The Informer
March/April 2018 • Volume 53 Number 2

RETIREd EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

Spring Luncheon
Set for Wednesday,
March 28

Join your REAOC friends and guests for our Spring luncheon at the Mile Square Park Golf Course Clubhouse in Fountain Valley.

The karaoke we anticipated for January is now scheduled for March entertainment. We have had plenty of time to decide which songs to sing, so please be ready to have some fun. Be it a silly, serious, easy-listening or rock and roll song, we will appreciate hearing you. As your newsletter editor, I plan to have some fun and I'm certainly not a soloist. I make mistakes! Get your friends to sing a popular oldie but goodie with you in a duet, trio or however many you desire. Who knows, the audience may even want to join in. I hope you do when I'm at the mic. We welcome singers of all levels, even beginners.

CONTINUED ON PAGE 7

Presidents’ Message
From the Desks of Linda Robinson and Doug Storm

Spring 2018 is on its way, bringing with it a welcoming new season. Daylight savings time begins March 11th and that one-hour change provides additional time to spend on outside activities—like mowing lawns, watching sunsets, tending to gardens and taking time to appreciate our individual life’s journey. It’s a remarkable, renewing time of year. The late comedian, Robin Williams, said so well: “Spring is nature’s way of saying, ‘Let’s Party.’” The result of nature’s partying is a magnificent awakening of the surrounding landscape. On behalf of the entire REAOC and AREOC Board of Directors please enjoy the colorful blooms, budding trees and extended daytime hours. “Party On” during your well-earned, 2018 Spring retirement season!

And speaking of landscapes, the political landscape is certainly providing an “E-ticket” ride. Regardless of political leanings, it’s more important than ever for each of us to remain calm, levelheaded and well-informed. REAOC Board members and volunteers are keeping a watchful eye on emerging or continuing retiree issues, which could affect the very important benefits retirees earned during decades spent serving the public. We will keep everyone advised of issues as they develop.

2018 KEITH L. CONCANNON SCHOLARSHIP PROGRAM Just a reminder—The deadline for complete application submission is April 2, 2018. Please see the January/February 2018 Informer for information regarding the scholarship application, qualifications and process.

LITIGATION UPDATE The wheels of justice continue to move at a slow pace. The Harris, Jahn, McConnell vs County of Orange Class Action Lawsuit is continuing to proceed through the federal court system; however, a further delayed ruling is anticipated, due to the death of Judge Pregerson, one of three judges sitting on the 9th Circuit panel deciding this case. Late last Fall Attorney Michael Brown met with personnel at the 9th Circuit Court of Appeals in San Francisco and reported a ruling was expected in approximately 60 days. Unfortunately, Judge Pregerson’s

CONTINUED ON PAGE 2

Progressive Drawing
$100.00

Betty Dunn of Mission Viejo would have won $100 at the January luncheon had she joined us. You must be present at the time of the drawing to win! See you on Wednesday, March 28, 2018 at Mile Square Park
Passing has affected the timing of the anticipated ruling. An email received from the Court indicated Judge John Byron Owens has replaced Judge Pregerson on the panel and indicated the panel would meet promptly to “prioritize” this case. Stay tuned for further updates in this lawsuit.

**ADDITIONAL INFORMATION**

We are very happy to report REAOC membership has exceeded 6,100 Retiree and Associate members.

During these last two months, Board members and volunteers have continued to work on behalf of all retirees through Board Watch activities, legislation research and tracking, outreach at retirement seminars for soon-to-be retirees, newsletter and website current news articles, scholarship program actions, participation in OCERS meetings and monthly, general business activities. Representatives from REAOC have participated in the UCI 27th Annual Health Care Forecast Conference and in national webinars to receive updates on important retiree issues. Attendance at an April statewide California Retired County Employee Association (CRCEA) Spring Conference will allow several Board members and REAOC Executive Director, Ilene Barcenas, to network with 19 other County Retiree Associations. 2018 is proving to be a busy but productive time for the REAOC organization.

In closing, we sincerely thank each of you for your support, participation and membership in REAOC. Stay active, informed and united, retirees. Your organization depends on you!! Take care and be well.

– Linda Robinson
– Doug Storm
Yours truly, Robin Mattocks, is honored to serve you as a newly elected REAOC Board Director, protecting your interests while continuing to edit *The Informer* and assuming other new-to-be-discovered responsibilities.

When I was informed I must write my own introduction for *The Informer*, I was at a loss for words. This is not an easy task. What information should I share and how could I share it objectively as a news reporter. Should I make it a personal interest story instead, similar to the “What Have You Been Doing,” stories shared by our members? Because this edition of our newsletter had room, I decided to share a bit of both, keeping in mind the information I had wished others had included that could be of interest to members. But, how do I share this with humility? I apologize in advance if I fail at this attempt.

I will attempt to share an overview of my service to the County and touch on the highlights. Then I will share what may be of interest since retiring.

My County employment experience includes 35 years plus several years working as an Extra-Help Retiree. In 1973 I began at the Sheriff-Coroner transcribing crime reports while studying law enforcement. Later I moved to the Sheriff’s Personnel Bureau and learned about human resources. I began enrolling in basic college courses while raising my young son. I promoted to supervise office support in the Social Services Agency, and eventually had oversight of the Human Resources Dept. office support. During that time, I was elected President of the County Office Supervisors beginning my Board experience.

I decided to change career paths to more quickly enter management. At the suggestion of a seasoned HR Manager, I accepted a voluntary reduction to learn recruiting. After a few years, I competed and entered management in the Human Resources Dept. After my son was grown, while working full-time, I attained a Bachelor’s Degree in Psychology with Industrial/Organizational emphasis, which strongly aligned with my HR career.

I became an HR generalist and supervised managers involved in all HR functions. My HR assignments encompassed many agencies and departments: Health Care Agency, Social Services Agency, Central Human Resources, Environmental Management Agency (which included Public Works, Parks, Planning, Construction, Transportation, Building Services, Agricultural Commission, and even Integrated Waste Management at one time), the District Attorney’s Office (pre and post Child Support Services inclusion), and again Social Services from which I retired. I served in Social Services at five separate times, feeling most at home there. I may have been considered an MVP (most valuable—or versatile—player) at times, as I was “on loan” to the General Services Agency during disbandment with the County bankruptcy, “on loan” to the Fire Authority during its consolidation, HR consultant to the Public Authority and later the Planning Department while both were in transition.

Memorable highlights: Volunteer for “night problems” at the Sheriff’s training academy, pretending to be a suspect in a traffic stop. While serving as Selection Complaint Manager at Central HR, I became party to a political feud, and represented the County (and prevailed) in colorful arbitration several times regarding selection disputes. From working in the human resources field, I have so many strange and unusual stories that I wish I could tell, but cannot. I was seldom bored at work.

After having retired, I returned to work at the County several times to develop and deliver classroom and individual training for current and future HR staff and provide supervision.

I too have had health challenges since retiring: viral congestive heart failure, a second breast cancer with surgery, lung cancer from prior radiation, heart failure also from prior radiation, resulting in open heart surgery to replace three valves. To top it off, while learning to sail in the Sea of Cortez, I fell and broke four back vertebrae. I’m healed for the most part, am still here and am healthy as ever. I plan to continue to live life to the fullest, full steam ahead!

I have enjoyed many new endeavors: traveling, acting in murder mystery dinner theater, singing in musical theater and social justice concerts and my overall passion is ballroom dancing. I have served on several nonprofit boards.

While singing with South Coast Chorale, the love of my life magically appeared and we are looking forward to...
I have a question for you. What age do you most often feel? My guess is that it’s not anywhere near your actual age, but actually much younger. Am I right?

Recently, a couple of my friends have said, out of the blue, I know I’m 50+ or 60+, but I feel so much younger. And I have to concur. I rarely feel my real age, unless it’s one of those days. My back has an annoying way, on occasion, of reminding me that I’m not a kid anymore.

Regardless of those days when my body suggests otherwise, and when I choose to ignore what I see in the mirror, I generally don’t feel much differently than I did in my early 40s, except for the confidence and sense of peace that accompanies me on a daily basis now. Gifts of age and all.

There are lots of good reasons for thinking of yourself as a younger version—to stay current and interested in the world, to remain curious and open to change, and to be willing to take a risk or a new direction. What’s more important is how beneficial this minor delusion is for actually keeping us healthier, happier, and more robust.

Age may be in the body, but youth is in the mind.

Our brains are amazing. The more we honor the brain’s plasticity to grow and add new information, make new decisions and challenge it to think, the smarter—and younger—we become.

I read an article several weeks ago about a series of studies that were done with different groups of people in their 70s. The results affirmed that a person’s mindset is a critical component of successful aging.

In a nutshell, the studies involved taking several people in their 70s in various stages of health to a country house for a week. The house had been retrofitted to 1975, right down to the kitschy wall art. The participants were given era–appropriate clothing, watched programs from the same period of time, and were instructed to think and behave as their younger selves. The results were inspiring.

One participant, who had rolled up in a wheelchair, walked out with a cane. Another who couldn’t even put his socks on unassisted at the start, hosted the final evening’s dinner party, gliding around with purpose and energy. The others walked taller and indeed seemed to look younger.

The research psychologist, Ellen Langer, surmised that the participants had been made to feel important again, and perhaps, that rekindling of their egos was key to the improvements in their bodies.

Langer suggested that an individual’s own view of one’s self is as

**Things Mentally Strong People Do**

1. They move on. They don’t waste time feeling sorry for themselves.
2. They Keep Control. They don’t give away their power.
3. They embrace change. They welcome challenges.
4. They Stay Happy. They don’t complain. They don’t waste energy on things they can’t control.
5. They are kind, fair, and unafraid to speak up. They don’t worry about pleasing other people.
6. They are willing to take calculated risks. They weigh the risks and benefits before taking action.
7. They invest their energy in the present. They don’t dwell on the past.
8. They accept full responsibility for their past behavior. They don’t make the same mistake over and over.
9. They celebrate other’s success. They don’t resent that success.
10. They are willing to fail. They don’t give up after failing. They see every failure as a chance to improve.
11. They enjoy their time alone. They don’t fear being alone.
12. They are prepared to work and succeed on their own merits. They don’t feel the world owes them anything.
13. They have staying power. They don’t expect immediate results.
14. They evaluate their core beliefs—and modify as needed.
15. They expend their mental energy wisely. They don’t waste energy on unproductive thoughts.
16. They think productively. They replace negative thoughts with productive thoughts.
17. They tolerate discomfort. They accept their feelings without being controlled by them.
18. They reflect on their progress every day. They take time to consider what they’ve achieved and where they are going.

**Source:** forbes.com

CONTINUED ON PAGE 7
We extend our deepest sympathy to the families and loved ones of those who meant so much to so many.

October 2017 - February 2018

Allshouse, Richard OCSD 11/7/2017
Arica, Reyna HCA 10/23/2017
Avila, Concepcion HCA 11/3/2017
Beavers, Geraldine OCTA 11/8/2017
Boury, Patrick San. District 11/9/2017
Bouyear, George OCPW 11/9/2017
Branson, Deloria SSA 11/9/2017
Byrd, Sylvia OCCR 11/16/2017
Cantrell, Kay HCA 11/16/2017
Corrao, Dawn HCA 10/12/2017
Daywalt, Lester OCFA 10/24/2017
De Guzman, Irma HCA 10/29/2017
Denbraber, Elva Auditor Controller 11/28/2017
Doyle, Agnes Assessor 12/5/2017
Dunham, Joan OCCR 10/31/2017
Dunlap, Ronald OCSD 10/9/2017
Eugley, Frank OCTA 11/6/2017
Fiorina, Velma Probation 11/14/2017
Fuentez, Vincent OCPW 11/14/2017
Gertsch, Marleen Superior Court 11/27/2017
Griffiths, Richard OCTA 10/26/2017
Heckrotte, Dorothy Probation 12/8/2017
Helland, Lavada UCI 11/3/2017
Hinkson, Edgar OC Public Works 12/11/2017
Hookum, Dennis, OCPW 12/11/2017
Jones, Laura District Attorney 12/3/2017
Jones, Patricia Superior Court 10/24/2017
Kennedy, Ronald Child Spt Srvcs 11/22/2017
Kim, Yanghee SSA 11/27/2017
Kimbell, Charles OCSD 10/1/2017
Klonowski, Dennis City of San Juan Capistrano 12/5/2017
Lee, Insun CEO 11/10/2017
Magruder, Marjorie County Counsel 12/3/2017
Mauerman, Dorcas OCCR 10/14/2017
McDonald, Joan HCA 2/1/18
Miller, Eugene Sheriff’s Dept 11/26/2017
Moore, Linda SSA 10/27/2017
Muchow, Keith OCPW 10/22/2017
Munoz, Anita Probation 11/25/2017
Novella, Ronald OCPW 11/12/2017
O’Brien, Jackie SSA 10/22/2017
Perez, Gloria OC Public Works 11/7/2017
Pierre, Ronald OC Waste and Recycling 12/11/2017
Rhodes, Marshall Sheriff’s Dept 11/23/2017
Rivas, Robert Probation 12/5/2017
Rivas, Robert Sheriff’s Dept 11/20/2017
Satkin, Harriet Probation 10/21/2017
Scales, Walter HCA 10/23/2017
Shock, Brandon OCPW 10/30/2017
Shumate, Mary Probation 10/19/2017
Smith, Richard County of Orange 10/28/2017
Solar, Mac Social Services Agency 11/1/2017
Sontag, Arlene CCFA 10/29/2017
Sterns, Eileen County of Orange 6/12/2017
Sylvester, John San. District 10/16/2017
Temple, Ralph OCSD 11/4/2017
Thomsic, Jonathon OC Public Works 7/17/17
Van, Doris Superior Court 5/12/2017
Vrnick, Joseph Sheriff’s Dept 11/20/2017
Volkov, Alan Fire Authority (OCFA) 12/4/2017
Weber, Susan Probation 11/8/2017
White, Stephen OCTA 11/13/2017
Wolfe, John W. OCPW 1-13-18

Surviving Spouses
Anaya, Leonor 11/4/2017
Beddihingham, Hilda 11/30/2017
Blosk, Stanely 5/21/2017
Lawton, Mary 10/25/2017
Hobel, Lorraine 11/21/2017
Hogeman, Eugene 12/10/2017
Kawamani, Carol 11/28/2017
Norris, Kathryn 11/28/2017
Person, Nettie 5/8/2017
Schiebeck, Carlo 11/5/2017
Sharpe, Peggy 11/15/2017
Taylor, Betty 12/3/2017
Waters, Leslie 4/25/2017

Orange County Strategic Plan for Aging (OCSPA)
by Carol Nastasi

Did you know that within the next 15 years, Orange County’s 65 and over population will grow by 63% with Orange County (OC) being among the fastest growing aging counties in America? OC community leaders have united to launch the Orange County Strategic Plan for Aging (OCSPA) to offer new opportunities and challenges and bring together cities, county, non-profits, foundations and corporations to enhance the aging experience.

Initiative Highlights

Transportation: identifying feasible options for older roadway users, such as rideshare services and successful volunteer driving programs.

Senior Nutrition: identifying potential new food distribution site in South OC (Mission Viejo, Laguna Woods, Corona del mar and Newport Beach).

Healthcare: FREE workshops for individuals with a chronic health condition (diabetes, high blood pressure, chronic pain, etc.) looking for effective tools to better manage their health.

Dates to remember:

Housing & Transportation Summit - Fall 2018

For more information, please check the OCSPA website (http://www.ocagingplan.org) or contact Christine Chow (949-757-3714).
Welcome, New Members

Assessor: David Love, Colleen Callahan, Robert Morrison
Auditor Controller: Thanhhoung Nguyen, David Perry, Julie Perry
CEO: Grace Scott, Gregory Clarke, Sara Walker, Michael Stein, Teresa Bruner
Child Support Services: Alicia Hernandez, Ramona Hernandez, Hung Nguyen, Daisy Ortiz, Anna Searcy, Joanne Pentecost, Leonila Yan
County Counsel: Ann Fletcher
District Attorney: George Hicks, Debra Jackson, Linda Mosher, David Burnham, Emma Failla, Gregory Fall
Public Administrator/Guardian: Carolina Sotomayor, Kenneth Johns, Margaret Masada, Nancy Fernandez
Public Defender: Cherie Smith-Mosbey, Janet Litton
Registrar of Voters: Leslie Le
OCERS: Ed Harrison
OC Fire Authority: Jane Barnes, Paul Guns, Kirk Blain, Robert Leysack, Clifford Bramlett, Stephen Pardi
OC Parks: Ernesto Romero
OC Public Works: Lorenzo Fernandez, Manson Collins, Brian Danks, Calvin Macklin, Ernest Moore, Vincent Mas, Joe Dorantes
OC Sanitation District: Eva Guerra, Cindy Wallin
OCSD: Philip Roth, Michelle Black, Dallas Ferrell, Milagros Gonzales, Edwin Pendrey, Maria Rico, Rita Schrank, Karen Shafer, Linda Scroggins, Keven Leahy, William Chaffin, Stephen Edney, Catherine Irons, Deborah De Maio, Dennis De Maio, Charles Mills, Christine Murray, Yvette Brown, Linda Benham, Michael Runyon, Keith Prinzal, Hal Bystrom, Kimberly Stansfield, Victoria Bywaters, Christopher Wilson, Ludolph Lorrimer, Michael Gaard, Jerol Brittian, Christine Lyon, Ionel Danciuescu
OC Special Programs: Andrew All
OC Waste & Recycling: Lin Shaw, Robert Reming
Office on Aging: Lidia Marvin
Probation: Maggie Blount, Mark Miller, Bradley Perkins, Linda Mosher, David Burnham, Emma Failla, Gregory Fall
Public Administrator/Guardian: Carolina Sotomayor, Kenneth Johns, Margaret Masada, Nancy Fernandez
Public Defender: Cherie Smith-Mosbey, Janet Litton
Registrar of Voters: Leslie Le
Special Programs: Nadene Ivens
Superior Court: George Andrus, Samuel Archuleta, Victoria Brizuela, Carol Calderon, Susan Davis, Eileen Ferris, Jimmy Manese, Dolores Estrada, Mary Hennessy, Doreen Novotny, Ronan Guley, Carolyn Gregor, Jay Bullard, Wilford Chin, Leonard Ekenstam, Nelida Mendoza Yanez, Beatriz Lopez
Transportation Corridor Agencies: Joyce Hill
Treasurer-Tax Collector: Flordeliz Acoba, Colleen Avila
Not Stated: John Ulriksen, Georgina Brewer, Daisy Alvarado, Sally Gier, Daniel Weis, Gina Diep, Marie Watson
Surviving Spouses: Carol Chaney, Lisa King, Veronica Vu, M. Susan Jarrett, Catherine Anderson

Hold These Dates

The following dates have been reserved for our 2018 luncheons:

- May 23
- September 26
- December 5

New Board Member

CONTINUED FROM PAGE 3

to many years together.

I also enjoy hiking, traveling, all kinds of dancing, the gym and spending time with my grandchildren, family and my close friends (aka family). “Family” are my adopted, chosen family. I look forward to more traveling, writing memoirs and perhaps historical fiction someday. I enjoy editing The Informer and am looking forward to meeting and serving each of you at REAOC.
Hemet Chapter Luncheon

When: Tuesday, April 17, 2018 at 11:30 a.m.
When: The First Presbyterian Church, 515 E. Kimball, Hemet
Price: Only $9.50 per person
Menu: Lemon Herb Chicken, Au Gratin Potatoes, Green Beans, Green Salad, Bread with Butter and Carrot Cake

The Hemet Chapter invites new and all REACC members who live in the area or within driving distance to join them for the luncheons.

Call Mary Little at (951) 485-7738 or Jane Pabitzky at (951) 237-3240 by Thursday, April 5, 2017 to reserve your seat.

Mindset Over Matter

When: Tuesday, April 17, 2018 at 11:30 a.m.
When: The First Presbyterian Church, 515 E. Kimball, Hemet
Price: Only $9.50 per person
Menu: Lemon Herb Chicken, Au Gratin Potatoes, Green Beans, Green Salad, Bread with Butter and Carrot Cake

The Hemet Chapter invites new and all REACC members who live in the area or within driving distance to join them for the luncheons.

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March Menu

Coconut Macadamia Nut Chicken

Scallion Pineapple Rice and Garden Vegetables

House Salad with Italian or Ranch Dressing

Fresh Rolls

Dessert

Coffee and Iced Tea

Directions to Luncheon at Mile Square Park, Fountain Valley

Mile Square Golf Course is located in Mile Square Park, 10401 Warner Ave., Fountain Valley. From the San Diego Freeway (405), take the Warner Ave. exit and proceed East on Warner. Turn into Mile Square Park Golf Course Clubhouse entrance at Ward St. and park (parking is free). Mile Square Park is bounded north by Edinger Ave., south by Warner Ave., east by Euclid Ave. and west by Brookhurst.

Luncheon Reservations Due Wednesday, March 14, 2018

Print Name: ________________________
New/Changed E-mail Address: ___________
# of lunches at $17.00 each: ___________
# of Vegetarian lunches: _______________
Enclosed is my check for $ ____________
Check-in starts at 11:00 a.m. and lunch is served at noon. This is one luncheon you won’t want to miss!

Never forget a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

Source: anonymous

NOTICE: April 2, 2018 is the deadline for submission of scholarship applications. See January Informer for requirements.
INSIDE THE INFORMER

Jerry McFarland, January Entertainment Photo

Mindset Over Matter

New Board Member Introduction

Things Mentally Strong People Do

Presorted - Please Deliver Immediately

Hemet Chapter