



# THE NETWORK



October 2023

Honoring Yesterday—Protecting Tomorrow

Vol. 54, No. 10

## RESDC HEALTH FAIR PICNIC WEDNESDAY, OCTOBER 25, 2023

**When:** Wednesday, October 25, 2023, 10:00 am—1:00 pm  
**Lunch Served 11:30 am—12:30 pm**

**Where:** Admiral Baker Field, 2400 Admiral Baker Rd, San Diego, 92124  
Driving directions appear on the back of this issue.

**What:** Resource booths, picnic lunch, and opportunity drawing. This is an outdoor event. Information available about: SDCERA, CECO, Ameritas Dental, Cigna Dental, Pacific Group Agencies, Inc., San Diego County Credit Union, Nationwide, and My Senior Health Plan.

**Menu:** Barbecued beef, baked beans, green beans, coleslaw, rolls, beverages, and dessert.

**THIS EVENT IS FREE TO RESDC MEMBERS AND THEIR GUESTS.**

**Registration:** **EVERYONE MUST BE REGISTERED IN ADVANCE FOR THIS EVENT TO ATTEND.**  
*This ensures we order enough food for everyone! Thank you for your cooperation!*

**RESDC Members: \$0**  
**Non-Members: \$0**

**Registration forms must be received in the RESDC office by Friday, October 13.** Name badges and opportunity drawing tickets should be picked up at the Check-In table. They will not be mailed. **No pets are allowed except Service Animals. No smoking or vaping.**

**Choose Registration Method:**

- **Register Online:** Go to [www.resdc.net/events](http://www.resdc.net/events) and click the green “Register” button.
- **Register by Phone:** Call the RESDC Office at (619) 688-9229 during our hours of 9 am – 2 pm Mon-Fri.
- **Register by Mail:** Fill out the Registration Form. Mail form to RESDC, 8825 Aero Dr., Suite 205, San Diego, CA 92123.

### Health Fair Picnic Registration Form

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

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

Non-Member Name(s): \_\_\_\_\_

# of RESDC Members: \_\_\_\_ (FREE)      # of Non-Members: \_\_\_\_ (FREE)

## October Calendar of Events

- 12—(Thurs.) RESDC Board of Directors Meeting**  
Via Zoom Web Conferencing, 9:30 a.m.
- 21—(Sat.) Walk4ALZ San Diego**  
Balboa Park, 8:00 a.m.
- 25—(Wed.) RESDC Health Fair,**  
10:00 a.m. at Admiral Baker Field  
RESDC Office CLOSED

## PRESIDENT’S MESSAGE

*By Chris Heiserman*



Your RESDC Board of Directors sets aside one special monthly meeting each year to review accomplishments and explore new ideas for improving service to our members. We held our first post-pandemic “in-person” retreat in September and spent nearly five hours sharing thoughts and seriously discussing ways to improve RESDC.

### Help Us Serve You

RESDC Board Members are volunteers contributing their time and energy in monthly Board meetings and periodic committee meetings deciding how the organization will operate. We believe our efforts would be enhanced if we included input from regular RESDC members on our committees. To that end, we are seeking volunteers willing to commit some time and their talents to making RESDC better.

Some of the committee activities involved could include:

- Assisting in reviewing and editing our newsletter, THE NETWORK, and considering new and interesting topics/items for publication to our membership (Member Services).
- Participate in evaluating member programs and suggesting new ones (Member Services).
- Join our “Ambassador Program” and volunteer in support of member functions and events (Member Services).
- Monitor activities of the California Legislature, County Board of Supervisors and other agencies that pertain to retiree rights and benefits (Legislative).
- Work with RESDC members with fiscal backgrounds in reviewing the organization’s financial transactions on a quarterly basis to ensure accuracy (Audit).

None of these simple tasks require a lot of time, but they may be educational and interesting. It would be very helpful to us to have the benefit of fresh input from the RESDC membership in our deliberations and decisions. If you have time and interest in such a volunteer opportunity, contact our Executive Director, Mark Nan-

zer, at (619) 688-9229 or send an email to [resdc@resdc.net](mailto:resdc@resdc.net).

## Membership Matters

RESDC has more than 8,000 members, nearly 45% of San Diego County’s retirees, but we represent all of them. We have returned to live events after utilizing technology during the pandemic to stage on-line educational webinars, a couple of virtual Holiday events, and establishing our own YouTube channel. We move our events around the region to make it convenient for members to participate and many retirees have rekindled workplace friendships and found new acquaintances at RESDC activities. As retired County employees we have a great deal in common. We probably have more shared values, experiences, and interests now that we have left the work force than when we were in many different departments.

To invoke an over-used and trite expression in a group context, “The more the merrier.” We include a membership enrollment form in most of the NETWORK’s. It is on page 7 in this issue. If you have a former County colleague or know other retirees who are not RESDC members, encourage them to join. We find plenty of value in being part of the RESDC family, and, well, you know the old saying, right? □

# WELCOME NEW MEMBERS

Linda Bridgeman-Smith	HHSA
Leslie Campbell	
Gloria Gonzales	
Chris Lee	HHSA
Greg Maizlish	Public Defender
Carmen Sandmeyer	
Stephanie Saracco-Reed	Superior Court
Chuck Vongvanith	



## 2023 WALK4ALZ SAN DIEGO

Saturday, October 21st

8:00 am in Balboa Park

By Laurie Pennington, 2023 Team RESDC Captain



I am honored to be asked to serve as the Team Captain for Team RESDC again, for the 2023 Walk4ALZ in Balboa Park, Saturday, October 21st.

More than 6 Million Americans live with Alzheimer's. It's touched too many lives. It's emotionally distressing to watch those we love lose their memory and struggle with simple daily tasks and conversations! This past May we lost

mom to dementia ... which is what leads to Alzheimer's and we watched her forget so much, but remember what memories were important to her. And thankfully she always could recognize her daughters and the family around her. It touches too many families these days!

I'm very excited to once again have my 15-year-old grandson, Franco, join me on the Walk4ALZ, and we hope that you'll consider bringing your kids and/or grandkids to introduce them to the wonderful experience of walking for a cause to help others.

Please join "TEAM RESDC" for the upcoming Saturday, October 21st Walk4ALZ San Diego at 8:00 am in Balboa Park, for the biggest and best Alzheimer's walk ever. Simply visit the link provided below, and sign-up to walk with us, or donate, or both walk and raise donations.

To register, simply follow the link below to visit the TEAM RESDC Walk4Alz team page and join our team!

[alzsd.rallybound.org/walk4alz-2023/TEAMRESDC](http://alzsd.rallybound.org/walk4alz-2023/TEAMRESDC)

If you're unable to physically participate, please consider making a donation to our team fundraising campaign.

Let's make this year the last year anyone experiences Alzheimer's with no hope of a cure! Help to stomp out Alzheimer's. It starts with each of us helping – either by walking and raising money, or just donating! Thank you! ☐



### 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

....Rosita Haro

....Andrew Steele

### NETWORK EDITOR....Andrew Steele

### RESDC Office Email Address:

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

## PENSION FACTS AT A GLANCE

**\$15.9 billion**

**SDCERA assets under man-  
agement on June 30, 2023,  
with an annual return on  
investments of 9.6%**



**Happy Halloween!**





## BE A PART OF SOMETHING BIG CECO (COUNTY EMPLOYEES CHARITABLE ORGANIZATION)

Join your colleagues in supporting the County Employees' Charitable Organization.

By donating to CECO you are making an investment in your community. Contributions from employees and retirees to CECO are awarded to local nonprofits each year and also help to assist your fellow County employees in need.

Donating less than \$5 a month helps CECO make a big difference. And a little goes a long way!

Earlier this year, CECO distributed \$110,252 in grants to 68 local nonprofit programs and the Employee Crisis Fund at its annual awards breakfast.

This year, your money has helped buy:

- hygiene items and towels for Think Dignity, an organization serving people experiencing homelessness in San Diego County
- school supplies for the BIPOC Support Foundation's after school and summer program
- wheelchairs for St. Madeleine Sophie's Center, which serves adults with developmental disabilities over 50
- microchips for the Friends of the Chula Vista Animal Care Facility
- pins and frames for The Elizabeth Hospice's veterans' program
- mattresses and bedding sets for the YMCA of San Diego County
- laundry detergent, diapers, and lotion for Jewish Family Services of San Diego
- sports equipment including racquets and goggles for Access Youth Academy, an organization transforming the lives of underserved youth
- dental equipment and supplies for Cura Smiles Free Community Dental Clinic, a free dental clinic
- a freezer for Operation Promise, a food and pet food pantry and diaper bank
- a portable Bluetooth speaker for I Love a Clean San Diego

And that's just naming a few from this year! Since forming in 1956, CECO has given more than \$7 million back to San Diego County.



Help CECO provide greater support to local nonprofits and County employees and retirees in need. Make a one-time or reoccurring donation or encourage another person to support CECO. Be a part of something big.

There's three easy ways to give:

1. Donate through PayPal by going to [www.paypal.com/US/fundraiser/charity/1532095](http://www.paypal.com/US/fundraiser/charity/1532095)
2. Set up a reoccurring donation by going to [donorbox.org/ceco-annual-grant-fundraiser](http://donorbox.org/ceco-annual-grant-fundraiser)
3. Mailing a check made payable to "SD CECO" and mail to CECO, 1600 Pacific Highway Suite 209, San Diego, CA 92101 □



## NEW ADDRESS? CHANGE IT WITH SDCERA

If you've recently moved, it's important you let SDCERA know so we can send you important information. You can change your address online easily and securely in the SDCERA Member Portal. Log in or register at [memberportal.sdcera.org](http://memberportal.sdcera.org). □

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## 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](http://resdc.wildapricot.org/online-store)

**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). □



## WANT TO BECOME MORE “TECH-SAVVY?”

By Chuck Brown, Director



AARP members can take advantage of many resources available from them. There are three resources that offer different technology topics, from cars, to computers, and more.

**Personal Technology Resource Center**  
([aarp.org/tech](http://aarp.org/tech))

This site offers technology news, how-to articles, and videos. Some current hot topics include Artificial Intelligence (AI), AI powered scams, ChatGPT, and technology innovations to help people live better as they age. Other interesting topics include how video gaming can improve your brain and body and a variety of discussions on the impacts of social media.

**Senior Planet** ([seniorplanet.org](http://seniorplanet.org))

Here, you can find articles and virtual classes on many topics, including technology that are designed for older adults. There are groupings by in-depth interviews, inspiring stories, crossword puzzles, etc. The online classes include health and fitness, technology/Internet/AI, how to use Zoom to chat with friends & family, live travelogs, a virtual book club, and more.

**Virtual Community Center** ([aarp.org/vcctech](http://aarp.org/vcctech))

This is “a library of topics” to suit many needs via virtual events, including caregiving, culture, food/drink, gardening/nature, home improvement, entertainment, scam prevention tech help, travel/history, and work/money. Some tech topics include electric vehicles, streaming versus cable, tutorials on software (e.g. Microsoft Word), and the safety benefits of new cars. There are many more!

At one site or another, there are ample opportunities to expand your knowledge and improve your well-being. Have a look. □



## James W Feeley 8 March 1930 – 5 June 2023

James W Feeley (Jim) retired, after 24 years of Naval Service, as a Senior Chief Petty Officer (E-8) in 1972. He received his bachelor's degree from San Diego State University and then completed a second career working for the County of San Diego; retiring in 1995, 22 years with the Department of Welfare, Veterans Service Officer, and Appraiser with the SD County Assessors' Office.

Jim was a consummate employee advocate. In 1996, Jim was elected Second Vice-president of RESDC, serving until his resignation in 2006. Jim was also elected Retiree Representative on the SDCERA Board of Retirement, stepping down to successfully run for Alternate Retiree Representative. A dedicated and faithful husband, father, grandfather, great grandfather, friend, and leader to many. His colleagues in the retirement community have enjoyed and benefited from his wisdom and experience.

Jim, 93, passed away June 5<sup>th</sup>, 2023. After religious services on June 27, at St Thomas Moore Catholic church, Vista, CA, a full military burial ceremony was conducted at Miramar National Cemetery.

Jim was born in Jackson, Pennsylvania, and grew up with one sibling, William. Jim joined the Navy in Philadelphia after high school. He met the love of his life, Mary Feeley, at a USO dance. They married in 1951 and celebrated 69 years together before her passing in 2020. In 1966 the family moved to California, settling in Imperial Beach in 1969. Jim and Mary raised a family of three children. Jim enjoyed traveling with Mary in retirement and being with family. He will remain in the heart and mind of friends and family for generations. Jim was preceded in death by his wife Mary and son James Jr, and is survived by his daughter Patricia, and his son Michael, six grandchildren, eleven great grandchildren and one great-great grandson.

Today, we pause to reflect on, and celebrate the life of James W Feeley. He lived a great life with many friends and family. We are grateful for, “good memories of a special person.” □

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## QUOTE OF THE MONTH

*“Not everything that is faced can be changed. But nothing can be changed until it is faced.”*

▪ James Baldwin (August 1971)

# 2023 RESDC HOLIDAY LUNCHEON DOUBLETREE HOTEL MISSION VALLEY HAZARD CENTER

**When:** Thursday, December 14, 2023  
11:00 am – 2:00 pm  
Lunch is served at 11:30 am

**Where:** DoubleTree Hotel  
Mission Valley Hazard Center  
7450 Hazard Center Dr., San Diego, CA 92108



*Driving directions will appear in the November and December NETWORKS.*

**Menu:** Roast Turkey or Vegetarian Lunch

**Cost:** \$30 per person

**Program:** President’s Welcome, introduction of guests, approval of the 2024 budget, and entertainment.

**Registration:**

**Registration forms and payment must be received in the RESDC office by Thursday, December 7th.** There are no refunds for cancellations after December 7th.

**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 credit card.

**Register by Phone:** Call the RESDC Office at (619)688-9229 during our hours of 9 am – 2 pm Mon-Fri.

**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, 8825 Aero Dr., Suite 205, San Diego, CA 92123 □

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## Holiday Luncheon Registration Form

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

Department: \_\_\_\_\_ Date Retired: \_\_\_\_\_

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

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

# of Roast Turkey Meals: \_\_\_\_\_ # of Vegetarian Meals: \_\_\_\_\_ x\$30 each = \$\_\_\_\_\_ (Total Enclosed)



*In Memoriam*



Margaret Brown	HHSA
Roberta Chaffin	
Donald Christiansen	Agriculture/Wght/Mea
John Cochran	
Ann Cromer	HHSA
Carl Dudding	
Marcile Findley	
Joanne Fink	Registrar of Voters
Sharon Foster	
Elizabeth Fowler	
Charles Garcia	Public Works
Nicolasa Garrido	Probation
Thelma Gibson	
Samuel Herring Jr.	
William Holman	District Attorney
Ruth Hoppe	
Diane Howe	HHSA
Kenneth Ingalls	
Ana Jaunsen	
Kristen Jenkins*	HHSA
Madonna Kentro	
Carol Martin	HHSA
Alice McConnell	
Marie McGraw	
William Mickel	HHSA
Theresa Miller	
Stephen Morris	Parks & Recreation
Toyo Nishii	Environ Health
Anne Pham	HHSA
Gloria Salvatierra	Animal Services
Robert Sidebottom	Municipal Court
Yasmin Snape	Sheriff
Karen Snyder	Municipal Court
Arthur Soaringeagle	HHSA
Roy Steffen	
Doris Steward	
Joyce Sundahl	Sheriff
Treve Swicord	
Sabrina Thompson	Superior Court
Louise Vance	
Alan Walbridge Jr.	Sheriff
Virginia Weaver	
Lancey Wilson	Probation
Jay Wimmer	HHSA
Michele Woolf	HHSA

\*Active Employee

**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 members is eligible for RESDC membership. For enrollment assistance, please call (619) 688-9229. □

**INTRODUCE YOUR FELLOW RETIREES TO RESDC**

Contact a fellow retiree or an active employee to tell them about the perks of membership and to encourage them to join the RESDC family. Give this RESDC membership enrollment form to your County retiree friends. □

**Join Retired Employees Today!**

**Retired Employee Membership**

I, the undersigned, receive a retirement and/or survivors allowance from the San Diego County Employees Retirement Association. I hereby authorize SDCERA to deduct from my monthly retirement benefit \$5 per month for my membership in the Retired Employees of San Diego County, Inc. and to pay such deductions monthly to RESDC. This authorization shall continue until revoked by me.

**Associate Membership**

I am an active or deferred San Diego County or Superior Court employee, or a non-County-affiliated spouse of a current RESDC member, and I have enclosed a check made out to RESDC for \$60 annual Associate Membership.

Name\*: \_\_\_\_\_ MI  
First

\_\_\_\_\_  
Last

Last Four of Soc. Sec. #\*\* :

Email: \_\_\_\_\_

Phone\*: (\_\_\_\_) \_\_\_\_\_  
 Cell  Home  Work  Other

Address\*: \_\_\_\_\_

Department: \_\_\_\_\_

Retirement Date: \_\_\_\_\_

Signature\*: \_\_\_\_\_

**SDCERA-3350**

\*Required



\*\*Required for deduction of dues

Mail completed form to:  
**RESDC**  
8825 Aero Drive, Suite 205  
San Diego, CA 92123





**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.

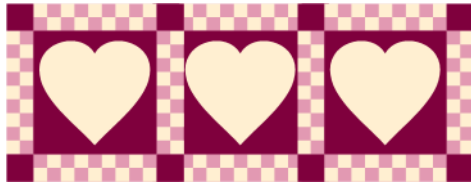
**Business and Inquiries:** Business matters and address changes may be recorded on the office voice mail at any time, call (866) 688-9229. Please spell your last name so the correct member record can be located.

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.**  
8825 Aero Drive, Suite 205  
San Diego, CA 92123

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### BITS & PIECES

Member **Karen Harbert** has just published the 21st entry in her mystery series based on a background of 50 years as a breeder and exhibitor of purebred dogs, and a career of over 30 years with San Diego County. If you love dogs and intrigue, the title is "*Murder at the Dog Show*". Karen is a board member of the Dog Writers Association of America, four books in the series have been finalists in the DWAA annual contest. □



### RESDC HEALTH FAIR PICNIC 2023 DIRECTIONS TO ADMIRAL BAKER FIELD

For those who are registered and attending the RESDC Health Fair Picnic 2023, here are driving directions to Admiral Baker Field:

***If using Route 15:***

Turn East onto Friars Road and left on Santo Road, Right on Admiral Baker Road, and turn right at the next stop sign.

Take 8 to Route 15 North, turn East onto Friars Road, left on Santo Road, and Right on Admiral Baker Road, turn right at the next stop sign.

**Upon entering the park, there will be signs to direct you.** □

