from CFO Jerry Fountain on his scope for the committee. No business conducted/

**Bylaws and Rules Committee** – Committee is in the process of doing clean-up language, removing duplications in multiple sections and updating to current language.

#### Health Benefits Committee

- SB 17 (SB 1010 replacement) – Prescription price transparency bill. Requires proposed pricing increases be disclosed. Passed Assembly on June 27<sup>th</sup>.
- AD 315 – License and regulate pharmacy benefit managers and purchases of services. (Manage your benefit plans). LIKE because they will be licensed. Hearing coming up.
- Cadillac Tax (Federal Bill) – 40% excise tax on so called high cost plans. Significant impact on CalPERS plans. Does not affect Medicare. Currently to start in 2020. Has not been repelled
- CONCLUSION: Health Benefits supports SB 17 & AB 215; monitoring Cadillac Tax Bill.
- SB 562 – Health California – (Single Payer Plan). Sponsored by California Nurses Assn. Presented by Lara and Atkins.
- Long term care – AWARDED new contract for next 5 years to same provider as before
- VETERANS BENEFITS – Federal Long Term Care Plan – Uniformed personnel retired or active. 1-800-582-3337 – [www.LTCFEDS.com](http://www.LTCFEDS.com)
- VISION CARE – some medical plans have vision care – Kaiser will work with VSP. Check with your plans.
- DENTAL – no expected increases
- 2018 Health Plan Rates are out

**Membership Committee** – Vice President Jay Jimenez stated his goal is work on growing the membership of CSR.

An overview from committee members about what is necessary to recruit and retain. Team Work - Site discovery - SEIU new members have been very helpful - Public Relations is important to get the word out. Ambassadors have drivers who also get involved who are not members. All members expressed the importance of talking to people everywhere you go about who we are and what we do for them. Make CSR visible.

**PAC Committee – Overview from Ted Toppin.** Review of bills currently in Assembly and Senate and status.

SB 17 Prescription price transparency - passed Assembly on 6/27/2017

AB 315 – Pharmacy Benefits Manager – hearing coming up

SB 562 – Single Payer – Anthony Rennon – this bill is dead – we don't vote on concepts we vote on bills

## **2018 Elections**

Brown termed out. Likely to be a 3 person race on Dem side: John Chung, Gavin Newsome, Tony Villagosa (former LA mayor); all collecting huge amounts of money.

Republican – John Cox – San Diego – own 3 million invested; Travis Allen-Orange County – staked campaign on overturning gas tax; Delane Easton talking about it; Kevin Faulkner-San Diego mayor

**President Forum** - This is a forum for Chapter Presidents to share ideas for providing information to the members, membership recruitment, events, etc. Chapter Presidents gave a list of speakers they have had in their chapters that other chapters can use.

## **Board of Directors Meeting –**

CSR President is visiting chapters up and down the state. CFO will be visiting all chapters to see how finances are in chapters and if there are any issues.

Michael Flaherman was a guest speaker. Spoke on his reasons to run for CalPERS At Large Board Seat A.

CSR Administrator – Rocco – gave Headquarters Report.

Dani – Staff – Report on Membership – 36,333 members January thru June 2017. Also talked about reasons members cancel and passed out a sample postcard being developed for chapter meeting notices. They are working with two chapters right now to see how they work. They would be written, printed and mailed from HQ. Would require 6 to 8 weeks to process and mail.

Jami – Staff – Talked about the use of social media, advertising, e-newsletter that CSR puts out and Promotions such as hats, shirts, car decal, lapel pins, etc.

CalPERS Speakers – Kim Mau and Dallas Stone

- Spoke about the upcoming elections for the 2 Member at Large seats (A & B).
- Only had 6.8% voting participation last time. Total 1.8 members eligible to vote.
- Ballots will be mailed September 1<sup>st</sup> – must be returned by 11:59pm pm on October 2<sup>nd</sup>.
- 3 ways to vote – Online – Phone and Paper Ballot. Instructions will come with ballot

Meeting adjourned at 4:02 pm

## **CHAPTER MEETINGS**

**Our meetings are held on the 1<sup>st</sup> Thursday of February, April, June, August and October. Our December meeting is either the 1<sup>st</sup> or 2<sup>nd</sup> Thursday, arranged according to availability of the venue**

### **Regular meeting location:**

Sizzler Restaurant, 3755 Murphy Canyon Road, San Diego, CA (858) 278-6988. Off I-15 – take AERO DR exit from North or South. Go West to Signal. Turn right on Murphy Canyon Rd. Go to parking lot driveway. Sizzler is in far south corner. There is some parking behind the building. **Entrance to room is at the back of the building at the parking lot. DO NOT GO THROUGH THE LINE.**

**Doors open at 10:30 am.** Lunch 11:00 to 12:00. Meeting 12:00 to 2:00 pm. Please come early so we can get started on time. **OPEN TO ALL CHAPTER MEMBERS.**

## **MARK YOUR CALENDAR**

1. August 3, 2017 – Member Meeting – Sizzler Restaurant – DISCUSSION: Open Enrollment – Changes to Health Plans and OptumRx. SPEAKER: Jamie Pope, CalPERS Stakeholders Relations
2. October 5, 2017 Member Meeting – Sizzler Restaurant – DISCUSSION: TBA
3. October 24<sup>th</sup> to 26<sup>th</sup>, 2017 – CSR Statewide Committees and Board Meeting. Sacramento, CA

4. December 7, 2017 – Best Western Seven Seas – 411 Hotel Circle South, San Diego 92108. OPEN TO ALL CHAPTER MEMBERS

## RECIPE FOR HEALTH



### Asian Ginger Chicken

- **Makes:** 4 servings
- **Serving Size:** 1 chicken breast,
- 1/2 c. vegetables,
- 1/3 c. rice
- **Carb Grams Per Serving:** 24

From: **Diabetic Living**

### Ingredients

- 4 small skinless boneless chicken breast halves (5 ounces each)  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper  
2 teaspoons olive oil  
8 ounces fresh asparagus, trimmed and cut into 1-inch pieces (2 cups)  
2 cups packaged julienne-cut carrots  
1 tablespoon reduced-sodium soy sauce  
2 teaspoons grated fresh ginger  
1 1/3 cups hot cooked brown rice
- 
- 1/4 teaspoon crushed red pepper (optional)

### Directions

1. Sprinkle chicken with salt and black pepper. In a large nonstick skillet, heat oil over medium-high heat. Add chicken to skillet. Reduce heat to medium; cook for 8 to 12 minutes or until chicken is no longer pink and the juices run clear (170 degrees F), turning once halfway through cooking.
2. Meanwhile, place a steamer basket in a large saucepan. Add enough water to come just below the bottom of the basket. Bring water to boiling. Add asparagus and carrots to steamer basket. Cover and reduce heat. Steam for 5 to 7 minutes or until vegetables are crisp-tender. Transfer vegetables to a dish.
3. To serve, stir the soy sauce and ginger into the vegetables and/or hot cooked brown rice. Divide rice and vegetable mixture among four dinner plates; top with chicken. If desired, sprinkle with crushed red pepper. Makes 4 servings (1 chicken breast, about 1/2 cup steamed vegetables, and 1/3 cup cooked rice per serving)

## SAVE THE DATE



## Holiday Meeting

Thursday, December 7<sup>th</sup>, 2017

**LOCATION: Best Western Seven Seas – Mission Valley**

411 Hotel Circle South, San Diego 92108.

OPEN TO ALL CHAPTER MEMBERS

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

Diane Whorton – (619) 467-7861  
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#### Vice President

Steve Haley – (619) 441-8769  
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#### Secretary

Gloria Koch – (858) 455-1917  
[Kochgloria303@gmail.com](mailto:Kochgloria303@gmail.com)

#### Treasurer

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

#### District G Director (CSR Board)

Gaspar Luna Oliveira  
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### SUB CHAPTER – IMPERIAL VALLEY

#### Chair

Tom Stroud – (760) 353-1749  
[stroudtom@hotmail.com](mailto:stroudtom@hotmail.com)

#### Recording Secretary

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### COMMITTEES

#### Review Committee (Finances)

Steve Haley – Chair (619) 441-8769  
[Raceready13@gmail.com](mailto:Raceready13@gmail.com)

#### Legislative Committee

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Gloria Koch – (858) 455-1917  
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#### Membership Committee

David Juarez - (619) 379-4269  
[Maxjuarez555@gmail.com](mailto:Maxjuarez555@gmail.com)  
Terez 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 Social Security # ready)

#### California State Retirees, Inc (CSR)

(888) 808-7197  
[www.CalRetirees.org](http://www.CalRetirees.org)

#### CSEA Member Benefits

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

#### CalPERS Headquarters

(888) 225-7377  
[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



## CHAPTER 17 – San Diego Member Meeting

June 1, 2017  
10:30 am to 2:00 pm

### AGENDA

- Call To Order** Diane Whorton, President called the meeting to order at 12:00 pm
- Pledge of Alligence** Diane Whorton, directed the pledge of Allegiance
- Roll Call of Officers** Diane Whorton, President; Steve Haley, Vice President-excused; Gloria Koch, Secretary; Elaine Edwards-Yahraus, Treasurer
- Delegates** Diane Whorton, Elaine Edwards-Yahraus, Steve Haley-excused, Gloria Koch, Gaspar Oliveira-excused, Danny Morales-absent, Patricia O'Neill-excused,
- Committee Chairs** Laurie Bella, and Gloria Koch, Co- Chairs PAC Committee  
David Juarez and Terez Juarez, Membership Co-Chairs - excused
- Introductions**
- Jay Jimenez, Vice President, CSR
  - Gaspar Oliveira, District G Director-excused
- Welcome New Members** Lamberto Yuman-SDSU, and spouse Rebecca Yuman
- Approval of Minutes** Motion to approve the April 6, 2017 minutes by Elaine, second by Laurie.  
Motion passed
- Treasurer's Report** Elaine Edwards Yahraus -Treasurer's Report:
- Elaine presented Treasurer Report for April and May
  - Balance at the end of May was \$5,440.53
  - Balance at the beginning of June was \$4,374.31
- Motion to approve the treasurer report made by Richard, second by Linda.  
Motion passed
- Speaker Introduction** Sharon Hatch introduced our speaker as a member of her Church. Ms Morgan has worked many years for Glen Abbey in Bonita.

**Greta Morgan** from Glen Abbey in Bonita

### **DISCUSSION TOPIC: Burials or Other Options From Several Perspectives: veterans, pre-planned, cremation, donation, etc.**

Option available

1. Do nothing – you're going to die anyway
2. Pre-plan – benefits to doing that. Everything is already arrange/pay for – less emotional stress for family, location, music, type of burial, etc. Downside – don't always know where you're going to be
3. Final expense insurance- policy. Allows you to make decisions later. Insurance has small premiums and when paid in full the beneficiary will receive a check for the funeral costs.

Warning:

Veterans assume everything is paid for. Not everyone is eligible for everything. They are eligible for casket burial (Ground open and close is covered). Ms. Morgan recommended veterans to file :  
Form 40-1000 - Application for pre-determination of Eligibility for Burial in a VA National Cemetery with the VA ahead of time. This way their information will be in the VA system and they will be notified which benefits they are

entitled to.

Q: Insurance Policy – whole life policy – no medical required – Dies by accident – insurance pays out.

Q: Is there a policy for transportation of remains. The policy can pay for anything after it is paid out.

Q: typical cost for cremation in San Diego \$1500 TO \$5000. Very competitive. Check where the mortuary does cremation – not all use a crematory.

Q: Is there “fine print” in policies that could cancel? None that she’s aware

Q: How solid are the companies? Doesn’t feel that is a problem

There are insurance plans that cover expenses for emergencies when traveling. CSEA Emergency Services Plus. Cruise ships have emergency insurance plans

**President’s Report** Diane Whorton, President – No report

## **Committees Reports**

**Membership** David and Terez Juarez- Excused

**PAC/Legislation** Laurie Bella and Gloria Koch

Laurie and Gloria attended a PACE - meeting with Senior Advisory Committee facilitated by Senator Shirley Weber staff. They also toured .San Paul De Vince Facility for seniors in Medicare/Medical. The facility was modern, clean and provides in –house care, doctor services, physical therapies, etc.

They also attended a congratulation luncheon for Senator Toni Atkins – met a lot of local council people and legislators for San Diego County. Kevin DeLeon was keynote speaker, Very encouraging.

Making appointments with local legislators for July and August.

Laurie attended protest for March for the Environment where Assemblywoman Lorena Gonzalez Fletcher was the key note speaker.

**CalPERS Report** Elaine Edwards-Yahraus

1. Provided copy of Preliminary Health Benefits Rates for 2018

2. Provided copy of Letter regarding OptumRX –the letter addressed concerns expressed by Calipers’ members and actions OptumRX is taking to solve these issues. Sharon is having trouble with Walgreens. It was recommended that she calls OptumRX to complain since Walgreens has not responded to her requests.

3. Calipers Board Elections – 2 seats – CSR has formally endorsed Michael Flaherman – Seat A  
For Seat B – No candidate has been endorsed at present.

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

Next meeting in September 27 and 28

## **New Business**

Holiday Meeting – December 14<sup>th</sup>, 2017 – Last year’s hotel is going to close therefore we are looking for a new location. The hotels in Mission Valley are more expensive than what we used to pay. Some of them will charge for parking too. We will probably have to charge a portion of the luncheon to the members. No decision has been made yet.

**Old Business** None

**District G Report** Director – excused Report given by -JAYJIMANEZ – CSR Vice President

SB 562 – Universal Health Care Bill – Senator Pan doesn’t like it. CSR is watching it. Does not know where funding is coming. Not saying what impact it will have on others. In suspense right now.

**Meeting Adjournment** 1:45 pm