



THE NETWORK

February 2023

Honoring Yesterday—Protecting Tomorrow

Vol. 53, No. 2

RESDC GENERAL MEMBERSHIP MEETING WEDNESDAY, MARCH 1, 2023

RESDC is excited to announce our first in person General Membership meeting of 2023!

Our program will include a presentation on **Age Well San Diego**, which is a regional initiative led by the County of San Diego.

Date: Wednesday, March 1, 2023

Time: 10:00 – 11:30 am

Location: County of San Diego County Operations Center 5500-5610 Overland Avenue, San Diego 92123. **Meeting to be located at Building 5500 Room 120.**

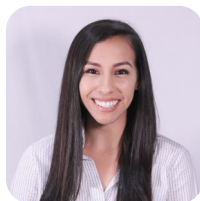
Details: **Advanced registration is required.** This free event is limited to 50 attendees.

Register: www.resdc.net/events or by calling (619) 688-9229.



Age Well San Diego, is a regional initiative led by the County of San Diego to make our communities better places for people of all ages to live healthy, safe and thriving lives. Through Age Well, the County joins forces with The San Diego Foundation, AARP®, the World Health Organization and numerous community partners and residents to work toward making our communities more age-friendly.

Attendees will learn more about the Age Well Action Plan, which includes goals in the areas of Health & Community Support, Housing, Social Participation, Transportation and Dementia-Friendly Environments. Age Well aligns with the broader goals of Live Well San Diego, a regional vision for healthy, safe and thriving communities.



Jana Schwartz - Jana is a Transportation Equity and Livable Community Specialist with the County of San Diego Health and Human Services Agency, Aging & Independence Services. Jana assists with managing the Age Well San Diego initiative and oversees goals and strategies that relate to transportation and community connections for older adults.

Continued on page 8

Presenters Jana Schwartz and Melissa Hernandez

PRESIDENTS DAY FEBRUARY 20



RESDC and SDCERA offices will be closed in observance of the holiday. We will be back to business on Tuesday, February 21 at 9:00 a.m.

WHAT'S INSIDE?

President's Message	2
Recent Events	3
Welcome New Members	3
2023 RESDC Scholarships	4
See's Candies Gift Cards	4
In Memoriam	5
RESDC Roundup	5
Age Well San Diego	6
Directions to County Operations Cntr	7

February Calendar of Events

- 9—(Thurs.) RESDC Board of Directors Meeting**
9:30 a.m.
- 16—(Thurs.) SDCERA Board of Retirement Meeting**
9:00 a.m.
- 20—(Mon.) President’s Day**
RESDC & SDCERA Holiday

PRESIDENT’S MESSAGE

By Chris Heiserman



Interesting information about the world we live in as retirees is regularly published by the Center for Retirement Research at Boston College and other non-partisan organizations. A couple of pertinent items which appeared recently in the “Squared Away Blog” supported by the Center are summarized here.

Surging inflation during the pandemic is driving up minimum wages in states with built-in cost-of-living adjustments (COLAs) and widening the disparity between them and states which cling to the federal minimum wage of \$7.25/hour (not increased by Congress since 2009). According to the “Squared Away Blog” in December 2022, the following states use the federal minimum wage: Indiana, Idaho, Iowa, Georgia, Kansas, Kentucky, New Hampshire, North Dakota, Oklahoma, Pennsylvania, Texas, Utah, Wisconsin, and Wyoming.

In contrast, 18 states have enacted laws in recent years requiring automatic inflation adjustments to their minimum wage to assist their lowest-income workers. As a result, some state minimum wage levels are 1 and ½ to two times the federal amount. A few of the states with automatic adjustments have minimum wages in the \$14-\$15+ range. Others are more typically \$10-\$13+. In 2009 Ohio was one of the first states to enact a COLA based on the Consumer Price Index (CPI); however, its minimum wage is one of the lowest among states with annual increases (rising to just \$10,10/hour in January 2023).

One positive aspect of the tight labor market we are in right now, especially for those seeking work in lower paying sectors like the restaurant and health care industries, is employers may have to pay more than the minimum wage to fill positions. Still, this may be a temporary condition, and even in the states with COLAs, workers in entry-level jobs are not earning a great deal. Also, the Economic Policy Institute (EPI) has said the value of the federal minimum wage has fallen 12 percent in the past two years due to high price increases.

So, despite inflation adjustments to minimum wages in some states and extra incentives in a competitive job market, all these workers are still struggling at the bot-

tom of pay scales. [The complete blog post can be accessed at www.squaredawayblog.bc.edu, or you may follow the blog on Twitter (@SquaredAwayBC), or sign up on their free email list for weekly posts].

Shrinking Middle Class

In his book “The Six Facts That Matter: Understanding Inequality in the United States,” Boston College economist Geoffrey Sanzenbacher argues that the American middle class has experienced job losses and declining wages for decades. He says this shrinking of middle class opportunity has resulted in a growing disparity between middle- and lower-paid workers and those at the top which have seen their earnings improve significantly.

As an example of this trend, Squared Away Blog writer Kim Blanton explains that a pipefitter at an oil refinery in the 1950’s received middle class union wages that supported a growing family and earned him a pension that supplemented Social Security after retirement. She points out that only six percent of private sector workers are still in unions today and company defined benefit pensions have been largely phased out, replaced by lower cost and lower benefit defined contribution savings plans.

In his book, Sanzenbacher blames globalization and technology for this shrinking middle class phenomenon. The familiar refrain of job losses to less developed countries with lower paid workers is contrasted with the rising fortunes of American “knowledge” workers in financial services and biotechnology industries. With respect to technology, he says automation can now perform repetitive tasks in a several step process (for example, processing checks at the bank) that used to be the responsibility of a middle class employee. So computers and specialized software have made some traditional workers obsolete and ironically made managers “more productive.” Sanzenbacher suggests this situation contributes to a “polarization” of the job market – high paid bank executives get raises and banks hire more low-paid workers for the simplest tasks. □

SDCERA DATES FOR 2023 ELECTRONIC PENSION DEPOSITS

<u>Month</u>	<u>Deposit Date</u>
January	31
February	28
March	31
April	28
May	31
June	30
July	31
August	31
September	29
October	31
November	30
December	29

Retain this calendar for quick reference for the dates you will receive your electronic deposits. □

RECENT EVENTS

County’s New Chief Geriatric Officer to Help Advance Elderhood in Region. For the first time, a Chief Geriatric Officer will help lead the County’s efforts surrounding the health and well-being of San Diego’s growing older adult population.

Lindsey Yourman, MD will fill the role of Chief Geriatric Officer, joining the County’s Health and Human Services Agency (HHS) Medical Care Services department. This position is one of the first of its kind in the state and nation for a local integrated health and human services system.

HHS Director Nick Macchione said the time was right for its creation in San Diego County. “In 2010, our region had about a half million residents 60 years of age or older,” said Macchione. “Since then, we have added about a quarter million more and by 2030 the older adult population is expected to surpass 900,000. The growth is even more rapid for the number of San Diegans 85 years of age and older, which will see its population is going to grow 40 percent in the next eight years. The need is here, and we are excited to add Dr. Yourman to the team which already includes a Child Health Officer.”

Dr. Yourman’s 16-year career of health advocacy, improving care systems and studying the needs of older adults is motivated by her close relationship with her grandparents.

The new Chief Geriatric Officer will work closely with County Aging & Independence Services and support all HHS departments serving older adults. The CGO will advance the County’s Aging Roadmap by helping to improve coordination of health and social services, and working with local physicians to improve the detection, diagnosis and management of Alzheimer’s disease and related dementias.

Excerpt from the County News Center article www.countynewscenter.com
By Fernanda Lopez Halvorson, County of San Diego Communications Office
Oct. 27, 2022

New Report: Pensionomics 2023: Measuring the Economic Impact of Defined Benefit Pension Expenditures. Economic gains attributable to private and public sector defined benefit pensions in the U.S. during the COVID-19 pandemic were substantial, according to Pensionomics 2023: Measuring the Economic Impact of Defined Benefit Pension Expenditures. This report calculates the national economic impacts of U.S pension plans, as well as the impact of state and local plans on a state-by-state basis.

This report finds that retiree spending of public

and private sector pension benefits in 2020 generated \$1.3 trillion in total economic output, supporting nearly 6.8 million jobs across the nation. Pension spending also added nearly \$157.7 billion to government coffers at the federal, state, and local levels.

Pension expenditures are especially vital for small and rural communities where other steady sources of income may not be readily found if the local economy lacks diversity. As many small towns and rural communities across America face shrinking populations and growing economic challenges, recent research finds that a positive economic contributor to these communities is the flow of benefit dollars from public pension plans. In 2018, public pension benefit dollars represented between one and three percent of GDP on average in the 2,922 counties in the 43 states studied.

The purpose of Pensionomics 2023 is to quantify the economic impact of private and public sector pension payments in the U.S. It also quantifies the impact of public pensions in each of the 50 states and the District of Columbia.

To access the report, visit: www.nirsonline.org/reports/pensionomics2023/ □



WELCOME NEW MEMBERS

- | | |
|----------------------|--------------------------------|
| Robin Baker | Superior Court |
| Jacqueline Baker | |
| Christine Bennett | Assessor/Recorder/County Clerk |
| John Carrasco | Sheriff |
| Alejandro Delgadillo | Probation |
| Mary Evans | District Attorney |
| Lisa Futrell | Child Welfare Services |
| Ellen Haynes | Probation |
| Scott Haynes | General Services |
| Daniel Hernandez | Sheriff |
| David Hutchinson | Board of Supervisors |
| Gabrielle Silva | HHS |
| Steven Travers | Superior Court |
| Michael Williams | District Attorney |

*Active Employee

SCHOLARSHIPS



By Carlos Gonzalez, Scholarship Committee Chair



RESDC Merit Scholarships:

Welcome to the 2023 RESDC Merit Scholarship Program. This year Our Board of directors, has authorized enhancements to our program: (1) the **La Rue Pierce Community Service Award** has been increased from \$750 to \$1,000; (2) an additional \$2,000 scholarship; increasing from 5 to 6 the individual merit awards: **“The George S. Shoemaker**

(1930-2022) Memorial Scholarship Award.” George Shoemaker, retired from San Diego County employ in 1982, after 27 years of “distinguished public service.” His tenure on the RESDC Board of directors spanned over 30 years, during which his “spirit of volunteer service” was manifest in every endeavor undertaken. This award is dedicated to George’s “spirit of service.” George passed away January 16, 2022.

Going forward, six \$2,000 merit scholarship and one \$1,000 community service awards will be offered by RESDC every year, to eligible graduating high school seniors.

To be eligible, applicant 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 on January 2, 2023 at: www.resdc.net/scholarship-program. You can stop by the RESDC office (8825 Aero Dr, Suite 205, San Diego, CA 92123) to pick up the application. We are happy to email the application to each applicant. Contact us at resdc@resdc.net to ask for the scholarship application form.

The deadline to submit applications is **Friday, March 3, 2023**; applications postmarked after this date will not be considered. Final results will be communicated directly to individual participants at the beginning of June 2023.

We suggest 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 2021, over \$3.4 million in scholarships, making The Foundation the largest private non-university scholarship provider in San Diego County. To apply for The Yakel Scholarship, students should go to 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. Please email the RESDC office

at 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. □



PURCHASE SEE'S CANDIES GIFT CARDS ONLINE

You can now purchase See's Candies gift cards in our new 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. 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.

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. Enclose one postage stamp if purchasing less than five gift cards. If purchasing over five gift cards enclose 78 cents of postage. If purchasing over nine gift cards enclose 98 cents of postage. See the postage chart at: www.resdc.net/sees-candies-discount. We will supply the return envelope to put the gift cards into. □



In Memoriam

William Aguilera	Sheriff
John Anderson	Planning & Development
Sylvia Andrews	Assessor/Recorder/County Clerk
Marie Apatan	Auditor & Controller
Terilyn Baracz	HHSA
Janet Bingham	Auditor & Controller
Lynord Bolding	Sheriff
John Buman	Public Works
Cynthia Cano	HHSA
Virginia Chan	
Howard Chang	
Diana Conklin	HHSA
Edith Cordahi	
Clint Dayton	Public Works
Ellen Deweese	Environmental Health
Mary Dibartola-Peterson	Sheriff
Janet Donnelly-Mauck	Superior Court
Donald Fleisher	HHSA
Eileen Hatherley	HHSA
Brian Headrick	Public Works
Kirk Heilman	
Elizabeth Hill	HHSA
Demetria Hungerford	HHSA
Kathleen Hunter	Superior Court
Albino Jimenez	Treasurer Tax Collector
Dean Johnson	Sheriff
Beverly Johnstone	HHSA
Charles Kelley	Medical Examiner
Mary King	
Norma Laver	HHSA
Adelaida Magtanong	HHSA
John McGrath	Sheriff
Harvey Miller	Treasurer Tax Collector
Phong Monsay	HHSA
Emily Montepagano	HHSA
Patricia Moons	Superior Court
Jose Murillo	HHSA
Glenn Odell	Parks & Recreation
Priscila Pangilinan	Sheriff
Lilia Panlilio	HHSA
Donna Poss	HHSA
Ronald Postma	Public Works
Jerilynn Rhodeos	Environmental Health
Rob Roberson	Sheriff
Diane Rodriguez	District Attorney
Janice Rodriguez	Assessor/Recorder/County Clerk
Sally Roseberry	
Leonard Rybecki	
Ronald Sanders	Information Services
Virginia Sharp	
Claire Shea	Superior Court
Patricia Switzer-Cash	Public Works
Sheryl Taylor	HHSA
Gene Turner	
Nancy Vail	Sheriff
Stuart Varon	Probation
Barbara Vickers	Planning & Land Use
Suzanne Walsh	HHSA
Harold Wasserman	HHSA
Wade Watanabe	Facilities Mgmt
Herbert Weismann	
Haroline Williams	HHSA
Josephne Younge	Information Services

***Active Employee**

QUOTE OF THE MONTH

*"Keep your face always toward the sunshine
– and shadows will fall behind you."
-Walt Whitman*

RESDC ROUNDUP NORTH COUNTY

Date: Wednesday, February 15, 2023

Time: 3:00—5:00 pm

Location: Brigantine Seafood & Oyster Bar in Escondido, 421 W Felicita Ave, Escondido, CA 92025

We are pleased to announce we will be heading to the North County area this month, visiting **The Brigantine Seafood & Oyster Bar in Escondido**. The Roundup provides an opportunity to catch up over libations and appetizers with RESDC leadership and fellow members. No reservation required (no host bar, no host food). Come meet with old friends and makes some new ones! Hope to see you there.

□



NEW FEATURES IN THE SDCERA MEMBER PORTAL

You can now change your address or download pension verification statements on-demand in the SDCERA Member Portal. Pension verification statements are typically requested by lenders as documentation for loans or refinancing. The statement will show your monthly pension amount before taxes.

Log in to your account now and click the "Forms" page to get started. Or, if you haven't created an account, click the "Register Account" button at memberportal.sdcera.org □

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.

The Surviving Spouse of a RESDC member is eligible for RESDC membership. For enrollment assistance, please call (619) 688-9229. □

AGE WELL SAN DIEGO

During the next 20 years, San Diego County's demographics will change in many ways. As people live longer, the population of older adults will continue to grow. It is expected that the number of people who are 85 years or older will double by 2030. Thus, it is essential that our communities are places where people of all ages can live healthy, safe, and thriving lives. In order to leverage the strengths and better serve the unique needs of the growing population of older adults in our region, the County of San Diego created Age Well San Diego, a regional initiative that is led by Aging & Independence Services, a division within the Health and Human Services Agency. Through Age Well, the County joins forces with the San Diego Foundation, AARP®, the World Health Organization, and numerous community partners and residents to work toward making our communities more age-friendly. An age-friendly community is one that is inclusive, accessible, and promotes active aging; a community that works for every one of every age and ability.



Age Well San Diego has goals within five focus areas: Health & Community Support, Housing, Social Participation & Inclusion, Transportation & Community Connections, and Dementia & Brain Health. These focus areas were identified through robust community engagement efforts. A series of community listening sessions were held between 2016-2018, where hundreds of older adults and professionals helped to shed light on what is working well in our communities, what needs improvement, and areas of opportunity to address gaps for older adults. Using this feedback, the Age Well San Diego Action Plan was created, and community teams made up of residents, representatives from local businesses and non-profit organizations, academics, and County staff were formed to work together to advance Action Plan goals within each of the focus areas.

To access the Age Well San Diego webpage and more information about the five focus areas, visit: <https://www.livewellsd.org/content/livewell/home/Topics/aging/age-well-san-diego.html>

Implementation of the Age Well San Diego Action Plan has resulted in many exciting new programs, events, and resources for older adults, individuals with disabilities, and caregivers. Many of these resources aim to engage older adults and people of all ages with-

in their communities. The Social Participation & Inclusion Team developed and maintains a *Get Connected Guide* and *Ways to Engage* flyer which help older adults become more socially engaged and prevent loneliness. The Age Well Transportation & Community Connections Team created the *Ride Well to Age Well Guide* to catalog transportation options throughout San Diego County. The Guide explains how to download and use mobile applications such as Lyft and provides a glossary of common transportation terms. The Dementia & Brain Health Team has created resources and trained health professionals and community members on how to better identify signs of dementia, deliver effective care, and provide compassionate service. These resources and more can be found by visiting <http://www.aging.sandiegocounty.gov>.

The next phase of Age Well San Diego will continue to build upon the important community-driven work of the past and will also include new priorities voiced by the community. Looking ahead, the Age Well Teams hope to engage new community members who will bring their unique perspectives, talents, and ideas to the groups' future work. Meetings are currently held virtually and open to the public to attend. To get involved, please email the contact(s) listed below or call **858-495-5500**.

Age Well Health & Community Support Team

The Age Well Health & Community Support Team meets virtually on the first Monday of every other month from 1:00 p.m. - 2:30 p.m. Its mission is to create a community that promotes mental health, physical health, and access to healthcare and community support for people of all ages and abilities, and their caregivers. To get involved, please contact Matthew.Parcasio@sdcounty.ca.gov.

Age Well Housing Team

The Age Well Housing Team meets virtually on the first Thursday of every other month from 1:00 p.m. - 2:30 p.m. Made up of County staff, representatives from County departments on housing and homelessness, older adult service providers, and community members, the Team's mission is to increase access to information and resources for affordable housing, support those at risk or experiencing homelessness, and help older adults age in place. To get involved, please contact Dalija.Dragisic@sdcounty.ca.gov.

Age Well Dementia & Brain Health Team

The Age Well Dementia & Brain Health Team meets virtually on the third Tuesday of every other month from 10:30 a.m. - 12:00 p.m. Their mission is to increase outreach to diverse populations about brain health, provide education to healthcare professionals, and promote dementia-friendly environments so that everyone can live, age, and thrive safely. To get involved, please contact Toni-Ann.Simpelo2@sdcounty.ca.gov.

Age Well Social Participation & Inclusion Team

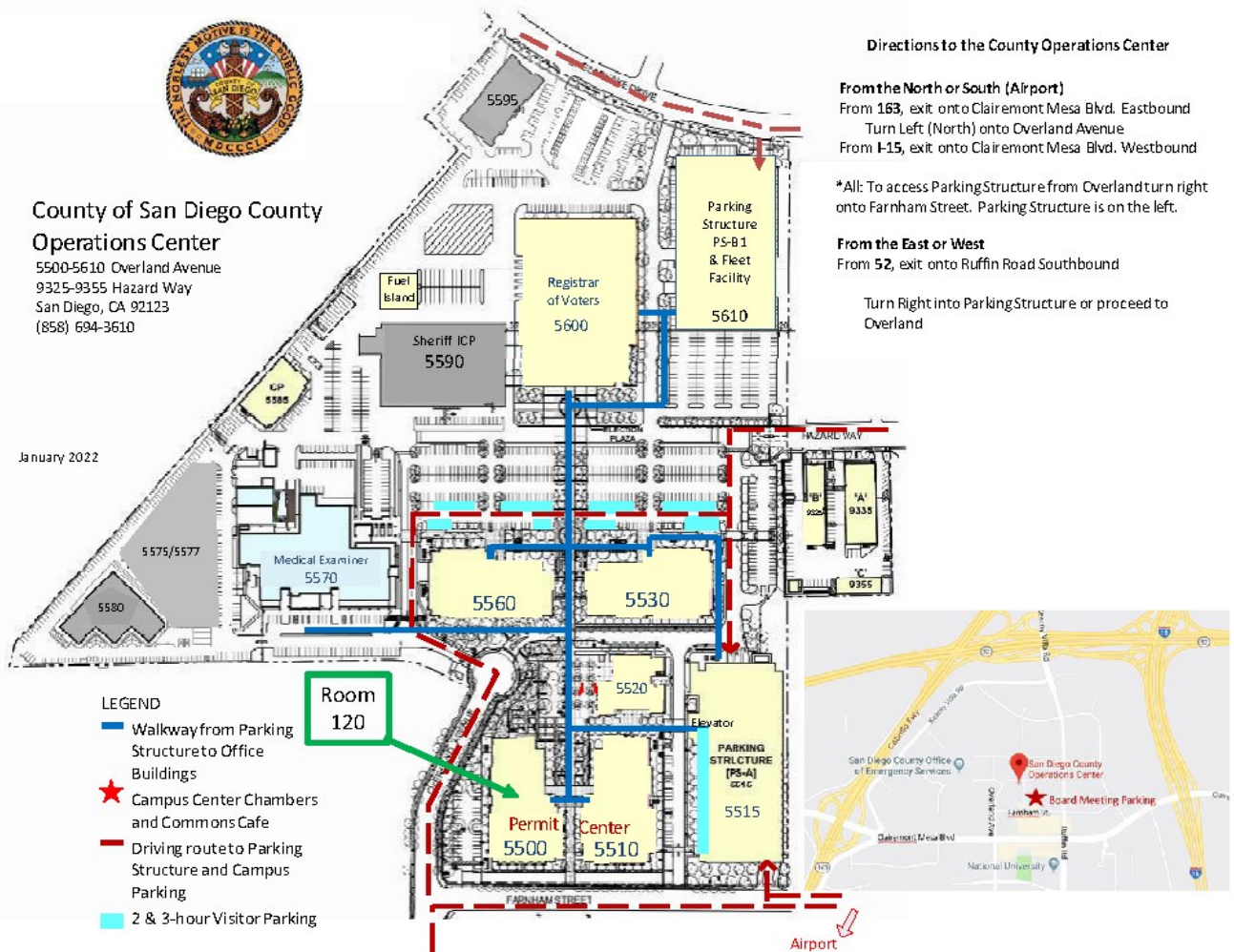
The Age Well Social Participation & Inclusion Team

meets virtually on the second Thursday of every other month from 9:30 a.m. - 11:00 a.m. The Team's mission is to help older adults stay connected by providing meaningful programs and resources that combat isolation, offer digital support, and are inclusive of all ages, abilities, and regions. To get involved, please contact Armi-da.Martinez@sdcounty.ca.gov.

Age Well Transportation & Community Connections Team

The Age Well Transportation & Community Connections Team meets virtually on the third Wednesday of every other month from 1:00 p.m. - 2:30 p.m. Their mission is to support equitable transportation services that facilitate access to community activities and spaces, and to provide information on the availability of affordable and accessible transportation options for all ages. To get involved, please email Jana.Schwartz@sdcounty.ca.gov. □

- ASSOCIATION OFFICERS**
 President.....Chris Heiserman
 1st Vice Pres.....Dolores Diaz
 2nd Vice Pres....Janel Pehau
 Secretary.....Leila Attar
 Treasurer.....Carlos Gonzalez
- 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
Andrew Steele
- NETWORK EDITOR**....Andrew Steele
- RESDC Office Email Address:**
resdc@resdc.net







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

Website: 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.
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San Diego, CA 92123

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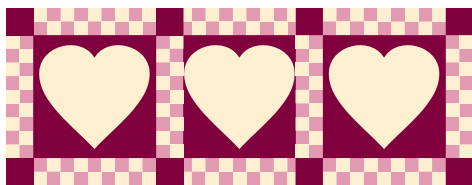
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Continued from page 1

Melissa Hernandez - Melissa is a Community Health Program Specialist with the County of San Diego Health and Human Services Agency, Aging & Independence Services. Melissa oversees the County's Age Friendly initiative and progress of the Aging Roadmap, the County's regional vision and framework for supporting healthy aging for people of all ages.

To learn more about the Age Well San Diego initiative and get directions to the event, see page 6 and page 7.

Happy Valentines Day 



BITS AND PIECES

Editor's Note: We would like to continue printing some Bits and Pieces items in this newsletter about our members.

If you have taken an interesting trip or have had an intriguing event happen recently, please let us know so that we can share your story with our members.

If you have reached an exciting birthday, or wedding anniversary, please call us at (866) 688-9229. You can also write to us at RESDC, 8825 Aero Drive, Suite 205, San Diego, CA 92123. You can also send your information to us by email at: resdc@resdc.net . □

FACTS AT A GLANCE

\$ 7.25

Congress hasn't increased the hourly federal minimum wage since 2009. For a full-time worker that is \$15,000 a year, barely above the federal poverty line.

