



THE NETWORK



Newsletter of The Retired Employees of San Diego County

RESDC HEALTH FAIR PICNIC FRIDAY, OCTOBER 10, 2025

What: The Retired Employees of San Diego County (RESDC) are proud to announce our annual Health Fair Picnic on Friday, October 10, 2025 from 10:00am to 1:00pm. It will be held at Admiral Baker Field.

Huge thanks to My Senior Health Plan for their generous support of this event.

Our Association consists of over 8,000 members and the attendance at our Health Fair Picnic is growing each year. We are expecting over 300 attendees at this year’s event. All guests will receive an amazing BBQ lunch in addition to tons of health and wellness information from our knowledgeable and frankly, terrific exhibitors.

This is a free event but please note: **REGISTRATION IS REQUIRED.**

When: Friday, October 10, 2025, 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 on page 3.

Registration:

Each member is welcome to bring two guests. Registration forms must be received in the RESDC office by Friday, October 3. 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 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, 3760 Convoy St., Suite 118, San Diego, CA 92111. □

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

- 9—(Thurs.) RESDC Board of Directors Meeting**
9:30 a.m.
- 10—(Fri.) RESDC Health Fair Picnic**
10:00 a.m. at Admiral Baker Field
RESDC Office CLOSED.
- 18—(Sat.) Walk4Alz San Diego**
8:00 a.m. at Balboa Park
- 31—(Fri.) Halloween**

PRESIDENT’S MESSAGE

By Chris Heiserman



The Pew Charitable Trusts is a non-profit, non-governmental organization (NGO) established in 1948. It describes its mission as serving the public interest by “improving public policy, informing the public and invigorating civic life.” The organization focuses on five main areas: communities, conserva-

tion, finance and economy, governing, and health. It has a subsidiary, Pew Research Center, which is a non-profit public polling arm and think tank.

The Pew Charitable Trusts resulted from the merger of several charitable trusts that were created between 1948 and 1979. The original trusts were established by two generations of Pew family relatives. In 1956 the Pew Memorial Foundation became the Pew Memorial Trust based in Philadelphia. Six other trusts were subsequently created, representing the personal philanthropic visions of four Pew siblings. As of 2020 assets held by all the trusts totaled \$6 billion.

Even though Pew Charitable Trusts self-describes itself as non-partisan and non-ideological, the family patriarch, Joseph Pew, and his sons were politically conservative. Some early priorities of the Trusts included cancer research, the American Red Cross and a project to assist historically black colleges. Later beneficiaries have included the American Enterprise Institute, Brookings Institution, Oceana, and Woods Hole Oceanographic Institution.

In 2024 according to the Pew Trusts website four of the 11 seats on the Board of Directors were filled by individuals named Pew. The Trusts funds the Pew Research Center, which is the third-largest think tank in Washington, D.C. (the largest are the Brookings Institute and the Center for American Progress).

The Center conducts opinion polling, demographic and social science research. It’s stated mission is to generate facts that “enriches the public dialogue and supports sound decision-making.” The Center does not take policy positions.

Some of the Center’s 2025 reports on its website include: “Majority of Americans Continue to Back Expand-

ed Early Voting, Voting by Mail, Voter ID”; “United Nations Seen Unfavorably by Many Across 26 Countries”; “Favorable Views of Supreme Court Remain Near Historic Low”; and “Redistricting Between Censuses Has Been Rare in the Modern Era.”

A September 2025 survey report addressed how much Americans trust information from national news organizations. (This survey was conducted in March 2025 among 9,482 adults). Unsurprisingly, it found that trust in news sources with right-leaning audiences is more common among Americans who don’t trust typical national news organizations. The poll asked about 30 national news organizations. Among U.S. adults who have a lot or some trust in their information, the top sources were ABC News, NBC News, CBS News, CNN and PBS, but the percentages were not all that high (56%, 56%, 51%, 51%, and 51% respectively). The Wall Street Journal was 37% and Fox News was 36%.

Interestingly, among adults who have little or no trust in the national news services, the highest audience trust was 40% for Fox News and The Joe Rogan Experience podcast at 29%. Among those who “distrust” the five top national news organizations listed above, they are more likely to say they trust six specific conservative sources: Fox News, the Joe Rogan Experience, Newsmax, The Daily Wire, Tucker Carlson Network and Breitbart.

The report found that Democrats and Democrat-leaning adults who don’t trust information from the national news organizations are generally less likely to trust most of the news outlets asked about. However, in contrast to Republican-leaning “distrusters”, 32% of Democrat “distrusters” who have little to no trust in the information they get from national sources still say they trust ABC News (compared to 11% of Republican “distrusters”).

A separate Pew Research Center report from August described how the audiences of 30 major national news sources differ by age group. This polling revealed some unusual findings about younger Americans. Around 12% of U.S. adults do not regularly get news from any of the 30 major national news organizations, and this statistic applies to about 20% of adults under 30.

According to this report, a growing proportion of younger Americans are relying on newer news sources, including social media and news “influencers” (podcasts). They are much less likely than older adults to get news from print media, radio or television. In 2022 reportedly only 19% of 18–29-year-olds said they followed news all or most of the time, compared to 64% of seniors 65 and older. □



Kathleen Angell
Tia Lisa Quick
Silvia Unibe
Anne-Marie Wohrle

Sheriff
District Attorney

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



MATCHLESS MEATLOAF
 Submitted by *Patricia Petersen*
 (Recipe modified from original)

- 3 tbsp. light molasses or Karo syrup (can substitute maple syrup but use less)
- 3 tbsp. prepared mustard (French's is fine)
- ¼ cup diced onions or 2 tbsp. instant minced onions
- ½ cup oatmeal (or substitute bread or cracker crumbs, but oatmeal works best)
- ½ tsp. oregano
- ¼ cup finely chopped parsley
- 1 tbsp. Lawry's seasoned salt
- ¼ tsp. thyme
- Any other seasoning, to taste
- 2 to 3 lb. ground beef
- 1 large can tomato sauce
- 1 or 2 eggs
- 1 can tomato soup (optional)

Blend molasses and mustard. Stir in onion and seasoning and mix well. Place ground beef in medium to large mixing bowl. Add seasoning mixture, oatmeal, most of tomato sauce (reserve small amount for topping), and eggs and mix well (I mix with my hands to get a more uniform mixture.) Place into loaf pan(s) and top with remaining tomato sauce (or can use tomato soup). Bake at 350 degrees for 1 to 1 ½ hours.

NOTE: I find this recipe works better to make two loaves and bake for one hour. Drain off grease during cooking and at the end (can use a baster to do this). □

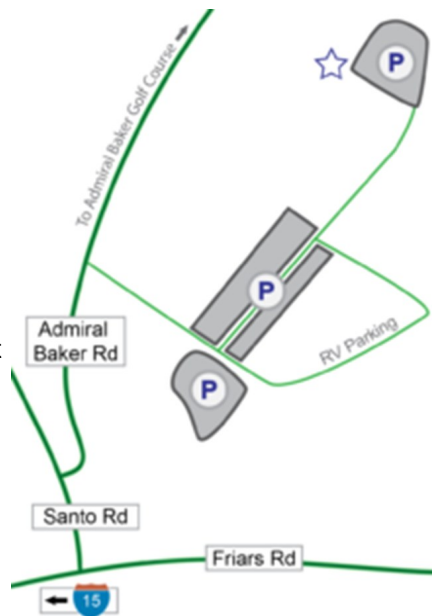
DIRECTIONS TO ADMIRAL BAKER FIELD

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. □



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

**SOCIAL SECURITY COLA WATCH:
 2026 ANNOUNCEMENT COMING
 SOON**

We won't know the official cost-of-living adjustment (COLA) for Social Security until the middle of the month, allegedly October 15, but the guessing game has already begun.

For some perspective: the biggest boost in recent history was back in 2023, when benefits jumped 8.7%—the largest increase since 1981. Since then, the annual raises have cooled a bit: 3.2% in 2024 and 2.5% in 2025.

So what's on the horizon? As of last month, estimates point to about a 2.7% increase for 2026. But keep in mind, this isn't final—there is likely still inflation data being processed that will need to be factored in before the official announcement.

What does that mean for the average retiree? A 2.7% bump could add roughly \$50 or more per month to benefit checks. Helpful, yes—but let's face it, that barely dents rising costs for health care, utilities, and everyday essentials...especially in California.

As with all things Social Security, we will have to wait and see but let's keep our fingers crossed for positive news later this month.



When: Thursday, December 11, 2025
11:00 am – 2:00 pm. Lunch is served at 11:30 am.

Where: Bali Hai Restaurant
2230 Shelter Island Dr, San Diego, CA 92106-3180

Menu: Roast Turkey or Vegetarian Lunch

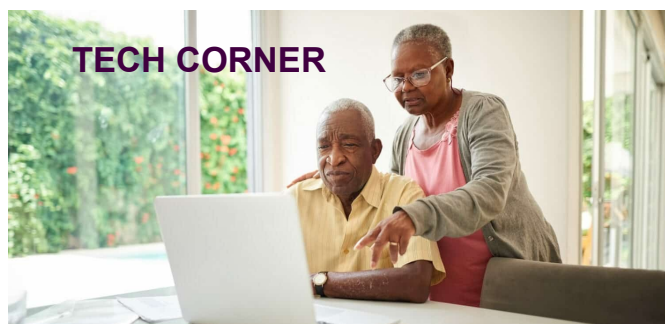
Cost: \$30 per person

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

Registration:

Registration will begin the beginning of November. Please ensure that registration forms and payments are submitted to the RESDC office by Friday, 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.** □



Take advantage of medication apps such as Medisafe.

Apps such as Medisafe help you manage your medications and get reminders. Simply input your prescriptions and timings, and Medisafe will create a visual schedule complete with images of each pill and a list of potentially harmful interactions. It will then give you reminders throughout the day when it’s time to take a medication, let you know if a prescription is running low, and even alert a friend or family member of a missed dose. □



Celebrating a Milestone! **Sandra E. Cox** writes in to share that she’ll be celebrating her 70th birthday on October 21st! She’s enjoying retirement and says she “loves getting *THE NETWORK*.” Happy early birthday Sandra and thank you for staying connected with us!

Ernie Webb and his wife joyfully celebrated their 70th wedding anniversary on February 10, 2025. Congratulations to the Webbs on this remarkable milestone—seven decades of love, commitment, and partnership!

San Diego County retirees, **Hope Robinson, Denise Christian, and Josette Cannon** recently went on a 14-day pilgrimage to Ghana, West Africa. In August 2025, the friends enjoyed the food and culture of Ghana while visiting important historical sites. A Ghanaian chief welcomed the travelers and gave each their Ghanaian name. This was Denise's 3rd visit to Ghana and Hope's 2nd. Josette made her first trip to the continent. After 24 hours of airports and flights through Chicago, Amsterdam, and eventually, Ghana, the exhausted travelers were glad to return home! □



FACTS AT A GLANCE

28%

Across 24 countries, a median of 28% of adults report being online nearly all the time. An additional 40% say they use the internet several times a day, while 9% do not use it at all.

Pew Research Center Spring Survey

2025 WALK4ALZ SAN DIEGO
Saturday, October 18th | 8:00 AM |
Balboa Park
By Rosita Haro, Office Manager & Team
RESDC Captain

I'm honored to lead Team RESDC in this year's Walk4ALZ San Diego, representing the vibrant and caring community of Retired Employees of San Diego County, Inc. This meaningful event takes place on Saturday, October 18th at 8:00 AM in Balboa Park, and I invite you to stand with us in the fight against Alzheimer's.

A heartfelt thank-you to Laurie Pennington, our former Team Captain, whose dedication laid the foundation for our continued involvement. I'm proud to carry the torch forward and build on her legacy.

Alzheimer's disease affects more than 6 million Americans, and its impact touches many of our families and friends. The Walk4ALZ is more than a fundraiser—it's a tribute to those we've lost, a show of support for those still fighting, and a step toward a future without this devastating disease.

Whether you choose to walk with us, donate, or simply spread the word, your support is powerful. Together, we can make this a walk to remember.

Join or support Team RESDC here:

<https://alzsd.rallybound.org/walk4alz-2025/Team/View/215423/Retired-Employees-of-San-Diego-County-Inc>

Even if you can't attend in person, your contribution helps fund critical research, local support services, and hope for families across San Diego County.

Let's make 2025 a year of compassion, community and progress. Thank you for being part of this journey. □

QUOTE OF THE MONTH

"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

-Leonardo da Vinci



<i>In Memoriam</i>	
Benilda Alimboyoguen	HHSA
William Bailey	Facilities Mgmt.
Karen Barlow	HHSA
Bernard Blaszkowski	HHSA
Joan Boland	Treasurer/Tax Collector
Myra Brandt	Purchasing & Contracting
Michael Callahan	
Yvonne Carey	HHSA
Larry Claunch	Environ. Health
Elizabeth Cotten	Public Defender
Marion Danielly	HHSA
Sara Davis	
Stephen Desserich	Agriculture, Wgths. & Meas.
Elizabeth Dunasky	
Robert Flores	Superior Court
Mary Lou Fox	
Evelyn Guerrero	Library
Margaret Ham	
Shirley Krier	
Joan Liddell	
Eudivilia Mahon	HHSA
Ernesto Mallari	Superior Court
Barbara McCorkle	
Marcia Monroe	HHSA
Aaron Morris	Parks & Recreation
Charles Nickel	District Attorney
John Nooney	District Attorney
Angela Nyberg	HHSA
Daniel Papp	Sheriff
Edna Patrick	
Michael Peltier	Sheriff
Ricardo Rebuscas	Sheriff
Rosanne Russell	HHSA
Richard Salaney	Information Services
Helen Savoroski	Probation
Donna Sideman	Public Defender
John Simpson	
Diana Souder	Probation
Irvin Stafford	HHSA
Elfrida Suttles	HHSA
Shannon Tennen	
Emily Valencia	Probation
Lorraine Wadell	Municipal Ct.
Nevin Williams	
Robert Wray	
James Young	HHSA

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. □



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

f @RetiredEmployeesofSanDiegoCounty
t @RESDC

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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.

SDCERA BY THE NUMBERS



66

employees



9

trustees and
2 alternates on Board
of Retirement



\$17.69

billion in assets
(as of 6/2024)

52,059 PARTICIPANTS

as of 7/2025, updated monthly from Participants Report

Active:
20,320

Retired:
19,882

Tier I: 9

Tier I: 3,352

Tier II: —

Tier II: 922

Tier A: 4,933

Tier A: 14,937

Tier B: 1,549

Tier B: 324

Tier C: 4,476

Tier C: 315

Tier D: 9,353

Tier D: 32

Deferred: 9,007
Beneficiaries: 2,850

BENEFITS

as of 6/2025 (updated yearly)

People paid monthly: **22,425**

Monthly payroll to members: **\$88 million**

Average monthly benefit: **\$3,926**

Average annual benefit: **\$47,121**

Annual benefit payments: **\$1.056 billion**

Payee Facts

Fiscal Year 2025

- 7 – 104 years old
- 30 members over the age of 100
- 659 members over the age of 90
- 12 members under the age of 20
- Record duration in paid status: 51 years
- Monthly payments to individuals range from \$1.67 to \$34,459.90
- New monthly retirees: avg 60
- New monthly deaths: avg 43
- Live in all 50 states and 23 countries
- Some don't use a computer
- Some only use a smart phone

AN UPDATE FROM A SCHOLARSHIP RECIPIENT

Good afternoon,

I hope this email finds you well. My name is Hadasah (Dassie) Jaffe and I wanted to reach out to express my gratitude for the receipt of a scholarship from your organization. Since receiving the opportunity to attend Binghamton University, with help from your scholarship, I have very much been enjoying my classes and all the new opportunities open to me. I am a Psychology major here at Binghamton, hoping to soon declare minors in Forensic Health and Writing.

On the note of writing, I took an awesome course here at Bing, WRIT 111, in which I created a portfolio of works on the research topic of trauma recovery and its effects on college students. Following the course, I was encouraged to submit my portfolio to the Binghamton Writes book full of student research and works. I am happy to report that my work has been selected for publication and I just recently received my copy.

Furthermore, I have had the chance to take various interesting courses within the psychology department. Some of which include behavior disorders, social psychology, psychopharmacology, etc.

Subsequently, after taking the numerous courses offered here that pique my interest, I was able to dive into the different segments of psychology and explore the multitude of professions that I could potentially go into. As of now, I would love to work in law enforcement as a Forensic Psychologist.

Thanks to your organization and your dedication to aiding students in funding their educational journeys, I, along with many others, have gotten to pursue classes and learn about ourselves in ways we may have missed if not for your committee.

Thank you again,

Dassie Jaffe ☐

