



THE NETWORK



Newsletter of The Retired Employees of San Diego County

TOUR OF THE SAN DIEGO COUNTY PUBLIC HEALTH LABORATORY MONDAY, APRIL 20, 2026, 1:00PM—2:00PM

What: Tour of the Public Health Laboratory

Where: San Diego County Public Health Laboratory
5540 Overland Ave
San Diego CA 92123
(For directions and to see a map, see page 6)

When: April 20, 2026, from 1:00pm - 2:00pm.

Program: RESDC is excited to invite you to join us for a tour of the San Diego County Public Health Laboratory.



The Public Health Laboratory (PHL) safeguards community health through advanced diagnostic testing, disease surveillance, and environmental monitoring. Equipped with cutting-edge technology and a skilled team, the PHL detects infectious diseases, environmental hazards, and emerging threats supporting prevention, health promotion, and emergency response efforts. Their new facility, featuring modern design and cutting-edge technology, is transforming the landscape of public health.

Register now, space is limited to only 25 registrants. No guest registrations allowed.

Choose your registration method:

Register Online: Go to www.resdc.net/events and click the 'Register' button and follow the steps.

Register by phone: Call our office at (619) 688-9229 during our office hours of 9:00am – 2:00pm, Monday – Friday. □

**EARTH DAY
WEDNESDAY, APRIL 22, 2026**



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April Calendar of Events

- 9—(Thurs.)** RESDC Board of Directors Meeting
 RESDC Office, 9:30am.
- 20—(Mon.)** Tour of the SD County Public Health Lab
 5540 Overland Ave. San Diego CA 92123
 1:00pm-2:00pm.
- 26—(Wed.)** Earth Day

PRESIDENT'S MESSAGE

By Janel Pehau



Spring has sprung and it is time of change, of renewal. There are changes at RESDC as well. We are excited to announce a new partnership between the Retired Employees of San Diego County and AMBA who recently merged with our longtime insurance partner PGA. This partnership will bring additional value, expanded benefits, and new opportunities to our members.

What Members Can Expect

Through this partnership, RESDC members will now have access to:

Complimentary Benefits Reviews

Knowledgeable AMBA representatives who specialize in working with public employee retirees will offer no-cost, no-obligation reviews to help you better understand your current coverage and explore available options.

Webinars & Educational Resources

Informative sessions focused on retirement-related benefits, healthcare considerations, and financial protection topics relevant to San Diego County retirees.

Year-Round Enrollment in Familiar Insurance Programs from PGA

Members can enroll throughout the year in trusted programs you already know, providing added flexibility and convenience.

Expanded Product Selections, including:

- Long-Term Care (LTC) solutions
- MASA emergency transportation coverage
- Passport discount savings platform
- Additional supplemental health options

Watch Your Mailbox

In the coming days, RESDC members will receive a mailed announcement, sponsored by AMBA, outlining these new opportunities and how to take advantage of them.

RESDC is enthusiastic about this partnership and the opportunity it creates to deliver even more value to our members. By expanding benefit options and enhancing outreach efforts, we are investing in the future of our association and ensuring that membership continues to provide meaningful advantages for San Diego County retirees.

Of Special Note

If you currently take advantage of insurance benefits via PGA (now AMBA), **nothing is changing** with those benefits, and no action is required on your part.

If you do not currently take advantage of insurance benefits via PGA (now AMBA), **you are still eligible** to take advantage of some great, money saving offerings coming soon.

If you are interested in the current and expanded benefits, please visit PGA at pgagencies.com/resdc or reach a representative by calling (800) 511-9065 or emailing RESDC@pgagencies.com.

Your RESDC Board of Directors believes there is a great deal of promise in this partnership, and feels it increases the already substantial value of your RESDC membership. As always, the staff and board alike appreciate you and thank you for your ongoing support. We hope to see you soon at one of our upcoming events. □

FREE PARKING AT COUNTY PARKS FOR THOSE THAT QUALIFY

By Chuck Brown

Courtesy of the SDGE Alumni Association, I have a tip for those of us that are 62 years young and up(!)...

The County of San Diego will issue you a free rear view mirror hanger "annual permit" that is good for free parking at all County Parks. The hanger is a lifetime pass, so you don't have to renew it annually.

In order to get one, you have to go in person to the County Operations Center where the Parks and Rec main office is at 5510 Overland Ave, Suite 270 - right above the permit office, and they'll fix you right up. □

QUOTE OF THE MONTH

"Nature is painting for us, day after day, pictures of infinite beauty."

-John Ruskin

FAREWELLS, MEMORIES AND THANKS...

By Steve Fisher, Executive Director



By the time this edition of the Network hits your mailboxes, my tenure as RESDC's Executive Director will be over. It's been just over two years since I joined the organization. Time does fly when you're busy, have a staff of talented individuals, a committed board and amazing members. I can't tell you how grateful I am for getting to know so many of you. My time at RESDC has

been a highlight of my career.

The search for new leadership is of course underway, and some great people are being considered to pick up where I've left off. In the meantime, the staff and board are "minding the store" and I know, doing a wonderful job. There are some great things coming in RESDC members' futures. New, fun, events & webinars and a truly impressive discount program are just a few things arriving very soon.

As you're all aware, RESDC is a multi-purpose organization. Whether it's watch-dogging the pension landscape, monitoring the activities of SDCERA or the Board of Supervisors, providing intriguing educational opportunities or just throwing a great happy hour or party, RESDC does things well and always has you, the members', best interests at heart.

The serious things RESDC does are extremely important, and I'm happy to have helped folks out in a few serious situations, but I feel like the softer side of things is more appropriate for a farewell letter. I'll retell one of my favorite memories of my time here.

I met a member at a Health Fair Picnic who worked for the county for well over 30 years. He thanked me for putting on the event but said he didn't come to our events very often anymore. When I asked him why he said, "When I look around, I don't recognize anyone anymore. I think all my old friends have, well, moved on."

We talked for a minute about the Circle of Life and all that, and then the greatest thing happened. I watched a woman sneak up behind him, make the "Shush" symbol at me, and then tap him on the shoulder. He turned, and the shocked look on his face quickly became a massive grin when he recognized her, a colleague from twenty years prior. Not all his friends had moved on. Then, minutes later, it happened a second time. I'm willing to bet that those exchanges made that gentleman's day. I know they made mine.

On that happy note I will take my leave of you and simply say thank you. Thank you for the opportunity to be your Executive Director and thank you for the memories. My new job has me dealing with associations similar to RESDC all over the state of California. So, if we've shared a laugh in the past, and you find yourself at an event and get a tap on the shoulder, it might just be me.

All my best to you and yours,

Steve

ASSOCIATION OFFICERS

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 1st Vice Pres...Dolores Diaz
 2nd Vice Pres...Carl Silva
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 Treasurer...Carlos Gonzalez

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EXECUTIVE DIRECTOR

Steve Fisher

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OFFICE STAFF...Marge Elmendorf
 ...Andrew Steele

NETWORK EDITOR...Andrew Steele

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MAXIMUM COLA APPROVED FOR SDCERA RETIREES

You'll see the 2026 cost-of living adjustment (COLA) in your April 30 pension payment.

- Tier I, II, and A retired members will receive the maximum COLA of 3% and 0.79% will go in the COLA bank.
- Tier B, C, and D retired members will receive the maximum COLA of 2% and 1.79% will go in the COLA bank.

The balance of your COLA bank is based on the year you retired. Visit www.sdcera.org/COLA for the balance.

□





**BOARD MEMBER PROFILE
FRANCINE HOWELL**

Francine retired from the County of San Diego and City of San Diego on June 6, 2020. She was employed at the County, County Counsel for seven years as a Paralegal and City, Office of the City Attorney for twenty four years as a City Attorney Investigator of which she was a supervisor for twelve years. She is a trustee at Bethel A.M.E. Church, a member of the Class Leaders Council, a member of the Women’s Missionary Society and a mentor for the Young People’s Department. One of her passions has been coaching elementary and junior high school basketball for City Tree Christian School for 19 years. She is a member of the Aztec Bridge Club where she enjoys playing bridge. She also volunteers at the George Stevens Senior Center. She is a 50 year member of Delta Sigma Theta Sorority, Inc. She served ten years as a board member and one term as President of her HOA, Bonita Vista Community Association. Most importantly she served thirteen years as a board member, executive board member and Second Vice President of the Municipal Employees Association. She also served thirteen years as a Steward and two terms as President. As serving on the MEA board she is proud that they were instrumental in over turning Proposition B and restoring new employees with a defined benefit retirement. They fought all the way to the California Supreme Court and were successful. □

BITS & PIECES

Carlos M. Arias was born on February 14, 1936 and celebrated his 90th birthday with his lovely wife Claire Louise, daughters Claire Marie, Constance Louise and their husbands, his son Carlos Christopher and his wife Andrea and grandchildren Gabrielle Elise and Jeremy Issac.

Carlos retired in 1999 as a Project Manager at the Parks and Recreation Department. He was born in Mexico City where he graduated as an architect with Magna Cum Laude at the Universidad Nacional Autonoma de Mexico and pursued post-graduated studies in City Planning at the Sorbonne Universite in Paris, France. □

**AARP AND LEAGUE OF WOMEN VOTERS
ELECTION SERVICES**

By Chuck Brown



From March to October, we’ll be inundated with political ads ahead of election day on November 3. There is a lot of information on the Registrar of Voters website (<https://www.sdvote.com/>), including voter registration tools, ways to vote, information on the current election, your sample ballot, ballot processing and security... and

(as they say) more! There are also supplemental resources like AARP and the League of Women Voters, among others.

AARP is a nonpartisan organization that does not endorse or financially support political candidates. They, along with the League of Women Voters provide a wealth of resources in trying to sort out who’s doing what to whom, when and why.

As support for seniors, AARP is interested in proposals and policies for the core issues we face – Medicare/ Medicaid, Social Security, caregiving, and financial security. Here’s what they plan to offer for fun in the 2026 run:

POLLS – AARP will conduct several polls and do policy research that bear directly on 2026 and indirectly on the 2028 presidential election.

- **EVENTS** – The goal is to provide direct interaction with candidates across many states. They plan to support video and telephone town hall meetings and interviews, and candidate forums. Their website will have links to voter engagement in states – <https://states.aarp.org>.
- **CANDIDATES** – Connect with candidates to raise their awareness about key issues and conduct in person and online conversations.
- **FACT SHEETS** – Each state office delivers AARP fact sheets to candidates to stress the interests and power of the “50 and over” votes.

The League of Women Voters is a nonpartisan American nonprofit political organization. It was founded in 1920, six months before the 14th Amendment was ratified by the states. The League focuses on women’s rights, campaign finance reform, health care, and gun control.

The League provided a dedicated website for voter information in the 1990s. In 2006, the League launched the next generation of online voter education with **VOTE411**. (<https://www.vote411.org>), a “one-stop-shop” for election-related information, which provides both general and state-specific nonpartisan resources to the voting public, including:

- *Nationwide polling place locator*
- *Ballot look-up tool* to see what’s on your ballot – candidates and propositions. Also, you can be notified of forums and debates in your area.

- *Summary of candidate positions on issues.* Learn where candidates running for office in your community stand on the issues. Only candidates that appear on your ballot, based on the address you enter, will be listed.
- *Voter registration links* to register and to check your registration status. □

In Memoriam

George Arviso	Public Works
Linda Barnett	Sheriff
Tammy Bennetts	Sheriff
Faith Berry	
Glenn Braaten	Agriculture, Wghts. & Meas.
Bonnie Byrd	District Attorney
Victor Caloca	Sheriff
Chesley Carney	Planning & Land Use
Valerie Chelseth	Sheriff
Jarmila D'Agosta	
Clyde Dietrich	
Eusebia Gonzalez	HHSA
Linda Hammond	Library
Bart Hartman	Treasurer/Tax Collector
Karen Hixson	HHSA
Ronnie Hobgood	Agriculture, Wghts. & Meas.
Verica Jovanovich	Public Works
Ramon Laserna	Sheriff
Jack Love	
Paula Medeiros	
Dora Padilla	
John Pavey	
Sharon Pease	HHSA
Hilda Perez	HHSA
Kerry Safford	Probation
Ralph Shadwell	County Counsel
Charles Shephard	HHSA
Melissa Shoop	Superior Court
Kenneth Smith	
Vivian Streete	Sheriff
Eloy Villa	Chief Admin Officer
Robert Wangeman	HHSA
Nancy Wingo	
James Young	District Attorney

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. □



RECIPE SHARE

CHILI RELLENOS

Submitted by Carol Reynolds

(Recipe from Mary McWreath, Sam Grayson's sister)

- Long, Green Chilis (canned or fresh)
- Monterey Jack Cheese
- Eggs
- Flour

Cut cheese in wedges and put inside chilis; make egg and flour batter; dip in batter and fry both sides.

Note: It is a good idea to beat egg whites and yolks separately and then combine. Add the flour to eggs. Mary said just to fry as you would fry chicken.

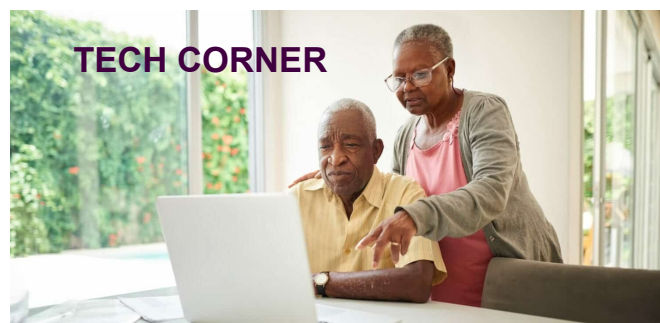
Sauce for Chili Rellenos

Saute: in vegetable oil, sliced or chopped onions, green bell pepper and 1-2 cloves garlic.

Add: medium can diced tomatoes and small amount (1 cup) chicken broth. Season: salt, cumin, leaf oregano and a pinch of sugar. □

FLAG DAY STORIES

At this June's Flag Day event we'll be placing a little extra focus and gratitude on our members that served in the military. If you're interested in being featured in a PowerPoint presentation that will run during the event, please call or email with your name, branch, rank, length of service and ideally a picture. We hope you'll participate. Thank you for your service. □



TECH CORNER

Set up Find My

Set up the Apple Find My app or Android Find My Device to locate a lost or stolen phone. This is useful if you left it behind at the airport check-in counter or coffee shop, or even misplace it at home. You can see its location and send an audible tone or even message to the device so someone who finds it can return it to you. Use this tool to remotely lock it, or in extreme circumstances, remotely wipe its contents. □



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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.



COUNTY OF SAN DIEGO
Health and Human Services Agency

LIVE WELL SAN DIEGO

County of San Diego Operations Center

5500-5610 Overland Avenue
 9325-9355 Hazard Way
 San Diego, CA 92123
 (858) 694-3610



Directions to the County Operations Center

From the North or South (Airport)
 From 163, exit onto Clairemont Mesa Blvd. Eastbound
 Turn Left (North) onto Overland Avenue
 From I-15, exit onto Clairemont Mesa Blvd. Westbound

***All:** To access Parking Structure from Overland turn right onto Farnham Street. Parking Structure is on the left.

From the East or West
 From 52, exit onto Ruffin Road Southbound
 Turn Right into Parking Structure or proceed to Overland

COC Parking

- Courier Parking
- 2-3 Hour Visitor Parking
- Walk path
- Driving route to parking structure and campus parking



WELCOME NEW MEMBERS

- Maria Escamilla-Martinez, Probation
- Linda Goff, Air Pollution Ctrl.
- Leeanna Kirby, Assessor/Recorder/Cty. Clk.
- Maria Theresa Osorio, HHS
- David Pitts, Probation
- Rodney Richter, Sheriff
- June Rodriguez, Assessor/Recorder/Cty. Clk.

