



SCARE Newsletter

Sonoma County Association of Retired Employees

Published Quarterly August 2023 Volume 323 Issue 3

Calendar of Events 2023

Membership Meetings

8/22/23, 11/28/23 Meetings
are at 1pm at Finley Center
and by Zoom

Luncheons

Luncheons have been canceled
because of COVID

Board Meetings

1:00 PM Dates may change so
call Board member first.

9/6/23, 11/1/23

Get Newsletter by Email:

Many members have agreed
to get notices and
newsletters via email. This
saves money and trees and
lets us get info to you more
quickly. Plus you can
increase the font size for
easier reading!! If you are
willing to get notices and the
newsletter via email, send an
email to
communications@sonomacountyretirees.com authorizing
SCARE to send them to you.
Please add that address to
your address book so spam
filters let it through.

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newsletter is believed to be
accurate and from reliable
sources. However, no
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articles as published.

President's Report by Kathy Young

The Sonoma County Employees' Retirement Association (SCERA) Retirement Board met on July 20 to discuss the Negative Contingency Reserve (NCR). This negative reserve has grown to \$598 million. As long as SCERA maintains this fund, there will be no COLAs. The SCERA Board is reevaluating the Negative Contingency Reserve and will be looking at whether to keep or abolish it or set it to zero and then keep it. This will be discussed at their August 24 meeting. This discussion has great bearing on our chances of ever getting a COLA so you may want to attend the meeting on Zoom. To get Zoom link, go to <https://scretire.org/august-retirement-board-meeting-x121444> a day or 2 before the meeting and click on the Agenda. It is important that SCERA Board members see that retirees are paying attention to this. More on pages 4 and 5.

Thanks to all who responded to our COLA survey. We received over 500 responses. Our COLA Committee continues to meet to strategize next steps.

Please join me in thanking Bill Robotka for his 7 1/2 years of service to the SCARE Board. Bill has decided to step down from the Board although he will continue to work with the SCCLO Committee, North Bay Labor Council and Independent Citizens Pension Committee. He will be missed on the JLMBC Committee where he has been a vocal questioner of why health insurance rates have such high increases – especially those for the County Health Plan. Fortunately, Phyris remains on that committee and has also been instrumental in getting the County to decrease rates. Bill, thank you for all you have done for the retirees of Sonoma County.

We will have our next membership meeting on Tuesday, August 22, at 1:00 PM PST. You may join the meeting either in person or on Zoom. We will meet in person at the Finley Center Cypress Room. Finley Center is located at 2060 W. College Ave. in Santa Rosa. Here is the ID code if you choose to Zoom in to the meeting: Join Zoom Meeting <https://us06web.zoom.us/j/8954632781>, Meeting ID: 895 463 2781, One tap mobile - +16694449171,,8954632781# US or Dial by your location +1 669 444 9171 US. Join us at 12:30 for light snacks and for socializing with other retirees. We will be giving away gift cards, three to those in attendance in person and three to those in attendance via Zoom. Remember, you must be present to win. For Zoom winners, stay on Zoom until we can get your address to send the gift card.

Our speaker is Vincent Valenzuela, Executive Director of the North Bay Chapter of the Red Cross. He will give an overview of services, including long-term recovery services and programs for individuals and communities. Please refer to page 2 of this newsletter for more information. If you have ideas for speakers at our membership meetings, please contact Cora Guy.

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Contact info on website

August 22nd Membership Meeting Speaker from The American Red Cross

The American Red Cross was established in Upper New York State in 1881 as a non-profit humanitarian aid organization. Since then, the ARC has expanded its network of services to include all 50 states, and is affiliated with The Red Cross Red Crescent which serves 192 countries around the world responding to a multitude of issues including natural disasters, health epidemics, and refugee and migrant crises.

The north bay chapter of the American Red Cross serves Solano, Marin, Napa, and Sonoma counties. It's Sonoma County headquarters is located at 5297 Aero Drive, Santa Rosa, CA, telephone 707-577-7600.

At our membership meeting on August 22, 2023, at 1:00 pm, at the Finley Center, Santa Rosa, CA, and accessible via ZOOM, Vincent Valenzuela, Executive Director of the North Bay Chapter of the Red Cross will be our guest speaker. He will provide an overview of the organization, covering a variety of topics including:

- + Disaster preparedness; emergency assistance (shelter, food, medical care, financial assistance) in response to a long list of qualifying disasters including fires, storms, and earthquakes; long-term recovery services and programs for individuals and communities.
- + Educational training and classes online and in person for individuals and organizations covering a variety of health and wellness issues, including adult, child, and baby first aid, CPR and AED, water safety for parents and caregivers, first aid for severe trauma, cat and dog first aid and more.
- + Blood donations and the positive impact donations have on the medical care system, trauma victims and patients with chronic diseases.
- + Services available for active-duty military, veterans, and family members.
- + Volunteer and donation opportunities. Nationwide, 95% of disaster relief workers are volunteers. Learn about local volunteer options and, if able to provide a financial donation, how donation dollars are distributed to the community.

Speaker Valenzuela has over 20 years of non-profit experience and strongly believes in the importance of listening to and building connections and partnerships between non-profits, diverse communities, people in need and volunteers to successfully carry out the missions of humanitarian organizations. Vincent began his journey with the Red Cross in 2018. He has learned invaluable lessons from being deployed to multiple local and national disasters, and will share some of his stories/insights during his presentation at the upcoming membership meeting. As a North Bay resident, Vincent reports that "in his spare time, he enjoys adding to his collection of vinyl record collection, cheering for Bay Area sports teams, and spending time with family and friends."

JLMBC Report by Phyris Tobler

HRA Update: If you are a member of the SCARE lawsuit class (retired by 6/30/16), there was a deposit of \$32.90 into your HRA with P&A on July 1, 2023.

Shingles Vaccinations: Shingrix is considered a preventative vaccination by the CDC for people 50 and older so there should be no copay. One of our members was trying to get the vaccine and was being charged a hefty copay, whether going through doctor or pharmacy so I checked with Human Resources Benefits Manager to get information on how our different plans treat this vaccine.

County Health Plan pays for the shingles vaccine through the doctor based on preventive guidelines, per the CDC "CDC recommends two doses of recombinant zoster vaccine (RZV, Shingrix) to prevent shingles and related complications in adults 50 years and older. Shingrix is also recommended for adults 19 years and older who have weakened immune systems because of disease or therapy.

Kaiser: Shingrix is included in their drug formulary. It is not limited to Medicare participants. Shingles vaccines are generally provided by appointment as an injection. It is coded as preventative and should be \$0 cost share to the member.

Sutter Health Plus: Covers the two-dose shingles vaccine in the category of Immunizations for ages 50 and above under the Preventive Care benefits at no cost share to the member for all plans.

Western Health Advantage: The Shingrix vaccine is recommended for members 50 years and older, it is covered as a preventative medical benefit and a Prior Authorization is required. The vaccine is not covered as a pharmacy benefit and must be obtained in the physician's office.

I am not able to ask AARP what they do but given that the CDC now says it is a preventative vaccination, I don't think they would be charging a co-pay. If a doctor or pharmacy tries to charge a co-pay, I would challenge it.

Health Insurance Rates: Both retiree and employees reps at JLMBC try to keep the insurance rates down. Kaiser, Sutter and Western Health Advantage (WHA) all make presentations to JLMBC showing what the past year has been like in terms of usage. A reminder that with the exception of the Medicare plans, rates are based just on Sonoma County usage so when our usage is high, rates go up. The HR Benefits Manager and our Consultant negotiate with the various insurance companies to try to get the lowest rates possible.

We have given Kaiser a hard time because their rates are higher than Sutter and WHA. For many years, Kaiser and the County Health Plan were the only under 65 health plans, with Kaiser being much less expensive so most actives and retirees enrolled in it. However, with the addition of Sutter and WHA, Kaiser became more expensive than either and it started losing members. Kaiser Medicare rates have been gradually decreasing and it is now similar in cost to AARP/UHC with a better prescription plan.

County increases for the 2023-24 year which began in June: Kaiser—1.6% increase with 4.6% decrease for Medicare; Sutter —5.5% increase; WHA—4.3% increase with 3% increase for Medicare. All pretty moderate.

In comparison —The CalPERS (which has a huge membership) health insurance increases effective January, 2024, were just published. They are skyrocketing with Kaiser going up 13% and WHA 6%. Kaiser Senior Advantage is increasing by 14.67% although WHA is decreasing by over 18%. Cal-PERS has many other plans but their average increase for under 65 will be about 11% and 9.5% for Medicare. This both makes our increase this year very moderate but it also may portend a larger increase next year.

SCARE COLA Committee by Ed Clites

The committee would like to thank the nearly 500 members who responded to our recent COLA Survey. If you have not yet responded and would like to be heard, please go to our online survey (https://bit.ly/SCARE_COLA) to be added to the results. The goal of the survey was to capture about a dozen of the most compelling responses to share with the Board of Supervisors (BOS) and others in our quest to obtain an ongoing COLA. As it stands now even an Ad-Hoc COLA isn't feasible due to negative returns in the retirement fund. A number recently shared with the SCERA Board to get in the positive was in the neighborhood of \$1.2 billion, yes billion, dollars.

Unfortunately, there were no "smoking gun" responses that the committee felt would compel the BOS to seriously consider funding an ongoing COLA. Some, but not an overwhelming number, of retirees have moved out of state. Many cited the combination of Social Security and Medicare assisting them in getting by. Almost everyone cited increased costs across the board and some even cited the talking points that we included in the Spring newsletter. Those who are not yet receiving Social Security and Medicare are all in the enhanced retirement category. At this point we are in a holding pattern. At last Thursday's SCERA Board meeting, CEO Julie Wyne noted that, although all bargaining has wrapped up, she has not yet contacted the CAO to schedule their committee meetings. She noted that the Negative Contingency Reserve, which is very high, is keeping SCERA from considering any action on COLAs. The SCERA Retirement Board will be considering possible changes to the current requirements for the Negative Contingency Reserve at their August 24th Board Meeting. I encourage you to attend that meeting by Zoom. President's Report on page 1 has information on how to do this.

Safe Mobility or Fall Prevention Classes by Sonoma County Area Agency on Aging

Safe mobility is critical to healthy aging. More than 3 million older adults are seen in emergency rooms annually with over 300,000 of them hospitalized for hip fractures. Falls are the leading cause of injury-related death among older adults.

With a little effort, many of these falls can be prevented. Assessing and addressing risk factors such as balance and fitness, health conditions and medications, foot health and shoes, and safety factors in the home can reduce falls and help older adults maintain independent lives in their communities.

There are many organizations throughout the county engaging in fall prevention efforts. These activities include exercise and balance classes, walking groups, self-assessment tools, professional fall-risk evaluations, and support groups focused on reducing the fear of falling that can limit one's quality-of-life.

The Sonoma County Adult and Aging Division is committed to promoting activities that reduce falls and support healthful aging and independence. In addition to convening groups of providers to coordinate and expand fall prevention efforts, the County offers periodic trainings and sponsors delivery of the evidence-based 'A Matter of Balance' (MOB) course conducted in community-based settings throughout the county. The 8-session MOB course provides participants with the knowledge and skills (including exercises) to increase one's confidence and safe mobility. Classes are now available in Spanish and English. Go to <https://sonomacounty.ca.gov/health-and-human-services/human-services/divisions-and-services/adult-and-aging/adult-and-aging-calendar> for schedule of upcoming classes

For more information about upcoming courses, hosting a class or becoming a trained fall prevention 'Coach,' please contact 707-565-5956 or email mob@schsd.org.

Sonoma County Area Agency on Aging also provides many other programs for seniors. Go to <https://sonomacounty.ca.gov/health-and-human-services/human-services/divisions-and-services/adult-and-aging/area-agency-on-aging> for more information. They also have a senior and disabled resource directory that shows a large variety of available services - <https://sonomaseniorresourceguide.org/>

SCERA Report by John Pels

OPERATIONS: At its July 20, 2023 Retirement Board meeting the SCERA Board heard a presentation from staff and the Plan's actuary on the Negative Contingency Reserve. This is a reserve that was created by Board action in November of 2002 to track shortfalls in interest crediting when the Plan does not earn enough investment earnings to fully credit interest to the reserves that account for Member and Employer contributions, amounts set aside for benefit payments and amounts set aside for COLAs that have already been granted. This presentation explained the Negative Contingency Reserve and why it was created, how it reached its current negative balance, how it impacts funding for the Ad Hoc COLA, and what it would take to get it back to a positive number. At the August 24, 2023 meeting, the Board will again hear from staff and the Plan's actuary on policy considerations for changing SCERA's approach to interest crediting and the Negative Contingency Reserve. This is a precursor to meeting with County representatives regarding the Ad Hoc COLA program.

Staff secured an audit of the Plan's actuary and the results will be presented at the August 24, 2023 meeting. It is best practice to do so every five or so years and the actuarial audit firm replicates the last actuarial valuation to see if their results are a match to the Plan actuary. It is also an opportunity to talk about best actuarial practices.

Personnel changes are underway with the recruitment of a new Office Assistant to replace the recently promoted Office Assistant to a Retirement Benefits Specialist. This is the second time SCERA has promoted an Office Assistant to a Member Services position which is in line with its Strategic Plan goal of promoting a culture that embodies respect both inside and outside of the organization. SCERA will be filling an Accountant III position to shadow the current Accountant III who has announced plans for retirement within the year.

INVESTMENTS: Investment returns through July of 2023 are in line with the plan's investment earnings assumption of 6.75%. Staff is planning the agenda for its Planning Session on October 11 and 12, 2023. In addition to the Business Plan presentation staff is planning to hear from an expert in China and an economist. Investment Manager panels will round out the sessions. The results of the Asset Liability Modeling Study will be presented to the Investment Committee in the fall and the Board will determine whether changes to its asset allocation are necessary. Asset allocation is a factor that the Plan actuary uses when evaluating the investment return assumption during the experience study, which is scheduled for next year.

Updating Contact Information

If you move or change your email or phone number, you need to give your **updated information** to the following organizations. They do not share information.

SCARE - send changes to Lou Maricle via email at maricles2@gmail.com, or address to 4720 Santa Rosita Ct, Santa Rosa, CA 95405, or call 707 538-7342. We also need changes of phone numbers and email addresses. And if we don't hear from you, this is what happens: Mail and newsletters were returned with no forwarding address for the following members - **April Harris and Cecilia Proschold**. Board member, **Alix Shor**, attempts to contact these people by phone and/or email but has not been able to reach them so we have no way of contacting them. If anyone knows how to reach them, would you please contact them and ask them to contact Alix Shor at alixshor@sonic.net or 707 495-4992 or give her their number and she'll call them.

SCERA - You get your pension check from them. Contact them to report changes at 433 Aviation Blvd., Suite 100, Santa Rosa, CA 95403, or call them at 707 565-8100.

Sonoma County Human Resources Benefits Unit - They handle health, dental, and life insurance and send out Open Enrollment Booklets. Contact them at 575 Administration Drive, Suite 116C, SR, 95403, or benefits@sonoma-county.org, or 707-565-2900.

Do It Yourself (DIY) Energy and Water Savings Toolkits are available for checkout at all branches of the Sonoma County Library.

The Toolkits include the tools and information necessary for customers to perform their own home upgrade projects to weather strip windows and doors, monitor electrical usage, find water leaks and make their homes more efficient with LED lightbulbs. There are several things that you can keep — low flow aerators for bathroom and kitchen faucets; low flow showerheads (2); LED lightbulbs, and more. Sonoma County Library cardholders can check out the kits for up to three (3) weeks.

Summary of the United Policyholders May Presentation on Insurance Issues

Emily Rogan provided a very informative program at our Membership Meeting on May 23rd. United Policyholders (www.uphelp.org) is a non-profit organization that focuses on planning for and recovering from disasters, and advocacy for consumers to strengthen laws that protect policyholders and provide disaster survivors more flexibility. It provides assistance in purchasing insurance, knowing how much you need (number one problem after a disaster is that people don't have enough insurance to rebuild). They provide information and services before and after disasters including where to look if your insurance company drops your coverage and they offer many Zoom sessions on navigating insurance claims. She also talks about "hardening" your home to make it more fire resistant. This sometimes can give you a discount on insurance.

We know all of our members have experienced the increase in home insurance costs and many may now be in what is considered a 'fire zone', meaning cost has doubled, tripled or you have been dropped. We realize that most of our members are not able to attend our Membership Meetings and think it is important to share the information Emily provided on ways to deal with the above. United Policyholders provides services to the entire country. Since there seems to be no lack of disasters, this is good information to have available.

Emily gave us links to some of the main pages that she mentioned as resources in her presentation.

- Sonoma County WRAP Resource Center <https://uphelp.org/preparedness/wrap-resource-center/wrap-sonoma-county/>
- Home Insurance Shopping Help Page <https://uphelp.org/home-insurance-shopping-help-wrap/>

In addition to the power point presentation she gave, Emily also gave us pdfs of documents that provide helpful information if you are dropped by your home insurer and another showing how you can improve your home's chances of surviving a wildfire. These are all available on our website at <https://www.sonomacountyretirees.com/helpfulinfo.shtml>

We hope you find this helpful. Note: Emily said that State Farm was one to check out if your insurance had been cancelled. However, since her presentation, it was announced on the news that State Farm will no longer be writing any new homeowner policies in California although they are not dropping anyone. This is not a good sign.

Alphabet Soup by Bill Robotka

ICPC - We welcomed a new member (Lily Kangas) at the June 1st meeting, and are scheduled to meet again on August 10th. The June meeting was largely devoted to integrating the two new members (Peter Vranich and Lila Kangas) and reviewing the process for the ICPC review of the annual pension report. This included briefing the new members on the last pension report.

North Bay Labor Council and SCCLO - nothing to report at this time.

Using Alexa for Shopping Lists

If you have Alexa, you can use her for making shopping lists. You can tell her to make a list and name it groceries, Costco, etc. Then when you think of something you need to go on the list, you tell Alexa to add that item to the appropriate list. Prior to this, I would often think of something I needed to buy but not write it down – soon to be forgotten. If you put the Alexa app on your phone, you just call up the list when you are in the store and check things off as you pick them up.

Hazardous Waste Surprises

by Phyris

I recently was planning on taking some hazardous waste to the dump and decided to check to see what else could be included in hazardous waste. I went to the <https://zerowastesonoma.gov/?locale=en> website and found a list of what they considered hazardous waste (<https://zerowastesonoma.gov/recycle-dispose/residents/common-household-hazardous-waste-hhw?locale=en>)

I was shocked to see some of the items on the list. They were not things that I ever thought were considered hazardous. For years, I've been putting things in recycle or trash that are on this list. I thought many of our members might be surprised too so they are listed here.

In the House

Aerosol sprays
[Asbestos](#)
[Batteries](#)
Cleaners and disinfectants
[Fire extinguishers](#)
[Fluorescent bulbs](#)
[LED bulbs](#)
[Medication](#)
Nail polish & remover
Perfumes
[Sharps/needles](#)
Shoe polish
Toiletries
Vape pens (residents only)

In the Yard

Fertilizers
Fungicides
Insecticides
Pesticides
Pool chemicals
[Propane](#) (5 gallon-cylinders and smaller)
Rodenticides
Weed killers

In Garage/Workshop

[Antifreeze](#)
[Auto batteries](#)
Automatic transmission fluid
[Brake fluid](#)
[Engine cleaners](#)
Flammable liquids & solids
Flares
[Fuels](#) (such as butane, diesel, gasoline, kerosene and lamp oil)
Glues
[Oil & filters](#)
[Paint](#)
Paint thinners
Photo chemicals
Power-steering fluid
Solvents
Wood finishes

It was not clear from the website whether you could wash out containers for cleaners, for instance, so I contacted zerowastesonoma and asked if empty bottles that were washed out were recyclable. This is the

answer I received. "Empty and tripled rinsed plastic bottles/containers that have held household cleaners, disinfectants and pesticides are accepted as recycling in the blue recycling bin. Make sure to leave the caps on."

The biggest surprise was that toiletries were on the list but evidently some have hazardous components and they can't identify which ones do so they say all.

I think most, if not all, of us are trying to do things that are good for the planet and reduce waste, so you may want to check out zerowastesonoma.com website because it has a variety of ideas for accomplishing this.

The website also has a calendar that shows when hazardous waste collection will be in your community. Hazardous waste collection is available at the main dump on Meacham Road in Petaluma. Check website for days when they accept hazardous waste.

New Option for Getting Information from SCARE

Up until now, members had the option to get newsletters and other notices by email or regular mail. Sometimes when we felt the information was very important, we would send notices to members who gave us their email address but didn't want to get the newsletter that way.

Now you have an option to get the newsletter by USPS mail and get all notices by email. If you want this option, contact Lou Maricle via email at maricles2@gmail.com or call 707 538-7342. Make sure that we have your current email address and that you send an update if you change it.

Free Entrance to California State Parks through the Sonoma County Library

This includes Mendocino libraries. You can check out a **California State Library Parks Pass** just the way you check out a book. You will get a vehicle hangtag with the words "California State Library Parks Pass" that allows you to get into State Parks free. If you go online to library and do a search on the pass, it shows you passes available at each library

Welcome to the following new members who joined as they applied for Pacific Group Insurance. Those without dept. showing are beneficiaries

Garrett Anderson—Sheriff's Office
 Linda Franzman—ISD
 Marie Moody—Parks
 Gina Petersen—Fire
 Nance May—Human Services
 Nancy Cushing—Health Services
 Jose Ibarra—General Services
 Ruthann Carrier—Human Svcs
 Kathleen Pettis—Probation
 Mario G Silvestri—Public Defender
 Albert Winter
 Mario Alvarenea—ISD
 Sondra Schopflin
 Patricia Thomas—Behavioral Hth
 Leland Gee—General Services
 Marlana Gonzales—Superior Ct
 Sharon Douthit—Human Svcs
 Hiroka Kobayashi
 Tommy Cooper—Regional Parks
 Robert Pavioni —ISD
 Tessa Svendsen—Human Svcs
 Rene Green—Human Svcs
 Theresa Lombardi—Health Svcs
 Todd Lands—Sheriff's Office
 Janet Robbins—Sheriff's Office
 Jeanne Quinn—Auditor
 Tessa Hartshorn
 Lori Steel
 Jane Ellen Gilmore—Human Svcs
 Maria Cuevas—Maria Cuevas
 Richard Peters
 John Marracq—ISD
 Theresa Tribendis—Human Svcs
 Stephen Share—Human Svcs
 ChiKay Hardy
 Rex Reader
 Gladys Marrero Wheeler—DA
 Luis Pena—Sheriff's Office
 Christine Daleiden—Public Health
 Michael Stuart
 Glenn Lawrence—Sheriff's Office
 Martha Crosat—PRMD
 John Monaghan—Water Agency
 Elizabeth Fowlds—Public Def.
 Darlene Vanderpool—DA
 Jeanne Niewieroski—Mental Hlth

In Memoriam

Our deepest sympathy is extended to the family and friends of the following retirees:

Ken Adamson	M. Sid Allsop
Paul Day	Ronald Hays
James Hunt	Jacqueline Jorgensen
Robert Kambak	Alice McKinna
Mary Murphy	Thelma Dixon Ramsey
Ellen Stillman	Gloria Van Cleave
Paul Vinck	Mary Ann Wilcox

Website Updates by Phyris

The "Insurance" webpage has links to the Sonoma County Human Resources page that shows the health insurance coverage available to retirees. This includes the Annual Enrollment Booklet; just in case you tossed yours and now would like to check something. Perhaps you or a spouse are turning 65 and now want to see what the Medicare options are. Also shown is information on Care Counsel and on our new insurance offerings through Pacific Group Agencies.

Mail Theft and Check Fraud on the Rise Warns USPS

For more information on this, go to

<https://www.aarp.org/money/scams-fraud/info-2022/tips-to-avoid-mail-fraud.html?intcmp=AE-FRDSC-MOR-R2-POS3>.

Congratulations New Retirees and New SCARE Members (in bold)



Begin Gregory – Human Services

Bhatti Waheed – Health Services

Brazeau Darla – Human Services

Calderon Ancelia – Human Services

Conway Terry – Water Agency

Cureton Elizabeth – General Services

Ferguson Jill – Sheriff's Office

Fernandez Margaret – Transit Authority

Fiano Steven – General Services

Galvez Maria – Superior Court

George Elizabeth – Health Services

Gonzalez Raul – Juvenile Hall

Gross Laura – Probation

Hamilton Karin – Information Systems

Helfrich Gary – PRMD

Henderson Stacy – Human Services

Holdren Rex – Regional Parks

Irvin Peggy – Auditor/Controller/Treasurer

Johnson Grant – Sheriff's Office

Kasulis Lucia – Water Agency

Laurencot Colette – General Services

Marcum Tracy – Human Services

Mazzamuto Jennifer – Community Development

McDaniel Georgia – PRMD

Meyer Heather – Health Services

Moran Lisa – Health Services

Motiska Summer – Human Services

Novi Sherry – Health Services

Oseguera Blanca – Health Services

Papworth Gail – Human Services

Rable Charmaine – Health Services

Reid Matthew – Regional Parks

Saykes Janine – Sheriff's Office

Sherman Deanna – Sheriff's Office

Simms Lisa – Health Services

Taylor Mauri – Human Services

Tourady Gary – Water Agency

Ugarte Alice – Human Services

Weaver Leslie – Human Services

Food Storage Guidelines

For guidance on how to safely handle and store foods, you can turn to the USDA's free FoodKeeper app at <https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>. The app offers specific storage timelines for the refrigerator, freezer, and pantry for various products, including meat, poultry, produce, seafood, dairy products and eggs, and more. The storage times listed are meant as guidelines, not hard-and-fast rules.

Encourage Fellow Retirees to join SCARE!

While we add many new members, we are stronger with even more. If you see people you know on the above list who have not joined SCARE, please encourage them to do so. That way they can continue to have a say in the future of their benefits and keep up to date on what is happening to retirees. They can call Patty Hamley at (707) 579-1726 to get a copy of our application form or go to our website — <http://sonomacountyretirees.com/application.pdf>

Board and Membership Meeting Minutes can be viewed at our website or you can request a copy from Patty Hamley.

Reminder—SCARE has its own Facebook Page

This is a private (closed) group meaning that the public may not view the contents, and membership must be requested and approved. For those of you already on Facebook, it can be found by searching for Sonoma County Association of Retired Employees (SCARE)" or using the direct link: <https://www.facebook.com/groups/socoretirees>. To join the group, go to the page and at the top you will see a box that indicates "Join Group." Once I verify you are indeed a member of SCARE, or are a spouse of a member, you will be added.

Bob Bulwa

SCARE Membership and Financial Information

SCARE currently has 1697 members and 161 associate members for a total of 1858 members. We do not include our financial information in the newsletter, but if you are interested, contact me and I can provide you with a copy of our financial statement (contact information on page 2). I can send this information to you either via email or postal service.

Chris Bauer

Sonoma County Association of
Retired Employees (SCARE)
P.O. Box 5513
Santa Rosa, CA 95402

Address Service Requested

General Membership Meeting August 22, 2023

Join us at 12:30 for an in-person meeting at Finley Center, 2060 W College Ave, SR in the Cypress Room. There will be snacks and drinks and the opportunity to visit with friends.

Vaccinations encouraged if attending in person

Then for those of you who can't attend in person, join us at 1:00 pm for the meeting on Zoom: <https://us06web.zoom.us/j/8954632781>, Meeting ID: 895 463 2781, One tap mobile - +16694449171,8954632781#

MEMBERSHIP MEETING AGENDA

- I. SPEAKER — Vincent Valenzuela will talk about services available through the Red Cross—see page 2 for more info**
- II. JLMBC REPORT**
- III. SCCLO/ICPC REPORT/COLA SUBCOMMITTEE**
- IV. GENERAL INFORMATION/QUESTIONS**
- V. DRAWING FOR GIFT CARDS (3 for those at Finley and 3 for those on Zoom)**