



# THE NETWORK

August 2022

Honoring Yesterday—Protecting Tomorrow

Vol. 53, No. 8

## UPCOMING RESDC MEETINGS AND EVENTS

We are pleased to announce two virtual meetings and one event that we are planning for August and September. We will continue our offerings and bring RESDC members two great virtual presentations in August and are excited to be hosting our first RESDC Day with the Padres in two plus years! Upcoming events include:

### Virtual Presentation — County Employees' Charitable Organization (CECO)

**When: Tuesday, August 23, 2022, from 10am-11am**

**Presenter: Nadia Moshirian Binderup, President**

In recognition of National Nonprofit Day, RESDC invites the San Diego County Employees' Charitable Organization (CECO) to present on the organization's mission to serve the local community by "lending a hand." Since 1956, CECO has been the charitable arm of the County of San Diego and has donated more than \$7 million via grants to local nonprofit organizations and assists employees experiencing a one-time financial crisis.



**RSVP:** To learn more about this presentation, including registration, please visit: [www.resdc.net/events](http://www.resdc.net/events) or you can call our office at 619-688-9229. **See page 6 for more information about CECO.**

### Virtual Presentation — ElderHelp of San Diego



**When: Wednesday, August 24, 2022, from 10 am - 11 am**

**Presenter: Carrie McClellan, Outreach Manager**

Join us to hear from Carrie McClellan, the Outreach Manager for ElderHelp, a local nonprofit organization that supports seniors in San Diego. Carrie will share about the programs and services available to help seniors maintain their independence in their own homes including check-in calls, information and referrals, HomeShare and family caregiver support. In addition, she will share volunteer opportunities to help seniors in the community with grocery shopping, rides to appointments, minor home repairs, friendly visits, and more!

**RSVP:** To learn more about this presentation, including registration, visit: [www.resdc.net/events](http://www.resdc.net/events) or you can call our office at 619-688-9229.

See Page 3 For Information Regarding RESDC Day At The Padres. □



## Summer 2022



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## August Calendar of Events

- 11—(Thurs.) RESDC Board of Directors Retreat**  
Via Zoom Web Conferencing
- 23—(Tues.) RESDC Virtual Presentation**  
**County Employees Charitable Organization (CECO)**, Via Zoom Web Conferencing, 10:00 a.m., (See Page 1)
- 24—(Wed.) RESDC Virtual Presentation**  
**ElderHelp of San Diego**,  
Via Zoom Web Conferencing, 10:00 a.m.  
(See Page 1)

## PRESIDENT'S MESSAGE

By Chris Heiserman



We don't seem to be having much luck ridding ourselves of COVID-19 variants. We are more than ready to get on with our lives in a post-pandemic world, but the latest ultra-contagious Omicron subvariants (BA.4 and BA.5) are prolonging a wave of coronavirus cases in California and elsewhere.

As I was beginning to draft this *NETWORK* column in early July, the *San Diego Union Tribune (U-T)* published a front-page article sounding the alarm from health officials that these variants could be spearheading a major spread of new cases and increased hospitalizations. My first thought was relief that we took the cautious approach and cancelled our Flag Day Luncheon June 30<sup>th</sup> in East County. My second thought was "Will we ever be able to put the pandemic behind us?" Perhaps not. We will find a way to live with it if we must.

The *U-T* article painted a sobering picture of the stealthy dangers of the new subvariants. Making matters worse is so many people have grown numb to repeated pandemic warnings and have tossed aside simple safety precautions. Hearing about rising cases has become a broken record and folks have been lulled into complacency with a vague notion that vaccinations are widespread, and hospitals are no longer being impacted with seriously ill COVID patients.

When I woke up the next day another *U-T* front page article reported that two-thirds of California's 58 counties had already entered the high COVID-19 community infection level, which theoretically could portend a return to masking indoors in public places. That probably won't happen given the general public resistance to such mandates, but if the predictions of virus spread are accurate, we could be in the midst of another COVID-19 wave by the time you read this.

It isn't over folks. I was surprised to find out how dangerous these new subvariants were. In the *U-T* article one San Francisco infectious disease expert said of BA.4 and BA.5, "...their superpower is reinfection." These subvariants are very contagious and capable of reinfecting people who have survived earlier Omicron infection. According to the Los Angeles County Public Health Director, some laboratory findings indicate BA.4 and BA.5 are better able to infect lung cells than the BA.2 Omicron subvariant.

Citing data from the California Department of Public Health, the article reported there were 14,325 people reinfected per week from early December to early February. This was when Omicron first surfaced in California. Reinfection cases backed off to an average 2,315 between March to early May but increased dramatically to 10,409 per week from mid-May to mid-June, corresponding generally with the rise of BA.4 and BA.5.

Figures from the U.S. Centers for Disease Control and Prevention estimated that these two variants accounted for the majority (52.3%) of cases during the week ending June 25<sup>th</sup>. The week before that they represented 37.4% of cases. Dr. Eric Topol, Director of the Scripps Research Translational Institute in La Jolla, referred to BA.5 in the article as "the worst version of the virus we have seen."

Despite the popular notion that Omicron and its more transmissible versions have milder symptoms than the previous Delta variant, any COVID-19 infection has potential outcomes ranging from inconvenient to uncomfortable to temporarily debilitating, even to hospitalization and death in some circumstances. We have a friend who is fully vaccinated and double-boosted but still tested COVID-19 positive just before the July 4<sup>th</sup> holiday weekend. The timing of her self-imposed quarantine was unfortunate as her oldest son's family (including two cute young granddaughters) arrived from the Midwest on vacation and were unable to see her in person until it was almost time for them to return home. She only experienced mild symptoms but did report losing her senses of taste and smell for a couple of days.

**(Continued on Page 8)**





## RESDC DAY AT THE PADRES

St. Louis Cardinals  
Vs.  
San Diego Padres

Thursday, September 22, 2022, 1:10 p.m.

We will be located in general seating at the game and a limited number of tickets (25) are available for purchase on a **FIRST COME, FIRST SERVE** basis.

Ticket price is \$31.50 per person.

To purchase tickets:

Option 1 – Pay with a credit card. Please go online to: <https://www.resdc.net/events>. Click the green “Register” button and follow the steps to register and pay. You will need to use the email address associated with your member account. Need assistance? Contact us at (619) 688-9229 or [resdc@resdc.net](mailto:resdc@resdc.net).

Option 2 – Pay with a check made payable to RESDC and mail to 8825 Aero Dr., Suite 205, San Diego, CA 92123. □



### BOARD MEMBER PROFILE CARLOS GONZALEZ

A member of the RESDC Board of Directors since December 2007, Carlos retired from the San Diego County Superior Court with 18.5 years of County service. He also served his country in the United States Marine Corps, retiring as a Gunnery Sergeant, and acquired accounting and auditing skills working in the savings and loan industry.

Carlos served three terms on the San Diego County Retirement Association (SDCERA) Board (1992-2003). His volunteer and enjoyable activities in retirement include coin and stamp collecting, golf, walking, nature, and wine. Besides his service on the RESDC Board, Carlos sits on the Executive Committee as Treasurer of the California Retired County Employees Association (CRCEA).

Carlos returns frequently to his native Puerto Rico, and enjoyed a three-week, six-country tour of Europe in 2009. He has been married for 51 years and has one child and three grandchildren. □



### CHECK OUT THE RESDC YOUTUBE CHANNEL!

Be sure to check out the RESDC YouTube Channel where you can access past RESDC Zoom events and videos related to the world of public employees, pensions, and great community programs and services.

Just visit [www.resdc.net](http://www.resdc.net), click the drop down titled “News and Events”, and select RESDC YouTube Channel. It’s that easy! We hope you check it out! □





**CEO UPDATE**  
**SDCERA Sets New Goals**  
**To Improve Member Experiences**  
*By SDCERA CEO Tracy Sandoval*



At SDCERA, we strive to be a highly trusted pension system that provides excellent customer service, and this past year, we made huge strides in improving the member services. In addition to processing a record-breaking number of March retirees, the SDCERA team delivered a new Member Portal, electronic signature on member forms, enhanced member communications, and a renewed focus on customer service.

This fiscal year, we will build on this success with a new slate of ambitious goals. Here are three that may be of interest to RESDC members:

- **Update SDCERA's website, [sdcera.org](https://www.sdcera.org):** SDCERA will build a new website with a search feature, improved navigation, and a design that aligns with modern standards – all with the goal of improving communication and service to members.
- **Single point of contact for major life events:** SDCERA plans to provide more proactive, personalized member experiences by offering a single point of contact when a member retires or passes away.
- **New Member Portal features:** SDCERA will soon open the Member Portal to active and deferred members to register for accounts. Retirees will also soon be able to access pension verification letters on-demand and submit address changes from within the portal.

You can read all our Fiscal Year 2023 goals at:

[https://www.sdcera.org/PDF/Strategic\\_Plan\\_2022-2024.pdf](https://www.sdcera.org/PDF/Strategic_Plan_2022-2024.pdf)

**SDCERA: Getting Greener and Going Paperless**

For some time, many retirees and beneficiaries have asked us to stop sending paper earnings statements. Now, SDCERA is getting greener and going paperless! As of September 1, 2022, members will need to access their monthly earnings statements through the Member Portal. The last mailed statement will come at the end of August. If you haven't yet, please register for a Member Portal account now at:

[memberportal.sdcera.org](https://memberportal.sdcera.org)

You'll be able to see all your earnings statements going back through 2021. Rest assured, you will still receive your annual 1099 R-form in the mail in January long before tax season starts!

You can also fill out and sign our most used forms electronically.

**Just call our Member Service Center at: 619-515-6800**, tell us which form you'd like, and it will be securely emailed to you.

I hope you have a happy and safe summer! □

**RECENT EVENTS**

- ❖ **Value of teacher pension plans at 'lowest point in modern history'.** Most of the country's K-12 public school teachers are not being served well by their retirement plans, as changes to state plans since the Great Recession have undone the decades of progress for educators' retirement benefits that marked the second half of the 20th century, according to a new report.

The Retirement Security Report, which is produced by the Equable Institute, is an assessment of the quality of retirement benefits for public sector employees. A recent edition of the report, "The National Landscape of Teacher Retirement Benefit Security," analyzed retirement benefits for the country's K-12 public school teachers, exploring whether educators have access to adequate income during their post-working years. The authors define adequate retirement income as at least 70% replacement of pre-retirement income. The Equable Institute is a bipartisan nonprofit that works with public retirement system stakeholders to solve pension funding challenges.

To access report, visit: [www.equable.org/](https://www.equable.org/)

- ❖ **Stock market's fall has wiped out \$3 trillion in retirement savings this year.** The U.S. stock market rout that has put U.S. equities in a bear market isn't just reducing the net worth of billionaires like Elon Musk and Jeff Bezos. It's also taking a toll on Americans' retirement savings, wiping out trillions of dollars in value.

The selloff has erased nearly \$3 trillion from U.S. retirement accounts, according to Alicia Munnell, director of the Center for Retirement Research at Boston College. By her calculations, 401(k) plan participants have lost about \$1.4 trillion from their accounts since the end of 2021. People with IRAs — most of which are 401(k) rollovers — have lost \$2 trillion this year.

Source:

[www.cbsnews.com/news/stocks-drop-recession-retirement-savings-401k-ira-3-trillion-2022/](https://www.cbsnews.com/news/stocks-drop-recession-retirement-savings-401k-ira-3-trillion-2022/) □

## PENSION FACTS AT A GLANCE

**45,704**

**SDCERA members June  
30, 2021.**

**18,200 Active  
20,700 Retired  
6,804 Deferred**



### WELCOME NEW MEMBERS

Jon Adams	Air Pollution Control
Brenda Campbell	
Michael Golden	Public Works
Ofelia Gutierrez	District Attorney
Rosari Martinez	Health & Human Services
Jeffrey Overcast*	Superior Court
Anna Pasion	District Attorney
Nancy Quiros	
Richardo Rebucas	Sheriff
Cynthia Wilson	

\*Associate Member

The surviving spouse of a member is eligible for RESDC membership. For enrollment assistance, call: (619) 688-9229. □

## QUOTE OF THE MONTH

*Leadership has a harder job to do than just choose sides. It must bring sides together.*

▪ **Jesse Jackson**



### PURCHASE SEE'S CANDIES GIFT CARDS ONLINE

You can now purchase See's Candies gift cards in our Online Store using your RESDC discount!

RESDC members are offered \$25 gift cards for \$22, a savings of \$3. Gift cards are redeemable at any See's Candies location or online.

To purchase gift cards online, go to: [resdc.wildapricot.org/online-store](https://resdc.wildapricot.org/online-store). We can only accept credit cards to purchase gift cards online. You may not purchase more than ten gift cards in one transaction.

**Note:** You need a RESDC member self-service login in order to access the online store. If you need one, please email [resdc@resdc.net](mailto:resdc@resdc.net).

RESDC members are entitled to a **10% group discount on selected items** at the two **See's Discount Stores: 3751 Rosecrans Street, San Diego, 92110; and 1830 Marron Road, Carlsbad, 92008**. You must ask the See's sales team which items are selected. You need to show them your RESDC membership card for the discount. Be sure to mention that you are a member of Retired Employees of San Diego County. Occasionally a RESDC member is denied the discount by a clerk at these See's stores. When this happens, be sure to clarify that you are not an active County employee, but you're a member of RESDC. The county no longer participates in the See's group discount program. If you're still refused a discount, ask to speak to a store manager.

The gift cards are redeemable at any of the See's retail stores and for online purchases.

If you would like to purchase gift cards through the mail from RESDC, please address an envelope to RESDC, 8825 Aero Drive, Suite 205, San Diego, CA 92123. Enclose a check made out to RESDC for the number of gift cards you would like at **\$22 for each gift card**. Be sure to include postage stamps so we can mail the gift cards to you. **Please note: Postage rates increased in July.** Enclose one postage stamp if purchasing less than five gift cards. If purchasing over five gift cards enclose 84 cents of postage. If purchasing over nine gift cards enclose \$1.08 in postage. See the postage chart at:

[www.resdc.net/sees-candies-discount](http://www.resdc.net/sees-candies-discount). We will supply the return envelope to put the gift cards into. □





## CELEBRATE NATIONAL NONPROFIT DAY WITH CECO



National Nonprofit Day is commemorated annually on August 17 to recognize nonprofit organizations throughout the United States and their ongoing efforts to serve the local community.

For the past 66 years, the San Diego County Employees' Charitable Organization (CECO), has been the charitable arm of the County of San Diego by granting more than \$7 million to local non-profit organizations and fellow County employees and retirees experiencing a financial crisis. The success of this program couldn't be possible without the support of current and former County employees who donate to the organization.

What sets CECO apart from other organizations is that it is entirely operated by County volunteers and 100% of raised funds go directly back out to the community since there are no overhead costs to incur. Through collaborative fundraising efforts CECO has funded beds and appliances for emergency shelters and transitional housing programs; meals for seniors

and the critically ill; medical equipment for community clinics; computers and recreational equipment for youth, and much more. In addition, CECO is committed to assisting eligible County employees and retirees facing a one-time financial crisis.

A donation of \$10, \$20, or \$30 may not seem like moving the needle but, collectively, your donation stretches to not only support more than 80 nonprofit organizations on an annual basis but contributes to pulling fellow colleagues out of a one-time financial crisis.

CECO's grassroots efforts engage County employee volunteers in various aspects of its operations—whether through the grant distribution process, hosting fundraising campaigns, or peer-to-peer outreach. CECO makes intentional efforts to support a broad range of organizations specializing in various population needs.

I invite you to become a part of this giving legacy not only in honor of National Nonprofit Day but throughout the year! Below are a few ways on how you can be part of the County's charitable tradition:

- Donate on a reoccurring basis via our donation platform. <https://donorbox.org/ceco-retiree-contributors>



- Donate via PayPal Giving Fund. [www.paypal.com/us/fundraiser/charity/1532095](http://www.paypal.com/us/fundraiser/charity/1532095)
- Shop Amazon Smile and select 'San Diego County Employees Charitable Organization (CECO)' as your non-profit of choice. [www.amazonsmile.com](http://www.amazonsmile.com). Shop at Amazon Smile and Amazon will donate 0.5% of eligible purchases to your favorite charitable organization—no fees, no extra cost.
- Send cash or check to CECO. Please make check payable to: San Diego County Employees' Charitable Organization (CDCO). Mailing address:

CECO  
1600 Pacific Highway Suite 209  
San Diego, CA 92101

The San Diego County Employees' Charitable Organization is a 501(c)(3) charitable organization and contributions are tax-deductible. Our EIN is 95-6100082.

To learn more about CECO, visit [www.sdceco.org](http://www.sdceco.org) and follow us at [www.facebook.com/sdceco56](http://www.facebook.com/sdceco56).

Thank you for helping us lend a hand!

With gratitude,

Nadia Moshirian Binderup,  
CECO President □



Vincent Acayan	Health & Human Services
Charles Ahern	Probation
John Barfield	Health & Human Services
L Berberich	Public Defender
Victoria Bets	Child Support
John Blenkle	Sheriff
Dolores Boettcher	Assessor/Recorder/County Clerk
Eugene Butler	Public Works
Eleanor Chassy	
Patricia Cook	Health & Human Services
Ronald Criqui	Probation
Mary Jo Ek	
Lavonne Engel	Public Works
Gilbert Esquibel	Environmental Health
Rodney Flick	Parks & Recreation
James Garner	
Carol Healy	General Services
Donald Holland	Probation
Maria Holmes	
Mary Johnson	Sheriff
Maureen Kavalec	Social Services
Karen Kelly	Sheriff
Arlene LaFromboise	Health & Human Services
Edwin Masters	District Attorney
Jeanne McAlear	Probation
John McEvoy	
Teresa McIntyre	Superior Court
Patricia Oxley	Auditor & Controller
Pauline Palomino	Probation
Deanna Parks	Health & Human Services
Faye Pekar	Social Services
Freddie Pickett	Superior Court
Carol Presley-Myers	Public Defender
Larry Purdue	Health & Human Services
Robert Rives*	Health & Human Services
Leslie Roeder	Sheriff
Donna Rositano	
William Sanderson	
Patricia Schwab	Health & Human Services
Brian Scott	Social Services
Kathleen Sisson	Probation
Beverley Thomas	Health & Human Services
Elaine Thompson	District Attorney
Hoa Tran	Public Works
Henry Wakefield	Health & Human Services
Elton Ward	
William Whited	Sheriff
Andrew Williams	Probation
Rose Wise	Auditor & Controller

\*Active Employee

- ASSOCIATION OFFICERS**  
 President.....Chris Heiserman  
 1st Vice Pres..... Dolores Diaz  
 2nd Vice Pres....Janel Pehau  
 Treasurer.....Carlos Gonzalez  
 Secretary.....Leila Attar
- ASSOCIATION DIRECTORS**  
 Chuck Brown, Francine Howell,  
 John McTighe, Merrill Roach,  
 Maria Rubio-Lopez, Bruce Silva,  
 Bob Summers
- IMMEDIATE PAST PRESIDENT**  
 Stan Coombs
- EXECUTIVE DIRECTOR**  
 Mark Nanzer
- OFFICE STAFF**....Marge Elmendorf  
 ....Karen Hazel  
 ....Andrew Steele
- NETWORK EDITOR**....Karen Hazel





*Enjoy the  
 dog days of summer!*

**MEMBER PRIVACY**

Any retiree or surviving spouse who does not want his/her death notice published in the "In Memoriam" column may notify the RESDC office and your privacy will be maintained. □



**Office Hours:** 9 a.m. to 2 p.m. Monday through Friday.  
**Telephone:** (866) 688-9229 Toll Free  
**Fax:** (619) 688-0766  
**Email:** [resdc@resdc.net](mailto:resdc@resdc.net)  
**Website:** [www.resdc.net](http://www.resdc.net)

 @RetiredEmployeesofSanDiegoCounty  
 @RESDC

**THE NETWORK** is the official monthly newsletter of the Retired Employees of San Diego County, Inc. (RESDC), a private non-profit organization.

**Business and Inquiries:** Business matters and address changes may be recorded on the office voice mail at any time, call (866) 688-9229. Please spell your last name so the correct member record can be located.

The information printed in *THE NETWORK* is believed to be from reliable sources. However, no responsibility is assumed by *THE NETWORK* for inaccuracies contained herein.

**Retired Employees of San Diego County, Inc.**  
 8825 Aero Drive, Suite 205  
 San Diego, CA 92123

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### President's Message (Continued from Page 2)

We have another friend who tested positive a few days after attending a conference. He was also fully vaccinated. He spent a few days isolating himself at home with a low-grade fever. He said he felt weak and extremely tired for a few days, just wanting to sleep. He thought he would work from home while recovering but found he was unable to concentrate enough to accomplish tasks remotely.

So, these examples fit the "not so bad" story line, but regular media accounts report continued spread of cases, some serious enough for hospitalization. We tend to forget the terrible toll the pandemic has taken on American society. We are still losing a few hundred souls a day nationally, adding to the unbelievable 1.02 million coronavirus deaths in the U.S.

Any COVID infection can pose potential health problems – and now we have the added dilemma of re-infections from the highly transmissible subvariants. Even if hospitalization is not involved, symptoms can be miserable. And there's the specter for some unlucky patients of long COVID, where fatigue, brain fog or breathing difficulty can linger for months.

Our first line of defense against all the various pandemic risks is up-to-date vaccinations. Beyond that, healthy doses of common sense and safety awareness are probably in order. □



### RESDC ONLINE SERVICES

Did you know that RESDC has an online Member Directory, which is accessible only to logged-in RESDC members? This is a great way to stay in touch with former co-workers. You can opt-in and choose what information to share by logging into your member self-service account.

The Member Self-Service website can be accessed by going to [www.resdc.net](http://www.resdc.net) and clicking on the menu item for "Member Login." Please note that you must have an email address on file with us in order to log-in. If you don't currently receive emails from RESDC and would like to like to join both our email list and the member website, send us your full name and email address by contacting us at [resdc@resdc.net](mailto:resdc@resdc.net) or by calling (619) 688-9229.

We encourage you to also follow RESDC on Facebook and Twitter. We share photos from our events, news from around San Diego County, articles related to retirement and pensions, and notices about community events.

Facebook: <https://www.facebook.com/RetiredEmployeesofSanDiegoCounty>  
 Twitter: <https://twitter.com/RESDC>

And on the main **RESDC website**, [www.resdc.net](http://www.resdc.net), you can:

- Read current and past editions of *THE NETWORK*.
- See an overview of all available member discounts and benefits.
- View photos from our events.
- Stay up-to-date on pension and retirement news through our News Now page, a curated list of recent articles in the media.
- Visit the RESDC YouTube Channel to view our recorded virtual events. □

