Wow, I said I was ready for warmer weather, but now that it’s here, I am very grateful for our Delta breeze. I hope all retirees are enjoying the summer weather and traveling to new places or spending time with those grandchildren who are on summer break.

Your retirees association is not taking a summer break. It continues to meet monthly to assess the current status of retiree benefits and how changes in politics and current events can affect our future. As you read through this newsletter you will find various topics that should help provide information to you on important matters.

I hope you are taking advantage of our retiree days at the Rivercats games. I had a great time at the one I attended. Our next planned activity will be our Annual Pat Adachi Memorial picnic in September. You will find more information on this inside. The venue continues to be a hit. Mather Park is very accessible to all and for being outdoors seems to have very few flying insects. Please plan on attending.

I have been told open enrollment for benefits will be October 1-26; watch for packets in the mail the last week in September. Also, do not get the County’s open enrollment confused with our supplemental benefits provided by the Pacific Group Agencies. These benefits are only available to SCREA members. PGA packets should be mailed to retirees in October but will not close till the end of the year. Remember, if you choose a supplemental dental plan from PGA and do not want to continue with an existing plan from Sacramento County, you must let the County know. The same is true if you do not want the plan you have enrolled in from PGA for dental; you must advise them you want to drop out.

Wow, I think I got that right so I am going to sign off and hit the pool!
The surviving spouse of a member is eligible for SCREA membership. The application is on our website at www.saccountyretirees.com. For enrollment assistance, please contact Sue Murray, Chair, Membership Committee at 916-359-6394 or msmurray03@gmail.com.

Jane Smith, Chair, Sunshine Committee, sends sympathy cards to families of our members when we are notified of a death. She also sends get well cards to our members who are experiencing health problems.

If you know of someone who would be cheered by receiving a card from SCREA, you can reach Jane at 916-786-6502 or email her at districtfiveretired@yahoo.com.

Visit SCREA’s website at www.saccountyretirees.com to get updated info and keep informed on various issues affecting County retirees. You can also subscribe to receive emails when the website is updated.
What is an Advanced Directive?
An Advanced Directive is a form that you fill out to describe the kinds of medical care you want to have if something happens to you and you cannot speak for yourself. It tells your family and your doctor what to do if you are badly hurt or have a serious illness that keeps you from saying what you want.

What are the different types?
There are two main types of Advanced Directives:

- A living will tells your family and your doctor what kinds of treatment you want to receive as you near the end of your life and if you can no longer speak for yourself. A living will is also called a treatment directive.

- A medical power of attorney lets you name a person to make treatment decisions for you when you cannot speak for yourself. This person is called a health care agent or health care proxy.

As long as you can still make your own decisions, your Advanced Directive will not be used. You can stop or say "no" to treatment at any time.

How do you write an Advanced Directive?
As you prepare your Advanced Directive, you'll need to follow these four important steps:

- Get the living will and medical power of attorney forms for your state or use a universal form that has been approved by many states. In general, doctors will respect your wishes even if you have a form from a different state.

- Choose your health care agent. This should be a person you trust to make decisions for you.

- Fill out the forms and have them witnessed as your state requires.

- Give copies to your family, your doctor, and your health care agent.

You can get the forms in a doctor's office, hospital, law office, state or local office for the aging, senior center, nursing home, or online.

When you write your Advanced Directive, think about the kinds of treatments that you do or do not want to receive if you get seriously hurt or ill.

Continued on page 4
ADVANCED DIRECTIVES, continued from page 3

Consider whether you want to:

- Receive cardiopulmonary resuscitation (CPR) if your heart stops.
- Be on a machine that pumps air into your lungs through a tube if you cannot breathe on your own.
- Be on a machine that cleans your blood if your kidneys stop working.
- Be fed or get fluids through a tube if you cannot eat or drink.
- Take medicines to treat serious infections.

These are tough choices to make, but you do no have to make them alone. Take your time. Share your questions or concerns about what to include in your Advanced Directive with your doctor or nurse, your lawyer, your family, or a friend.

What if you want to change what is in your Advanced Directive?
You can change or cancel your Advanced Directive at any time. Just fill out new forms and get rid of your existing forms. Or you can just let your family, your doctor, and your health care agent know about the change. If you change or create new forms, give everyone an updated copy. Do not just cross out or add new information unless it is only to change your address or phone number.

SEE YOU AT THE PICNIC!

By Linda Kimura

It has been a great time serving on the Board of Directors these past 10-plus years. Thank you for the opportunity. I joined the Board during my first year of retirement and I have to say it served as a good transition after working for Sacramento County over a span of 37 years.

I am amazed with the talent that continues to serve on the SCREA Board and proud of the contributions I made, including working on the Nominations Committee; the Budget and Bylaws Committee during the last two extensive revisions of the Bylaws in 2010 and 2015; and the implementation of the 2015 Board of Directors Work Plan that included a legal review of the Bylaws. I also participated in hosting the statewide CRCEA Conference in the Fall of 2014, which was a full Board coordinated effort. Finally, I finished my service on the Board as Secretary, which I assumed in June 2015.

I feel fortunate and grateful for a rewarding career and proud of my service on the Board of Directors. I am now ready to start another phase of my life with my husband, who retired from his 39 years with the local John Deere Industrial dealership a year ago, and my two young grandsons. I look forward to enjoying my family, concentrating on checking off entries on my growing bucket list, and, of course, keeping in touch with my SCREA friends. See you at the picnic!
**WELCOME NEW SCREA MEMBERS**

<table>
<thead>
<tr>
<th>Joel Ainger, Human Assistance</th>
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<tr>
<td>Denise A. Anderson, Health &amp; Human Services</td>
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<tr>
<td>Melanie Andrews, Child/Adult Services</td>
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<tr>
<td>Michael &amp; Janell Andrews, Sheriff</td>
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<td>Twila &amp; Tom Beaubien, Personnel Services</td>
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<tr>
<td>Pamela &amp; Craig Blankenship, Personnel Services</td>
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<tr>
<td>Doris Boller, Sheriff</td>
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<tr>
<td>Jeff Cardany &amp; Debbie Crone, Department of Transportation</td>
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<td>Robert Galvez, Sheriff</td>
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<tr>
<td>Claudia &amp; Robert Goss, Sanitation District Agency</td>
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<td>Paulo Green, Waste Management</td>
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<td>Dawn &amp; Jeff Hansen, Human Assistance</td>
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<tr>
<td>Anita Harrington, Health &amp; Human Services</td>
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<tr>
<td>Stevie &amp; Gayle Mullen, Construction Management</td>
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<tr>
<td>Elizabeth Poulin</td>
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<tr>
<td>Laura Rettig, Human Assistance</td>
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<tr>
<td>Evelyn Rivera, Human Assistance</td>
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<tr>
<td>Mona W. Robin, Child Protective Services</td>
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<tr>
<td>Sharon V. Skinner, Public Works</td>
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<td>Mary Jo Terry, Child Support Services</td>
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<tr>
<td>Randall Jay Winn &amp; Nicole Sunseri, Sheriff</td>
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For your information, here are some important phone numbers and addresses:

**SCERS:**
916-874-9119, 980 9th St., Suite 1900, Sacramento, CA 95814-2739

**Employee Benefits Office:**
916-874-2020, 700 H Street, Sacramento, CA 95814-2739

**Blood Source:**
916-456-1500 or 866-822-5663 or [bloodsource.org](http://bloodsource.org), SCREA Donor #6855

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The information presented in News Briefs is believed to be from reliable sources. However, no responsibility is assumed by SCREA, the Editor or the writers for inaccuracies in the articles published.
I retired in October 2006 as a Sheriff's Lieutenant after 28 years of service with Sacramento County. I worked nearly every assignment with the Department starting off at the Rio Cosumnes Correctional Center (RCCC) and then to the "old" Main Jail. As part of my jail assignment, I worked at the Medical Detention Facility at UC Davis Hospital. Then it was off to patrol the streets of South Sacramento. After 7 years I was promoted to Detective and later to Sergeant, where I supervised the 9-1-1 Communication Center. After transferring back to the streets, I was promoted to Lieutenant and was sent back to the Communication Center. From there I transferred to the Sheriff's Training Division and then to the Courts (Juvenile/Traffic/Family). My final assignment was brokering the deal to take over security at Folsom Dam.

I semi-retired from the Sheriff’s Department but signed on to remain a "Reserve Deputy". I retired to take on a position with Yuba College as the Public Safety Director and managed the police/fire/EMT/probation/correctional academies for 6 years until the recession lead to my layoff.

I am now working as an "On-Call" Deputy at the Sheriff's Property Warehouse (where the evidence of crimes is held for court proceedings).

In my younger days, I served as a Volunteer Firefighter for the Florin Fire District. After 10 years of volunteer service, I ran for the Florin Fire Board and was elected as a Fire Director. I filled that position for 2 terms.

I also teach two semester courses at Sacramento City College in the area of Criminal Justice.

Until recently, I served as an elected Board Director on the Southgate Recreation and Park District. I had to give up my position on the Park Board after serving 17 years. In addition to this community commitment, I've been an active member of the Kiwanis Club of Elk Grove for over 32 years.

In joining the SCREA Board in June 2018, I look forward to keeping our retired members interests in the forefront.

Welcome, Rolfe!
It is a pleasure to be a part of the SCREA newsletter! We are excited to bring you a variety of topics that affect your retiree medical/dental/vision benefits and deferred compensation programs.

**July’s Deferred Compensation Topic: Required Minimum Distributions**

Turning 70 this year or next year? We would suggest you begin reviewing the Required Minimum Distribution (RMD) regulations associated with your Fidelity 457(b) and 401(a) accounts. Beginning at age 70 ½, participants with pre-tax savings accounts must begin taking distributions, in the form of regular payments, from your account. Failure to comply with the IRS Regulations related to RMDs will result in a significant penalty.

To learn more about the IRS Regulations, contact Fidelity at: 800-343-0860, or review the IRS Regulations at https://www.irs.gov/retirement-plans/retirement-plans-faqs-regarding-required-minimum-distributions

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**NEW MEDICARE CARDS**

*By Terrie Beck, Employee Benefits Office*

Watch your mailbox! Medicare is issuing new Medicare cards with new Medicare numbers over the next few months. Mailing has already started. The new numbers will not be tied to your Social Security number. This will help to protect you against identity fraud. If you want to know when your new Medicare card was mailed, sign in to your MyMedicare.gov account. If you do not have a MyMedicare.gov account yet, visit MyMedicare.gov to create one.

**Tips from Medicare:**

- **Destroy your old Medicare card.** Make sure you destroy your old card so no one can get your personal information.
- **Start using your new Medicare card right away!** Your doctors, other health care providers and facilities know that it’s coming, so carry it with you when you need care.
- **Keep your other plan cards.** If you are in a Medicare Advantage Plan (like an HMO or PPO) or a Medicare Drug Plan, keep using that Plan ID card.
- **Protect your Medicare Number just like your credit cards.**
Join us for lifelong learning under a Partnership with California State University, Sacramento (CSUS) and the Renaissance Society. “An Introduction to Renaissance Society” will be held on Friday, August 31, 2018 from 9:00 am to 10:00 am.

Then select your choice of seminars: “Renaissance Rendezvous” will be held from 10:30 am to 12:00 noon.

A tour of the campus and class buildings will be held immediately following the Rendezvous (seminar sign ups are on August 31, 2018).

One membership fee of $100 covers all classes for the year, including all summer seminars at the Scottish Rite Temple. This seminar is normally held in CSUS Union; however, this one will be held at Scottish Rite Temple, 6151 H Street while the Union is under renovation. Parking at the Scottish Rite Temple is free.

An incredible deal! We enjoy full campus benefits, use of the student union and classrooms, Friday afternoon" Forum" (where outstanding leaders of this region speak), professors of renown introduce their innovative subjects; plus access to Library lectures and campus art shows, plus many more opportunities.

We are gearing up for an exciting academic year and look forward to greeting everyone on August 31! Continuing education at its best!

Questions: Check http://www.csus.edu/org/rensoc or Rensoc@csus.edu

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Carol’s Travel Corner

Travel is fun, educational, exciting & rejuvenating!

It does not matter if you travel a few miles or around the world. What inspires one person is not the same for everyone. With this travel section, I would like to share some experiences from members, pass along some travel tips, information and fun ideas. So please send me your stories and tips for our members. My email is maui-summers13@gmail.com.

Remember, summer is a great time to travel with the grandchildren but is a busy and hot time of the year. If you want less crowds, better prices and availability, look to plan your trip for the Fall months.
June 11, 2018 General Membership Meeting Action
By Linda Kimura, Nominations Committee

The annual Board of Directors Election was held on June 11, 2018. There were five positions up for election. Four of the five incumbents submitted letters of interest for a full 3-year term beginning on July 1, 2018. A fifth letter of interest was also received. The slate of five was approved by a unanimous voice vote of SCREA Members present at the General Membership meeting.

Incumbent Board Members who were re-elected are Terri Colosimo, Nancy Gust, Susan Shaughnessy and Carol Summers. The Board appreciates their past contributions to SCREA and their continued interest to serve. They each have brought various skills and talents enriching the management of SCREA.

SCREA’s newest Board member is Rolfe Appel. Rolfe retired from the Sacramento County Sheriff’s Department in October 2006 after 28 years of service. Rolfe is very active in retirement. He continues to serve Sacramento County as a Reserve Deputy, teaches criminal justice courses at Sacramento City College, and serves as the Secretary/Treasurer for the Kiwanis Club of Elk Grove. He also was an elected official on the Southgate Recreation and Park District Board of Directors.

SEE’S CANDY CERTIFICATES
By Nancy Gust, Program Chair

Once again we will be offering the certificates for sale at the picnic. At the picnic you may pay with a check or exact cash only, no credit cards. Due to an increase in cost each certificate is now $17.25 each.

In order to have enough certificates please let me know by August 31st how many you would like to buy. Send an email to njgust@hotmail.com

Here we are Niagara Falls! As you can see, my husband Ed, daughter Corinn and I are soaking wet! We just got off the “Maid of the Mist” boat tour which cruises around the falls. We went in the evening, so after the sun went down, the Falls were lit up in different colors. They were massive and gorgeous! Then we drove to Harpers Ferry, W. Virginia and did day trips to D.C., Gettysburg and two battlefields. Since we’re on a road trip with our trailer, we’re now off to Nashville and Memphis, Tennessee where we will tour the RCA Studios, Graceland and other places on the way back home.

So, this News Briefs has traveled through many states.

Your Editor, Pamela Thomas
For our June Luncheon and General Membership Meeting, we returned to the Dante Club. Everyone had a nice lunch and we had fun with the raffle prizes. This year the Annual Kiyoshi “Pat” Adachi Picnic will be returning to Mather Lake Regional Park off Zinfandel Drive. (See directions below)

The menu will include: Boneless Chicken and Pork, Mango Rice with vegetables, green beans with mushrooms, basil pasta, mixed green salad and cookies for dessert. For the Vegetarians there will be Vegetarian lasagna and baked vegetable tamales. Water and soda will be provided by SCREA.

Cost will be $15.00 for Members and $20.00 for Non-Members.

The Health Department regulations do not allow the caterer to release any leftover food at the end of the picnic. Seconds will be allowed after everyone has been served. Everyone must complete the reservation form found on the back of this News Briefs. The deadline for reservations is Monday, August 27, 2018. If you put your check in the mail close to or on the due date please email njgust@hotmail.com or call me at (916) 725-6752 so I can have the correct count for the caterer. All meals given for the final count must be paid for. Cancellations may be made up to the reservation deadline of August 27, 2018.

Parking: Everyone will have to stop at the table by the parking kiosk so we can give you a parking pass before you park. We will also give you your registration packet.

Directions to Mather Lake Regional Park Grove are as follows:

From Folsom, CA (Hwy 50)
Take Hwy 50 and exit at Sunrise Blvd. Turn left at top of ramp. Continue on Sunrise Blvd for approx. 4 miles then turn right on Douglas Rd. Continue on Douglas Rd for approx. 1 mile and turn left onto Zinfandel Dr. Look for entrance and signs on the left.

For those traveling South on Sunrise Blvd.
Continue on Sunrise Blvd across Hwy 50, past Folsom Blvd. After you pass Folsom Blvd, your four mile counter starts and follow the directions above to turn right on Douglas Rd, then left on Zinfandel Drive.

From Hwy 99 or Hwy 80
Take your respective freeways to Hwy 50 and head towards Placerville/Lake Tahoe. Once you are on Hwy 50 you will take the Zinfandel Drive Exit and turn right. Follow Zinfandel Drive until you pass Douglas Rd. Park entrance will be on your left.

For all drivers - If you get to the golf course you went too far.
If you move, there are **2 very important** places to contact.

First, inform the Retirement Office (SCERS) in writing of your new address so you won’t miss receiving your pension check! Their address is 980 9th St. Suite 1900, Sacramento, CA 95814-2739.

The second is SCREA. Please complete the form shown here and forward it to SCREA at the address on the form so you can continue receiving your quarterly News Briefs.

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**Change of Address, Telephone or Email?**

Please fill out and mail this notice to:

SCREA Change of Address, P.O. Box 573, Fair Oaks, CA 95628

Name:________________________________________________
New Address:__________________________________________
City_______________________________State:__________________
Zip:_______________Telephone:__________________________
Email:________________________________________________
Effective date for change:_________________________________
ANNUAL KIYOSHI “PAT” ADACHI PICNIC
MATHER LAKE REGIONAL PARK (ROTARY GROVE)
RESERVATION FORM

Member’s Name:_________________________________________   Phone: _____________________
Member’s Name:_________________________________________   Phone: _____________________
“New” e-mail addresses ONLY: ______________________________________________________
Non-Member’s Name:_______________________________________   Phone: _____________________
Non-Member’s Name:_______________________________________   Phone: _____________________

# _______ Members Boneless Chicken/Pork $ 15.00
# _______ Member Vegetarian Lasagna/Baked Vegetable Tamales $ 15.00

# _______ Non-Members Boneless Chicken/Pork $ 20.00
# _______ Non-Members Vegetarian Lasagna/Baked Vegetable Tamales $ 20.00

TOTAL CHECK ENCLOSED __________________

NO FOOD MAY BE TAKEN HOME FROM THE EVENT BECAUSE OF HEALTH AND SAFETY REGULATIONS

RESERVATION DEADLINE: MONDAY, AUGUST 27, 2018

PLEASE NOTE ON YOUR RESERVATION FORM IF YOU HAVE SPECIAL DIETARY NEEDS. ALL CANCELLATIONS MUST BE CALLED IN BY THE RESERVATION DEADLINE (08/27/2018). PLEASE DO NOT SEND CASH. SEND THIS FORM AND A CHECK PAYABLE TO SCREA, TO P.O. BOX 573, FAIR OAKS CA 95628