



What: The Retired Employees of San Diego County (RESDC) annual Health Fair Picnic.

When: Thursday, October 15, 2026, 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 6.

Cost: \$5 per person (one guest allowed with additional ticket purchase)

Menu: A traditional BBQ lunch catered by RESDC favorite, The Barbecue Pit.



The annual RESDC Health Fair Picnic is aimed at promoting a well-balanced and supported lifestyle for seniors. All members and guests will receive a delicious BBQ lunch and be entered into an opportunity drawing for a chance to win one of the many prizes provided by our exhibitors. Due to venue regulations we are limited to 300 attendees. While this event has been free in the past, unfortunately we’ve had a number of people who didn’t show after registering combined with the disappointment of many other members who wanted to register, but couldn’t because of the venue limitations. In an effort to minimize this, tickets will be sold for a small fee of \$5. The exhibitor list is growing this year and attendees will have access to varied organizations providing resources focused on health, insurance, discount programs, legal aid, wellness, continuing education, and community involvement. Please note: **REGISTRATION IS REQUIRED.**

Registration:

LIMIT 1 GUEST PER MEMBER. Name badges and opportunity drawing tickets should be picked up at the Check-In table. They will not be mailed. Per park rules: No pets are allowed except Service Animals. No smoking, vaping, or alcohol is allowed on the premises.

Choose Registration Method:

Register Online: Go to www.resdc.net/events and click the green “Register” button, then follow the steps.

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

UPCOMING EVENTS

October 6: Medicare Basics Webinar
w/ MySeniorHealthPlan

October 15: Health Fair Picnic

October 17: Walk4Alz w/ Team RESDC

December 10: RESDC Holiday Luncheon



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October Calendar of Events

- 6—(Tue) Medicare 101 + Beyond Webinar
Online Zoom meeting room, 11:00am
- 8—(Thu) RESDC Strategic Planning Meeting
RESDC office, 10:00am
- 15—(Thu) RESDC Health Fair Picnic
Admiral Baker Field, 10:00am
- 17—(Sat) Walk4Alz with Team RESDC
Balboa Park, 8:00am

PRESIDENT’S MESSAGE

By Janel Pehau



It's October and we're officially into the fall season! I hope it means that San Diego area temperatures will moderate after the record highs we experienced during the summer months. I especially enjoy cooler

mornings for taking a brisk walk around my neighborhood.

We've been highlighting an educational webinar and two events that we're excited to present to RESDC members this month. On Tuesday, October 6, 2026, My Senior Health Plan will conduct a webinar covering the basics of Medicare to help you better understand your Medicare coverage and options available to you. On Thursday, October 15, 2026, we'll hold the annual Health Fair Picnic, and two days later, on Saturday, October 17, RESDC is fielding a team at the Walk4Alz 2026 event at Balboa Park.

At the Health Fair Picnic, there will be 24 exhibitors who will provide information geared towards "aging well." You will be able to find out about such things as exercise programs, social opportunities, continuing education, food services, in-home support, living independently, fraud protection, insurance plans, and discount programs. In addition, you can get your blood pressure checked and the UCSD EyeMobile will be on-site to offer eye exams. And because it's a picnic, there'll be great food, many fellow retirees to share stories with, and opportunities to win a prize. You may register for the Health Fair Picnic online via RESDC's website or by calling the office.

I've participated in the Walk for Alzheimer's event many times over the past years. It's rewarding to see how energized not only the walkers are, but also the many cheerleaders who encourage you along the way. Balboa Park is a beautiful place for an early

morning walk, so I encourage you to consider joining the RESDC team or making a donation to show support for finding a cure for this debilitating disease.

In other news, this month members will receive an updated benefits guide regarding dental and vision insurance plans and other services from Pacific Group Agencies (PGA), now an affiliate of AMBA. As usual, if you have no changes, you won't need to do anything. If you wish to make changes or are interested in taking advantage of any of the plans or have questions, the guide will provide instructions and contact information. One new feature of the insurance plans is that you may enroll at any time of the year with the effective date determined by processing time requirements. Even if you don't take advantage of any of the insurance plans, all RESDC members will have access to the AMBA Passport discount program via the RESDC website. We'll let you know once it's up and running and provide instructions for signing up to take advantage of the various offers.

In the April Network, I provided an overview of new services to be available to you as a result of PGA's affiliation with AMBA. These services included not only the Passport program, but also access to complimentary benefits reviews, educational webinars and resources, and expanded insurance products. Unfortunately, it is taking longer than anticipated to finalize all of the details and protocols. Once we have everything worked out, we'll let you know so that you can begin exploring the new opportunities and learn how to take advantage of them. □

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...Justine
Gudmundson-McCain

OFFICE MANAGER...Rosita Haro

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

NETWORK EDITOR...Andrew Steele

RESDC BOARD OF DIRECTORS NOW ACCEPTING APPLICATIONS

Are you interested in serving the retiree community, helping shape RESDC programs, and supporting the mission of our organization? The RESDC Board of Directors currently has three vacancies, and we are seeking engaged members who would like to contribute their time, experience, and leadership.

Current Vacancies

- Vacancy 1: Term 2026–2027 (completing second year of a two-year term)
- Vacancy 2: Term 2027–2028
- Vacancy 3: Term 2027–2028

Why Serve on the Board?

Serving on the RESDC Board is an opportunity to make a positive impact on an organization that represents more than 8,000 active and retired County employees. Board members play an important role in supporting member programs, events, outreach efforts, and advocacy initiatives that benefit the retiree community.

Whether you have experience in leadership, event planning, communications, finance, public service, or simply a desire to get involved, your perspective and participation can help strengthen RESDC.

What Does the Board Do?

The Board of Directors provides leadership and oversight for RESDC's programs, events, membership initiatives, and advocacy efforts. Board members help guide the organization's priorities while ensuring that RESDC continues to meet the needs of current and future retirees.

Board members are expected to:

- Attend monthly Board meetings (zoom or in-person)
- Opportunity to participate in committee work and special projects
- Support member events and outreach activities
- Serve as ambassadors for RESDC and its mission

Interested in Learning More?

Members interested in serving on the Board are encouraged to contact the RESDC office at resdc@resdc.net. Our office staff will be happy to discuss the required information and processes for joining the board of directors.

This is a wonderful opportunity to remain active, connect with fellow members, and help ensure RESDC continues to thrive for years to come. We encourage interested members to reach out and consider serving. □

MEDICARE 101 + BEYOND WEBINAR

MEDICARE 101 + BEYOND WEBINAR

PREPARE | PROTECT | PEACE

Join **RESDC & MySeniorHealthPlan.com** for a free educational webinar:

- Medicare basics made simple
- What your current plan may not cover
- Hospital Indemnity = cash benefits when you need it most

VANESSA FRITZ
Medicare Insurance Agent
My Senior Health Plan

What: A free Medicare webinar for RESDC members presented by My Senior Health Plan.

When: Tuesday, October 6, 2026, at 11:00am

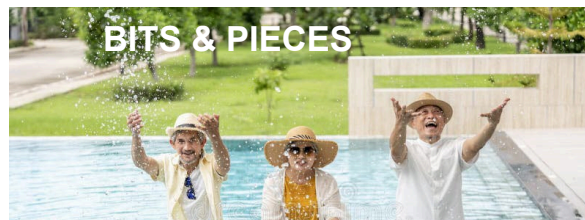
Where: Online Zoom Meeting Room. The meeting link will be sent to registrants closer to the date of the event.

Program: Join Medicare Insurance Agent Vanessa Fritz from My Senior Health Plan in an educational webinar discussing Medicare basics, details regarding what your current plan may not cover, and Hospital Indemnity for cash benefits when you need it most. The presentation is designed to help attendees understand their Medicare coverage and ask questions to a local subject matter expert. There will be time for a Q&A at the end of the presentation.

Choose your registration method:

Register Online: Go to www.resdc.net/events and click the green 'Register' button, then follow the steps.

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



Congratulations to RESDC members **Jack and Judy Eastman**, who celebrated their 65th wedding anniversary on September 23!

Both retired from San Diego County's Department of Public Works. Jack retired in 1997 after 30 years of County service, and Judy dedicated 17 years to the County. The couple has called Virginia home for the past 24 years, and Jack recently celebrated his 85th birthday. From all of us at RESDC, we wish Jack and Judy a wonderful anniversary celebration and many more happy years together! □

JAVA JIVE, ANYONE?

By Chuck Brown



*I love coffee, I love tea
I love the Java Jive and it loves me.
Coffee and tea and the java and me
A cup, a cup, a cup, a cup, a cup.
(Manhattan Transfer)*

After all these years, I may have been doing something right, according to WebMD. Working my way through

college, coffee became a staple. For the first two years, I worked in a golf resort dining room and did room service. School. Work. Repeat. There wasn't a lot of time for breaks at the hotel, so I figured it saved time to just drink my coffee black (as my dad had done).

Enough of that, what does the doctor in the ether say?

"You may be in it for the caffeine, but coffee is full of antioxidants. One cup has 200-550 milligrams of antioxidants, including chlorogenic acid, a compound that helps your body process fat and sugar. Antioxidants lower inflammation, reduce your risk of chronic disease, and stabilize free radicals. Robusta and Arabica beans have similar amounts of antioxidants after being roasted. Light roast has more than dark."

This article is long enough to be someone's term paper, so I'll just hit the high points.

- If you're looking for antioxidants, stick with hot-brewed coffee. It has more because it takes a certain amount of heat to extract antioxidants from the bean.
- The healthiest way to take your coffee is hot-brewed and black. One cup has virtually no calories or carbs, no fat, and is low in sodium. Black coffee also has micronutrients, including potassium, magnesium, and niacin.
- Coffee starts out healthy, but sugar and flavored sweeteners add fat, calories, and a higher risk of heart disease.
- Milky coffee drinks contain either sweetened condensed milk, heavy whipping cream, or whole milk, often with whipped cream on top. That's a lot of fat and calories in every sip.
- Coffee beans are one of the most heavily sprayed crops in the world. Many pesticides are removed through the washing or roasting process, but not all. Look for an organic coffee to avoid pesticide residue.

The article provides a LOT more analysis of coffee and its variants. Things like coffee and turmeric, coffee and egg, coffee and vitamins, and mushroom coffee. There is also a summary of the effects of coffee on your body and sources of caffeine other than coffee.

Curious? Read it all at

<https://www.webmd.com/diet/ss/slideshow-healthiest-coffees>. □

HEALTH FAIR PICNIC VENDOR SPOTLIGHT

October is here and everyone at RESDC is getting geared up for our 2026 Annual Health Fair Picnic! This year we expect 25 exhibitor tents (or buses), and we are excited to showcase a few of the exhibitors that will be joining us!



ELDER HELP/NAVIGUIDE - Elder Help is a San Diego non-profit focused on empowering seniors to live independently and with dignity in their own homes. Joining them this year will be a representative from their new division, NaviGuide, which offers a subscription-based management support system for older adults and their caregivers.



SAN DIEGO OASIS - SD Oasis has been a longtime community partner and aims to promote healthy aging through lifelong learning, active lifestyles, and volunteer engagement. They offer classes on unique topics, art, and exercise at multiple locations throughout the county.



MYSENIORHEALTHPLAN - As a longstanding partner to RESDC, My Senior Health Plan has assisted members in understanding the nuanced framework of Medicare by providing comprehensive Medicare advisory services including plan comparisons and enrollment assistance. Join MSHP on October 6th at 11:00AM for a Medicare 101 webinar hosted exclusively for RESDC members. Participation is free, but registration is required.



UCSD ADULT & SENIOR EYEMOBILE - Having launched in 2024, the UCSD Adult & Senior EyeMobile will be joining us for the first time this year! They will be available to conduct exams onsite with two fully functional exam rooms and can identify various undiagnosed ocular diseases. □

QUOTE OF THE MONTH

"October is a symphony of performance and change."

– Bonaro W. Overstreet





Gloria Altona	General Services
Martin Andrews	Probation
Teresa Barbosa	Dept. of Child Support
James Blakeley	Parks & Recreation
Jeannette Bourgeois	Land Use & Env. Group
Carol Brown	Public Works
Peggy Bruce	Superior Court
Raymond Bruhmuller	HHSA
Lory Bryan	
Geraldine Burton	
Kimberly Carpenter	Sheriff
David Cuneo	HHSA
Everett Fenex	Probation
Gary Freeman	Probation
Gayle Griessel	Sheriff
Roberto Gutierrez	General Services
Rose Marie Hoffman	
Maria King	District Attorney
Lerida Labor	HHSA
Gail Lebowitz	
Patricia Legler	Superior Court
Virginia Lozada	Sheriff
Philip MacBarron	Environ. Health
Mercedes Martinez	
Maria McKay	Parks & Recreation
Marion Menshek	
Michael Moore	Probation
Quentin Olson	
Norma Pearman	Superior Court
Kathleen Reid	HHSA
Peggy Russell	County Counsel
Marcia Rutledge	HHSA
Anna Ruzic	Clerk Board/Supervisors
Patricia Schmitt	Human Resources
George Schneider	HHSA
Catherine Scholink	
Thene Sounakhene	HHSA
Carol Sugg	
Muriel Turner	HHSA
Judith Tyler	Probation
Sandra Weaver	Superior Court

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. □



WALK4ALZ 2026 WITH TEAM RESDC
By Rosita Haro, Office Manager & Team
RESDC Captain



Saturday, October 17, 2026 | 8:00 a.m.
Balboa Park
(President's Way & Park Boulevard)

I am proud to lead Team RESDC for our second year participating in Walk4ALZ San Diego, a meaningful event that raises awareness and support for individuals and families affected by Alzheimer's disease.

Alzheimer's is a cause that is especially close to my heart, as it has affected members of my own family. Like many in our RESDC community, I have seen firsthand the challenges this disease brings to individuals, caregivers, and loved ones.

This year, Team RESDC will once again gather at Balboa Park to support Alzheimer's research, caregiver resources, and local programs that provide hope and assistance to those affected by the disease. We walk in honor of loved ones we have lost, in support of those currently facing Alzheimer's, and for a future without this disease.

Whether you choose to walk with us, make a donation, or help spread the word, your support makes a difference. Every step taken and every dollar raised helps improve lives and brings us closer to a cure.

Thank you to everyone who has supported Team RESDC. We hope you will join us in making Walk4ALZ 2026 another success.

Join Team RESDC or make a donation:

<https://alzsd.rallybound.org/walk4alz-2026/RESDC>

Thank you for your support, and we hope to see you there! □

SDCERA
FILE A POWER OF ATTORNEY
WITH SDCERA

If you want your spouse or family member to update your SDCERA information, complete a power of attorney (POA) form. It will allow them to change your address, contact information, tax elections, and bank account information. SDCERA has a POA form you can use at www.sdcera.org/forms. You can also call SDCERA at 619-515-6800, and they will email or mail you the form. □



Office Hours: 9 a.m. to 2 p.m. Monday through Friday.
Telephone: (619) 688-9229
Fax: (619) 688-0766
Email: resdc@resdc.net
Website: www.resdc.net

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 (619) 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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Save the Date

**RESDC HOLIDAY LUNCHEON
DECEMBER 10, 2026
AT CATAMARAN RESORT
HOTEL AND SPA**



W E L C O M E

WELCOME NEW MEMBERS

Louise Anselmo	
Esther Armas	
Nicola Clark	
Melinda Davenport	HHSA
Jaleh Framrose	HHSA
Karen Kain	Sheriff
Alfred Merker	
Ricky Nichols	
Kinard Parnell	
Deanna Zotalis-Ferreira	HHSA

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. □

