

Retiree

NEWSLETTER

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Association



David Miller and Jose Luis Pacheco (from left) are both running for a seat in the California Public Employees' Retirement System (CalPERS) this fall.

CONTENTS

5 CalPERS election ballots

7 Granny Grants winners

8 Area Retirees of the Year

12 Retiree Leadership Conference

Help elect two pro-labor candidates to the CalPERS Board

Cast your vote in this fall's election

by Shannon Carr

The California Public Employees' Retirement System (CalPERS) election this fall will undoubtedly impact members, active and retired alike. CalPERS is ground zero in the fight to ensure adequate funding for pension benefits today, and far into tomorrow. This is why CSEA endorses Jose Luis Pacheco for the Member-at-Large Position B seat and incumbent David Miller for the Member-at-Large Position A seat on

the CalPERS Board of Administration. These are both four-year terms, so it is important to ensure the person who is elected acts in the best interests of classified employees.

Rob Feckner, who is serving his sixth term on the board, urges those who can to vote when their ballot arrives after August 27. Even though the implications of the election results will have a far-reaching impact with classified employees, he said the last election had less than

an eight percent turnout.

"Let's change that narrative," said Feckner, who is past president and life member of CSEA, and past executive vice president of the California Labor Federation.

"It is important to vote for more than one reason," Feckner said. "One, we want to be sure and elect the CSEA-endorsed candidates and two, it is very important to show a good turnout as the legislature is watching to see how engaged PERS members are in electing their board members."

He supports Pacheco because he "is a fellow classified employee and understands the unique needs of school employees." As for re-electing

(continued on page 4)

ALSO IN THIS ISSUE: Assistance Fund, page 6

MESSAGE FROM THE CHAIRPERSON

Top priorities: Policy, recruitment and open communication



Martha Penry

What an exciting summer. I am excited to start my term as the “elected” chair of the CSEA Retiree Unit.

This feels like “MY” term! Completing former RUEB Chairperson Ron Duva’s term was an honor beyond compare. But now YOU have spoken, and I am the elected chair and excited to put into place some ideas you all have shared with me.

My priorities over the next two years will be **PRO: P** (Policy), **R** (Recruitment), and **O** (Open communication).

POLICY: CSEA retiree policy needs to be updated but, more than that, all the policy affecting retirees needs a look from 10,000 feet. Policy changes over time to address issues but each time a change is made, the impacts on all the policy in that section needs a review. Looking at updates also includes a look at the full policy. The Constitution and Bylaws (C&B) committee will be a part of that process. What we are working with now has flaws and errors and does not reflect what happens in a practical fashion. I also hope to bring to councils updated C&B and as a “tool”, the use of standing rules. A standing rule is a

way to make your meeting run easily and make quick changes without changing your C&B. An example would be each council setting consistent meeting dates and times so members can plan to attend. For example, the fourth Monday of even months at 9:30 a.m. In a standing rule, the date or time can change at a meeting via a vote of the members in attendance for the following meeting.

RECRUITMENT: Ask one, get one today! Each of you should ask a former co-worker to join the CSEA Retiree Unit. Ask today! All CSEA leaders can help bring their former active members who are now 50 years and older and no longer working into the CSEA Retiree Unit.

I was recently asked by the Chapter 127 president to help recruit their retiring members. I penned a letter,

talked about the \$36 per year cost and listed the benefits. The chapter mailed it out to the more than 90 retiring members. Are you still in contact with your chapter president? May I send you the letter to use to reach out to your former chapter members? You can obtain the letter, edited and on CSEA letterhead, by emailing memberbenefits@csea.com and

requesting my letter. Recruitment also includes activation of those councils that have stopped meeting. If you are in an area and are not aware of any meetings through email notices, your council might be struggling to meet. Part of being in our union is meeting to connect and learn. Let me know if you are interested in helping an inactive council “activate” by emailing me at mpenryruebchair@gmail.com.

OPEN COMMUNICATION:

I am asking all of us to “Ask one, get one email address!” Simply ask one retired member for an updated email. Our retiree email addresses fall far short as we only have a small fraction on file for retirees. Without

Openly communicating is a great way to describe our CSEA Retiree Leadership Conference, which will be open to ALL retirees!

an email address, you are missing meetings, sales, discounts, services, notices and more. CSEA has many informational pieces that are only distributed through email. Recently, a deal on See’s Candies certificates was advertised via email. You missed out if you did not have your updated email on file with your union. CSEA does not sell or distribute email addresses. I know I want my CSEA email in one location, separate from the emails my granddaughters send. I set up a FREE Gmail account just

for CSEA. It is sooooo easy to do. Members, please update your email today by visiting www.csea.com/email or calling Member Benefits at (866) 487-2732. Read all about why it is important in the article of this newsletter.

Openly communicating is a great

**Ask one, get one today!
Each of you should ask a former co-worker to join the CSEA Retiree Unit. Ask today!**

way to describe our CSEA Retiree Leadership Conference, which will be open to ALL retirees! Your councils will select their delegates, but all of you can come as a special GUEST if you're not a delegate. You will have the chance to learn so much and even enter to win prizes. It will be an amazing three days. I hope you have your calendar marked for September 20 through 22, your current email on file and you are ready to learn how to improve your council meeting, learn to protect yourself and have fun with us. Read an article about the upcoming conference in the newsletter.

PRO: Our entire Retiree Unit Executive Board are PROs and have voted to keep you in the know through four in-person retiree Board

Meetings and two Zoom meetings. Here are the locations and dates; all meetings begin at 10:00 a.m.

- September 8, 2021:** Zoom
- November 10, 2021:** Sacramento
- January 12, 2022:** Zoom
- March 9, 2022:** Rancho Cucamonga
- May 11, 2022:** San Jose
- July 13, 2022:** Zoom

Look for the links and exact location via email. Yet another reason why it is important to sign up.

Council meetings are starting up. Why not volunteer to assist your local council if you can? If you do not know when your council meeting is, ask your District Director. What a resourceful group your directors are. They can be a wonderful resource if you learn to reach out to them or just reach out to me. Find their contact information in the directory of this newsletter.

Let's make this an exceptional time to remember!



Martha Penry

Retiree Unit Executive Board contacts:

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Coordinator	Debb Jachens (408) 433-1309 djachens@csea.com

Help us stay connected!



CSEA and the Retiree Unit use email communication to send you important information about meetings, elections, your benefits, and more.

To stay informed, please send your email address, phone number, and mailing address to memberbenefits@csea.com or visit www.csea.com/email.

(continued from cover)

Miller, “David has always been a reliable board member, classified friendly and labor supporter. He has been a labor leader for years.”

JOSE LUIS PACHECO

To start, Pacheco shared his sincere gratitude for all his CSEA sisters, brothers and volunteers who banded together to raise 33 times the number of signatures needed to get him on the ballot.

“It was a beautiful thing to see and that was just incredible,” he said

Additionally, the overwhelming grassroots support from diverse labor organizations across the state propels Pacheco to the forefront of labor-friendly candidates. On top of CSEA, labor groups such as the American Federation of Teachers, Local 6157; SEIU; the California Labor Federation; the South Bay Labor Council; and numerous others support Pacheco in the pivotal election.

Pacheco shared his sincere gratitude for all his CSEA sisters, brothers and volunteers who banded together to raise 33 times the number of signatures needed to get him on the ballot.

At the time of this interview, Pacheco had received endorsements from 39 labor and 19 elected officials, and the numbers are increasing. Of course, this wide-sweeping support doesn't come without reason.

“The members are really thrilled that I am running for this seat,” he said. “They see the passion in me and they see that my heart is in labor.”

This is evident throughout his life, which he illustrates with a story he



often shares about his childhood. In elementary school, a cafeteria worker noticed Pacheco couldn't afford school lunches, so she gave him the opportunity to clean dishes before school to earn meals. He is also proud to be a second-generation union member, following after his mother who was a member of the Communications Workers of America.

“(They see me) taking the torch and making sure that I'm there to be the champion and advocate for our pension as well as protecting and preserving our healthcare plans for CalPERS,” he said.

Pacheco is a classified employee at the San Jose-Evergreen Community College District and is highly educated and experienced in the management of financial institutions. He holds bachelor's degrees in economics from Santa Clara University and in biological sciences from California State University East Bay. He also holds certificates in accounting from Santa Clara University and alternative investments from the Harvard School of Business. Pacheco is chairman of the board of the Santa Clara County Federal Credit Union and a board member for Latinas Contra Cancer.

He also serves as president of San Jose/Evergreen Colleges Chapter 363, is a delegate to the South Bay AFL-CIO Labor Council, and formerly held chapter positions as vice president and served on the negotiations committee, district budget committee and the resource allocation model committee.

DAVID MILLER

David Miller is running for re-election because “I believe that dedicated public employees deserve to receive the healthcare and retirement benefits they have earned, and I want to continue the fight to protect their hard-earned benefits and be their voice on the CalPERS Board.”

Looking at the near horizon, Miller's top priorities are the upcoming healthcare rate setting and the asset allocation cycle, along with the associated setting of the discount rate.

“In the long run, the most pressing issues are the investment performance of the fund and its impact on the discount rate and funded status, access to affordable quality healthcare, and the ongoing, concerted attacks on public employees and their pensions,” he said.

Miller is a former president,

treasurer, and bargaining chair of the California Association of Professional Scientists (CAPS), which is the labor union representing state employee scientists. He currently serves as an elected director-at-large on the CAPS Board, representing all state scientists. He has also performed the duties of master examiner with the American Health Care Association/National Center for Assisted Living's National Quality Award program.

Miller believes that his 30-year track record of “integrity, commitment and performance” on behalf of public employees demonstrates core values all CSEA members look for in a trustee on the CalPERS Board.

“My experience, education and personal knowledge, skills, and abilities are perfectly suited to the position. But, most importantly, I am passionate about public service, public employees and preserving the trust they have put in the system to provide their hard-earned benefits,” he said.

“I have been at the forefront of this battle for decades, and no other candidate has been in the trenches with us, fighting to ensure that promises made are promises kept.”

Some of Miller’s supporters

“CSEA is well known and respected in the labor community, and a CSEA endorsement says that a candidate has been thoroughly considered, and found to be worthy of endorsement, by the largest classified school employees union in the country.”

include SEIU California, Association of California State Supervisors, California Federation of Teams, Professional Engineers in California Government, CalPERS President Henry Jones and CSEA.

Miller shared his gratitude for CSEA’s endorsement “because of the respect and honor that it conveys.

“CSEA is well known and respected in the labor community, and a CSEA endorsement says that a candidate has been thoroughly considered, and found to be worthy of endorsement, by the largest classified school employees union in the country,” he said.

Miller shared, in closing: “Beyond the obvious value of the endorsement of an organization representing a large and diverse membership, the endorsement holds additional meaning for me, personally. CSEA represents the essential workers who are the everyday heroes that keep our educational system running. They are the backbone of the system that ultimately supports every aspect of society, and it is my honor and privilege to serve them.”

Ensure your vote counts



Ballots for the CalPERS election will begin mailing August 27 and we need each and every one of our members, retired and active alike, to vote for CSEA’s own Jose Luis Pacheco and to re-elect David Miller.

To ensure your vote counts, make sure CalPERS has your current address on file so you’ll receive your ballot. These are three ways to update your address with CalPERS:

- Change your address online by logging in to myCalPERS.
- Contact CalPERS by phone at 888-CalPERS (or 888-225-7377).
- Fill in, print and return an Address Change Authorization (PDF)

form by mailing or faxing it to the number shown on the form.

- Send CalPERS your new address in writing to:

**Benefit Services Division
P.O Box 942716
Sacramento, CA 94229-2716**

How to cast your ballot

There are three ways you can vote in the CalPERS election:

- ***Online:** Go to www.CalPERSelections.com and follow the instructions on the screen.
- ***By phone:** Call (833) 442-4829 and follow the automated voice instructions.
- **By mail:** Follow the instructions and complete the ballot that is

included in the ballot package mailed to you. You must sign your name on the signature line provided on the return envelope or your vote will not be counted.

**You will need your Personal Identification Number, which can be found on the ballot card mailed to you in your ballot package.*

Contact the Customer Service Center at (877) 610-8637 for a replacement ballot package if you have not received a ballot by September 3 or have damaged or lost your official ballot or ballot return envelope. Do not request a replacement ballot if you have already mailed your official ballot to CalPERS or voted online or by phone.

The deadline to vote is September 27, 2021!

Compassion inspires the Assistance Fund during wildfire season

by David Ngo

Howling winds, dark skies and the crackling of what seemed like a million helicopters.

That was what retiree Maryann White woke up to on September 8, 2020 in Happy Camp, Calif., during what would later be known as the Slater and Devil fires.

“You could hear the crowning of the fire and the sky was all black,” said White. “The weather was so strong it was blowing fire across the Indian Creek and it just took off.”

Within a week, the Slater Fire would cross from Siskiyou County across the Oregon border.

According to the California Department of Forestry and Fire Protection (CAL FIRE), the Slater fire burned 157,220 acres. After two-and-a-half months, the fire was officially contained with 440 buildings destroyed, including two that belonged to White and her husband.

“We’re starting all over again,” said White.

Before retiring in 2020, White worked 33 years in transportation at nearby Happy Camp Elementary and was part of Happy Camp Elementary Chapter 592. For her, joining a labor union means having people stand behind you.

Members like White have turned to the labor union they have always known for support in challenging times.

CSEA’s Dorothy Bjork Assistance Fund supports members in need

through two programs, the Emergency Assistance Program and the Humanitarian Assistance Program, with donated funds from members.

And for over 30 years since Association President Dorothy Bjork began inspiring members to help their brothers and sisters in need, CSEA members have answered the call.

“I think CSEA is a good thing and (I’m) very glad that they’re helping us survivors themselves,” White admitted. “I was really surprised to get that \$1,000 because I didn’t think we would. That was really appreciated.”

As the state of California slowly emerges from a public health crisis, we are once again faced with a far too familiar threat looming on the horizon: wildfire season.

Throughout the state, fire teams are standing ready and for a labor union that prides itself on serving members, students and the communities they live in – now is the time to donate.

“I have been donating to the fund since it began. I thought it was such a wonderful idea. Our members and their families need help sometimes when life happens,” said Jeanne Foster, a retiree with Ventura County Council 5007 and a former school secretary and CSEA Labor Relations Representative. She is now a recurring donor to the Dorothy Bjork Assistance Fund.

“I have money deducted from my monthly CalPERS retirement check



Remains of Maryann White’s property can be seen in the background as wildfire smoke fogs over. The White Family unfortunately suffered a complete loss from the Slater Fire.



Jeanne Foster

and I make a monthly donation from a credit card,” Foster said. “I believe in CSEA and I believe in the Dorothy Bjork Assistance Fund. I am fortunate to be able to contribute regularly.”

The Dorothy Bjork Assistance Fund relies solely on donations from your union brothers and sisters. Consider donating today through one of the following options:

- ***Donate online:** Use our easy-to-use online donation form.
- **Donate by check:** Send your donation to:

Dorothy Bjork Assistance Fund
2045 Lundy Avenue
San Jose, CA 95131

- **Donate by phone:** Call CSEA Member Benefits at (866) ITS-CSEA (866-487-2732), option 1.
- ***Donate by payroll deduction:** Give a little each pay period by simply filling out the payroll deduction form.

*For these forms, visit csea.com/assistance.

Granny Grant Winners selected

The Retiree Unit Executive Board continued its tradition of supporting grandchildren and great grandchildren of retirees by selecting the latest winners for its Granny Grants scholarship program.

No dues money goes to the scholarship, which is funded solely by donations and fundraising. It originally started as a scholarship of \$100, then grew to \$150 and now it is generally \$250, but

the amount is set by the RUEB. One winner is selected per year from each council, but the final determination is also by the RUEB. To be considered, grandchildren or great grandchildren must fill out an application from Headquarters and already be registered for a trade school or college. There's no grade point average qualification.

To donate directly to the fund, for more information or for the



application form, contact Member Benefits at memberbenefits@csea.com or (866) 487-2732.

This year's recipients will receive \$250 each. They are:

Recipient's Name	Retiree Member Name	Council Name
Rebecca Streelman	Debra Verkaik	5000
Gloria Wall	Rita A. Gerard	Fresno 5001
Kareem Bailey-Longstreth	Eve Bailey	Santa Clara County 5005
Dominic Vincent Rodriguiz	O Elizabeth Noonan	Santa Maria 5006
Alexander C. Weishan	Nadine Weishan	San Diego 5009
Haley Olympia Bosch	Marilyn Zena Bosma	Marin 5013
Ashton Oliver	Lori D. Olson Oliver	Sonoma County 5014
Dillan Paul Meyer	V.C. Katie Meyer	Greater Sacramento Valley 5015
Griffin Poyadue	Ellen Islas	Shasta County 5016
Lauren Erb	Gordon West	San Luis Obispo 5018
Ashley Bolter	Vickie West	Lynnwood Sentinels 5019
Devin McCaffrey	Joyce Stamps	MenLake 5020
Tyler James Sutton	Rita Diane Holder	Napa/Solano 5029
Kaylee Carnahan	Karen Keegan	East Bay 5031
Aubrey Maestas	Shirley Perez	Merced 5033
Owen Patrick Logan	Antoinette Shepherd	Los Angeles 5035
Brooke Spencer	Sherrill Story	Humboldt 5040
Page, Madelyn	Susan Page	Livermore/Pleasanton 5042
Justin Walker	Mary Jo "Jodi" Lawrence	Oroville 5045
Lexi Hernandez	Mary Helen Mills	Citrus Belt 5046
Jiovana Nuanez	Stella R. Nuanez	San Diego North Coastal 5052
Laney Angele Williams	Christina Berumen	San Gabriel Valley Crusaders 5053
Kerridwen Desiree Thompson	Deborah Diane Carr	South Orange County 5055

Leaders receive 2021 Area Retiree of the Year awards



by Shannon Carr

CSEA is only strong when members are actively involved. This statement rings true for both active and retired alike. Many retirees continue supporting their union well into their golden years, using their experience and knowledge to address issues affecting all members, including Social Security, Health Care for All, school board races, legislation, affordable housing and more.

To recognize those providing truly exemplary service and volunteerism to CSEA, 2021 Area Retirees of the Year were chosen from most field offices through their own individual nomination and selection process.

“Recognizing their contributions as retirees continues to show how important every member is!” said Martha Penry, chair of the Retiree Unit Executive Board.

BELOW ARE REACTIONS FROM SOME OF THE RETIREES WHO WERE SELECTED:



**AREA A:
CARLA HELD**
*District A Director
Oroville Retiree
Council 5045*

“Receiving this award was awesome and I received it with thanks and gratitude. I am doing what I love to do. My passion is to help our members, whether it is a retiree or active member; they are all part of this big

CSEA family to me. I always make sure that I share every resource and ‘perk’ that is available, so that perhaps it can make life a little better and easier for someone.”

Former Area A Director Wayne Harris selected Held based on her involvement in Area A retiree activity, including as immediate past president of Oroville Elementary Chapter 618, the regional communications officer for Region 29, the retiree district webmaster for District A and District Director for retiree District A. Held also works toward establishing District O, for out-of-state council members, to give a greater voice to members of the Retiree Unit.



**AREA B:
SYDNEY MOY**
*Sonoma County Retiree
Council 5014, Political
Action for Classified
Employees (Pace) Committee Area B
Rep, Waugh Chapter 893*

“Receiving this recognition just makes me want to continue my involvement with CSEA. Our retirees in Area B have such enthusiasm for CSEA and their goals and I want to continue to be part of that commitment to our future. Our Area B field office, regional representatives and labor relations representatives, chapter members and retirees all work together and have shown me the

importance of having a strong union in representing classified workers. I am so grateful to be part of CSEA.”



**AREA E:
RUTH GLORIA**
*Modesto Retiree Council
5010, County Office of
Education Committee
member, chair of member recruitment
for the Retiree Unit*

“I was totally caught off guard because to me, I really enjoy talking about our great union and how they keep us connected. Like [Past] President Ben Valdepeña said: ‘We retire from the school district but not CSEA.’”

Retiree Isa Wiechmann, Manteca Chapter 50 administrator, regional representative for Region 17 and secretary for Modesto Retiree Council 5010, was the person who nominated Gloria.

“This retiree joined both her local chapter and the CSEA Retiree Unit,” Wiechmann’s nomination states. “She never ceased volunteering for the association, her chapter, her region, her area and her community with service projects. She paves the way for the benefits that working people now enjoy. She also understands the need to continue the fight to keep organized labor strong as a voice for all working and retired people. Before the pandemic, she showed her solidarity and pride by participating in rallies, legislative days, and election campaigns by phone banking and ‘hustle’ texting.”



**AREA G:
SHARON
NAKAMOTO**

*San Gabriel Valley
Crusaders Retiree Council 5053, District G Assistant Director*

“I was very surprised when I was notified that I was the Area G Retiree of the Year. My initial thought was that it was a mistake. I am very honored and humbled to have received this award.”

OTHER HONOREES INCLUDE:

AREA C: PATTY PICARD

Pre-retirement resource person, immediate past president and negotiating committee member for Santa Clara Chapter 350, Regional Representative for Region 43

AREA D: NONE

(lack of nominations)

AREA F: NONE

(lack of nominations)

AREA H: SUSAN MEYER

President and Political Action for Classified Employees chair and president of Orange County Retiree Council 5012

AREA I: NONE

(Instead of having a retiree award, they gave an award in memory of Regional Representative Henry Carreon for his many years of service and dedication to CSEA).

AREA K: BETH SALDANA

(Honored posthumously)

“We are honored to highlight these remarkable retirees and their continued fight for every retiree member,” Penry said.



Why you should keep contact details updated

by David Ngo

From receiving CalPERS Cost-of-Living-Adjustments (COLA) and retirement checks to ensuring life insurance payouts go directly to loved ones, updating your contact information has never been more important.

“It is serious for members to keep their contact information up to date



**RUEB Chair
Martha Penry**

at CSEA. Things like email addresses, council number, name changes, address changes and phone numbers,” said Martha Penry, chair of the Retiree Unit Executive Board (RUEB). “If your family needed help after your death with CalPERS, Social Security or an insurance policy, CSEA must verify who you are. We do this by checking your email, (home) address and phone number.”

As RUEB chair, Penry stresses the undeniable value in keeping contact details updated but also the fun benefits you miss out on with an outdated phone number, email or home address.

It’s summertime and CSEA staff regularly reach out to retirees about flash deals for amusement parks and attractions like Disneyland, Aquarium of the Pacific and more. Don’t let your family miss out on the fun because of outdated information.



CSEA’s own Jose Luis Pacheco and CSEA-endorsed incumbent David Miller are running in the CalPERS fall election.

CSEA retirees are also the most informed from flyers, emails and other communication efforts when it comes to important elections, and your political involvement ultimately decides whether labor-friendly candidates are elected or not. This is the case as CSEA’s own Jose Luis Pacheco and

CSEA-endorsed incumbent David Miller contend for key seats on the CalPERS Board of Administration in this

month’s election.

“We have a vast array of knowledge and experience that we love sharing with other members,” said Ruth Gloria, Membership Recruitment chair. “As chair of recruitment for Retiree Council 5010, and as a state-appointed COE Committee member, your timely news and weekly updates are very crucial to me in keeping the members connected.”

“We have a vast array of knowledge and experience that we love sharing with other members”

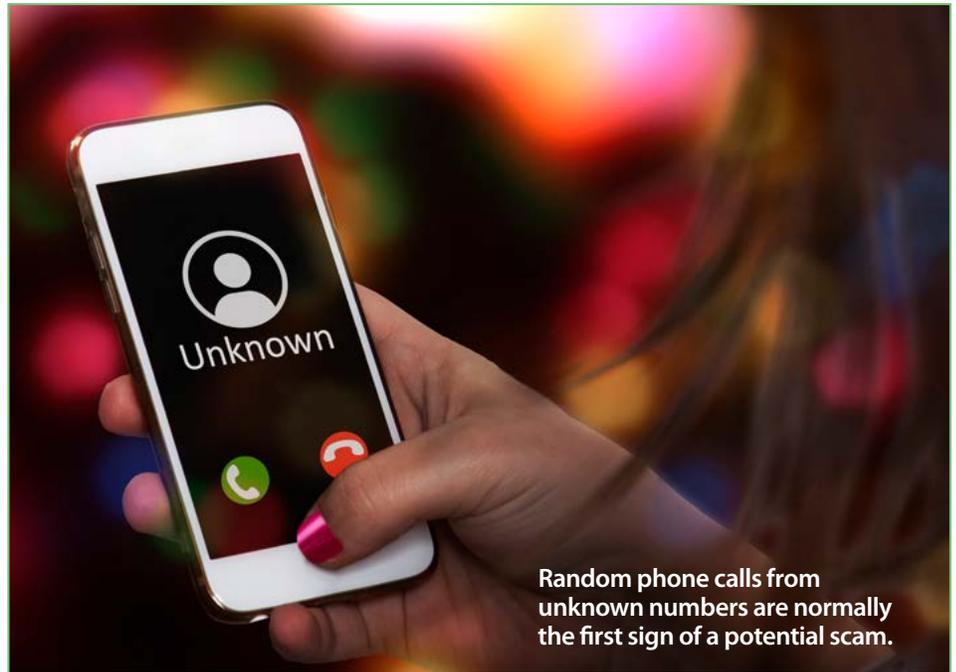
How CSEA helps retirees avoid scams

by David Ngo

Crooks have long taken advantage of people during vulnerable moments in time, but when quarantining and social distancing became our everyday norms, so did the scams.

Between emails about non-existent charities, phone calls about your car warranty and fake letters regarding stimulus checks, these days it's becoming harder to tell. Yet, there's one scam that seems to be the most notorious in the age of COVID—and that's phone scams.

“Due to the COVID-19 pandemic, many of us sheltering at home were isolated from family and friends, and even began teleworking. A phone call became a crucial means of connecting with others,” said Jackie Wiley, an education and outreach coordinator from the California Department of Fraud Prevention and Innovation (DFPI). “Scammers took advantage of this heightened vulnerability to offer financial services like grants, quicker



access to stimulus payments, even COVID-19 vaccination scams.”

Data from the annual Insights US Spam & Scam Report found that \$29.8 billion was lost to scam calls in the last 12 months, with one in three individuals falling victim.

With as many as 59.4 million Americans already targeted in tele

scams, CSEA staff attorney Karen Mazzilli sheds light on why phone scams are so prominent.

“Phone scams have been around for a long time, but technology has exploded. A single cell phone has more power than an entire computer department from many years ago,” Mazzilli said. “Phones are not used for conversations; they are very powerful devices which we use for everything. Work, shopping,

banking, social media, etc. They are a wealth of information and thus a treasure trove for thieves.”

The first part to identifying a phone scam is quite simple: unknown phone numbers are usually a key indicator.

Scammers know that many of us are at home these days and take advantage of the abundance

of phone numbers listed on the internet. But there are moments when it is truly hard to tell.

“In many instances, the caller will identify themselves as an official representing the IRS, the Social Security Administration, Medicare or Medi-Cal, or even a public utility company,” Wiley said. “However,

“Phone scams have been around for a long time, but technology has exploded.”



Karen Mazzilli

these types of entities do not typically call you and almost never ask you to verify personal information. It's all a ploy to gain access to your finances and personal information."

The DFPI offers information on the different types of phone scams you may encounter. And if you find yourself being targeted, you should immediately report it at www.dfpi.ca.gov/file-a-complaint.

The last part is always an important one: verify, verify, verify.

Even if scam tactics are evolving with technology, you can prevent being bamboozled by doing your own research and staying ahead of the game.

"If you are in doubt or feel anxious about the information you are

"Scammers took advantage of this heightened vulnerability to offer financial services like grants, quicker access to stimulus payments, even COVID-19 vaccination scams."

being given, do your own research. Call your bank, your financial advisor, or even a family member or friend to help verify the information," Wiley said. "And don't feel bad about simply hanging up or not answering unknown calls, and never share your personal information."

Performing a simple Google search on your smartphone or hanging up on random callers could mean the difference between keeping your hard-earned retirement checks or becoming a victim.

"I'm Still In!" highlights CalPERS candidate Jose Luis Pacheco

Episodes premiere each month



Martha Penry, chair of the Retiree Unit Executive Board, continues her video series "I'm Still In!" with the launch of the August edition. Be sure to tune into the video, which is a chat with CSEA's own Jose Luis Pacheco, who is running for the Member-at-Large position B seat with the California Public Employees' Retirement System (CalPERS) election this month. The second-generation union member talks about his qualifications, passion for labor and what he sees as the most important items he would need to address as a CalPERS board member.

The mission of the "I'm Still In!" series is to keep the more than 11,500 retirees across more than 50 councils informed about the illustrious amount of work that is happening within the Retiree Unit. The series kicked off during the

pandemic to help retirees build connections in the absence of face-to-face meetings during that time.

Videos have covered a wide range of topics since the series launched in October 2020, including the upcoming Retiree Leadership Conference, 30th anniversary celebration information, the chartering of Council 5000 for out-of-state retirees, Granny Grants, committee progress and even special guest Rob Feckner, who is serving his sixth term on the CalPERS Board of Administration. He spoke at length in the February video about the importance of completing your Power of Attorney form and keeping it updated.

Episodes release every month, so be sure to subscribe to our YouTube channel at youtube.com/CSEAvideo and follow us on Facebook to get the latest news and important information.



LEADERSHIP CONFERENCE

REMEMBERING THE PAST
CELEBRATING THE FUTURE



I'm Still In!
Retiree Unit

All retirees welcome at upcoming leadership conference

by Shannon Carr

Members may leave their careers, but that doesn't mean they have to leave their union. CSEA has much to offer retirees, and Paulette Foster believes the Retiree Leadership Conference, being held September 20-22, will help increase participation. She is the District B director of the Retiree Unit Executive Board and chair of the 2021 conference committee.

The upcoming event will be held via Zoom and there is no limit on the number of people who can attend, which means all 11,000 members could do so.

"Our hope is that every one of our 56 councils participate," Martha Penry, chair of the Retiree Unit Executive Board, said. "We currently have many 'inactive' councils. Our hope is to bring them into the conference to see what we do, and hopefully get them rejuvenated and up and running!"

This conference is for leadership to learn transformative topics to take back to their members, but Penry

would like to see guests learning alongside council elected officers as well.

"The committee is doing a great job in being creative, in planning this event," Foster said.

"Our hope is that every one of our 56 councils participate."

Attendees can look forward to a "monstrously large" benefits fair the first day with dozens and dozens of prizes, Penry said. On the second and third days, there will be two different sessions specially tailored for leadership: "What to Provide to Your Director and What Your Director Needs From You" and "Setting a Time to Hold Your Council Meeting." Attendees will also learn from fabulous guest speakers, participate in trainings about effective communication and hear all about recruitment, recruitment, recruitment! And there will be plenty of exciting leisure activities, including trivia games, videos, exercise sessions, music from different generations with special musical guest

appearances, an artist demonstration, lots of prizes and so much more.

"We are always focusing on the balance of learning, fun and the business of the union," Penry said.

You can contact your council president for details about being a delegate or follow the email to register, which came out earlier this month. Didn't receive an email? contact Member Benefits at (866) 487-2732.

To be a delegate, you must:

- 1. Complete the form**
- 2. Give your completed form to your council president**
- 3. Be selected**

If you aren't chosen, you can still attend as a guest, just like CSEA's Annual Conference. In fact, all members in good standing are invited to sign up.

Foster emphasized there is something for everyone and looks forward to the upcoming event.

"I hope we can inspire and excite members to see how important the Retiree Unit is and how hard the Retiree Unit Executive Board members and the council leadership members work to hold meetings and share information with the membership," Foster said.

While the event is being held virtually, there are ways to show camaraderie. To commemorate the 30th anniversary of the CSEA Retiree Unit, Penry put the beautiful "I'm Still In!" logo to fantastic use, and

branded a new retiree unit pen and lapel pin. These items are available for purchase in CSEA's online store at promoplace.com/promoco/stores/CSEAEStore. Please note: Orders can take up to two weeks before being shipped.

Five easy ways to optimize health

by David Ngo

Epitomized by overpriced dumbbells and makeshift home gyms, exercising during the pandemic was full of surprises. But for those prioritizing fitness while sheltering in place last year, it slowly became a balancing act between breaking a sweat and breaking quarantine.

The Centers for Disease Control (CDC) says adults need 150 minutes a week of moderate intensity activity such as brisk walking for health benefits.

Additionally, regular health screenings, mindful eating and wellness assessments also go a long way in maintaining a healthy lifestyle heading into your golden years.

“By working with members on their Medicare plans for many years, we actually see the result when members don't take the steps to optimize their health,” said Debra Hoffman, an insurance agent with United Insurance Partners (UIP).

And with CSEA's health insurance partners like California's Valued Trust (CVT), Kaiser Permanente and UIP, who care about the wellbeing of active and retired members alike, managing a healthy lifestyle doesn't have to fall to the wayside.

Here are five easy ways to optimize your health this summer:



1. ACCESS VIRTUAL RESOURCES

Virtual wellness resources and telehealth services are now more accessible than ever before, with on-demand videos and virtual services a dime a dozen.

“Kaiser Permanente has a wealth of wellness programs and resources available to everyone. They can be accessed at kp.org by clicking on the health and wellness tab,” said David Bronstein, MD,

Kaiser Permanente Assistant Area Medical Director and elected member of the Southern California Permanente Medical Group (SCPMG) Board of Directors.

“Additionally, the kp.org/healthyliving webpage is an excellent source for online tools such as wellness information, health calculators, health tips and more.”



2. EXERCISE AT YOUR OWN PACE

With an abundance of free workout videos on YouTube, exercising without a gym is now a widely accepted practice. Exercising at home can also be as simple as going on a walk around the block.

“Walking is always a reliable option and boasts a host of benefits. Using dumbbells at a challenging yet not-too-heavy weight and inflatable fitness balls to work on balance and core strength is also an option for home fitness,” said Robin Wood, a health program manager at CVT. “The key is to move daily while also incorporating strength training and core work.”



3. MIX IT UP IN THE KITCHEN

Mindful eating is easier said than done. While keeping in mind different dietary preferences, Kaiser Permanente offers free accessible recipes by world-class chefs.

“With the closure of restaurants, our members found themselves cooking at home more often,” said Bronstein.

“Knowing this, Kaiser Permanente moved to further enhance the kp.org site to include recipes for quick, easy, healthy meals. At kp.org/mydoctor/healthyweight members can easily navigate to topics like ‘How to create a healthy plate.’”



4. ASSESS YOUR MENTAL HEALTH AT HOME

Nobody knows your body like you do. That's why CSEA insurance partner CVT offers 17 different wellbeing assessment tests that can help assess your mental health and recommend changes you can make at home. CVT also has an emotional wellbeing toolkit to help both active and retired members at cvtrust.org/emotional-wellbeing-toolkits/members.

“The best way to manage your health and wellness is through self-awareness,” Wood said “That involves knowing where you are right now in your health and wellness journey. Complete an online assessment test at cvt.crediblemind.com in under five minutes.



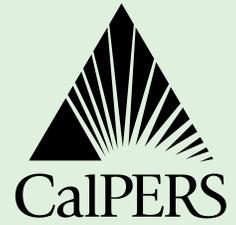
5. SPEAK TO A WELLNESS COACH

Wellness coaches provide one-on-one guidance to help you set health goals. As health educators with expertise in preventive health care and behavior change, wellness coaches work with you to make healthy lifestyle changes.

Kaiser Permanente offers no-cost wellness coaching for enrolled members online and no referral is required. Bronstein says, “Our members also have access to a variety of online workshops, in-person classes, and wellness coaching by phone. We recommend all KP members to visit kp.org and look around to access wellness tools and resources at their fingertips.”

Indeed, there are many ways to prioritize health and wellness these days, but the most important thing is to start sooner than later. And with these five easy ways to optimize health, you'll be well on your way to a happier, healthier summer.

2021 CalPERS Pay Days



Here are CalPERS pay days through the rest of 2021. Benefits are paid at the beginning of the month for the previous month's benefits. The *State Controller's Office* issues checks and determines mailing dates. If you have *direct deposit*, contact your financial institution to see when funds are placed in your account.

2021 Pay Dates

Benefit Month	Southern California/ Out of State Mail Date	Northern California Mailing Date	Direct Deposit Date
August	August 27	August 30	September 1
September	September 29	September 30	October 1
October	October 28	October 29	November 1
November	November 29	November 29	December 1
December	December 30	December 31	January 3, 2022

The State Controller's Office distinguishes Northern and Southern California using ZIP codes:

- 90000 through 93599 as Southern California
- 93600 through 96199 as Northern California

All Retiree Unit members are invited to attend the Retiree Unit Executive Board Meeting Wednesday, September 8 at 10 a.m.

Now that shelter-in-place orders have been lifted, the Retiree Unit Executive Board is pleased to once again start hosting some of their meetings in person. Meetings through July 2022 have been evenly split between meeting face-to-face and virtually. All the meetings are scheduled for 10 a.m. the second Wednesday of the month as follows:

- **September 8, 2021:** Zoom
- **November 10, 2021:** Sacramento
- **January 12, 2022:** Zoom
- **March 9, 2022:** Rancho Cucamonga
- **May 11, 2022:** San Jose
- **July 13, 2022:** Zoom

What is Zoom?

Zoom is an app you can download on any computer, smartphone or smart tablet at no cost. Zoom allows you to both see and hear the presenters and their PowerPoint presentation. It also allows you to use a "chat" feature to ask questions in real time.

How do I set up my Zoom account?

Go to zoom.us today to sign up for your free account. Download and test Zoom by going to zoom.us/test and follow the instructions.

How do I attend the RUEB meeting?

You must be an authenticated Zoom user (see set up above) and preregister to attend the virtual meet-

ings by clicking on the links that are sent via email.

After you have pre-registered, and once your CSEA membership has been verified, you will receive an email with the Zoom link and information to join the meeting. We look forward to your participation.



Medicare Plans Available Through CVT!

Did you know that no matter where you retired from, CVT offers a variety of Medicare plans that are now available to CSEA retiree unit members! Choose from six quality plans by Anthem Blue Cross with SilverScript Medicare Part D prescription program and Kaiser Permanente Senior Advantage.

Enjoy lower co-pays for medical services that include a comprehensive prescription drug program with competitive pricing and a dedicated CVT Member Services support team.

Learn more at cvtrust.org/cseamedicareplans or email the CVT team at CSEAMedicare@cvtrust.org or call **800-288-9870**.



DO YOU HAVE QUESTIONS ABOUT MEDICARE? TRY OUR:

No-Cost Medicare Health Plan Counseling Telephone Service

Available exclusively to CSEA Members!

With UIP's No-Cost CSEA Medicare Health Plan Counseling Telephone Service, Debbie Hoffman and her team can help answer ALL your Medicare questions* including (but not limited to): **How to enroll, questions about your current plan, how to change your plan, and your rights and responsibilities with Medicare.**

PLUS: Medicare only covers 80% of your health care costs. UIP can help you cover the rest. UIP can show you different plans that will help you cover the entire cost of your health care with insurance companies whose names you trust. Don't think you have only ONE choice!



Contact Debbie Hoffman and her team today!

Call **323.505.2640*** (direct) or **800.707.2360*** | Visit CSEABenefits.com/Medicare



*By calling the number listed, you will be reaching Debra Hoffman, a licensed insurance agent in the State of CA. Neither United Insurance Partners nor Debra Hoffman is connected with the Federal Medicare program. Insurance products offered by United Agencies and its affiliates including United Insurance Partners Insurance Services, LLC. Certain restrictions apply.

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CONTENTS



2 Message from the chairperson: PRO: Policy, Recruitment and Open Communication



10 CSEA gives tips to help retirees avoid scams



14 RUEB meetings



9 Update your contact information



13 Five easy ways to optimize health

(AEU)

RETIREE UNIT MISSION STATEMENT: The California School Employees Association Retiree Unit envisions a strong, organized program for retirees to promote communication among all retirees, to address issues that impact their lives, and to assist CSEA's active membership in accomplishing their retirement goals.

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Visit us on the web at www.csea.com/retiree



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