



NEWS BRIEFS

Published Quarterly by
SACRAMENTO COUNTY RETIRED EMPLOYEES ASSOCIATION
Post Office Box 573, Fair Oaks, CA 95628
www.saccountyretirees.com

2021 Winter Issue

Pamela Thomas, Editor



PRESIDENT'S MESSAGE

By Randal Angeloni, President

Hello SCREA members! SCREA is now having in-person meetings and had our fall picnic. I want to thank everyone who participated. I want to especially thank Supervisor Don Nottoli for attending. Supervisor Nottoli has been on the Board of Supervisors as long as I can remember and I'm old. Thank you, Mr. Nottoli, for your dedicated service to the residents of Sacramento County and its employees. It was also very enjoyable to see everyone again (in person). The fall California Retired County Employee Association CRCEA conference will be held in November in Long Beach. Nancy Gust, our Vice President will be there. Thank you, Nancy. She is a dedicated Board member who always performs when asked.

There was a time I thought the Covid-19 restrictions would never end. The Delta version of Covid is still very contagious and killing people, mostly the unvaccinated but not all. My wife and I have received our Covid-19 booster and hope you will as well.

The Holidays are fast approaching. In my house autumn has unloaded already. I know this because my home is overwhelmed with 'Halloween' and 'Thanksgiving' decorations. Christmas is right around the corner so 'checkbook' beware. We (SCREA) plan on having our Holiday luncheon on December 17, 2021 at the Hilton Hotel. I hope to see you there.

The last 18 months have been challenging but they also gave us an opportunity to try new things. I for one have taken numerous investing classes (on-line) and have even made a little money in the process.

When I was 18 years old, we were in a war in Vietnam. I went out of duty and loyalty to my country. That war lasted a long time and we were not ultimately successful. When we got out it was very disruptive to the Vietnamese people and the American public. I find that extricating ourselves from another long war in the middle east is just as disruptive. After not learning from Vietnam, we were destined to make the same mistakes in the Middle-East. In my opinion it was inevitable. I pray we stay out of war, invest in America and stay prosperous as we go forward.

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Remember!
Change your
clocks on
November 7



SCREA extends our deepest sympathy to family and friends of retirees listed below. This list identifies those reported in July thru September 2021

William E. Anderson, Health & Human Services
 Mary T. Baker, Social Services
 Donna Bates, Probation
 Charles Best, UCD/MED
 Dorothy Campbell, Public Works
 Marsha Canales, Health
 Robert Canfield, Sheriff
 Marda Chow, Human Assistance
 Janet Clary, Assessor
 Mary Conde, Chief Appraiser
 Deborah Conto, Health & Human Services
 Theodore Cornelsen, Airport
 Gaylen Crane, Voter Reg & Elections
 Terrence Cummings, Probation
 George Cunningham, Human Assistance
 Lisa Dare, Human Assistance
 Marion Douglas, Personnel Management
 Edwin Ekdahl, Municipal Services
 Marvin Fletcher, Probation
 Sherri Goldberg, Human Assistance
 Rose Hart, Treasurer/Tax Collector
 Floyd Henderson, Jr., Probation
 Paul Jastraub, Public Works
 Lonnie Johnson, Florin Fire District
 Jordice Kaiser, Human Assistance
 Joyce Keema, Public Works
 Robert Keldgord, Probation

Katherine Kinney, Health & Human Services
 Floyd Lee, Sheriff
 Donald Macon, Medical Systems
 Kenneth Martin, Sheriff
 Ronald Middlekauff, Probation
 Theodore Mills, Human Assistance
 John Pettit, Sheriff
 Carol Posey, ISA Personnel Services
 Wesley Pyevach, Marshall
 June Ransdell, Municipal Court
 Charlene Rasmussen, OCIT
 Cyrus Rickards, Public Defender
 Allen Robinson, Public Works
 Glennys Sorensen, Human Assistance
 Ann StoryOusley, Health
 Dorothy Sudria, Assessor
 Jacqueline Swaback, Probation
 Ramona Swaney-Simmons, SCERS
 Audrey Tamblin, OCIT
 Robert Tucker, Human Assistance
 Franklin West, Probation
 Mary West, Health & Human Services
 Brian Westmoreland, District Attorney
 Annalue White, Human Assistance
 Donna Wolff, Probation
 Merle Wright, Board of Supervisors
 Lucille Yokota, Health & Human Services



The surviving spouse of a member is eligible for SCREA membership. The application is on our website at www.saccountyretirees.com/forms. For enrollment assistance, please contact Sue Murray, Chair, Membership Committee at msmurray03@gmail.com or at 916-359-6394.

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

If you know of a member who would be cheered by receiving a card from SCREA, you may contact Jane at 916-786-6502 or at districtfiveretired@yahoo.com.

For your information and convenience, below are some important phone numbers and addresses:

SCERS:

916-874-9119, 980 9th Street, Suite 1900,
 Sacramento, CA 95814-2739

Employee Benefits Office:

916-874-2020, 700 H Street,
 Sacramento, CA 95814-2739

SCREA's Board members are listed on the back page of this newsletter.



WELCOME NEW SCREA MEMBERS!

Barbara Adams, General Services
 Jean Adair
 Josephine Albright
 Rachel Alcaraz, Comm Development
 Gena Alder, Juvenile Court Services
 Thongmaen Aleman
 Joseph Aquino, General Services
 Raymond Armstrong
 Ronald Armstrong, Sheriff
 Dennis Arnal, Sheriff
 Ray Bartneck
 Albert Battimarco, Sheriff
 Pamela Bento, Consolidated Utility Billing
 Cynthia Besemer
 Terrence Blackford
 James Blackmarr
 Peggy Branson
 William Bray
 Ronald Brazell
 Vicki Brewer, Agriculture Commission
 Donald Bricker, Sheriff
 Occeletta & William Briggs, County Hospital
 Geretha Brown, Environmental Mgt.
 Timothy Brown, Human Assistance
 Bruce Brummett, Transportation
 Rosalyn Bryant, Clerk/Recorder
 James Campbell
 Joe Campoy, District Attorney
 Gary Carriger, District Attorney
 Diana Castro, Probation
 Charl Chapman, Social Services
 Mary Christians, Human Assistance
 Jade Yuk Ching Chu Lai
 Kenneth Clark, Sheriff
 Sophia Clark
 Susan Colbert, Sheriff
 Michael Coleman
 James Cooper, Sheriff
 Susan Craft, Sheriff
 Lisbeth Culver
 Karen Daly, Planning
 Souheila Daouk
 Susana Darling, Social Services
 Linda DaVeiga, Social Services
 Juanita Davenport, Sheriff
 Robin Davies, General Services
 Joseph & Paula Dean, Sheriff
 Thuy & Trang Do, Human Assistance
 Joseph Dodson, Airports
 Michael Dragges
 Betty Dues

Donald Duncan, Ag Weights & Measures
 Scott Eckert, Sheriff
 John Edmunds, Water Quality
 Phillip Ehler
 Susan Elliott, District Attorney
 Tom Elliott, Assessor
 Darlean Ellis, Superior Court
 Linda Etling, Health & Human Services
 Clark Fancher, Sheriff
 Brad Ferguson, Superior Court
 Richard Fernandez
 David Fletcher
 Edwin Fong, Sheriff
 Carol Fox, Family Court Services
 Eric Frye, Sheriff
 Max Garcia, Social Services
 Eileen Gary-El, Superior Court
 Ronald Gibbs, Assessor
 Mary Gillette, Child Support Services
 Brian Gorrell & Linda Paoli, Public Works
 Virginia Green, Child Protective Services
 Rick & Jan Griggs, Florin Fire District
 Jolane Guilford, Superior Court
 Ellie Hahn, Child Support Services
 Gregory Haislet, General Services
 Christa Hambly
 Cecelia Hangnguyen
 Juanita Harb
 Mark Harrington, Health & Human Services
 Pamela Harris, Public Health
 Debra & Scott Haymart, Sheriff
 Gale Haynes, Revenue Recovery
 Hazel Haynes, Human Assistance
 Michael Hazlett, Florin Fire District
 Phil Hill
 Linda Hirsch, Health & Human Services
 Trung Hoang & Mui Phun, Human Assistance
 Gary Huizar, Sheriff
 Bonnie Humpal, Child Protection Services
 Bruce Hunt, Sheriff
 Barry Hutchens, Public Works
 Eleanor Hutchinson
 Cristene Ingram, Health Services
 Reba & Otis Jackson, Child Support Services
 Olivia Jacobo, Human Assistance
 Michael Jones & Alene Sayles-Jones, Sheriff
 Ronald Jones, Water Quality
 Sheila & Foday Kamara, Special
 Thomas Kane, Sac Area Sewer District
 Deborah Kanner, Finance

Continued on page 4

WELCOME NEW SCREA MEMBERS! *Continued from page 3*

In & Jung Kim, Environmental Management
 Caryn King, Human Assistance
 Melvin Knight, Environmental Management
 George Lahargoue, Probation
 John Laino, General Services
 Larry Laird, Sheriff
 Donald Landall
 LaRee LaRose, Employment & Training
 Quan Le & Kathryn Gaines-Le, Human Assistance
 Kelli Ledbetter, Sheriff
 Jacqueline Lemaster, Sheriff
 Cecille Lewis, Sheriff
 John Lewis, Waste Management
 Vassa Lewis
 David Little, Sheriff
 Bonnie & Scott Loggins, Sheriff
 Nancy & Andrew Marshall, Health & Human Svcs
 Joi-Dell Maynard, Public Defender
 Kristine McCall, Public Guardian/Conservator
 Thomas McElheney
 Jayme McKnown, Probation
 Daniel Mendoza, Sheriff
 Richard Merideth, Sheriff
 Helen Meza, Human Assistance
 Judy Miller
 Peggy Mitchell
 Davina Moreno
 James Morris, Sac Reg Waster Water Treatment Center
 William Mullett, Human Assistance
 Deborah & Marc Myers, Sac Area Sewer District
 Donna Nelson
 Julia Nelson Child, Support Services
 Phat Thi Nguyen
 John & Sue Ann Nichols, Building Dept
 Katherine Nickerson, Child & Family Services
 Debra Nussbaum, Child, Family & Adult Svcs
 Phyllis Olivares, Health & Human Services
 Benjamin O'Neil
 James Ortega, Sheriff
 Scott Padgett, Sheriff
 Loida Pangilinan
 Carol Paris, Probation
 Donna Parker, Sheriff
 Manual Parra
 Phyllis Pena
 Miguel Perez
 James Perry
 Neil Peterson
 Yen Peterson, Human Assistance
 Gerald Philo, Sheriff
 Craig Pierini

Joy Pike & Crystal Barranti, Health & Human Services
 David & Candace Place, Regional Sewer Agency
 Michael Pruss, Assessor
 Jane Puleo, Public Works
 Carol Pulido, County Counsel
 Billy Quinn, Water Quality
 Kathryn Ratermann
 Harvey & Ester Reed, Water Quality
 Cheryl Reede, Human Assistance
 Edward Rios, Sheriff
 Bernardo Robledo, Jr., Public Defender
 Alida Rochon, Info Technology
 Lawrence Rodriguez, Building Inspection
 Maria Rodriguez & Hugo Pinon, Human Assist.
 Jan Rutenbergs, Public Works
 Mark Sabin
 Susan Saika
 James Salon
 Cindy Sawhill, Health & Human Services
 Richard Schanzenbach, General Services
 John Schardt
 Donald Schley, General Services - Fleet
 William Schroeder, Sheriff
 Llames Schubert & Diva Remedios, Transportation
 Karl Schulz
 John Scott, Public Works
 Donna Scranton
 Celia Servin, Child Protective Services
 Michael Shannon, Assessor
 Steven Sharp, Probation
 Dorothy Sherrard, Child Support
 Karen Sherwood, District Attorney
 Daniel & Tammy Shoeman, Transportation
 Rajendra Singh
 Edward Smith
 Gregory Smith
 Stephen Smith, Info Technology
 Gail Spruce
 Rosly Still
 Wendy Stinson, Health Services

Continued on page 5



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WELCOME NEW SCREA MEMBERS! *Continued from page 4*

Jeffry Sumner & Sonda Tozer-Sumner, Sac
Area Sewer District
Peter Tang
Mary Tarro, Health & Human Services
Judith Taxara, Sheriff
Sharon Telles, Sheriff
Sheila Tellez
Diane Telling-Rodriguez
Jody Tennis, Sheriff
Kendall Thompson, Probation
Michael Thurein, Sheriff
Toni Tino
Gildo Tournour, District Attorney
Henry Tran
Charlotte Triplett
Ninetta Urschel, Airport
Oscar Valencia, Human Assistance
Rufino Vallesteros
Mark Velarde
Diane Vonderlin
Cynthia Walden, Animal Control
Harold Walden
Diane Wall
Starlita Weubbe
James Williams, Sheriff
Patricia Williams, Health Services
Sue Wittorff, Child Support Services
Sharon Woods
Darryl Yates
Magdeline Zogopoulos, Health Services
Uma Zykofsky, Health & Human Services

Nominating Committee, Appointment of Board Members

The appointment of the following active SCREA Board Members was made by SCREA Board President, Randy Angeloni on September 13, 2021 at the Monthly SCREA Board meeting. The authority for these appointments is in accordance with the SCREA Bylaws, Article 7, Section 7.

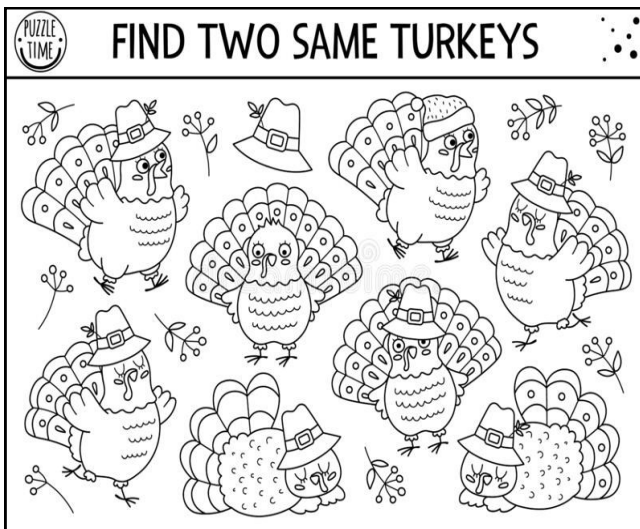
Rolfe Appel
Terri Colosimo
Nancy Gust
Carol Summers
RoseMary Vaske

At this time, there are no openings for Board positions but I would encourage any interested SCREA members to contact me of their future interest when a vacancy occurs. The term of office is for 3 years. Carol Summers mauisummers13@gmail.com

As of the October 2021 Board of Directors meeting, SCREA now has a total of **4,830 members**. Members consist of retired Sacramento County employees and/or their spouses.

The membership application for retirees and/or a spouse is available at SCREA's website, www.saccountyretirees.com/membership.

If you have any questions, please contact Sue Murray, Chair, Membership Committee at 916-359-6394 or at msmurray03@gmail.com.



ANNUAL SCREA HOLIDAY LUNCHEON

By Nancy Gust, Chair, Program Committee

DECEMBER 17, 2021, Friday 11:00 – 2:00 pm

We held our Annual Kiyoshi “Pat” Adachi Picnic at Mather Lake Regional Park. It was a beautiful day. Supervisor Don Nottoli joined us for lunch and a chat.

Please join us for our Annual Holiday Luncheon at the Hilton Hotel Ballroom
2200 Harvard Street, Sacramento, CA

11:00 a.m. NO-HOST BAR – 12:00 p.m. LUNCH

Raffle after lunch

The menu this year will include three (3) choices:

1. Chicken Picatta with Lemon, Capers and Beurre Blanc with Au Gratin Potatoes, or
2. Roasted Pork Loin with Caramelized Apples & Cranberries with Au Gratin potatoes, or
3. Butternut Squash Ravioli with Sage butter

Each dish comes with a Mixed Green Salad with a choice of dressings, Fresh Vegetables du Jour, wheat/white soft dinner rolls w/butter, fresh brewed coffee, regular or decaffeinated, hot or iced tea, water.

For dessert they will alternate a Chocolate Brownie with Caramel Sauce and a Lemon Blueberry Crumb Cheesecake.

COST: MEMBERS ARE \$20.00 AND NON-MEMBERS ARE \$ 44.00

Please let me know if you have any special dietary requests on your reservation form.

Please complete the reservation form found on the back of the News Brief and return by the deadline Wednesday, November 24, 2021. If you put your check in the mail close to or on the deadline PLEASE email njgust@hotmail.com or call me at (916) 725-6752 so I can have the correct count. All meals given for the final count must be paid for. No refunds after November 24, 2021

The door prizes will be provided by SCREA, the Sacramento Credit Union, John Descamp's Annual Christmas Gift Fund, the Lawrence Effinger Estate Fund and the Adachi Memorial Fund. John Descamp, former CEO of the Sacramento County Employees Retirement System, made donations to SCREA to fund \$500 worth of raffle prizes for the Holiday Luncheons. The Lawrence Effinger Estate Fund and Adachi Memorial fund are to be used for raffle prizes at all the luncheons. Special thanks to John Descamp, Sacramento Credit Union, the Lawrence Effinger Fund and the Adachi Memorial Fund.

Directions: Coming from Roseville on Hwy 80, exit at Arden Way 10A, turn right at light, right on Harvard Street, right into the Hilton parking lot. Coming from the South or Hwy 50 take Arden Way Exit 9B, keep left to take Arden Way W ramp, keep left and then a slight right onto Arden Way. Follow the above directions from Harvard Street on. Parking is free and is in front and on the sides of the hotel. If you must take a parking ticket you will not have to pay to exit, the arms will be up when we leave.



SEE'S CANDY SALES

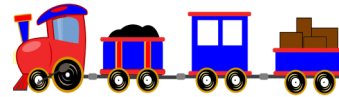
By Nancy Gust, Chair, Program Committee

At the SCREA Holiday Luncheon we will be selling See's \$25.00 gift cards at a discounted price of \$22.00. If you would like multiples, please email me (nigust@hotmail.com) and tell me how many you would like so I can be sure to have enough. It will be cash or check only. These gift cards can be used at any See's Candy Store.

You also have the option of taking your current pay stub to one of the See's Discount Stores to receive a discount. The stores are located at 10395 Folsom Blvd, Rancho Cordova, CA 95670 or 1009 L St, Sacramento, CA 95814. Your County discount is only available at these two stores.

VOLUNTEER FOR POLAR EXPRESS

By Pamela Thomas



The annual Polar Express train, sponsored by the California State Railroad Museum, is coming back after being gone for 2020. Starting Friday, November 26 trains will run Wednesdays thru Sundays until December 21, 2021.

Parents and their children may come in their pajamas to ride the Polar Express trains, while volunteers read the Polar Express story over a speaker system. **Cookies and hot chocolate will be served to those with tickets in the train station prior to boarding the train.** Various entertainers and dancers will perform in the station. Visitors to Old Sacramento can have their picture taken with Santa at the Eagle Theatre.

Hundreds of volunteers are needed to help the Polar Express run efficiently. Areas for volunteers include greeters; pre-board agents; cookie and hot chocolate servers; stroller and line monitors in the station; and many others. Volunteers are also needed to work at the theatre with Santa Claus.

Our Hospitality crew prepares and serves Polar Express volunteers a hot meal and snacks. Volunteers are also needed in Hospitality to help prepare some food and serve.

If you are interested in helping families and children enjoy the holiday spirit and having a lot of fun doing so, please contact the All Aboard Desk at allaboardparks.ca.gov soon to get on the schedule. **Christmas will be here before you know it!!**

The SCREA News Briefs is published quarterly. Information presented in our News Briefs is believed to be from reliable sources. No responsibility is assumed by SCREA, the Editor or the writers for inaccuracies in the articles published.

However, if you do see an error, please bring it to the attention of the News Briefs Editor, Pamela Thomas, at egishome@gmail.com.

UPDATE FROM THE EMPLOYEE BENEFITS OFFICE

By Donna Bonnell, Employee Benefits Supervisor

Over the past 18 months, we've all learned several lessons about taking care of our health. As the holidays approach, and family get-togethers occur, we'd like to encourage you to continue to stay healthy, be proactive and do not hesitate to use your medical provider's resources when necessary.

Here are the carrier contacts:

Carrier	Phone Number	Website
Kaiser Permanente	800.464.4000	www.kp.org
Sutter Health Plus	855.315.5800	www.sutterhealthplus.org
Western Health Advantage	888.563.2250	www.westernhealth.com
UnitedHealthcare	877.714.0178	www.UHCRetiree.com

Whether you are enrolled in the medical benefits provided by the County, or another carrier, please consider the following:

- Keep up with your annual check-ups. It's a great way to ensure you stay healthy;
- Consider getting a flu shot – generally, your medical carrier will provide the flu shot free of charge. Other locations, such as drug stores often provide the flu shot at little or no cost.
- If you do have any health concerns, connect with your doctor. Remember, almost all doctors can now schedule a “virtual” visit with you over the phone/computer. Don't put off a visit just because you don't want to visit their office.
- Keep up to date with your prescriptions – most providers/pharmacies have mail-order options and some even deliver. Check with your doctor's office/pharmacy to see what options are available to you.
- Eat healthy – one of the best ways to ensure we stay healthy is to eat healthy, giving your body the food it needs to enjoy each day. While the holiday season brings lots of great food, continue to eat sensibly and in moderation.
- Get plenty of rest - studies show that getting plenty of high quality sleep can counter-act stress that accelerates aging.

If you have any questions or need anything from the Employee Benefits team, just call us: 916-874-2020.

Stay safe, and enjoy the holidays!



Winter begins
December 21



Visit SCREA's website at www.saccountyretirees.com to get updated info and keep informed on various issues affecting County retirees. You can also read our newsletters and subscribe to receive emails when the website is updated.



Sacramento County's Gifts from the Heart Program Needs YOU!

What is Gifts from the Heart?

Founded in 1988, the Gifts from the Heart (GFTH) program is an annual holiday gift-giving program that provides gifts to children, teens, disabled adults and seniors. These clients are served within County programs, including Child Protective Services, Adult Protective Services, In-Home Supportive Services and the Public Guardian/Conservator, in the Department of Child, Family & Adult Services (DCFAS).

Can I volunteer with Gifts from the Heart?

Yes! Many of our volunteers are retired former Sacramento County employees, and assist with gift pick-up from sponsors, distribution, delivery, sorting, loading and unloading gifts during the first three weeks of December each year. Volunteers will be working in a warehouse near Folsom Boulevard and Power Inn Road for the three-week period. Scheduling is flexible and volunteers must be able to lift 30 lbs. or more with no physical limitation to bend or reach. All volunteers must pass a criminal background screening (at no cost to the volunteer), and should be willing to work as part of a team with community partner agencies, department staff, social workers and other volunteers.

How are Volunteers protected during the COVID-19 pandemic?

We are asking that all GFTH volunteers provide proof of full vaccination. We will also supply hand sanitizer and sanitizing wipes to maintain a clean environment. Masks will be required for all volunteers in close indoor quarters, as per County guidelines, and we will have access to Covid testing for all GFTH volunteers. In 2020 (pre-vaccine times!), we successfully managed the program without any volunteers testing positive – we can do it again! Jackson Properties also generously donates a larger warehouse space for the program, allowing plenty of room for physical distancing. Lunch will be eaten outdoors, weather permitting, and warehouse roller doors are kept open to allow for air flow throughout the warehouse.

How can I become a Volunteer with Gifts from the Heart?

Contact Tonja Edelman, GFTH Coordinator, at EdelmanT@saccounty.net or (916) 875-2027 for an application.

Where can I learn more about the Gifts from the Heart Program?

You can learn more about the program at our website: <https://dcfas.saccounty.net/Admin/VOL/Pages/GI-GFTH-Questions-Answers.aspx>.

SCREA members are always welcome to join us for our monthly Board meetings. All meetings begin at 9:30 am and are held on the first Monday of each month. If the first Monday is a holiday, the meeting is held the following Monday. Most of our meetings are held at the Rancho Cordova Police Department, 2897 Kilgore Road, Rancho Cordova.

How well do you know Xmas Songs? See if you know the next lyric line and find out.



1. **Jingle Bell Rock:** "Jingle bell, jingle bell, jingle bell rock. Jingle bells chime in jingle bell time. Dancing & prancing in Jingle Bell Square....."?
2. **Santa Baby:** "Santa baby, slip a sable under the tree for me. Been an awful good girl. Santa Honey, one thing I really do need, the deed to a platinum mine. Santa baby, so...."?
3. **Let it Snow:** "When we finally kiss goodnight, how I'll hate going out in the storm. But if you really hold me tight...."?
4. **Have Yourself A Merry Little Christmas:** "Here we are as in olden days, happy golden days of yore. Faithful friends who are dear to us...."?

Answers on page 11

*From your
SCREA
Board of Directors*



Moving?

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 will not miss receiving your retirement check! Their address is 980 9th St. Suite 1900, Sacramento, CA 95814-2739.

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

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(s) _____

New Address: _____

City _____ State: _____ ip: _____

Telephone: _____ Email: _____

Effective date for change: _____

Buy or refinance while rates are low.



Choose a Sacramento Credit Union home loan.

☒ Low rates
 ☒ Flexible terms
 ☒ Quick processing

Call (916) 444-6070 or visit SactoCU.org today!



EQUAL HOUSING OPPORTUNITY NMLS# 402645



An excerpt from a Medicare publication states "The flu shot is free for persons with Medicare, one shot per season, as long as you get it from a doctor or other health care providers (like senior center and pharmacies) as long as they accept Medicare."

Kaiser is now giving shots to members. According to their website, this vaccine is safe and will not give you the flu. Kaiser members do not need an appointment and the shot is free. Check their website at <https://mydoctor.kaiserpermanente.org/fornca/cold-and-flu/prevention#/prevention> for locations and times.

1. "...in the frosty air."
2. "...so hurry down the chimney to-night."
3. "...all the way home I'll be warm."
4. "...gather near to us once more."

Answers to Xmas Song Quiz





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Secretary Terri Colosimo 916-362-1229

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A. Jane Smith 916-786-6502
Barbara Smith, Past Pres. 916-684-5344
Carol Summers 808-269-1048
Jan Summers 916-927-5570
Pamela Thomas 209-912-4312
RoseMary Vaske 916-799-3354
Bob Weil 916-489-0247



2021 SCREA HOLIDAY LUNCHEON RESERVATION FORM FRIDAY, DECEMBER 17, 2021

Member's Name: _____ Phone: _____

Member's Name: _____ Phone: _____

"New" e-mail addresses ONLY: _____

Non-Member's Name: _____ Phone: _____

Non-Member's Name: _____ Phone: _____

_____ Member Chicken Picatta w/lemon, capers, beurre blanc, Au Gratin potatoes \$ 20.00

_____ Member Roast Pork Loin w/Caramelized Apples/Cranberries, Au Gratin potatoes \$ 20.00

_____ Member Butternut Squash Ravioli with Sage Butter \$ 20.00

_____ Non-Member Chicken Picatta w/lemon, capers, beurre blanc, Au Gratin potatoes \$ 44.00

_____ Non-Member Roast Pork Loin w/Caramelized Apple/Cranberry, Au Gratin potatoes \$ 44.00

_____ Non-Member Butternut Squash Ravioli with Sage Butter \$ 44.00

TOTAL CHECK ENCLOSED _____

RESERVATION DEADLINE: NOVEMBER 24, 2021