



The Informer

RETIRED EMPLOYEES ASSOCIATION OF ORANGE COUNTY, INC.

May Luncheon Set for Wednesday, May 25

Join your REAO friends, colleagues and guests to break bread, receive important updates from your Board, and share your summer plans at the Mile Square Park Golf Course Clubhouse in Fountain Valley. The menu is shared on page 7.



In addition to prizes and beautiful centerpieces, you may win the Progressive Drawing. Remember you must be present at the luncheon to win. When winning members are not present to collect, the drawing now increases in \$100 increments at each remaining luncheon until the December luncheon.

Reserve your seat by sending the form on page 7 and your check to arrive at the REAO office no later than Wednesday, May 18. Check-in starts at 11:00 a.m. and lunch is served at noon. Please carpool if possible.

Presidents' Message

From the Desks of Linda Robinson and Doug Storm

On behalf of the entire REAO and AREOC Board of Directors we wish you all a safe, relaxing Memorial Day weekend and a fantastic Fourth of July. In whatever way you plan to celebrate the upcoming summer months, at home or on the road, may you find yourself in rewarding and hassle-free circumstances. Happy adventures, retirees!

UPDATES As an important item of interest to all retirees, a Cost of Living Adjustment (COLA) of 1% will appear on May pension checks. Also, the Retirement Board approved a 2016 STAR (Supplemental Targeted Adjustment for Retirees) COLA effective this May. The purpose of the STAR COLA is to restore purchasing power to retirees who have lost more than 20% of their purchasing power since retiring and applies to 337 of the longest-retired OCERS members.

The REAO website is constantly updated with timely information for our members to review. If you haven't bookmarked the REAO web-

site on your computer, please consider doing so. You will find that our website, www.reao.org, provides valuable news, reports and messages for retirees.

We are pleased to announce REAO now has over 5,700 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.

CURRENT ACTIVITIES The Scholarship Committee has spent many hours following strict guidelines to complete the process for determining scholarship award winners for the Keith L. Concannon Scholarship Program. Finalists will be chosen after the rigorous application and evaluation process concludes. Recipients of the awards will be recognized at the REAO May luncheon.

Several Board members represented REAO at the semi-annual

CONTINUED ON PAGE 2

Progressive Drawing

\$300.00

Eileen Blanton-Facer of Yorba Linda would have won \$200 at the March luncheon if she had been present at the luncheon. Remember—you must be present at the time of the drawing to win! See you on Wednesday, May 25, 2016 at Mile Square Park.

Presidents' Message

CONTINUED FROM PAGE 1

California Retired County Employees Association (CRCEA) Spring Conference held in Bakersfield, CA, April 11-13. These conferences provide an excellent, statewide opportunity to network with all twenty 1937 Act county retiree associations to share important, timely information regarding retirement issues and pension security. Speakers presented relevant retiree-related topics and a recap of program presentations will be provided in the next edition of *The Informer*.

Lou Scarpino will represent REAOC at the NCPERS (National Conference on Public Employee Retirement Systems) San Diego, CA Conference in May. The program will include presentations regarding ongoing "pension reform" ballot initiatives which can threaten retirement security. An article in the next *Informer* will address the conference presentations and provide information regarding efforts taking place at the national level.

This Fall an election will be held to fill the vacant Retiree Member seat

on the OCERS Retirement Board. Tom Beckett has done an excellent job filling this position during the past three years and he plans to officially "retire" at the end of December. Please see the next article on this page for further information regarding candidacy for this position.

During the past few months REAOC Board Members have reached out to provide more visibility for this organization through meetings with County officials, labor associations and non-members (through insurance offerings not offered through the County). This Board will continue to work on your behalf to strengthen your organization.

In closing, we want to thank you so very much for your continued membership, support and participation in REAOC. Your loyalty is invaluable to the success of this organization—your organization. Take care and be well. Enjoy your summer. Be safe and stay united, retirees.

– Linda Robinson
– Doug Storm

Retirement Board News

Tom Beckett, the elected retiree representative to the Orange County Retirement System (OCERS) Board of Trustees, has announced that he will not be seeking another term. Tom's current three-year term ends December 31, 2016 and the next retiree representative's three-year term will begin January 1, 2017. The deadline to file for candidacy with the Registrar of Voters is October 1, 2016, with the mail-in ballot count taking place on December 6, 2016.

Any REAOC member with an interest in serving as the retiree representative on the OCERS Board should contact the REAOC Office Manager at (714) 840-3995 for more information. The REAOC Board encourages interested members to submit resumes to REAOC by June 15, 2016. The REAOC Board will interview prospective candidates in mid-July in order to select the REAOC endorsed candidate.

REAOC

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
Jan Grimes	Secretary
Bill Castro	Treasurer

DIRECTORS

Tom Beckett
Rebecca Guider
Gaylan Harris
John Iagjian
Larry Leaman
Sara Ruckle-Harms

APPOINTED STAFF

Ilene Barcenas	Office Manager
John Iagjian	Membership Committee
Robin Mattocks	<i>The Informer</i> Editor
Vacant	Luncheon Committee
Norma Roberts	Board Watch
Linda Robinson	CRCEA Delegate
Lou Scarpino	Legislation
Jan Grimes	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.

2016 UCI Health Care Forecast Conference

by Rebecca Guider

Once again, I represented REAOC at UCI's 25th annual health care forecast conference, jointly sponsored by UCI's Medical School and School of Business on February 18 and 19. The conference title was "Health Politics and Policies in a Presidential Year." This conference brings together the health care industry (insurance companies, hospitals, medical schools, clinics, etc.) and economists from national, state and local levels. As you might imagine, the topic and timing made for lots of lively discussion!

Day one focused on "Forecasts, Outlook for Legislation, and Policies and Politics in 2016." Most of the projections this year had a caveat attached ("...depending on election outcomes..."). The party or candidates who prevail will largely determine the business model for health care. If the election outcome is R, X will likely result. If the outcome is D, then Y will likely happen. Rather than sharing all of the speculation discussed, I will focus on some themes of the speakers which will likely impact retirees.

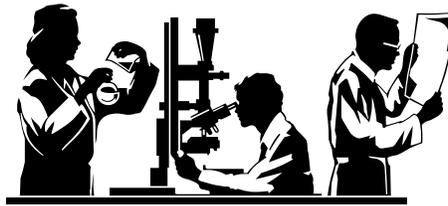
Predictions about the future of the Affordable Care Act (ACA) fell into three general categories:

- Repeal – get rid of it and go back to the old system.
- Replace – ideas about what a new health system should look like.
- Refine – focused on ideas for improvement of the current system.

Most experts agree that "refinement" is where we need to put our energy. Thus:

- Abrupt U-turns that disrupt what exists are not likely.

- We need to rethink health care in the context of our aging population, as the number of elderly are expected to double.
- The discussion of value in medical care has been going on for several years but defining "value" is not easy. Developing good performance measures for "value of care" is very challenging.
- The role of technology in health care will continue to be monumental and brings with it many challenges.



Day two introduced some exciting things happening at the "Intersection of Health Care and Technology." This included new innovations and the disruption they can cause to the health care providers. What happens when the technology exceeds the performance customers can absorb or utilize? Now that was a question to which I could relate! I was happy to hear that experts appreciate the challenges all this complex innovation creates for medical providers and consumers, especially those who are elderly and did not grow up in the computer age. Physicians share many of the same challenges that healthcare consumers experience. The ability to collect massive amounts of data about one's health through wearables (clothes, jewelry, watches, etc.) that monitor and measure every heart-beat, are increasingly more available. But how does all of this information

translate into improved, cost-effective health care?

It is all about data. "He who holds the data holds power." During our lifetime we have watched medicine develop "standardized care" or "best practices" which are driven by aggregate data. What has proven to be most effective for the most people, becomes the gold standard of care. Personalized or precision treatment is becoming increasingly more common. Rather than big data, personalized data (at the cellular and organ levels) and in population levels (regional, geographic and cultural), from genetic testing, various scans, etc. determine a course of treatment or medication customized for the individual patient.

Traditional "fee for service" reimbursement for medical care is shifting to "value based" reimbursement. Providing lots of tests, performing lots of procedures, prescribing lots of medications, is what traditionally has made money for doctors and hospitals. "Risk management" is what matters now. Health care plans and providers are creating new economic business relationships to achieve better value. Think about fall prevention programs for seniors. Improving strength and balance, and modifying our living environments (eliminating throw rugs, installing grab bars, etc.) has proven to reduce broken bones and costly hospitalizations for seniors. Placing the incentive on prevention, helps keep folks healthier and out of costly institutions. When care is needed, the goal is to provide care in the community

CONTINUED ON PAGE 5

New Attack on Public Pensions Likely

by Larry Leaman

The National Conference on Public Employee Retirement Systems (NCPERS) has alerted its members to an organization named The Retirement Security Initiatives, or RSI. NCPERS reports that RSI “purports to be a bi-partisan advocacy group for fair and sustainable pensions. However, we know that its true aim is to dismantle public employees’ defined-benefit pensions.”

Like NCPERS, the National Public Pension Coalition (NPPC), an advocacy organization formed by seven major unions and NCPERS, has been fighting to preserve public pensions. It reports that RSI “aims to change public policy to chip away at teachers, firefighters, social workers, nurses and other public employees’

retirement security. This group is well-funded and well-connected and may be coming to a legislature or city council near you.” Also “RSI, a re-branded, well-funded group of anti-labor Republicans and Democrats, have co-opted messaging about retirement in another attempt to attack retirement security for union members.”

NPPC reports that California pension reform advocate Chuck Reed has joined RSI and that we should watch for:

- Representatives from RSI meeting with legislators, drafting legislation for them and testifying at public legislative hearings about public pensions.
- Documents, research papers and news stories written by RSI and

associated “think tanks” that report on perceived ills of public pensions and propose how to fix them.

- Interviews by RSI and its officials being reported by the media, all of which advance the view that significant pension reform is needed because a crisis exists.

As we know, these issues are not new. Our pensions have been under attack for over a decade. We have remained vigilant and have worked with other retiree organizations to try to dispel pension myths that are used by reformers in an effort to whip up public hysteria. Based on this news from NCPERS, RSI and NPPC, it looks like we all need to continue our vigilance and be prepared for another political and media blitz.

Do You Have an Interesting Story to Share?

by Robin Mattocks

Many of you have shared with the REAOC Board how much you appreciated Larry Leaman’s personal story of “The Early Days” with the County of Orange. Some of us who had worked for him had never known he initially worked at the Purchasing Department and can’t imagine driving through orange groves without freeways and quickly arriving at work without major traffic.

With your compliments and appreciation in mind, a decision was made to welcome other personal stories of your County “Early Days” that others might find interesting or even humorous. Of course, some of us could share scandalous accounts of

employee misbehavior and name names, but that is not what we are seeking. This is an opportunity to reminisce as well as share some forgotten history for future generations.

To start your creative synapses firing, think about the many changes that have occurred over the last 40 or so years. The County has organized and reorganized, centralized and decentralized with the bankruptcy and then centralized some functions again. New legislation produced new functions and efforts at privatization of government services have come and gone. Disruptions in or delays of service from “work slowdowns” created challenges and the political wheels kept turning. Edicts, compro-

mises and court decisions determined what and how the County would serve its customers. Possibly a customer misinterpreted a service and requested something extremely unusual. Were ancient dinosaur bones really found during excavation of County-owned land?

If you have a story that you love to tell because it always surprises others or creates guffaws and giggles, think about submitting your story for consideration to be included in *The Informer*. Perhaps you are involved in a very unusual, interesting activity, very different from what you did for the County, and would like to share this with fellow retirees.

CONTINUED ON PAGE 7

The Healing Power of Music

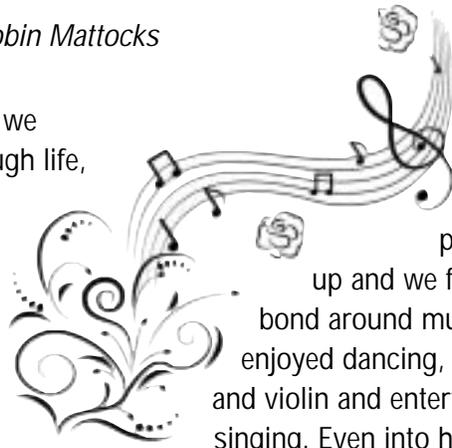
A Personal Story by Robin Mattocks

Memory loss as we progress through life, unfortunately, can become reality the older we get. According to AARP (*AARP Bulletin/Real Possibilities July-August 2015*), an estimated one in eight baby boomers will develop Alzheimer's disease. New research is confirming the opinion of many who work with dementia patients that music can improve the mood of people with this and other neurological diseases.

According to Oliver Sachs, who wrote the book *Musophilia*, to Alzheimer's patients, music can be like medicine. It has a power beyond drugs or anything else to help mediate cognitive decline and ease suffering. For example, at George Mason University, Flynn and Maguire studied a group of 45 patients and found that for those who regularly sang, their mental acuity sharply increased over a four-month period.

Many of you may have known or loved someone with dementia or Alzheimer's. My own father, Thomas Taylor DeVaughn, developed the disease and suffered for several years, slowly cognitively declining. He had been my hero, winning gold medals travelling throughout the U.S., participating in Senior Olympics track and field competitions and even pole vaulting well into his 80s. What a tragedy that he had kept physically fit, ate healthy food and stayed socially active but succumbed to this brain disease at 91.

Dad and I shared a love of music.



He always had his stereo or the car radio playing as I grew up and we formed a close bond around music. We both enjoyed dancing, playing piano and violin and entertained audiences singing. Even into his 80s he and his friend, Glenda, regularly sang duets in public, performing at Mesa, AZ Leisure World and senior centers in the vicinity.

As he declined, luckily, the love of his life (and my dear friend), Dianne, was there for him 24 hours/day. The last few weeks of his life, he could respond with yes and no answers but not much more. We simply made sure he was comfortable. It was so difficult to watch a formerly active, healthy man show no interest in doing anything. Nothing seemed to give him pleasure.

Remembering how much he enjoyed his music, to see if it would perk him up, I bought a portable CD player with earphones that he could keep with him no matter where he was. I could see it in his eyes as soon as he heard his music. They lit up as soon as he heard Frank Sinatra's voice—he paid attention. Eventually he was singing along with the music. He actually remembered most of the words! He was as happy as we had seen in quite a long time. The icing on the cake happened when he was asked who I was. With a smile he said "that's my daughter." I attribute this recognition and his reawakening to the reintroduction of familiar music into his life.

As many people claim, music is

the universal language, a method of communicating feelings that everyone can understand. For my own mental health, I plan to sing and keep the music playing. As we progress through life and more frequently encounter those with cognitive decline, consider introducing some familiar music into their lives and see what happens. You may make their days a little brighter.



Health Care Forecast

CONTINUED FROM PAGE 3

or home of the patient. The use of targeted robotics holds some exciting opportunities for future cost-effective assistance in home care too.

Making the shift from volume "fee-for-service" to "value-based" care is what we are starting to shift toward. It feels like we now have two separate systems with "one foot in each canoe," which accounts for some of the frustration we experience in our medical care today. Medical schools are undergoing a huge shift as well. UCSD has developed a program for medical school students where 50% of their time will be spent in Medicine and 50% in Computer Science. They have accepted two students into this new pilot program. This monumental shift is occurring over time, but doctors are increasingly expected to practice medicine in a high-tech environment. There is no turning back; the world of medicine is definitely changing!

Clever Lexophiles

- ◇ When fish are in schools, they sometimes take debate.
- ◇ A thief who stole a calendar got twelve months.
- ◇ When the smog lifts in Los Angeles U.C.L.A.
- ◇ The batteries were given out free of charge.
- ◇ A dentist and a manicurist married. They fought tooth and nail.
- ◇ A will is a dead giveaway.
- ◇ With her marriage, she got a new name and a dress.
- ◇ A boiled egg is hard to beat.
- ◇ When you've seen one shopping center you've seen a mall.
- ◇ Police were summoned to a day-care center where a three-year-old was resisting a rest.
- ◇ Did you hear about the fellow whose entire left side was cut off? He's all right now.
- ◇ A bicycle can't stand alone; it's just two tired.
- ◇ When a clock is hungry it goes back four seconds.
- ◇ The guy who fell onto an upholstery machine is now fully recovered.
- ◇ He had a photographic memory which was never developed.
- ◇ When she saw her first strands of grey hair she thought she'd dye.
- ◇ Acupuncture is a jab well done. That's the point of it.



Passing of Flo de Vries

Beloved wife and best friend of former REAOC Board of Director Walt de Vries

It is with deep sadness that we inform you of the passing of Flo de Vries. Both Flo and Walt have been long-time REAOC supporters and participants. Walt and Flo were married 72 years. Flo passed from this life on Thursday, March 24th. It is with great sympathy we give our condolences to Walt and his family.

Walt and his family want to express their heartfelt appreciation for all the phone calls, e-mails and condolences from REAOC members

Special thanks for all you and Flo have done for REAOC, Walt.



In Memoriam

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

November 2015 – March 2016

Cora Anderson, HCA
Barry Bolden, Probation
Pauline Dale, Superior Court
Flo de Vries
Barbara Evans, Superior Court
Stephen Gorton, Sanitation District
Merrill Lee, SSA
Robert Livingstone
Nora McLellan, SSA
Tim Mullins, HCA
Peggy Murray, SSA
Phuong Nguyen, OC Sheriff's Department
Judith Nicola, SSA
Moses Russell, OCTA
James Spellman, Public Defender
Patience Sudds, CEO
Maxine Uhlich, OC Sheriff's Department
Mary Ellen Watson, OC Public Works
Gertrude Weiner, UCI



Pulcini Brothers Entertain at March Luncheon

Welcome, New Members

Child Support Services: Virginia Iglesias,

Eva Hirakawa, Edgar Bradley

County Counsel: Mary Chin

District Attorney: Daniel DiSanto

HCA: Judy Urbanes, Sylvia Goldie, Thoa

Kim Tran

OC Parks: Henry Morales

OC Public Works: Mary Flicker, Kyle

Soldan, Pamela Middlebrook Kosik,

Kenneth Dickinson, Frank Eley, Stephen

Jousz

OCCR: Victoria Khuu, Karen Roper

OCSA: Elizabeth Thompson Lloyd, Debbie

Braun, Michael Miller, Brenda Flatt,

Michael Hiller, Michael Toledo

OCTA: Andrew Fernandez

OC Waste & Recycling: Ray Hull

SSA: Michael Walsh, Marilyn Inigo, Diana

Wittkamm

Superior Court: Robin Myers-Hume

Surviving Spouse: Sue Shimer

Not Stated: Ana Christensen, Kevin

Crawford, Santa Murphy, Thomas McCool,

Loretta Sjule



Menu for May 25th



Coconut Macadamia Nut Chicken

Scallion Pineapple Rice

Grilled Vegetables

House Salad with Italian or

Ranch Dressing

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 18, 2016

Print Name: _____

New/Changed E-mail Address: _____

of lunches at \$17.00 each: _____

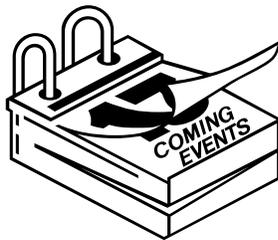
of Vegetarian lunches: _____

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!

On the Calendar: 2016 REAOC Luncheons



September 28
December 7

Hemet Chapter Luncheon

When: Tuesday, June 14 at 11:30 a.m.

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

Price: Only \$9.50 per person

Menu: Beef and Turkey Croissants, Potato Salad, Fruit Salad, Bread and Butter, and Chocolate Éclair

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 Jeri Maupin (951) 672-4594 or Joyce Emery (951) 658-2549 by Thursday, June 2, 2016 to reserve your seat.



Story to Share

CONTINUED FROM PAGE 4

We may not be able to publish everyone's story and editing may be done, but give it a try. Submission may be made by e-mail or mailed to the REAOC office, P.O. Box 11787, Santa Ana, CA 92711-1787. We are looking forward to learning new things and remembering the good times.

The Informer

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

INSIDE THE INFORMER

New Attack on Public Pensions Likely

2016 UCI Health Care Forecast Conference

Retirement Board News

The Healing Power of Music

Do You Have a Story to Tell?

Dated Material – Please Deliver Immediately

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