



The Informer

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

REAO Luncheons

Once again, we must report that there will not be REAO luncheons for May or June 2021. We are hoping that as the Covid pandemic situation improves, that there will be a possibility for a luncheon later this year. We are aiming for a holiday luncheon, but it is still too soon to know if that will be possible. We will keep you informed about a future luncheon in both *The Informer* newsletter as well as on our website, www.reaoc.org.

We miss you and hope you all are safe!



Presidents' Message

From the Desks of Linda Robinson and Doug Storm

Greetings, Retirees! Summer 2021 is headed our way. We understand festivities for Memorial Day and Fourth of July may be temporarily restricted at this time due to the pandemic. However, it is our hope you can share past memories and/or create new, safe ones with family and friends—in person or virtually this year. We look forward to the Covid-19 threat being in the rearview mirror this time next year. Until then, be healthy and safe in all that you do. Protect yourselves and others through vigilance and precautionary measures. Good health is definitely a major priority in retirement.

CURRENT ACTIVITIES

Members of your REAO and AREOC Board of Directors, as well as incredibly dedicated volunteers, continue to work on your behalf through ongoing association activities and new endeavors. Board of Director meetings are held virtually and additional, virtual meetings have been attended with the Orange County Employees Retirement System (OCERS), CRCEA, the state-wide retirement network, Board of Supervisor meetings as well as other business related meetings. We will be meeting with Human Resources personnel to discuss 2022 County

health insurance plan offerings including detailed retiree medical and prescription experience, potential plan design changes and estimated increases/decreases to plan costs for 2022 coverage. We will keep you updated as to our progress via email and the REAO website. The County Board of Supervisors usually adopts new rates and plans in July and we will notify you of the Board hearing date when it is available. If you haven't provided us with a current email address, please consider doing so. The REAO email distribution list is a way to send important updates to you. Keeping informed is critical and the REAO website at www.reaoc.org provides valuable information and alerts.

CONFERENCE PLANNING

The REAO Board is currently establishing a committee to plan, organize and host a Spring 2022 California Retired County Employees Association (CRCEA) conference. CRCEA is the statewide retiree association for all twenty, 1937 Retirement Act counties. Every 7-8 years REAO hosts this conference. The Spring 2022 conference will be held virtually as attendance often tops 90 to 100 retirees from throughout the state. Extensive planning is

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Scholarship Update

We are in the process of reviewing the Keith Concannon scholarship applications that were received in early April prior to the publication of the May/June 2021 *Informer* newsletter. Once the Scholarship Committee completes their review of the applications, the Chair will complete a memo to the REAOC Board Presidents informing them of the recommended award winners with a summary of the accomplishments of each proposed awardee. The Chair will also ask the Presidents for their approval or comments. Additionally, the average scores of the applicants will be shared with the Presidents. The applicants with the highest scores are considered the most successful candidates.

Upon approval or as requested by the Chair or Board President(s), the Executive Director will prepare the approval and denial letters for the scholarship applicants. Approval letters advise successful candidates that they have been selected for the scholarship award. As we are not having a May luncheon to present the checks, the checks will be mailed to the awardees.

This is an exciting process for REAOC, and we look forward to this process each and every year! In our September *Informer*, we will announce the winners to all of our members. We thank all of our members for encouraging their relatives to apply for the Keith Concannon scholarships that will once again become available on January 1, 2022.

Presidents' Message

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required. If you have an interest and excel in event planning REAOC would welcome your experience and participation on the committee. Please contact the REAOC office at (714) 840-3995 for further information.

COST OF LIVING ADJUSTMENT

Good news! The OCERS Board of Retirement has approved a 1.5% COLA for 2021. Additionally, the 2021 STAR COLA for certain long-time retirees (those who have lost more than 20% of their purchasing power due to inflation) has also been approved. How is the annual COLA calculated? The OCERS' actuary first determines the annual increase or decrease in the Consumer Price Index (CPI) using the Bureau of Labor Statistics figures for our geo-

graphic area. The COLA is limited to a maximum annual increase or decrease of three percent. If the cost of living figure exceeds 3 percent, any amount above 3 percent is added to an OCERS Member's "COLA bank." If a member has a positive COLA bank their bank balance will be reduced up to an additional 3 percent in order to grant a more positive COLA.

As stated above, the 2021 COLA is 1.5%. This percentage is based on a change in the CPI of 1.62 percent which is rounded to 1.5 percent as is required by statute. For members who retired on or after April 2, 2019, OCERS will increase applicable benefit allowances by 1.5%. Members

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REAOC

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

OFFICERS

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Doug Storm	Co President
Rebecca Guider	Secretary
Bill Castro	Treasurer

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Frank Eley
Gaylan Harris
John Iagjian
Larry Leaman
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John Iagjian	Membership Committee
Vacant	<i>The Informer</i> Editor
Vacant	Luncheon Committee
Norma Roberts	Board Watch
Linda Robinson	CRCEA Delegate
Michael Schumacher	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.

Memorial Day Has a Special Meaning



Memorial Day will be celebrated this year on May 31st. Again, like last year, this is likely to be another unique Memorial Day to experience—no parades, large picnics or family gatherings; no concerts, no sporting events to attend; no swimming pools opening for the summer; and only limited access to parks and other recreation areas. It just doesn't feel like the beginning of summer. Even so, we should not let this diminish or keep us from commemorating the true meaning of Memorial Day as a time to honor our veterans and those who gave their lives for our country.

This year, as we continue to battle the coronavirus pandemic, Memorial Day takes on special meaning. Not only do we pay tribute to our veterans from previous wars, we also honor those who have died from complications of Covid-19, many of them in nursing homes and other long-term care settings. We salute caregivers, nurses, doctors and our other health care heroes who are on

the front lines fighting to defeat this deadly virus as well as the volunteers across the country who give of their time to help their fellow citizens endure.

Finally, this Memorial Day, let's also thank our friends, neighbors and coworkers who have kept our grocery stores, gas stations and other essential services open, who have delivered our mail and our packages,

Presidents' Message

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who have a COLA bank balance of 1% and retired between April 2, 1982 and April 1, 2019 will see an increase of 2.5 percent. Members who retired on or before April 1, 1982 will see an increase of 3 percent. The increases, effective April 1, will be reflected on your May 1st pension check.

IN CLOSING

On behalf of the entire REAOC and AREOC Board of Directors, thank you for your continued support and membership. REAOC is YOUR organ-

and who have sacrificed and put themselves at greater risk so the rest of us can reduce ours and remain safe.

We may not be able to observe this Memorial Day in the usual way, but we can—and should—salute the indomitable American spirit that shines brightly during these troubled times. By working together, making individual sacrifices for the greater good, hunkering down, following the coronavirus guidelines and showing compassion for one another, we are not only making it through these difficult days, we are rediscovering our sense of community and becoming stronger as a nation—the very thing our veterans fought for. That is indeed something to commemorate. Have a safe Memorial Day, everyone.

The full article was originally published in the AARP magazine and written by Jo Ann Jenkins, CEO, AARP. We have abbreviated it to share the important message she shared with their members.

ization and it is important to stay involved, united and informed. Please take extra precautions to maintain your health and to protect the health of others, the best you can. Enjoy the summer months and be well, Retirees!!

– Linda Robinson and Doug Storm



Center for Disease Control Guidelines and Federal Emergency Management Assistance

While the health of our nation is getting better related to Covid-19, below are guidelines and assistance for our readers.

What You Can Start to Do – CDC Guidelines

If You've Been Fully Vaccinated

- ★ You can gather indoors with fully vaccinated people without wearing a mask or staying 6 feet apart.
- ★ You can gather indoors with unvaccinated people of any age from one other household (for example, visiting with relatives who all live together) without masks or staying 6 feet apart, unless any of those people or anyone they live with has an increased risk for severe illness from Covid-19.
- ★ If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- ★ You need to pay close attention to the situation at your international destination before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to show a negative test result or documentation of recovery from Covid-19 before boarding a flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- ★ If you've been around someone who has Covid-19, you do not need to stay away from others or get test-

ed unless you have symptoms.

- However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has Covid-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What You Should Keep Doing

For now, if you've been fully vaccinated:

- ★ You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from Covid-19 or who lives with a person at increased risk
 - You should still avoid medium or large-sized gatherings.
 - You should still watch out for symptoms of Covid-19, especially if you've been around someone who is sick. If you have symptoms of Covid-19, you should get tested and stay home and away from others.



IMAGE BY 4045 / FREEPIK.COM

If You Need Assistance for Funeral Expenses

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, the Federal Emergency Management Agency (FEMA) will provide financial assistance for Covid-19-related funeral expenses incurred after January 20, 2020.

★ Who is Eligible?

To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to Covid-19.
- The applicant for the financial assistance must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

You will find additional information regarding this assistance at <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>.



In Memoriam

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

December 2020 – March 2021

Lilia Abasto, SSA
James Allen, HCA
Lillian Andre, Auditor Controller
John Andrews, Probation
Collen Atchison, Probation
John Bakkila, Probation
Genero Bartolome, Assessor
Elsa Becker, Tax Collector
Doris Boecker, SSA
Robert Bratcher
Margaret Brothers, HCA
James Buxton
Edward Campbell, Probation
Stephen Chizek, OCSD
Deanna Choi, HCA
Larry Colgan, OCFA
William Cook
Marjorie Corona
Raul David, SSA
Helen Ditte, OCCR
Robert Doktor
Donald Dunn
Eleanor Easel, SSA
Marian Emerson
Joyce Emery, SSA
William Evans, OCSD
Hossein Meisami Fard, SSA
Maudette Finck
Sandra Firth, Superior Court
Rodrigo Flores, OCSD
William Fox, Sanitation District
Jane Gadzinski
Evone Ghobrial, Auditor Controller
Celeste Griffin
Diane Guyette, SSA
Arif Halim, Probation
Sylvia Harris, OCCR
Martin Heneghan, Superior Court
Marlene Heyser, OCTA
Charlene Hinshaw, District Attorney
Michael Hoban
Martha Hosenfeld
Roger Hull
Sandra Hutchens, OCSD
Andrea Ingamells, SSA
Gary Jackson, IWMD

Shirley Jandron
Ruthanne Kaiwi, OCTA
Donna Kelley, OCPW
Leeta Kesler, OCSD
Thomas Klier, OCSD
Martha Kong
Patricia Kouns
Victor Krolik, GSA
Marcia Krueger
Helen Lane, Probation
Kirsten Langlie, OCCR
Tin Le, Child Support Services
Donna Lear, SSA
Deborah Lee, OCPW
Rosalie Lentz
Soli Letuligasenoa, SSA
Margaret Lundegaard
Estella Martinez, SSA
Ann Mattox
Anne Mc Carty
Michael Mc Cutcheon
Mary Mc Mickens
Lauren McGarry, OCSD
Gayle McQuown, Superior Court
Hossein Meisamifard, OCPW
Mary Mendez, Assessor
Wayne Mentink
Lee Miller, SSA
Raymond Miller, OCPW
Robert Monroe, OCSD
Gerald Montgomery, OCSD
Sandra Morales
Sheila Navarro, Superior Court
Dorothy Nettleton, Superior Court
Marcella Olmstead, CEO
Doris Overton
Wally Paquin, OCPW
Beatrice Payan, OCSD
Arnold Payne
Maxine Pierce
Annette Phillips
Rosemary Pniewski, OCPW
Walter Posey, Superior Court
James Rhodes
Hector Rivera
Virginia Romero
Penelope Rusnock
Leland Salas, SSA
Tatiana Sand
Andrew Schneider
Robert Scott, OCSD

Guy Simpkins
Jeanie Sims
George Smith, OCPW
Howard Spiker
Norman Spillman
Melania Stingaciu
Carolyn Stripe
Frances Swick
Joyce Taylor, District Attorney
Esther Trujillo
Jack Ray Turner
Judith Waddell
Richard Weger, OCPW
Alice Yamada

Surviving Spouses

Susan Aaron
Barbara Beal
Doris Boecker
Erwin Braden
Barbara Capen
Michelle Clark
Dixie Dickason
Roberta Fleischman
Margaret Frey
Mercy Johnson
Albertina Mac Intyre
Cecilia Martinez
Joy Matheson
James McCullough
Mary McRae
David Miller
Janet Mullen
Maxine Nelson
Dolores Ogden
Juneva Poole
Georgianna Poudevigne
Maureen Solis
Leonard Somdahl
Leah Stevens
Barbara Symonds
Cyrisa Thigpen
Jacqueline Tomsovic

Note: We were unable to obtain the department/agency for many of those who passed away. We apologize for not having this information.



Recipe Corner

Homemade Mac & Cheese

Sauce Ingredients

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup (hot) milk
- 1 cup (hot) chicken stock
- Small squeeze of Dijon mustard (1 tsp)
- 2 cups shredded cheese (cheddar or gruyere)
- 1 cup grated parmesan cheese
- 1/4 tsp white ground pepper
- 1/4 tsp salt

Other Options

- Spicy: Add 1/4 tsp cayenne pepper
- Round your flavor with a pinch of nutmeg

Mac & Cheese Assembly

- 1/2 lb. elbow pasta or noodle of your choice
- 1-2 cups shredded cheese
- 1/2 cup bread crumbs (panko) & 2 tbsp butter

Steps

1. Preheat oven to 350.
2. Make the pasta according to the package. Rinse. Get a 9x13 pan (or large casserole dish) and coat the pan with butter.
3. Make the sauce: In a medium-size saucepan, melt butter and flour together over medium-high heat until a paste forms. Continue cooking until the mixture becomes a deep golden brown but don't burn (4-5 mins.). You want to cook out the flavor of the flour.
4. Slowly pour in the hot milk (1/2 cup at a time) making sure to stir or whisk vigorously. When the milk has been absorbed and the mixture has thickened, slowly add the hot chicken stock (1/2 cup at a time).
5. Stir well to ensure no lumps. When the mixture begins to bubble, lower the heat and add the cheeses. Stir until cheese has melted. Add the additional seasonings as you prefer.
6. Combine pasta and sauce in large bowl and season with salt. Sprinkle 1/4 cup of cheese over the bottom of a buttered 9x13 baking dish.
7. Place 1/3 of the pasta on top of the sprinkled cheese. Repeat layering cheese and then pasta ending with cheese (usually 3 layers).
8. Coat all breadcrumbs with the butter and then sprinkle over the top.
9. Bake until crust is golden about 30 minutes. Allow to rest 15 minutes before serving.



Tips for Cleaning and Disinfecting Your Car

During this time of Covid-19, we are all thinking of germs that surround us in our home and also in our car. Most of us know what to do inside but do we all know what we should do to make our cars safer? There are many articles that provide this information that you may read but we thought it would be helpful to provide a summary for you.

FIRST – LET'S START WITH WHAT TO USE

The best way to clean and disinfect a car is by using a soft cloth or microfiber cloth. Dampen the cloth with soap and water to wipe down the hand surfaces of the vehicle interior. Dry with a clean dry cloth.

Solutions that contain at least 70% alcohol are effective against coronavirus according to The Center for Disease Control and Prevention. Many interior surfaces of a vehicle can be cleaned with a cloth dampened with isopropyl alcohol. Of course, like using all cleaning products, test an inconspicuous spot of your car first!!

For cleaning leather and leather-like materials, overtime cleaning them with alcohol can leave it susceptible to damage and discoloration so maybe this is not advisable to use often. An alternative is soap and water to clean spots and spills, followed by the use of a good leather conditioner.

THEN – WHAT NOT TO USE

Avoid bleach, hydrogen peroxide, benzene, thinners or other harsh and abrasive cleaners. They will damage your vehicle's upholstery and/or interior surfaces. Do not use ammonia-based cleaners on the infotainment screen, as they can damage the anti-

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Lexophiles

When fish are in schools they some-
times take debate.

A thief who stole a calendar got twelve
months.

When the smog lifts in Los Angeles,
U.C.L.A.

When a clock is hungry it goes back
four seconds.

The dead batteries were given out free
of charge.

A will is a dead giveaway.

The guy who fell onto an upholstery
machine was fully recovered.

He had a photographic memory which
was never developed.

If you jump off a Paris bridge, you are
in Seine.

When she saw her first strands of grey
hair, she thought she'd dye.

Tips for Cleaning Your Car

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glare and anti-fingerprint coatings.

LAST - WHERE DO WE CLEAN?

The most important surfaces to
clean would include:

- ❖ Steering wheel
- ❖ Key and remote fob
- ❖ Exterior door handles, both sides
- ❖ Trunk lid or lift gate grab areas
- ❖ Interior door pulls, both sides and
interior door panels
- ❖ Start button (if equipped)
- ❖ Rear view mirror, back and edges
- ❖ HVAC vents
- ❖ Gear selector
- ❖ Turn signal level
- ❖ Center console and arm rests
- ❖ Seat belt and buckle

The infotainment screen is a
high-touch area. Try to avoid touch-
ing the center screen and use
your voice commands if available.

Lastly, remember to wear gloves
while disinfecting your vehicle, and
try to do so in a well ventilated area.

My Favorite Things – Senior Version

A Humorous Parody

Words: Anonymous

Music: "My Favorite Things," Richard Rodgers

Maalox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets, and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heat pads and hot meals they bring,
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short-shrunken frames,
When we remember our favorite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

Thanks to REAOC member Maria, for sharing.



IMAGE BY MACROVECTOR / FREEPIK.COM



IMAGE BY PASJA1000 / PIXABAY.COM

Welcome, New Members

Auditor Controller: Alicia Rangel

Clerk of the Board: Bonnie Mura

District Attorney: Alma Romo

HCA: Xiomara Cea, Donald Sharps, Deborah Bennett, Grace Cowen, Jennifer Durbin

JWA: Aida Lopez

OCCR: Catherine Gillette

OC Fire Authority: Elizabeth Deacon, William Mattern, Michael Schroeder

OC Law Library: Debra White

OC Public Works: Gordon Pardee, Ted Pittman

OC Sanitation District: Ann Crafton

OCSD: Toni Wise, Rafael Ojeda, Heide Aguirre, Suzanne Cabrera, James Rudy

Probation: Arlene Thomas

SSA: Frances Stevens, Beverly Rowe

Superior Court: Diane Ruiz, Diana Gonzalez, Kim Howard

Not Stated: Theda Kaelin, Marianne Miller, Maria Rosalina Rivera, Charlie Dinh, Norma Martinez, Kathleen Murray

Dated Material – Please Deliver Immediately

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My Favorite Things Parody

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INSIDE THE INFORMER

P.O. Box 11787, Santa Ana, CA 92711-1787

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

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