



The Informer

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

Fall Luncheon Set for Wednesday, September 26th



We hope you have had a special summer vacation! Be sure to reserve your seat for our special guest, Neal Kelley, Orange County Registrar of Voters, scheduled to speak about voting, safety in voting, voter fraud and related issues at our September luncheon. You can also share your summer adventures and a delicious menu (on Page 7) with your fellow retirees while receiving very important retiree information.

Remember, you must be present to win door prizes, beautiful center-pieces and the progressive drawing. Reserve your seat by sending the form on page 7 and your check to arrive at the REAOC office no later than Wednesday, September 19. Check-in begins at 11:00 a.m. and lunch is served at noon. Please car-pool if possible.

Presidents' Message

From the Desks of Linda Robinson and Doug Storm

On behalf of the entire REAOC and AREOC Board of Directors we hope your summertime days were filled with happy moments, safe journeys and some air-conditioned rooms. Fall weather, once it gets here, will be a welcome relief to the blistering days of the past months. You may have noticed the weather

is not the only source of heat these days. Media headlines and airwave chatter can be difficult to ignore. The political season is never-ending so please stay as cool and calm as you can be. As retirees we've experienced a great deal of life including some tumultuous and uncertain times. Take a deep breath, sort out fact from fiction and know we will get through these times together. Retirees are strong and resilient. On another note, we hope you enjoyed Labor Day celebrations, knowing those pensions you receive were well earned through your labor—your very hard work.

2019 Health Insurance Rates

On July 17 the Board of Supervisors

adopted 2019 Retiree Medical Rates. While REAOC representatives met with County staff and consultants to discuss trends in the health care arena, REAOC was not included in the rate setting process. Rates vary by plan—some with considerable increases—others with minimal change. Rates are posted on the REAOC website at www.reaoc.org. As we have said in previous years, it is highly recommended that all retirees enrolled in County health plans thoroughly review all health plan options available, taking into consideration individual/family medical needs and financial factors. Open Enrollment begins October 26 and continues through November 16. Retiree Medical Plan Packages will be mailed by the County in mid-to-late October. We strongly recommend you attend one of the County-sponsored seminars this Fall to fully understand plan options and to ask questions to help you determine which plan best suits your needs. This will be the fifth con-

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Progressive Drawing \$300.00

Walter Farley of Garden Grove would have won \$300 at the May luncheon had he joined us. You must be present at the time of the drawing to win! See you on Wednesday, September 26, 2018 at Mile Square Park.

REAOC Supplemental Benefit Plan Open Enrollment

REAOC

All retirees should receive their 2019 REAOC Supplemental Benefits Guide during the second half of October. This guide details the benefit plans offered exclusively to REAOC members. Plans include two high benefit dental plans (PPO & HMO), a vision plan with increased benefits for 2019, legal, identity theft, pet care, travel, life, accident, car and home insurance, and more. The Benefit Guides will be mailed to the address OCERS has on file, so if you have moved,

please be sure to update your address with OCERS.

Please do not delay in opening this package, as this Open Enrollment period ends November 16th. If newly electing benefits, your benefits will be effective January 1, 2019. Premiums for most of the benefit plans are eligible for payroll deduction. If already enrolled, there is no need to submit an enrollment form as your benefits will continue uninterrupted.

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Phone: 714-840-3995
Website: www.reaoc.org
E-mail: reaoc@reaoc.org

OFFICERS

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Doug Storm	Co President
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Vacant	Luncheon Committee
Norma Roberts	Board Watch
Linda Robinson	CRCEA Delegate
Lou Scarpino	Legislation
Rebecca Guider	Scholarship Committee

Presidents' Message

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secutive year REAOC has co-sponsored one of these seminars. Mile Square Park has been contracted for use of their Clubhouse Banquet facility located at 10401 Warner Avenue in Fountain Valley. The seminar has been scheduled for Wednesday, November 7th. PLEASE SAVE THE DATE ON YOUR CALENDAR. Additional information will be provided as the date gets closer via the REAOC website and through our e-mail distribution list. As requested each year, if you are able to attend the November 7th seminar, please call the REAOC office at 714-840-3995 or email us at reaoc@reaoc.org to let us know if you plan to attend. This will be helpful in organizing the event. We look forward to seeing you there.

Upcoming Activities

On Tuesday, September 11th REAOC Board members and volunteers will participate in OCEA's Annual Health Fair to invite prospective retirees to join the REAOC organization upon retirement or as Associate Members

while still employed with the County. A slate of 2019 Board member nominations will be presented at REAOC's September 26th luncheon. The California Retired County Employees Association (CRCEA) will hold its annual Fall Conference from October 15th to 17th in Marin. REAOC will send representatives to attend presentations of interest and concern to retirees throughout the state. In closing, we want to thank each of you for your continued support, participation and membership in the REAOC organization. REAOC membership is 6,100 strong. We have strength in numbers and you ARE the strength of this organization. Take care and be well.

– Doug and Linda

**“Red Tape Holds Up
New Bridges”
You mean there’s something
stronger than duct tape?**

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.

What Have You Been Up To?

This editor had the pleasure of working with Lorraine Schmidt while we were both assigned to Human Resources in what was known at the time as the Environmental Management Agency (EMA). She agreed to share a bit of her history and activities.

Lorraine retired 21 years ago after working 27 years in personnel administration for the Probation Dept., Human Resources and EMA. She had previously worked for five years in the same capacity for the County of San Bernardino and for more than one year at the University of Kansas, her alma mater. She subsequently graduated from the University of Hawaii with a secondary education degree and served as a substitute teacher there, in Kansas and California.

After retiring, we are thankful that Lorraine served on the REAOC Board and was the delegate to the CRCEA conferences for several years. She also taught Basic Office Skills classes at Santa Ana College for five years.

Although a native-born

Californian, she grew up on a Kansas farm and learned to play the piano, violin, clarinet, and saxophone as a girl from her musically-talented parents and grandmother. Music has been an important part of her life and she enjoyed playing in Del Quackenbush's dance band, the "Delites" for ten years. Probation Dept. retirees may remember Del. After she retired, she sang with two large choirs which toured Europe. She has been playing the organ at her church and teaching piano in her home for over 25 years.

Another of Lorraine's interests is genealogy and traveling. She has taken nearly 20 European trips where she has visited many English cousins and researched family records. Presently she is compiling a book about these ancestors. She has also volunteered at a local family history library for over 30 years.

Thank you, Lorraine, for sharing your story with us and for sharing your many talents with the County and so many others.



Congratulations to OCERS

On June 23, 2018, OCERS was selected Public Plan of the Year, Small Winner at the Institutional Investors 16th Annual Hedge Fund Industry Awards held in New York City on June 28, 2018. Chief Investment Officer, Molly A. Murphy, CFA, was presented the prestigious award. OCERS was in a strong field of finalists that included Employees' Retirement System of Rhode Island, Fire & Police Pension

Association of Colorado, and Maine Public Employees Retirement System.

OCERS is a \$15.7 billion, cost-sharing, multiple-employer, defined benefit pension plan covering employees of the County of Orange and 12 other participating public employers. OCERS was established in 1945 and provides retirement, death, disability, and cost of living benefits to more than 44,000 local public employees and their families.

Welcome, New Members

Assessor: Patrick Desmond, Diane West

Auditor Controller: Josie Velasquez, Tonette Smart, Francis Davies

CEO: Ann Barlow, Christine Rasch

Child Support Services: Mary Huth, Cynthia Lona, Sandra Brewer, Sylvia Huang, Sunethra Gunawardene

HCA: Caroline Cordova, Joyce Krall, Mary Hale, Saba Fattaleh, Sheryl Curl, Judith Ituriariga, Robert Lohayza, Bruce Scott

JWA: Delores Galloway

OCCR: Hong Pak, Catherine Terrace, Barbara Neder

OC Fire Authority: David Steffen, Embret Anderson, Brian Young, Minda Isbell, Brian Young

OC Public Works: Elaine Varela, Michael Wong, Leonard Narel

OC Sanitation District: Robert Morris, Christine Yates

OCSD: Jaime Lim, Heather Houston, Jesse Oller, Stefan Georgescu, Dennis Mc Ney, Fernando Becerra, Spencer Sheflin, Timothy Morris

OCTA: Michael Meister

OC Waste & Recycling: Raymond De Avila, Ric Heard

Probation: Donald Beezley, Jr., Chris Bieber, James Hobson, Jr., Sierra Kennedy, Rebecca Menendez, Addy Salazar, Sean Barry, Ezequiel Marron

Public Defender: Diana Hantsche, Sandra Zirtzman

SSA: Melinda Luu, Diane Gonzales, Michelle Peiser, Lynne Bailer, Adriana San Roman-Bell, Ron Roman, Margaret

Galagher, Carlene Canzone, Mary Lou Gomez, Jeanne Naylor, Michael Ryan, Richard Young, Marta Wiggs, Charles Ott

Superior Court: Carola Dawkins, Grace Sukumar, Sherri Kuebler, Denise Leat, Rebecca Kelley, Soling Ko

Not Stated: Tina Sampson, Peter Pavone, Geraldine Heard-Rodriguez, Irene Sanchez, Joyce Constantine, Delores Galloway, Demetria Goodwin, Lucy Le, John Rajaratnam, MD

2018 Keith L. Concannon Scholarship Award Winners

by Janis Forster

We are pleased to announce the four winners of The REAOC 2018 Keith L. Concannon Scholarship, named in honor of REAOC's past president and member of the Board of Retirement. His legacy is one of tireless service and as an advocate of employees and retirees. This is the 14th year that scholarships have been awarded to qualified students who are related to REAOC members and are pursuing a degree in an accredited college, university or authorized institution. Each awardee receives \$2,000 to be used for tuition, fees, books, supplies or equipment required for courses in their degree program. The Orange County Department of Education and REAOC's Scholarship Committee evaluated all applications. Scholarships were awarded on the basis of academic performance and awards, community service and honors.

Heaven Ayele lives in Las Vegas and plans to graduate from the University of Nevada in 2021. Her father, Tamiru, retired from the County in 2000. She is a first generation American and comes from a family of African immigrants. It is the experience of her family coming to a new country for a better life that has inspired her goals. She has a double major in both Political Science and International Affairs with an emphasis on the Middle East. Her ultimate goal is to attend law school and work with a nonprofit organization. Heaven currently speaks Amharic and is learning Arabic to help reach her goals. She has won awards for academic excellence and for her poetry that she has written.



Scholarship winners with their REAOC parents/relatives

Talia Beck is from New Jersey and is currently attending Brandeis University. She is enrolled in a master's program and in 2019 will earn a Master of Science in Computational Linguistics. Her grandmother, Lois Latkis retired from the County in 2001. Her ultimate goal is to work for a high-tech company using her skills and expertise to improve people's lives. Computational linguistics is used to provide accurate translation software which fosters communication among people throughout the world. These voice-controlled user interfaces can be life-changing for those with disabilities or other limitations with motor skills. Talia looks forward to an internship which will help her understand practical uses for computational linguistics.

Addison Frese lives in Eldorado Hills, CA and is the grandson of Kathleen Little who retired in 2009. He will be graduating from Oak Ridge High School in 2018 with a 4.1 GPA. He has been accepted at 10 universities and plans to become a physician. Addison's interest in medicine started as a young child while suffering from several illnesses. The medical care that he received throughout his childhood inspired his career



choice. His extracurricular activities include participation in multiple sports, community service and leadership activities, all of which prepared him for his career path. He has received numerous distinguished honors and awards for his excellence in academics and his excellent service to others. Addison has also interned with a physician and volunteered at his local hospital in preparation for his medical career.

Makayla Smoot lives in Fullerton and will be graduating from high school in 2018. She carries a 4.3 GPA and is the granddaughter of Patricia Smoot who retired from the County in 1990. Makayla has received acceptance letters from 12 colleges and universities and her

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CRCEA Conference

by Ilene Barcenas

The Spring 2018 CRCEA Conference was held this year in Santa Barbara County at the Fess Parker Double Tree Hotel from April 16 to 18. Your REAOC Co-Presidents, Linda Robinson and Doug Storm, REAOC Directors, Gaylan Harris and John Iagjian, AREOC Director, Lou Scarpino and I attended this conference. A few of the presentations that were of interest to retirees are summarized below.

Presentation: Preserving Social Security & Medicare Benefits

Speaker: Dan Adcock, National Committee for the Preservation of Medicare & Social Social Security, Washington D.C.

The National Committee to Preserve Social Security and Medicare (NCPSSM) is a United States advocacy group whose goal is to protect and strengthen Social Security, Medicare and Medicaid. NCPSSM works to preserve entitlement programs through direct mail campaigns, candidate endorsements, incumbent ratings, grassroots activity, issue advertising, and campaign contributions. The organization opposes Social Security privatization and supports prescription drug benefits in Medicare. NCPSSM is the second largest organization representing seniors right behind AARP.

Dan shared potential threats to seniors and the importance of the future elections. He believes that we should work towards saving Social Security benefits and connect the COLA for those benefits to the CPI rather than using the current methodology. He acknowledged the need to raise the retirement age, but

would like to see an elimination of the income cap so that benefits can be paid to all that have earned them.

Presentation: This presentation emphasized the importance of volunteering and encouraged retirees to get involved to reap the reward of giving back to their communities.

Rotary Club This club brings together business and professional leaders for humanitarian efforts. For example, one goal is the total elimination of polio throughout the world. Only 8 cases were recorded worldwide in the past year. An example of Rotary's work: In India 3,300 volunteers immunized 4.3 million of their population, including 916,000 children.

Kiwanis These volunteers help build community through service by helping children. Their mission is to change the world one child at a time and one community at a time. The theory is that by helping children, they will become productive young adults. A current focus is on education.

Lion's Club This service organization helps people in need, encourages peace and world understanding. One goal is to eradicate blindness in the world. Members collect used eye glasses to provide for sight preservation. Another endeavor has been to fight diabetes, especially juvenile diabetes. They sponsor youth leadership and camping including the Leadership, Education and Opportunity Club. Other examples given were providing food resources, nutritional education, disaster preparedness and protecting the environment.

Presentation: In Search of Sleep

Speaker: Anne M. Lee, MD. Pulmonary/Critical Care Physician: Samsun Medical Clinic

Sleep is often taken for granted. When you can't sleep, you realize its importance to your body. How long can someone sleep? Most people sleep 7 to 8 hours a night; some people need 10 hours of sleep a night. Sleep disorders may include:

- Idiopathic hypersomnia – feeling tired during the daytime even with naps and cannot fall asleep at night, even if sleepy.
- Klein Levin Syndrome – begins in childhood and those with the syndrome are tired during the daytime. Seems to come and go but usually gets better on its own.
- Trypanosomiasis – a sleeping disease of the brain, transmitted by a tsetse fly. Also, can have fever and muscle aches and disordered sleep.
- Encephalitis Lethargica – a viral infection from the brain.
- Hypnotic sleep – not a sleep disorder or illness.

We may also experience insomnia (difficulty getting to and staying asleep) and sleep apnea (muscle tone in the back of throat can obstruct where it relaxes to the point where it closes the airflow, interrupting sleep), as we age.

The purpose of sleep is to create neural connections for memory and problem solving. Chronic lack of sleep can result in increased risk of infection, heart disease, cancer and depression. We have two basic drives that make us feel like we need to sleep. Homeostatic sleep drive is built into our bodies. Circadian

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In Memoriam

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

January 2018 – August 2018

Adams, John OC Community Resources
Agee, Thomas Probation
Al-Sunna, Saeb Assessor
Beckham, Kathryn Social Services Agency
Biggins, Richard Superior Court
Bernard, G-Jimmie Social Services Agency
Bien, Ann Health Care Agency
Brantley, Raymond OC Public Works
Burns, Ardith OC Community Resources
Chesshir, Leeds OC Public Works
Chicklo, Michael OC Waste and Recycling
Clark, Dane Social Services Agency
Cobbett, William CEO
Compton, Ariel Health Care Agency
Coons, Bonnie Social Services Agency
Cregut, Evelyn Health Care Agency
Curtis, Edward Social Services Agency
Denisac, Raul OCTA
Dionne, Linda Auditor-Controller
Dirden, Josephine Social Services Agency
Elmes, Roy OC Public Works
Fallon, Noeline Sheriff's Dept
Frazier, Carol Social Services Agency
Gates, Bonnie Superior Court
Genovese, Annette Sheriff's Dept
Goss, Janice OC Waste & Recycling
Graner, Beverly Health Care Agency
Guido, John Health Care Agency
Guzman, Laura Health Care Agency
Heal, Robert Fire Authority (OCFA)
Hernandez, Bonifacio OC Public Works
Jacques, Irene Probation
Hill, Celestina, HCA
Hiller, Robert John Wayne Airport
Kasules, Marty Sheriff's Dept
Kay, Barbara OC Community Resources
Kempler, Irwin Health Care Agency
Key, Virginia OC Community Resources
Kimpco, Ramon OC Public Works
Kohlberg, Charles Fire Authority (OCFA)
Kramer, Reinhold Treasurer-Tax Collector
Krewson, Margaret OC Public Works
Kratsch, William OC Public Works

Lacher, Rose UCI
Lagache, Joseph Sanitation
Leiby, David OC Public Works
Lewandowski, Mary Social Services Agency
Mc Quaid, Mary Assessor
Liberator, Carol Sheriff's Dept
Mandell, Irma Sheriff's Dept
Mannion, Horace Superior Court
Marquez, Anna Social Services Agency
May, Kay Probation
Mc Nealey, Evelyn Superior Court
McDonald, Bredaline OC Public Works
Mcintyre, John Human Resources
Medina, Trinidad Social Services Agency
Miles, Shirley OCTA
Mishica, Joseph Sheriff's Dept
Montoya, Wilfred OCTA
Morrow, Kathryn Ann, Superior Court
Mucia, Anton Health Care Agency
Nedza, Joseph District Attorney
Newton, Carol Probation (passed away 3-17-2017)
Nguyen, Minh Social Services Agency
Page, Glenda OCTA
Patton, Georgia UCI
Powell, Robin Superior Court

Surviving Spouse

Allemant, Jose
Brady, Floy
Collins, Marlene
Hanson, Daniel
Heisler, Ronald
Hepert, Elizabeth
Johnston, Ann
Kuroda, Hideo
Lane, Thomas
Macluskie, Helen
Ortner, Marilyn
Picarski, Robert
Powers, Gail
Sena, Alice
Spencer, Dorothy



Scholarship

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ultimate goal is to be an Occupational Therapist, working with children. In addition to being academically outstanding, she is involved in many activities and service initiatives. She has earned numerous Scholar Athlete Awards for cheer leading and serves as co-president of Best Buds, a campus program helping special needs students. Makayla's high school counselor describes her as having a "huge heart" and "would make a great addition to the classroom and campus community at the college of her choice."



Congratulations to all of these exceptional scholarship winners! Thank you to the Scholarship Committee members; June Marcott, Rebecca Guider, Linda Elder, Luisa Camino, Ryan Crowdis and Janis Forster and to the REAOC members for generously supporting the scholarship program.

**"Hospitals are Sued by 7 Foot Doctors"
Boy, are they tall!**

Hemet Chapter Luncheon

When: Tuesday, Oct, 16 at 11:30 a.m.

Where: The First Presbyterian Church, 515 E. Kimball, Hemet

Price: Only \$9.50 per person

Menu: Swiss Steak, Mashed Potatoes and Gravy, Green Beans, Green Salad, and Cheesecake

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

Call Jane Pabitzky at (951) 237-3240 or Mary Little at (951) 485-7738 by Tuesday, October 6, 2018 to reserve your seat.



Fall CRCEA Conference

October 15 – 17, 2018 Marin County Association of Retired Employees is hosting the CRCEA 2018 Fall Conference in San Rafael, held at the Four Points by Sheraton Hotel. To reserve a room by phone, call Toll Free (866) 716-8133. Ask for CRCEA conference rates. Online conference registration can be made at: www.mcareinfo.org/event-2614354. To learn more about the conference, go to: www.mcareinfo.org/CRCEA-2018-Fall-Conference.

OCEA Health Fair

We look forward to discovering new health resources and recruiting future members and associates at the OCEA Health Fair on Tuesday, September 11 at Orange County Employees Association, 830 N. Ross Street, Santa Ana, CA 92701 714-835-3355, www.oceamember.org

**“Local High School Dropouts Cut in Half”
Chainsaw Massacre all over again!**

CRCEA Conference CONTINUED FROM PAGE 5

Rhythm, our internal pacemaker, is innate in everyone. Our body automatically reacts to stimuli based on our gene-driven circadian rhythm, but the rhythm gets out of balance. Sufficient daylight and exercise stimuli are very important for the restoration of Circadian Rhythm. Food and social stimuli may also impact our sleep. Darkness triggers the release of melatonin, which regulates sleep.

As we age, eating earlier and going to bed earlier will assist in better sleep. The impact of aging on sleep means:

- Shortened nighttime sleep duration —may sleep less in a block but make that up with daytime naps.
- Increased nighttime awakenings
- Less robust circadian rhythm and sleep homeostasis.
- Increased sensitivity to jet lag

Remember to make every effort to get enough quality sleep, as it is necessary for a healthy and productive life!

Luncheon Menu for September 26th

*Herb roasted chicken
Mushroom mashed potatoes
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, Sept. 19, 2018

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!

The Informer

RETIREED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.
P.O. Box 11787, Santa Ana, CA 92711-1787

INSIDE THE INFORMER

Luncheon Information
Scholarship Winners
Lorraine Schmidt
CRCEA Conference

Dated Material – Please Deliver Immediately

Presorted
First Class Mail
U.S. Postage
PAID
Permit No. 100
Gardena, CA