



THE NETWORK



Newsletter of The Retired Employees of San Diego County

RESDC ROUNDUP—LA MESA THURSDAY, FEBRUARY 19, 2026, 3:00PM-5:00PM

What: RESDC Roundup at Hooley's Public House in La Mesa

Where: Hooley's Public House
5500 Grossmont Center Dr.
La Mesa, CA 91942

When: Thursday, February 19, 2026, from 3:00pm-5:00pm

Program: We are pleased to announce we will be heading to La Mesa for the next Roundup. The Roundup provides an opportunity to catch up over libations and appetizers with RESDC leadership and fellow members. No host bar, but the first round of appetizers is on RESDC! Come meet with old friends and make some new ones! Hope to see you there. RSVP is required. Max of 25 registrants.



Choose your registration method:

Register Online: Go to www.resdc.net/events and click the green "Register" button, then follow the steps. To log in, use the email associated with your member account.

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



February 16, 2026 Presidents' Day



RESDC and SDCERA will be closed in observance of the holiday.

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February Calendar of Events

- 12—(Thurs.)** RESDC Board of Directors Meeting
In person at RESDC Office, 9:30 a.m.
- 16—(Mon.)** Presidents' Day
RESDC & SDCERA Closed.
- 19—(Thurs.)** SDCERA Board of Retirement Meeting
9:00 a.m.

PRESIDENT'S MESSAGE

By Janel Pehau



Welcome to February 2026! I hope you enjoy this edition of THE NETWORK. RESDC staff work diligently each month to develop content that is relevant, interesting and informative, which I've personally appreciated for many years.

The RESDC Board of Directors is busy working on a calendar of activities and events for 2026 that we hope many of you will be able to experience. Some events will be familiar – Roundups at various locations, the Flag Day luncheon, the Health Fair Picnic, a Padres game, and the December Holiday luncheon. We'll also host webinars or in-person meetings to present topics of interest to retirees.

In January, My Senior Health Plan presented a webinar for RESDC members explaining Medicare coverage and hospital indemnity insurance. My Senior Health Plan's mission "is to provide unbiased, trusted advice to help seniors and caregivers navigate the complexities of Medicare." You can learn more about My Senior Health Plan's services by visiting the RESDC website and selecting the "Resources" tab. If you weren't able to join the webinar, please see our website for a link to a recording of it.

You've seen on the cover that we have a RESDC Roundup planned for February 19th at Hooley's in La Mesa's Grossmont Center. It's an easy location to get to with plenty of nearby parking. Bring a friend and mingle with other County retirees to learn about their experiences working for the County and activities they're enjoying in retirement. In March, we have another informational webinar planned with a guest speaker from the FBI discussing cyber-security and counter terrorism. Coming in April is a tour of the County's new Public Health Lab. You may have read about some of its capabilities in the local newspaper. You'll be notified via the Network and email when registration is open for events. You can also periodically check RESDC's website (www.resdc.net) for dates and registration materials.

Speaking of RESDC's website, have you explored it recently? Besides event information, you can view past issues of THE NETWORK, connect to videos on RESDC's You Tube channel, find curated news articles

pertaining to such topics as pensions and County programs, learn about upcoming community events, and obtain information about benefits, discounts and resources that are available to members. Another feature of the website is the Member Directory where members who choose to join it can have certain contact information from their profile made available to other RESDC members to facilitate connecting with one another.

As always, all of us at RESDC thank you for your membership. I hope to see you at one of our upcoming events.

All my best to you and yours,

Janel

TERRA LAWSON-REMER REAPPOINTED CHAIR OF SAN DIEGO COUNTY BOARD OF SUPERVISORS

At its first meeting of 2026, the San Diego County Board of Supervisors today unanimously voted to reappoint Supervisor Terra Lawson-Remer as Chair of the five-member Board, signaling a commitment to stability and continuity as the County faces a challenging budget year driven by major federal funding cuts.

Supervisor Monica Montgomery Steppe was reelected as Vice Chair, and Supervisor Paloma Aguirre was elected Chair Pro Tem.

The motion to reappoint Supervisor Lawson-Remer was made by Chair Pro Tem Paloma Aguirre who said Lawson-Remer's handling and management of meetings is greatly appreciated and her calm demeanor is admirable. □



"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together." – Guy Fieri

Do you have a go to recipe that everyone loves? Is there a dish that your friends and family always demand you bring to a gathering? Any new culinary pursuit you've undertaken that you would love to share?

Send us your favorite recipes to post in future issues of THE NETWORK!

Send recipes to resdc@resdc.net. We can't wait to get cooking with you! □

SCHOLARSHIP RECIPIENT UPDATE

One of the things the RESDC staff and board enjoy the most about their work is hearing from the talented young people that receive our college scholarships. Below is a recent email from one of those talented young people, Ashton Nguyen.

“In 2022, I was honored to receive the La Rue Pierce Community Service Award. Since then, I am proud to share that I graduated a year ahead of schedule from Loyola Marymount University in May 2025 with a Bachelor of Arts in Psychology and a minor in Education Studies. Throughout my time at LMU, I advanced my academic career while continuing my commitment to service through my involvement in the Delta Gamma Fraternity of Women, Agape Service Organization, and by working in multiple schools across the Los Angeles area. I was named to the Dean’s List every semester and received the Delta Gamma Article II Award for fostering high ideals of friendship, promoting educational and cultural interests, creating a true sense of social responsibility, and exemplifying the best qualities of character. In Fall 2025, I began my Master of Education (Ed.M.) in School Psychology: Applied Developmental and Learning Psychology at Teachers College, Columbia University. I am deeply grateful to RESDC for the La Rue Pierce Community Service Award, as its recognition and support have continued to motivate my academic and service-oriented journey.” □



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 RESDC at (866) 688-9229. You can also write to RESDC, 3760 Convoy St., Suite 118, San Diego, CA 92111. You can also send your information to us by email at: resdc@resdc.net. □

QUOTE OF THE MONTH

“We believe in the inherent dignity and equality of every human being, regardless of race or religion, creed or sexual orientation.”

-Barack Obama

ASSOCIATION OFFICERS

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

ASSOCIATION DIRECTORS

Francine Howell, John McTighe, Maria Rubio-Lopez, Stephanie Saracco-Reed, Bruce 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

UPCOMING EVENTS

February 19 — RESDC Roundup — Hooley's La Mesa

March 10 — Informational Webinar — FBI's San Diego Field Office

April 20 — Visit to the SD County Public Health Lab



SDCERA 1099 TAX FORMS ONLINE NOW

SDCERA retirees, your annual 1099 tax forms are available in the SDCERA Member Portal. Log in to your account or register at memberportal.sdcera.org. You should also have received a printed version in the mail. □



USEFUL CONTACTS FOR COUNTY RETIREES

SDCERA Administration

Retirement checks
 Withholding forms
 IRS tax forms
 Beneficiary change
 Address change
 Health Insurance Program
 Retirement Board meetings

Phone: (619) 515-6800
 Website: www.sdcera.org
 Email: msc@sdcera.org
 Address: 2275 Rio Bonito Way #100,
 San Diego, CA 92108

Board of Retirement Members Elected by SDCERA Retired Members

Skip Murphy smurphy@sdcera.org
 Alternate—Susan Mallett smallett@sdcera.org

RESDC Administration

Membership
 Address/email change
THE NETWORK Editor
 Board of Directors
 Events
 Scholarship programs
 Discounts

Phone: (619) 688-9229 or (866) 688-9229
 Website: www.resdc.net
 Email: resdc@resdc.net
 Address: 3760 Convoy St., #118, San Diego CA 92111

RESDC Endorsed Insurance and Other Supplemental Benefits

Pacific Group Agencies, Inc./AMBA

Offers RESDC members exclusive group insurance and supplemental benefits—including dental, vision, legal, pet care, and identity protection.

Email: RESDC@pgagencies.com
 Website: pgagencies.com/RESDC
 Phone: (800) 511-9065

My Senior Health Plan

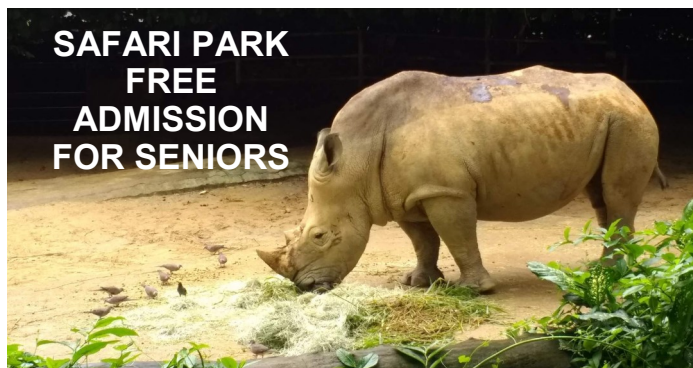
RESDC has partnered with MSHP to offer members free, personalized Medicare guidance. Their licensed advisors help retirees understand healthcare options and make confident decisions about coverage.

Website: myseniorhealthplan.com
 Phone: (800) 401-2796

San Diego County Aging & Independence Services

Provides older adults with services like in-home care, meal delivery, transportation, caregiver support, and protection programs—supporting independent and connected living.

Phone: (800) 339-4661
 Website: www.sandiegocounty.gov/content/sdc/hhsa/programs/ais.html □



From the Safari Park website –

“During the month of February, all visitors age 65 and older receive free admission to the Safari Park. Enjoy the sights on an Africa Tram, see the platypuses and other Aussie species at Walkabout Australia, wander through Tiger Trail, take a stroll around Mombasa Lagoon, and relax with refreshments on the patio at Kijamii Overlook. There’s a world of sights to see—all at the Safari Park!”

The now world-renowned San Diego Zoo started as a crazy idea. On September 16, 1916, local physician Dr. Harry Wegeforth and his brother Paul drove past Balboa Park when they heard a lion’s roar. The lion was left behind from a small zoo exhibit at the 1915-1916 Panama–California Exposition in Balboa Park. After hearing the lion, Dr. Harry turned to his brother and half-jokingly said, “Wouldn’t it be splendid if San Diego had a zoo! You know...I think I’ll start one.”

As they say, the rest is history – and then some. The San Diego Zoological Society became interested in developing the Wild Animal Park in 1964. The idea of the park began as a supplementary breeding facility for the San Diego Zoo. The Wild Animal Park opened in May 1972 and included a large lagoon with a jungle plaza, an African fishing village, an aviary at the entrance of the park and approximately 50,000 plants were to be included in the landscaping.

Safari Park, as it is now known, is open from 9 a.m. to 5 p.m. daily. If you’d like to take advantage of this free offer, the Park’s “Plan Your Visit” page can help you – <https://sdzsafaripark.org/plan-your-visit> □



In Memoriam

- Ken Alkire
- Kenneth Angst
- Celia Brown
- Michael Brown
- Mary Ann Burnley
- Wesley Comer
- Catherine Crutchfield
- Robert Daren
- Denise Darcel Davis
- Melvin Dittman
- Janice Donovan
- Anna Flores
- Anne Greenstone
- Edward Isacco
- Eleanor Lopez
- Mary Nicola
- Jacqueline Nordstrom
- James Poe
- Vivian Pope
- Judith Revak
- James Reynolds
- Julius Ryan
- William Schellenberg
- Elbert Singleton
- Gladys Thomas
- Murray Whichard
- Mable Wigfall
- G. Lance Wilson

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. □

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. 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).

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 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 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. □





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

Retired Employees of San Diego County, Inc.
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Address Service Requested

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.

PENSION FACTS AT A GLANCE

59 million

Americans provide care (paid and unpaid) to another adult family member (more than a 40% increase over a decade earlier.)

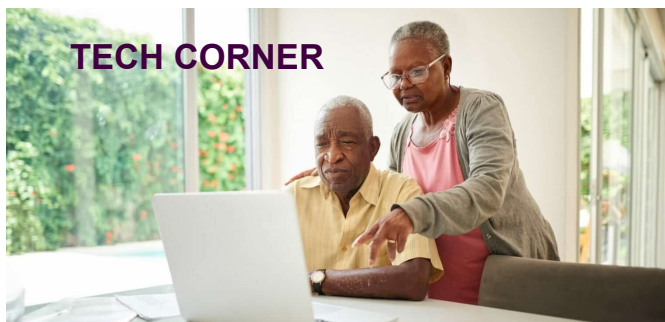
National Alliance for Caregiving (NAC)
 2025 Survey

COMMUNITY EVENTS ON THE RESDC WEBSITE

Did you know you can see a list of great local events on our website? Check out www.resdc.net/community-events

San Diego County is home to a wide variety of great events for community members to take part in. From the San Diego Fair to December Nights, music events to marathons, there is always something going on that is sure to get you excited and involved in our great community.

Check out the Community Events page on the RESDC website to stay up to date on what is going on around San Diego County. □



TECH CORNER

Join online communities

Joining online communities tailored for seniors brings learning and social interaction opportunities. These platforms offer forums on various interests, from gardening to cooking and beyond. Look up platforms like AARP's online community or Senior Chat rooms to get started. Sign up, introduce yourself, and join discussions. □

FREE! Smoke Alarms for Seniors!

Smoke alarms are critical for a home fire escape plan
Are You Prepared?



To sign-up for your free smoke alarm installation, contact our Senior Smoke Alarm Coordinator today at:



(858)-541-7862

or email: smokealarm@burninstitute.org

*The Burn Institute is a local non-profit serving the San Diego community for 50 years.
 Learn more at Burninstitute.org*