



RETIRED PUBLIC EMPLOYEES ASSOCIATION Chico Chapter 077

MARCH 2020 NEWSLETTER

Mission Statement:
We are active and retired California public employees working together to maintain and improve the quality of the lives of our members by protecting and improving our earned retirement, medical, and other benefits. RPEA represents the rank and file retired public employees.

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MEETING ANNOUNCEMENT

THURSDAY, MARCH 5, 2020 - 11:15 A. M.

Manzanita Place (Chico Elks Lodge)

1705 Manzanita Avenue, Chico - (Lunch cost: \$17)

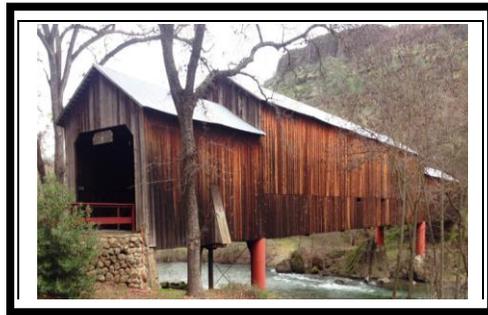
NOTE: The Elks increased the lunch price to \$17 as of 1/1/2020. Our Chapter 077 covered the additional \$1 at the January and February membership meetings. This increase will go into effect at our March 5 meeting.

MENU

Salad Bar, Corned Beef and Cabbage,
Herbed Potatoes, and Fresh Rolls

SPEAKER: Dr. Walt Schafer

Emeritus Professor of Sociology at Chico State



PROGRAM: *“Rebuilding the Honey Run Covered Bridge: Plans and Progress”*

Dr. Schafer is the Vice President of the Honey Run Covered Bridge Association (HRCBA) and has spoken on this topic to other groups recently. HRCBA is moving forward in rebuilding the 131-year old Honey Run Covered Bridge that was located on Honey Run Road at Centerville Road. This iconic structure was destroyed on November 8, 2018 in the Camp Fire. Soon after, momentum gathered to rebuild the Bridge. This presentation will provide a detailed update on rebuild plans and on progress thus far.

NEXT BOARD MEETING

Wednesday, March 25 – 9 a.m. – Farmer’s Skillet

All members are welcome to attend!

LEGISLATIVE REPORT – By Mary Kowta

Legislative News:

The March 3 Presidential Primary Election will soon be history. Voters should have received their ballots and the postage-paid envelopes, as well as the “Voter Information Guide”.

There are 13 voter assistance centers to serve our county’s residents by replacing ballots, updating registration, and providing assistance. For information call 800-894-7761 within Butte County. The entire Voter Guide can be accessed at www.ButteVotes.net.

LEGISLATIVE REPORT (Continued)

Chico voters will not only select candidates for national and state (and in some areas local) offices; they will vote “yes” or “no” on Measure A, a parcel tax on property owners in the CARD district to augment and improve much-needed recreational facilities. Proposition 13 is a legislative statute bond measure to fund educational facilities improvements and updates for Pre-K through university. A majority vote will pass it.

VOTE! VOTE! VOTE! VOTE!

Sacramento News:

Governor Newsom gave his State of the State address and focused on homelessness. The statewide homeless population has grown to over 151,000. The legislators agree that this should be a top priority; as Newsom said: “Call it what it is...a disgrace!”

State Assembly lawmakers unanimously passed a resolution apologizing to Japanese Americans for the State’s support of their discrimination and incarceration in 1942. The Senate will act on a similar resolution later in the year. Each month the number of survivors grows smaller as old age takes its toll, but the scars of blatant racism will mar the family stories passed on for generations.

CalPERS News:

Recently, US Representative James Banks of Indiana wrote to Governor Newsom to complain about CalPERS’ investments in China. CEO Marcie Frost and her team met with the Congressman’s cohorts and straightened them out on investment regulations and strategy. (See her letter at calpers.ca.gov). She did not quite tell Mr. Banks to stick to subjects with which he is more familiar!

HEALTH BENEFITS REPORT – By AI Raitt

When you start to forget, do you fret? Whether it’s my own taking longer to remember the word or name I’d like to say, or it’s speaking with others who are having the same experience, the question increasingly becomes something like: “Does the forgetting I’m experiencing mean that I’m starting to develop Alzheimer’s, or is it just what happens to most of us as we get a bit older?” Quickly arising are

other questions such as: “Should I do anything about this, like getting tested? Do I really want to know the results of testing, or would I rather just let nature take its course and deal with it if and when the time comes?”

A February 21 article appearing in Kaiser Health News and entitled “*Stalked by the Fear That Dementia is Stalking You*” heightened my awareness and curiosity, and in this month’s article I’d like to share some of that article’s highlights. As is typical in articles such as this, several case examples are given of people whose parents developed Alzheimer’s, and the offspring became caretakers and also began to wonder about their own vulnerability to having the same condition. It turns out there’s a higher risk for developing Alzheimer’s the higher the number of people in your family who had the condition, but this doesn’t mean that this condition lies in your future. It’s just an increased risk, not a guarantee. The age of onset is also important. People with close relatives struck early by dementia -- before age 65--are more likely to be susceptible genetically. There are some tests which can provide information about: (1) Are you at increased risk compared to everyone else your age? and (2) Has the forgetting gone beyond the usual amount for your age? Tests about increased risk, in addition to your family history, include the APOE4 gene (a gene variant that can raise the risk of developing Alzheimer’s) although plenty of people with Alzheimer’s don’t have this allele (gene variant) and, conversely, plenty of people with the allele never develop Alzheimer’s. If you’re considering a test, strongly consider having an in-depth discussion with a genetic counselor so that you can really understand what you’re dealing with, how your life might be affected, and what these tests can and cannot tell you. The gold standard in cognitive testing consists of a comprehensive neuropsychological (paper and pencil) exam. It often takes three to four hours and tests such areas as memory, attention, language intellectual functioning, problem-solving, visual-spatial orientation, perception, and more. Other tests include CT and MRI scans.

When having conversations with folks about these issues, for me two groups emerge: Those (a larger number) who essentially say “No way would I want to know that,” and a (smaller) group who say “Absolutely yes.” (There may be an “in between” group whom I just haven’t met yet.) In the meantime, whatever your view of this question is, useful strategies mentioned for living one’s life in the meantime include: eating a healthy diet, getting exercise, remaining socially engaged, managing stress, doing “mind exercises”, and plan for the future in ways such as having a health care proxy, a living will, and long-term care insurance. Perhaps this could be summed up by remembering the lyrics of that tune “*Don’t Worry, Be Happy.*” At least I THINK that was the name of that song!