Luncheon Set for Wednesday, May 22

Please join us at the Mile Square Park Golf Course Clubhouse in Fountain Valley to share a scrumptious meal with your County colleagues and talk about your plans for the upcoming summer break.

After a careful review from our esteemed committee, scholarships will be presented to our winning students. We hope you can help us celebrate these talented young adults.

Dave Carlaw, one of our County retirees, is also scheduled to treat us to his stand-up comedy routine. Some of you may remember him from his County Human Resources, Employee Relations Management career. More details about Dave are included inside The Informer.

Be sure to make your reservation by sending the form on page 7 and your check to arrive at the REAOC office no later than Wednesday, May 15, 2019. Check-in starts at 11:00 a.m. and lunch is served at noon. See you there!

Progressive Drawing $300.00

Joyce Taylor of Newport Beach would have won $200 at the March luncheon had she joined us. Our next drawing will be for $300. You must be present at the time of the drawing to win. See you on Wednesday, May 22, 2019 at Mile Square Park.

Presidents’ Message

From the Desks of Linda Robinson and Doug Storm

Hello, Orange County Retirees AND Happy 50th Anniversary, REAOC!! The REAOC Association was formed and incorporated in 1969. Can you believe that was fifty years ago? We are officially GOLDEN, Retirees. Congratulations and many thanks to every REAOC member, past and present, for the support and participation needed to ensure successful continuation of this organization. Your membership is essential to REAOC and greatly appreciated by your fellow retirees. Here’s to at least another 50!

We’ve all enjoyed many seasons in our lives and another one is almost here—one that will launch the upcoming summer months. On behalf of the entire REAOC and AREOC Board of Directors we wish you all a safe, relaxing Memorial Day weekend, an incredible Fourth of July and an enjoyable Labor Day celebration. Be well and be safe throughout the holidays.

ITEMS OF INTEREST 2019 Cost of Living Adjustments (COLAs): The OCERS Board of Retirement recently approved a 3% COLA which will appear on your May 1st pension check. Also approved is a 2019 Supplemental Targeted Adjustment for Retirees (STAR) COLA effective at the same time. The STAR COLA affects retirees who retired on or before 4-1-1981. The purpose of this adjustment is to restore purchasing power to retirees who have lost more than 20% of their purchasing power since retiring and applies to 238 of the longest-retired OCERS members.

3rd District Board of Supervisor Election: On March 12th a Special Election was held to fill the 3rd District Board of Supervisor seat which was vacated by Supervisor Todd Spitzer, who was elected Orange County District Attorney. Candidate Don Wagner, former Mayor of Irvine, has been elected to fill this seat.

CURRENT ACTIVITIES The Scholarship Committee has spent many hours following strict guidelines to complete the process for determining scholarship award winners of the Keith L. Concannon

CONTINUED ON PAGE 2
Presidents’ Message
CONTINUED FROM PAGE 1

Scholarship Program. Finalists will be chosen after the rigorous application and evaluation process concludes. Recipients of the awards will be recognized at the REAOC May luncheon.

Several Board members and our Executive Director represented REAOC at the semiannual California Retired County Employees Association (CRIACA) Spring Conference held in San Diego April 15-17. The conference provided an excellent, statewide opportunity to network with all twenty 1937 Act county retiree associations. The agenda included timely and pertinent presentations and participants shared relevant information regarding retirement issues and pension security.

ARECC and REAOC Board members actively participate in NCPERS (National Conference on Public Employees Retirement Systems), which is a nationwide coalition of defined benefits funds and stakeholders. As a member of NCPERS, REAOC and ARECC are provided a vast array of resources including Washington Legislative Update webinars covering major happenings in Washington, D.C. and the States. Retirement security and research are main topics for conferences and webinars.

The REAOC website is constantly updated with timely material related to retirement and includes current news articles, communications and items of interest to retirees. The website, www.reaoc.org can be a valuable source of information for the REAOC membership.

We are pleased to announce REAOC now has over 6,250 retired and associate members. If you know retirees who are not members, please encourage them to join us. There is strength in numbers and when we are united, our voices are heard.

In closing, we want to thank you for your continued membership, support and participation in REAOC. Your loyalty is invaluable to the success of this organization. Enjoy your summer. Be safe and stay united.
– Linda Robinson and Doug Storm

Busy Travelers Can Now Pre-Order Meals at John Wayne Airport

Good news! No more standing in line to order food at the airport! All you need is a new app. For retirees who frequently travel, the new, Host2Coast app allows travelers at John Wayne Airport to preorder meals from select locations. Travelers heading to John Wayne Airport can now easily preorder a meal or snack from select locations throughout the Terminal. Orders can be placed through the free mobile app Host2Coast, paid for and scheduled for pick-up up to 4 hours in advance of arrival at the Airport.

The app is available on iTunes and Google Play and includes menus from California Pizza Kitchen, Anaheim Ducks Breakaway Bar & Grill, Hobie Sand Bar, Javi’s, Ruby’s Diner and several others. Frequent travelers will find Host2Coast includes dining locations in many airports across the United States.

REAOCC
P.O. Box 11787
Santa Ana, CA 92711-1787
Phone: 714-840-3995
Website: www.reaoc.org
E-mail: reaoc@reaoc.org

OFFICERS
Linda Robinson Co President
Doug Storm Co President
Rebecca Guider Secretary
Bill Castro Treasurer

DIRECTORS
Frank Eby
Robin Mattocks
Gaylan Harris
John Iagjian
Larry Leaman
Sara Ruckle-Harmss

APPOINTED STAFF
Ilene Barcenas Executive Director
John Iagjian Membership Committee
Robin Mattocks The Informer Editor
Vacant Luncheon Committee
Norma Roberts Board Watch
Linda Robinson CRIACA Delegate
Lou Scarpino Legislation
Rebecca Guider Scholarship Committee

The Informer is published 5 times a year. Readers are encouraged to write The Informer expressing their views and comments on the subjects of interest to them.

The mission of REAOC is to promote and maintain fellowship and camaraderie of OCERS retirees and their spouses by sponsoring social and recreational activities and by maintaining contacts via the newsletter, the REAOC website, e-mail, or other means of communication. A secondary purpose is tracking and dissemination of information relating to pension and legislative actions, financial matters, physical and mental health care, volunteer and employment opportunities and other concerns that may be of interest to our members.

OCERS retirees and their spouses are eligible for regular association membership. Dues are $3.00 per month, payable through payroll deduction. Active employees, who will receive their retirement through OCERS, are eligible for Associate Membership. Dues for associate members are $1.00 per month payable for the year each January.

Luncheons are held at Mile Square Golf Course in Fountain Valley on the fourth Wednesday of January, March, May and September, and on the first Wednesday of December. A local chapter of REAOC is active in Hemet.
The UCI Center for Health Care Management and Policy sponsors a yearly conference highlighting the challenges and concerns facing the nation’s healthcare system. Experts in the Health Care field provided their perspective on “Health Policies in a Divided Congress” this past February.

**THE CHALLENGE OF PRESCRIPTION DRUGS – A MAJOR THEME**
- The challenge: Between 2008 and 2015, cost of the most common prescription drugs increased by 164 percent, with specialty drugs being a major driver.
- A strong push to allow Medicare to negotiate prescription drug prices and allow the importation of drugs from other countries is expected.
- These experts are optimistic that decreasing drug prices will be one of the few topics that Congress is likely to work together on this coming year.

**WHERE MAY HEALTH CARE BE HEADED?**
- The speakers generally agreed that building on the Affordable Care Act is the best path forward for improving our health care delivery system.
- Universal Healthcare, although an admirable goal, is unlikely to be implemented given the complexity of our healthcare system and the difficulty of compromise in Washington, DC.

**KEYNOTE SPEAKER DR. NORM ORNSTEIN, SCHOLAR, TV COMMENTATOR AND AUTHOR**
- He noted that by 2040, 70% of the U.S. population will live in just 15 states and half of our population will live in just 8 of those states.
- “What this means is that the Electoral College, which is already skewed towards small, rural states, will become even more skewed in their favor,” according to Dr. Ornstein.
- He warned that this could increase feelings of political illegitimacy among Americans and create regional divides, making compromise on issues such as healthcare very difficult.
- According to a study by the Federal Reserve, 40 percent of Americans cannot find $400 in cash to pay for an emergency event;
- Dr. Ornstein shared the most likely emergency that Americans will face is a health emergency, which tells you why health policy issues keep moving to the top of the list of everyone’s concerns.

**BIG DATA IN HEALTH CARE**
- Vast amounts of patient health data are collected, however, it is very much underutilized.
- Healthcare systems must focus on the advantages of safe, respectful use of patient data.
- The ability to answer questions such as, “If a drug costs 100-times more, are we getting 100-times more benefit?” are now possible utilizing big data.
- The best way to practice medicine requires a shift in our thinking from “Doctors vs. Computers” to “Doctors with Computers” in order to provide the best of care.

**INNOVATION IN MEDICINE – IMPACTING THE BUSINESS OF MEDICINE AND HEALTHCARE**
- Something as simple as “Fall Prevention Programs” have reduced the number of hip fractures by 40%. Great news for seniors!
- With new technology, Aortic Heart Valve replacement procedures can be completed in twelve minutes with “Trans Catheter Valves”. No bones are broken, just an overnight hospital stay, and the results are four times better than traditional Aortic Valve replacement.

**SOME THOUGHTS**
- Any significant changes in our health care system will reverberate throughout the hospital, insurance, and financial industries;
- Understanding and adapting to these changes will be an important skill for all involved, both in the medical community, as well as our elected representatives in the present and in the future;
- Most importantly, each of us must become knowledgeable patients and advocates for our own care!

---

**May Program – David Carlaw, Comedian**

by Robin Mattocks

We are excited to have the one and only, Dave Carlaw, entertain us in May. Dave is living proof there is fulfilling life after retirement!

In his early years of comedy, he paid his dues by performing at coffee houses and bars. He appeared at open mic nights at establishments frequented by poetry readers and folk singers.

Like us, Dave is also an escapee (whoops, your editor meant retiree) from the County of Orange! While employed, many REAOC members have met, interacted with, or have at least seen Dave Carlaw’s name during their County career. As Chief of

CONTINUED ON PAGE 4
Everywhere I look I see article headlines, books, speakers and various messages all extolling the virtues of reinventing yourself at this stage in life. Sigh. Really? Is that what we need to do? At this point in our lives?

Maybe it's just me, but I'm not fond of the word "reinvention." It makes it sound like who we are is not good enough, exciting enough, whatever enough now that we're older and done with our focus on careers and raising a family. Well, I say "Enough." I'm taking issue with it. Right here, right now.

Here's my thinking. By the time we get to age 50 or more, we've lived a lot of life. We've had many experiences – some good, some not so good, achieved many successes, and probably logged a few (or more) failures along the way. Through all of it, the ups and downs and turn-arounds, we've learned a thing or two about life and about ourselves. And for the most part, at least among the folks I know (and research I've read), we're happier and more content than ever before. And now we're supposed to embark upon a reinvention? Are you kidding me? I just got here and I like it. Why would I want to start over?

I think the allure of reinventing oneself arises because for the first time in a very long time, we are free from many of the obligatory and externally imposed roles or self-imposed limitations that we've been living with until now, and perhaps we find ourselves at a sort of apex. We now have more years behind us than in front of us, so it begs the question of ourselves “Is it too late to be the me I always wanted to be?” Without those old roles and limitations, we're free to answer that question. Which can be exhilarating and paralyzing at the same time.

So, it starts to sound like a good idea to reinvent who we are. After all, we might suppose, there must be a new me lurking somewhere under the veil of years and age where my true self will emerge. A new me that is not this me—maybe I'll be braver, smarter, cooler, more accomplished, more creative, adventurous…just more.

Phooey! You are already all that. You don't make it this far in life without absorbing a little—or a lot—of the skills, talent, knowledge and wisdom to unleash any part of you that is seeking more.

“If you begin to understand what you are without trying to change it, then what you are undergoes a transformation.” – J. Krishnamurti

So, while I am not a fan of the word or idea of reinventing oneself into a new you, I am a huge fan of questioning the status quo—especially now. Question where you are in your life, what you want out of life, what you have to offer. Here are a few questions that I think can be very revealing:

What is important to me? What am I truly good at? What is my potential, what can I become?

As I see it, we are better equipped and primed to take on any new direction we choose at this point in our lives. Ask yourself the questions, take a look at the answers, and then apply some of all that life experience and wisdom that’s living inside of you to make decisions, to take steps.

CONTINUED ON PAGE 6

David Carlaw
CONTINUED FROM PAGE 3

Employee Relations for the County Human Resources Department, he resolved labor relations issues for managers and employees in all County agencies working with unions, attorneys, arbitrators and mediators. If you ever read your M.O.U. (Memorandum of Understanding), you would have seen his name at the top of the negotiators. Your editor had the honor of personally working with Dave for many years, during which I witnessed a multitude of his interesting, often hilarious stories. Dave is now "living the dream." His comedy is based on real life experiences including work, relationships and aging. During the last 15 years, Dave has performed at the Hollywood Comedy Store, The Laff Stop and hundreds of other popular venues. He is frequently seen locally at the Camino Real Playhouse. He has appeared and is in constant demand at professional gatherings, corporate events, charitable fundraisers and private celebrations including birthdays, retirements and anniversaries. For additional information, follow the link: https://davecarlaw.com/.

Yours truly has enjoyed Dave's comedy show and am confident you will too. Make your reservation for his special, retiree-focused show now!
We extend our deepest sympathy to the families and loved ones of those who meant so much to so many.

Since last reported through March 2019

- Antonio, Aquilino, Superior Court
- Banigan, Ida, Social Services Agency
- Bastow, Jean, Probation
- Bennett, Jeannie, OC Public Works
- Bolken, Lowen, Superior Court
- Canlas, Rolando, Sheriff’s Dept
- Canteno, Linda, Superior Court
- Chadwick, Bert, District Attorney
- Craun, Paddy, TCA
- Croker, John, OC Public Works
- Dalton, Darlene, Superior Court
- Del Campo, Jeff, OC Fire Authority
- Diemer, Jerome, Sheriff’s Dept
- Edgerly, Raymond, Health Care Agency
- Eggers, David, OC Public Works
- Fitzpatrick, Francis (Frank), Sheriff’s Dept.
- Gill, John, Sheriff’s Dept
- Gonzales, Ana, UCI
- Guajardo, Emilio, OC Community Resources
- Hemmen, Eileen District Attorney
- Isbell, Robert, Sheriff’s Dept
- Johnson, Rebecca, Social Services Agency
- King, Frank, CCTA
- Kuebler, Robin, CCTA
- Labelle, Margaret, Health Care Agency
- Lock, Henry, CEO
- Mattern, Bruce, OC Public Works
- Mc Nealy, Tim, Health Care Agency
- Mikkelssen, Tiia, Social Services Agency
- Miller, Robert, OC Fire Authority
- Mitchell, Joseph, Sheriff’s Dept
- Mount, Leila, Health Care Agency
- Nakamura, Steven, Sanitation District
- Crosco, Rafael, OC Public Works
- Park, Martha, Human Resources Pohlke
- Frederick Henry, Superior Court
- Poulson, Juliette, Health Care Agency
- Schagene, Joan, Social Services Agency
- Stone, Vanea, Health Care Agency
- Tran, Chau, Social Services Agency
- Waddell, Doris, Health Care Agency
- Watkins, Lloyd, CCTA
- Andino, Tomas, OC Fire Authority
- Andrus, Terry, County Counsel
- Applen, Mary, Health Care Agency
- Armes, Alfred, Sheriff’s Dept
- Armitage, Laura, Auditor Controller
- Beau, Jack, Health Care Agency
- Belanger, Albert, OC Fire Authority
- Blakebrough, Arden, Sheriff’s Dept
- Blandin, Julianne, Sheriff’s Dept
- Bodini, Hilma, UCI
- Bradley, Edgar, Social Services Agency
- Bragg, Robert, OC Public Works
- Carpenter, Kenneth, Social Services Agency
- Crawford, Gerald, OC Public Works
- Ewers, Norman, John Wayne Airport
- Ragg, Florence, Social Services Agency
- Forth, Angelo, CCTA
- Fortney, Don, Probation
- Foster, Charlotte, UCI
- Fox, Thomas, Sheriff’s Dept
- Harrington, Mary, Superior Court
- Hook, Ronald, Sheriff’s Dept
- Hunold, Marilyn, Health Care Agency
- Jacobs, John, Social Services Agency
- Kamp, Dorothy, OC Community Resources
- Kite, William, Health Care Agency
- Koskela, Mollie, UCI
- Lucas, Douglas, Sheriff’s Dept
- Magnness, Darlene, Superior Court
- Moore, Clarence, OC Public Works
- Najmulski, Robert, Sheriff’s Dept
- Park, Steven, District Attorney
- Peterson, Charles, CCTA
- Rietkerk, Kenneth, CCTA
- Robertson, Anne, Superior Court
- Smith, Charles, Sheriff’s Dept
- Staton, Agustus, District Attorney
- Storlee, Douglas, CCTA
- Story, Joel, Social Services Agency
- Stumph, Charles, Sheriff’s Dept
- Thomson, Kathleen, CCTA
- Trujillo, Michael, OC Public Works
- Van Valkenburgh, Earl, Sheriff’s Dept
- Ward, Sandra, Assessor
- Wong, Kenneth, OC Public Works
- Radko, Zbigniew, Assessor
- Recupero, Amy, Superior Court
- Reza, Connie, Health Care Agency
- Richardson, Margie, CC Waste and Recycling
- Robinson, Madeline, Auditor-Controller
- Ruiz, Manuel, Probation
- Salovesh, Charles, Sheriff’s Dept
- Sanchez, Carlos, District Attorney
- Schorrer, Ervin, Auditor-Controller
- Sherman, Natalie, OC Community Resources
- Siebert, Eleanor, UCI
- Simpson, Warren, OC Waste and Recycling
- Slupsky, Suzanne, Registrar of Voters
- Smith, Emer, Sanitation District
- Sogan-Ray, Patricia, Sheriff’s Dept
- Stout, Terri, Social Services Agency
- Sullivan, Joseph, Sheriff’s Dept
- Thomas, Joan, Superior Court
- Towne, Leroy, Public Defender
- Truitt, Patricia, Superior Court
- Tunstall, Robert, OC Public Works
- Ureta, Ignacio, CCTA
- Walker, Milo, Assessor
- Waterman, Patricia, Superior Court
- Webster, John, OC Public Works
- White, Betty Kern, County of Orange
- Winn, Long, Superior Court
- Wolters, Roy, County Clerk/Recorder
- Wright, Carol, UCI
- Young, Jimmy, Sheriff’s Dept

Surviving Spouse

- Babtist, Margaret
- Bell, Donald
- Chevishir, Eleanor
- Estes, Gil
- Preston, Angola
- Sevilla, Benjamin
- Johnson, Sandra
- Paire, Joseph
- Petersen, Kathy
- Pizzi, Sam
- Staump, Emma
- Wack, Mary
- Williams, Lucy
- Wills Adams, Dorothy

From the September 2018 Informer, the following retirees’ names were inadvertently edited out
Mother’s Day
by Robin Mattocks

Mother's Day, an opportunity to honor and remember mothers, falls on Sunday, May 12 this year. Some may have had close relationships, others may never have known their mothers, and others may have had a relationship somewhere in between. Some of us grow up to be mothers (or fathers) and some not. Some families have two mothers, others have two fathers and others may be any mixture of grandparents, foster or adoptive mothers or these days those who identify as nonbinary. Hopefully most have had a mother figure of sorts to remember with fondness.

I honor my own mother with this story. It's been so many years since my mother has been gone but I still wonder what she would think of me today. She certainly encouraged me to develop goals and gave me hope. I wouldn't be whoever I am today without that encouragement. She taught me responsibility at an early age by sending me to get a few basic groceries on my bike. She left specific instructions for cooking to help feed the family as needed. As she grew weaker, she had few requests but to hear some of her favorite songs played on the piano. I’m certain that served her spirit as well as kept us busy.

I choose to focus on the times when she was well and active, remembering everything from hanging clothes on the line in our backyard (prior to dryers) to how she loved to dance with my Dad and did often. She reveled in simple pleasures, reading mysteries, swimming with us, visiting with neighbors and laughing at comedies on tv.

I am thankful for my mother and better understand some of her challenges having been a mother as well. She taught us to value all relationships as she did. To her, people were always more important than worldly possessions were. As we all do, she did the best she could with what she had available at the time. I am so blessed to have had my mother, even if just for a short time. Her lessons have lasted a lifetime!

Reinvent Myself?
CONTINUED FROM PAGE 4

Just know that regardless of where you land, you are enough.

To be clear, I am a proponent of continuous, self-improvement and personal growth. But I believe that we must embark upon any new journey with the knowledge and acceptance that who we are right now is good, exactly as we are. And build from there.

“The voyage of discovery is not in seeking new landscapes, but in having new eyes.” – Marcel Proust

So, I’d like to offer a replacement word. Rather than reinvent which connotes creating something new and different, how about Rediscover. Rediscover, to me, seems to say “Go inside. You have the answers.” Look under the layers, the years, the learnings. Uncover what’s there — dreams, goals, talents — that has been hiding, abandoned or forgotten for years. Then… decide how to move forward.

In closing, I want to share a passage that I read recently that seems to sum this up perfectly. “Becoming isn’t about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn’t end. It’s all a process, steps along a path. Becoming requires equal parts patience and rigor. Becoming is never giving up on the idea that there’s more growing to be done.” I would love to hear your thoughts about all of this, and about whatever journey you’re on. We can learn so much from one another. Till next time, Judy

Check out my blog at harmony-designed.com
Welcome, New Members

Auditor/Controller: Arounsy Phommasa
CEO: Jane Dawson, Autumn McKinney, Jack Stabling
County Counsel: Alan Marcum
District Attorney: Leann Alexander, Karen Schatzle
HCA: Donna Grubbaugh, Tiffany Huynh, Daniel Rivers, Charlotte Jean, James Strozier, Janet Jackson, Carl Kerckhoff, Darolyn Plant, Sandra Scott, Denise Fennessy, James Marquez, Nancy Hesketh, Flerida Cabale
John Wayne Airport: Son Nguyen
OCCR: Jane Hayes, Darline Ramirez
OC Fire Authority: William Lockhart, Thomas Hoklotubbe, Gregory McKeown
OCSD: Marten Miller, Pasqual Campo Basso, Brian O'Dowd, Troy Chavers
OC Waste & Recycling: Paul Loya
Probation: Maribel Trachy, Erik Wadsworth, Tim Todd, Nora Fernandez
Public Defender: Mary Palomo
SSA: Phuc Nguyen, Lisa Ventress, Bart Salamack, Margene Barker
Superior Court: Marcia Gahring, Rick Thompkins, Gloria Land, Ronald Peace, Cindy Long
Transp. Corridor Agency: Richard Hydzinski
Not Stated: Richard Tiffer, Guadalupe Fowler, John Goetz, Gerard Aguirre
Surviving Spouse: Timothy Lush

Hold These Dates

The following dates have been reserved for our 2019 luncheons:

MEMORIAL DAY

FOUNTAIN VALLEY
September 25
December 4

HEMET
October 15
December 17

May Menu

Fettuccini Alfredo with Chicken
Broccoli and Julienne Carrots
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, May 15, 2019

Print Name: ____________________
New/Changed E-mail Address: ____________________

# of lunches at $17.00 each: ____________________
# of Vegetarian lunches: ____________________

Enclosed is my check for $ __________

Check-in begins at 11:00 a.m. and lunch is served at noon. Please make your check payable to REAOC and mail to: REAOC, P.O. Box 11787, Santa Ana, CA 92711-1787

PLEASE CAR-POOL!
INSIDE THE INFORMER

May Entertainment – The One and Only Dave Carlaw

Do I Really Need To Reinvent Myself?

Mother’s Day

UCI Health Conference

Dated Material – Please Deliver Immediately