



# THE NETWORK



Newsletter of The Retired Employees of San Diego County

## 2025 RESDC HOLIDAY LUNCHEON AT BALI HAI RESTAURANT THURSDAY, DECEMBER 11, 2025

**When:** Thursday, December 11, 2025  
11:30 am – 1:30 pm. Lunch is served at 12:00pm.

**Where:** Bali Hai Restaurant  
2230 Shelter Island Dr., San Diego, CA 92106  
(Directions on page 5)

**Menu:** Ham, Herb Roasted Chicken Breast or Sweet and Sour Tofu lunch

**Cost:** \$30 per person

**Program:** President’s Welcome, introduction of guests, approval of the 2026 budget.



**Registration:**

Please ensure that registration forms and payments are submitted to the RESDC office by Monday, December 5th. Kindly note that cancellations made after this date will not be eligible for refunds. Spaces may fill up before December 5th, **so we encourage you to register early to secure your spot.**

Reserved tables will be provided only for groups of ten who pay for the entire group with one check or one credit card. No exceptions. If wheelchair seating is required, please call our office at (619) 688-9229, or you may inform us on your registration form. Name badges and opportunity ticket packets should be picked up at the check-in table at the event. They will not be mailed.

**Register Online:** Go to [www.resdc.net/events](http://www.resdc.net/events) and click the green “Register” button. Use the email associated with your member account. Click “Add guest” to add additional registrants for \$30 each. To pay for yourself and guests, click “Pay Online” and pay with a credit card.

**Register by Phone:** Call the RESDC Office at (619) 688-9229 during our hours of 9:00am—2:00pm, Monday—Friday.

**Register by Mail:** Fill out the Registration Form. Make a check payable to RESDC for \$30 per person. Mail registration form, along with check to RESDC, 3760 Convoy St., Suite 118, San Diego, CA 92111. □

**Holiday Luncheon Registration Form**

RESDC Member Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Guest Name(s): \_\_\_\_\_

# of Ham Meals: \_\_\_\_\_ # of Herb Roasted Chicken Breast Meals: \_\_\_\_\_ # of Tofu Meals: \_\_\_\_\_ x\$30 each = \$ \_\_\_\_\_ (Total Enclosed)

## December Calendar of Events

- 11—(Thurs.) RESDC Holiday Luncheon 2025**  
Bali Hai Restaurant, 11:30 a.m.—1:30 p.m.  
RESDC office closed.
- 18—(Thurs.) SDCERA Board of Retirement Meeting**  
9:00 a.m.
- 24-Jan. 2—(Wed.-Fri.) RESDC Closed for the Holidays.**  
RESDC office will reopen on Monday, 1/5.

## PRESIDENT’S MESSAGE

*By Chris Heiserman*



It has been a privilege to serve two two-year terms as RESDC President. In December 2021, I wrote a NET-WORK column as 1st Vice President while preparing to officially take the reins of the organization in January. In that column I predicted RESDC and our region were well on their way to recovering

from the national nightmare of

the Covid-19 pandemic, and I expressed cautious optimism heading into the new year.

When the pandemic shutdown changed everything around April 2020, our Board of Directors and staff found ways to continue serving our members. We made it possible for our staff to work remotely and discovered we could use Zoom Video Conferencing for meetings and on-line webinars. We created our own RESDC YouTube Channel so we could share educational information and presentations easily.

In early 2022 we felt people wanted to return to in-person activities after the pandemic, but we were unsure. In February we provided an informative virtual presentation by the American Red Cross, and in March we staged a special webinar on “Elder Abuse in the Covid Era,” featuring the former head of the Elder Abuse Unit in the San Diego County District Attorney’s office. Several dozen members joined the hour-long virtual event, but the recorded video shared on the RESDC YouTube Channel was later viewed more than 80 times.

In March we were pleasantly surprised that more than three dozen members turned out in person for a successful return of our popular RESDC Roundup Happy Hour on the patio of Hooley’s Public House in La Mesa. Unfortunately, our optimism was short-lived as new Covid-19 variants showed up in the spring, causing the cancellation of our scheduled June 30th Flag Day Luncheon in El Cajon due to safety concerns.

We finished 2022 strongly with the return of Day at the Padres September 22nd and a scaled-down version of our crowd-pleasing Health Fair Picnic October 26th (last held in 2019). We also had our second virtual Holiday

Fest event in December. RESDC’s board and staff got creative during the pandemic to continue serving our members. Our office staff adapted quickly to working remotely and remain on an effective hybrid schedule initiated during Covid.

A major change in dental benefits occurred in 2022 when retirees with SDCERA dental coverage were absorbed into RESDC’s plans with Pacific Group Agencies. This major shift was accomplished with excellent cooperation between all three organizations, and RESDC acquired about 1,500 new members in early 2023.

A favorite long-standing RESDC program that we all take great pride in is our awarding of several \$2,000 student scholarships every year to outstanding high school seniors related to our members. We have presented more than 160 scholarships over the past 30 years with a total value of more than \$260,000. In July 2023 RESDC was honored to have three of our recipients and their proud families recognized at a regular meeting of the San Diego County Board of Supervisors where a proclamation was presented declaring July 18, 2023, RESDC Merit Scholarships Day in the county.

Early in 2024 RESDC’s Executive Director, Mark Nanzer, who ably led the organization for more than nine years decided it was time to retire. However, he informed us well in advance and generously offered to thoroughly brief his replacement. Our new executive director, Steve Fisher, started in March 2024. He had experience leading non-profit organizations and quickly immersed himself in our world of retiree benefits and public pension plans. Steve has forged an excellent working relationship with the staff and our board to deliver the kinds of educational information and fun social activities our members regularly enjoy.

We continue to provide both in-person and virtual events of interest to our retirees. We had a very popular on-line seminar last March with an FBI Special Agent from their San Diego office. More than 100 members tuned into the Zoom webinar presentation on how the FBI tracks local threats and monitors counterterrorism and espionage efforts by other countries.

RESDC’s entire membership believes in the inherent value of public service careers to the health and viability of our community. Our board voted in May 2025 to donate \$1,000 to the Walt Ekard Endowed Scholarship at San Diego State University. The donation was made in memory of former County CAO Walt Ekard who had recently passed away. Walt taught graduate public administration classes at SDSU and mentored many students pursuing careers in the public sector.

Membership Matters. This was a sub-headline in my President’s Message in the October 2023 newsletter. Our 8,000-plus members have opportunities through RESDC events to rekindle former workplace friendships and discover new acquaintances. As retired county employees we share that connection; however, we probably have more shared values, experiences and interests now as retirees than when we were in many different departments. If you have a former county colleague or know other retirees who are not RESDC members, encourage them to join us. We trust they will find plenty of value in being part of the RESDC family, just as we do. □

## EMERGENCY APPS FOR YOUR SMART PHONE AND COMPUTER

By Chuck Brown



California is known for two major types of disaster – fires and earthquakes. In addition, there are occasional floods, etc., depending on where you live. Having spent a few decades working with and for the Sheriff’s Office, I’m familiar with the support provided by the County and various local agencies.

Now, there are a variety of apps available to us.

The advantage of enabling emergency alerts on a computer, iPhone, or Android is time. Rather than having to rely on a TV or radio news reports, which could be delayed or occur while you are asleep, a smartphone alert can warn you as soon as an alert is issued. This can give you extra minutes or even longer to react, get to safety or warn others.

Android and iPhone smartphones have emergency alert features that are automatically turned on or can be turned on in “Settings” on your phone. In addition, there are lots of specific apps available for both.

**AlertSanDiego** – Provided by the County Office of Emergency Services. Free

It provides a variety of tools:

- Targeted emergency alerts: Sign up for call, text, or email alerts for threats impacting your registered location, such as your home, workplace, or family address.
- Push Notifications: Allow push notifications to get notified of new emergencies and important updates.
- Live emergency map: View an interactive map with near real-time updates on active emergencies, including evacuation zones, shelters, road closures, and localized hazards.
- Preparedness Information: Learn how to create a Personal Disaster Plan and an Emergency Kit to ensure you and your family are prepared for any emergency.
- Recovery resources: After a major disaster, find vital information and resources to help you and your family recover.
- Accessible updates: Receive emergency updates in accessible formats, including American Sign Language (ASL) videos with accompanying English voice and text.

**Genasys Project** – a mobile app that provides alerts for all kinds of emergency events.

**Watch Duty** – a non-profit that monitors fire events nationwide. Free

**FEMA App** - allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more.

**Storm Shield** – storm-based alerts for tornado, hurricane, flood, thunderstorm, winter storms and other life-threatening weather events via voice and push notification.

Semper Paratus! ☐

### ASSOCIATION OFFICERS

President...Chris Heiserman  
 1st Vice Pres...Dolores Diaz  
 2nd Vice Pres...Janel Pehau  
 Secretary...Leila Attar  
 Treasurer...Carlos Gonzalez

### ASSOCIATION DIRECTORS

Francine Howell,  
 John McTighe, Merrill Roach,  
 Maria Rubio-Lopez, Stephanie Saracco-  
 Reed, Bruce Silva, Carl Silva

### EXECUTIVE DIRECTOR

Steve Fisher

**OFFICE MANAGER**...Rosita Haro

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

**NETWORK EDITOR**...Andrew Steele

**RESDC Office Email Address:**

[resdc@resdc.net](mailto:resdc@resdc.net)



### USE THE SDCERA ONLINE TAX CALCULATOR

A new year may bring new changes to your taxes. If you need to change your SDCERA pension withholdings, don't forget to use the helpful online tax calculator at [www.sdcera.org/taxcalculator](http://www.sdcera.org/taxcalculator) for assistance in filling out your forms. The tool will help you estimate your federal and state tax withholdings based on the allowances and deductions you select. ☐

### QUOTE OF THE MONTH

*“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.”*

**-Desmond Tutu**



We recently sat down with Pete Blasi, CEO of My Senior Health Plan for a chat on items of interest to RESDC members.

**Q: What inspired you to start My Senior Health Plan?**

I've always had an affinity for seniors and love hearing their stories. Over time, that connection evolved into a desire to help. Medicare can be confusing, especially for those turning 65, so we built a company to make it simple and personal, a trusted advocate in their corner.

**Q: What's the biggest challenge or misconception about Medicare?**

Many assume one plan fits everyone or that their coverage never changes. Every person's doctors, prescriptions, and needs are different, and plans change every year. A quick review during the October 15 – December 7 enrollment period can help prevent surprises and save money.

**Q: In today's uncertain climate, what should Medicare beneficiaries be aware of?**

Costs are rising, the standard Part B premium will increase to \$206.50 next year, but there's good news, too. The Part D out-of-pocket cap will drop to \$2,100, and coverage for mental health, preventive care, and high-cost drugs is improving. The key is understanding how these changes affect you, which is where our team can help.

**Q: How does My Senior Health Plan help RESDC members?**

We've proudly served RESDC members for years, helping households save thousands while keeping their preferred doctors and coverage. Our reviews are complimentary, and our goal is simple, clarity, confidence, and care.

**Q: What's next for your team?**

We're excited about our new Medicare Resource Center in La Jolla, where we host free monthly Medicare 101 sessions (in-person and streamed) including one in the very near future specifically for RESDC members. It's an interactive and informative way to stay confident and informed about your healthcare options. □



**SCHOLARSHIPS**

*By Carlos Gonzalez, Scholarship Committee Chair*



**RESDC 2026 Merit Scholarships**

The RESDC 2026 scholarship season will start January 1, 2026 and we encourage all applicants to start the process as early as possible. Like the past two years, RESDC will award SIX \$2,000 merit scholarships and ONE \$1,000 community service award. Two of the awards are dedicated to the memory of past RESDC

Board members: (1) La Rue Pierce Community Service Award for \$1,000. La Rue Pierce was a pioneer for the RESDC merit scholarship Program, as well as a community service advocate; (2) George S. Shoemaker Memorial Scholarship Award for \$2,000. This award is dedicated to George's "legacy of service - over 30 years serving on the RESDC Board of Directors."

RESDC's scholarships are offered to eligible 2026 high school seniors. Eligible applicants must be a child, adopted child, grandchild, stepchild, or step-grandchild of a RESDC member in good standing (as defined in our bylaws).

**The scholarship application will be available online beginning Tuesday, January 6, 2026, at: [www.resdc.net/scholarship-program](http://www.resdc.net/scholarship-program).** Candidates may pick up their application at the RESDC office (3760 Convoy Street, Suite 118, San Diego, CA 92111); applications may be emailed to applicants upon request (contact us at [resdc@resdc.net](mailto:resdc@resdc.net)).

**The deadline to submit applications is Friday, March 6, 2026;** applications postmarked after this date will not be considered. Results will be communicated directly to individual participants in early June 2026. We recommend that applicants start this process immediately and coordinate all references for a complete and timely submittal. Incomplete application packages will not be considered.

**Theo and Evelyn Yakel Scholarships**

All RESDC Scholarship applicants are also eligible to apply for the Theo and Evelyn Yakel Scholarship, which is **available through The San Diego Foundation**. In 2024, the foundation awarded a "record-breaking \$4 million in scholarships to more than 1,000 local college students." To apply for The Yakel Scholarship go to [www.sdfoundation.org](http://www.sdfoundation.org) and fill out the Common Scholarship Application.

A document verifying that the student's sponsor is a RESDC member must be uploaded when applying for the Yakel Scholarship through the Common Scholarship Application. Applicants may email the RESDC office at [resdc@resdc.net](mailto:resdc@resdc.net) or call the RESDC office at: (866) 688-9229 to obtain this signed document; please state the name of the student applying for the scholarship. The foundation will not accept applications without a signed RESDC verification form. □



**Dianne Pardo** retired in 1995 after 25 years with Health and Human Services. On October 31st she celebrated her 92nd birthday. She writes “While working in the El Cajon office six of us ladies got together and celebrated special occasions by going out to dinner. We celebrated my birthday together this year as we have continued to meet monthly for dinner throughout the years. Thank you to my cohorts Patti Rahiser, Cheryl Daily, Judy Van Winkle, Janet Pound and Sherri Delmare.”

**Illuminada L. Santos**

celebrated her 85th birthday November 29, 2025. As an early gift, her daughter and son-in-law treated her to a European adventure from August 25 to September 6. Their journey began in



London, continued by rail through the English Channel to Brussels and Amsterdam, and then by car to Bruges, Luxembourg, Cologne, and Paris.

Later, on October 30, Illuminada flew to El Paso, Texas with her other daughter and her son to attend her nephew’s western-themed wedding in Marfa—a small west Texas town famous for being the filming location of the 1956 movie Giant.

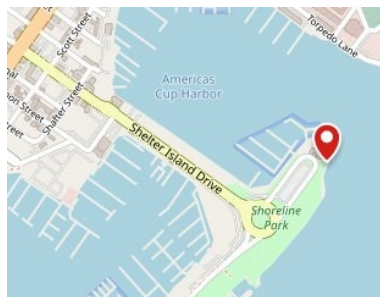
Illuminada retired from the Department of Environmental Health Services in December 2003 after 15 years of dedicated service. We thank her for sharing her story and wish her a belated Happy Birthday! □

**DIRECTIONS TO BALI HAI RESTAURANT**

**From I-5:**

Take exit 17A for W. Hawthorn St. toward San Diego Airport.  
 Keep left at W. Hawthorn St. toward San Diego Airport.  
 Turn right onto Pacific Hwy.  
 Turn left onto W. Laurel St. toward San Diego Airport.  
 Turn right onto N. Harbor Dr.  
 Turn left onto Scott St.  
 Turn left onto Shelter Island Dr.  
 At the roundabout take the second exit onto Shelter Island Dr.

Bali Hai Restaurant  
 2230 Shelter Island Dr., San Diego, CA 92106. □



*In Memoriam*

Susan Allen	HHSA
Janet Ellen Amacker	Public Works
Dolores Augustin	HHSA
Frank Baird	Public Defender
John Bates	Chief Admin Officer
Tonie Bauer	
Robert Blanchard	Medical Examiner
Deborah Bradley	HHSA
Richard Brayton	
Janet Bremes	
Norman Brent	Auditor & Controller
Cathy Brewer	
Eric Buckenmeyer	HHSA
Mary Cohn	Parks & Recreation
Carol Corbin	HHSA
Jeannette Harris	District Attorney
Hella Hudson	
Stephen Ingalls	Public Works
Marilyn Johnson	Law Enforcement Review
Geraldine Kreischer	
Virginia Kuhle	
Marva Lewis	Assessor/Recorder/Cty. Clk.
Irene Lowe	Sheriff
Lydia Manangan	HHSA
Kathleen Bonie Mess	HHSA
Bruce Minnich	
Myrtha Morgan	Dept. of Info. Services
Paul Noel	
Christine Ohanneson	Superior Court
William Parkerson	
George Pharris	Public Works
Anita Quinn	District Attorney
Jesse Ramirez	HHSA
Richard Rathbun	Probation
Edward Reed	Purchasing & Contracting
John Severe	
Karen Sloop	Planning & Land Use
Robert Smothers	
Pearl Taylor	Superior Court
Gilfred Vickers	Planning & Land Use
Remedios Vistro	
Louvissa Wade	
Gregory Walden	District Attotney
Marjorie Williams	

**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. □

**HAPPY HOLIDAYS!**

RESDC will be closed from Wednesday, December 24 through Friday, January 2 in observance of the holidays. RESDC will reopen on Monday January 5. □



**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)

**f** @RetiredEmployeesofSanDiegoCounty  
**t** @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.**  
 3760 Convoy St., Suite 118  
 San Diego, CA 92111

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**WELCOME NEW MEMBERS**

- |                     |         |
|---------------------|---------|
| Elouise Andrews     | Sheriff |
| Rebecca Bennett     |         |
| Grace Leyva         |         |
| Cynthia Ringoot     |         |
| Jennifer Teitelbaum | Library |

The surviving spouse of a member is eligible for RESDC membership. For enrollment assistance, call (866) 688-9229. □

**PENSION FACTS AT A GLANCE**

**2.8%**

Social Security payments for 75 million Americans will increase 2.8% in 2026. Over the last 10 years the Social Security cost-of-living adjustment (COLA) has averaged about 3.1%. It was 2.5% in 2025.

Social Security Administration



Title—RESDC Holiday Luncheon 2024; Clockwise from top left—Walk4Alz with Team RESDC; RESDC Health Fair Picnic 2025; Flag Day Luncheon 2025; Public Transit Field Trip

The County of San Diego's Deferred Compensation Program administration is moving to Empower effective December 10, 2025! If you have money in either the County's 457(b) and/or 401(a) Deferred Compensation plans, you should have received an email from Empower on or around November 4 advising you of the change of plan administrators from Nationwide to Empower effective December 19, 2025. If you did not receive an email or have misplaced it, please go to [https://i.emlfiles4.com/cmpdoc/2/2/7/8/5/3/files/4122\\_100724-fbk-wf-4855100-1125\\_sox\\_1022\\_web.pdf](https://i.emlfiles4.com/cmpdoc/2/2/7/8/5/3/files/4122_100724-fbk-wf-4855100-1125_sox_1022_web.pdf) to get a copy of the Transition guide. □