

RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY

Celebrating 60 Years of Service 1964-2024

The only officially recognized organization representing SB County Retirees



PRIME TIME

Volume 42, Number 9 June 2024 RESBCinfo@gmail.com

PRESIDENT'S COLUMN by Dena Smith

Greetings and good wishes to all my fellow RESBC members. It's June - the month of grads, dads, and brides. This month also marks the end of the RESBC program and fiscal year and the end of Year 1 of my 2-year term as your President. It's been a fun ride so far and I look forward to taking time this summer to take stock of what we have accomplished and begin planning for next year.

Welcome to this special 60th Anniversary Issue of *PRIME TIME*. Our organization is 60 years old and we want to take time to recognize and share the history and accomplishments of RESBC. We are an organization dedicated to

protecting our retirement benefits, providing services of value, hosting educational and informative activities and fostering social and economic well-being among our members. Much of what we value and enjoy with respect to our retirement benefits are the result of the dedicated efforts of this organization's founders. They gathered together in 1964 and fought against all odds to ensure that they, and future retirees, would have a reliable, livable pension benefit. Each and every one of us are beneficiaries of their efforts and we owe them a deep debt of gratitude.

Some 60 years later, we continue to benefit from their efforts, both individually and organizationally. RESBC has grown from 62 retirees attending the organizing meeting in 1964, to 209 members in 1966, 2,000 members in 2009, 2,500 in 2014 and now – 10 years later – our membership stands at nearly 8,000. We are an active part of a 20-county coalition of 1937 Act retirees - California Retired County Employees Association (CRCEA) - which has more than 180,000 members. We maintain partnerships with insurance providers to facilitate our members' access to information and programs that meet their needs. We cultivate our relationships with SBCERA and other organizations that share our interest in

the well-being of retirees, some of which have congratulatory messages included in this publication. Remarkably, all of this continues to be provided through the efforts of your all-volunteer RESBC Executive Board and Committee Members and your \$1.00 per month dues.

To properly acknowledge and celebrate RESBC's past, present and future, we are hosting a "60th Anniversary" pizza party on Monday, June 24, 2024. This will be a lunch event and space is limited, so be sure to RSVP early to guarantee your space. Meeting and RSVP details are provided elsewhere in this issue of *PRIME TIME*. We hope to see you there!

As a reminder, this is our final *PRIME TIME* for the 2023-24 year as the Executive Board goes dark in July and August. And, although the Board goes dark, summer is a great time to let us know you'd like to join one of our working committees as we begin planning

RESBC Board Members

Dena Smith, President
Virginia Adams
Deborah Barnack
Jack Burke
BJ Cruz
Yvonne Johnson
John Michaelson
Cheryl Napier
Ruth Stringer
Katrina Turturro
Janet Ward
Vere Williams
AB Brand, Treasurer Emeritus

**QUESTIONS REGARDING MEMBERSHIP OR ADDRESS CHANGES?
PLEASE CONTACT:
BJ Cruz, Membership
resbcinfo@gmail.com**

for the 2024-25 program year. Drop us an email at resbcinfo@gmail.com or give us a call at (909) 725-5140.

That's all for now. Have a safe and happy summer and I'll "See you in September" (1966 song by The Happenings. Google it.).

WHERE WERE YOU IN 1964?

Whether you were a newborn baby, or an adult, here are a few fun facts about 1964, the year RESBC was formed.

- ♦ The average annual income was \$6,000
- ♦ A single-family home cost \$14,500
- ♦ A car cost \$14,500
- ♦ Among the most popular shows on television were Bonanza, Bewitched, and The Fugitive
- ♦ The first Ford Mustang rolled off the assembly line
- ♦ Beatlemania gripped the nation
- ♦ Dr. Martin Luther King, Jr. received the Nobel Peace Prize
- ♦ Lisa, Michael, Susan, John, or Donna — you have one of the most popular baby names



HAPPY 60th ANNIVERSARY, RESBC!

We are pleased and proud to reprint the following article which first appeared in the April 2009 Issue of PRIME TIME, when our organization celebrated its 45th anniversary. It is a wonderfully complete look at how and why RESBC was formed and an opportunity for us to understand and appreciate the dedication and commitment this organization's founders and allies showed in their fight to gain access the retirement benefits and protections we currently enjoy.

On April 27, 1964 the association of the Retired Employees of San Bernardino County was organized when eight dedicated but disgruntled retirees met for lunch in the cafeteria of the YMCA that was located at Fifth and 'F' Streets in San Bernardino.

These eight were spurred to action as a result of an article that had appeared a week earlier in the San Bernardino Sun stating that Governor Pat Brown had signed into law a bill granting the benefits of Fixed Formula to all San Bernardino County employees retiring in the future. Those who had retired before this were not to be included in the benefits.

These retirees knew that a healthy surplus in the Retirement Fund had been accumulated during the past 20 years, with the help of deductions from their salaries. The percentage rate of future deductions was not to be increased. This legislation had been in the making for a long time and many of

these retirees, while active employees had worked hard for its passage. The purpose of this first meeting was to unite and try to do something about this injustice.

Temporary officers were elected. They were: V. W. "Bill" Frable, president; James Maschek, vice-president; Ethel McCaffery, secretary; and Eva Bemis, corresponding secretary. Feeling they needed legal advice, a private attorney was contacted. Attorney Robert Farrell donated his services. He advised them that under the law he did not believe they would be eligible for the Fixed Formula benefits. He offered to draw up a resolution petitioning the Board of Supervisors to grant Fixed Formula benefits.

On June 8, 1964 the first "official" meeting was held with 62 retirees and three guests present. Guests Hank Cortner of the San Bernardino County Employees Association (now SBPEA); Jack Wilson, employee representative to the County Retirement Board; and Ruby Wicker, Executive Director of Local 122 AFL, each spoke briefly and each offered support in the groups efforts, including needed legislation.

At a meeting on June 15, 1964 permanent officers elected were: Edward Howes, president; Eva Bemis, 1st vice president; P.A. Heinfelt, 2nd vice president; Ethel McCaffery, secretary; and Thelma McLain, treasurer.

At that meeting a letter was read from the County Counsel which stated that under present law (in 1964) current retirees

were not entitled to any benefits under Fixed Formula. A committee was appointed to ask the Board of Supervisors to request legislation to grant these benefits. State Assemblyman Stewart Hinkley was contacted and he agreed to sponsor a bill to amend the law to include those already retired. Assemblyman John Quimby agreed to co-sponsor the bill. State Senator Eugene Nisbet assured them he would sponsor the bill if it reached the Senate.

In February 1965, Assemblyman Hinkley introduced AB 156. The County Retirement Board expressed approval. The Board of Supervisors said they were neutral. The County Administrative Officer was actively working against the legislation.

AB 156 passed the Assembly on May 3, 1965 and was sent to the Senate Judiciary Committee. There was strong opposition to the bill and Hank Cortner of the Employees Association went to Sacramento to lobby for its passage, with the organization contributing \$100 to help cover his expenses.

The bill passed in the Senate and was sent to the Governor. Some members of the Board of Supervisors and the County Administrative Officer were urging a veto by the Governor. At that time, the retirees group went into action, sending a barrage of telegrams to the Governor and enlisting the help of local people influential in the Governor's party, County employees and others. Several County department heads came to their aid also. Sheriff

Frank Bland left a conference in Nevada and flew to Sacramento to confer with the Governor. The bill was signed into law and retirees were notified that the benefits of Fixed Formula would be added to their retirement checks on October 1, 1965.

The Retirement Act of 1937 had become effective in San Bernardino County on January 1, 1945. From that date until October 1, 1965, just over 20 years, San Bernardino County retired employees had not been awarded even one additional benefit. There was no organized retirees group and nothing had been asked for in all that time. Now there was an organization and it discovered that several other benefits had been signed into law and were now available.

Many of the retirees had been forced to retire because of age, ill health or disability. Many retirement benefits had been based on very low salaries, and incomes were far below the starvation level. Some Government Code sections were found that would now give some relief from these inequities. One code section allowed a minimum monthly retirement payment. Another section would permit a two percent (2%) cost-of-living increase each year. Committees were appointed and members diligently worked on these needs and submitted requests to the Board of Supervisors.

The organization grew and continued to work for the benefit of all retired County employees. By January 1, 1966 there were 228 retired employees receiving benefits under the Retirement Act of 1937. This organization now had 209 members. Forty-

five years later, RESBC has over 2,000 members and continues to grow.

Today, RESBC is still concerned with retiree benefits and works hard to keep its members in the know on matters that may affect them. Our Program Committees have worked hard these many years to obtain entertaining and educational programs. This has been an incentive toward the increase of attendance at our monthly meetings and a continued growth in membership.

We keep in touch with our members through our monthly meetings (except July and August) and through the monthly *PRIME TIME* newsletter which keeps all members informed of our many activities and actions on their behalf.

The original organizers of this association are no longer with us, but we truly appreciate their efforts in establishing a means for bringing together retired County employees and not only gaining many benefits during the years, but also extending friendship and consideration for those we have worked with in the past.

RESBC is a living legacy to those eight dedicated but disgruntled retirees who took on the system and ultimately won the benefits and recognition that we are enjoying today. Ladies and gentlemen, God Bless and many thanks.

Over the past 45 years, volunteers have taken on the task of being Historian to RESBC. It was through their efforts that we have a history of the Retired

Employees of San Bernardino County. Each and every one of those Historians is to be thanked for their dedication and excellent record-keeping.

RESBC has grown and prospered through the efforts of retired County employees who are proud of their many years of service and who have a strong sense of preserving the benefits that have been achieved and working for their fellow workers and future retirees. The volunteering of their time is what has made RESBC persevere for 45 years. And while at times they may be "disgruntled", they are still "dedicated". A big thank you to those individuals who, during the past 45 years, saw a need and gave freely of their time and talent. What the future holds for RESBC is up to each of its members – you have the talent and RESBC needs your time in order to continue to serve and succeed.

60 Years of Presidents RESBC

V.W. "Bill" Frable	4/27-6/15, 1964
Eddie Howes	1964-65
Eva Bemis	1965-66
Ruth Feuerstein	1966-67
Janet Martz	1967-68
P. A. Heinfelt	1968-69
Fay Hamilton	1969-70
J. Lyle Manion	1970-71
Francis Walski	1971-72
Madalene Broadbelt	1972-73
J. Walker Abbey	1973-74
Betty Eason	1974-75
Dr. Arthur E. Varden	1975-76
Pauline Cowdrey	1976-77
Dick Seay	1977-78
Dorothy Traver	1978-79
Virgil P. Parker	1979-81
John A. Gartner	1981-83
Edward B. Hamilton, Jr.	1983-84
Tony Valles	1984-86
Grace Hamilton	1986-88
Andree Disharoon	1988-90
Al Abrams	1990-92
Andree Disharoon	1992-94
George Kaenel	1994-96
Al Abrams	1996-98
Andree Disharoon	1998-00
Joel Martin	2000-06
Bob Glover	2006-08
Roderic J. Moers	6/23–10/7/08
Susan L. Shuey	2008-12
Thomas A. Potter	2012-14
Wes McDaniel	2014-16
Argie Brogdon	2016-18
Deborah Barmack	2018-21
John Michaelson	2021-23
Dena Smith	2023-

SYMPATHY CARDS are sent to families of our members whenever we are notified of a death. **GET WELL CARDS** are also sent to our members who are experiencing health problems.

Please call Janet Ward at 909-793-6113, or contact her via email at: tenja33@msn.com if you know of someone who would be cheered by receiving a card from RESBC.



HICAP is a non profit organization. They offer assistance to seniors in deciding which supplemental insurance is best for them to add to Medicare benefits.

Phone number is:
800-434-0222.

**RESBC has an
email address:**

RESBCinfo@gmail.com

***If you have questions,
suggestions, or
comments, please
let us know.***

***We would like to hear
from you!***



SBCERA is honored to congratulate RESBC on its 60th anniversary. We look forward to our continued partnership with RESBC in supporting all of our retired members now and well into the future.

SBCERA
San Bernardino County Employees'
Retirement Association

SAN BERNARDINO County

Resolution

**By unanimous consent of the Board of Supervisors,
the following resolution is adopted:**

WHEREAS, year 2024 marks the 60th anniversary of the **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** serving as the only officially recognized organization by San Bernardino County, as well as other member organizations; and

WHEREAS, **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** is an independent, non-profit organization of retirees established in 1964 for the purposes of protecting the benefits of retirees from San Bernardino County and other member organizations on both the local and state levels; and

WHEREAS, as a voluntary non-profit association, the single goal of the **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** is to support and cherish the obvious need to maintain and improve quality of life during retirement; and

WHEREAS, **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** has a purpose to keep its members informed and knowledgeable about retiree issues and concerns; provide programs and information on topics that will give members insight into the challenges affecting retirees; and focus on benefits retirees have earned; and

WHEREAS, **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** constantly monitors and strives to protect retirees' benefits and has been recognized by the Board of Retirement as the organization to be notified whenever there is a change in any of those benefits.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors of San Bernardino County, State of California, does hereby applaud the **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY** for their service and providing its members with a strong voice in protecting public employees' retirement benefits by the exchange of information and through legislation.

BE IT FURTHER RESOLVED, that this resolution be noted in the minutes of this Board and a copy be presented to the **RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY**.


DATED: May 21, 2024


Dawn M. Rowe, Third District Supervisor, Chair


Jesse Armendarez, Second District Supervisor


Joe Baca, Jr., Fifth District Supervisor


Col. Paul Cook (Ret.), First District Supervisor, Vice Chairman


Curt Hagman, Fourth District Supervisor


Lynne Howell, Clerk of the Board of Supervisors

Col. Paul Cook (Ret.)
First District

Jesse Armendarez
Second District

Dawn M. Rowe
Third District

Curt Hagman
Fourth District

Joe Baca, Jr.
Fifth District

**NEW MEMBERS
(through April 2024)**

James L. Ambrose
Vivian Angel
Margaret A. Armijo
Lorie A. Autrey
Laura Baker
Diana M. Barham
Horace J. Boatwright
Christopher Boese
Sharon Bradford
Ted L. Byerly
Anthony Carriere
Dennis Carungcong
Erendira Cisneros-Sanchez
Mary Clark
Denise Collison
Lorrie A. Cook
Michael Curtiss
Susan N. Duran
Anthony Ellis
Jana L. Fedderly
Timothy V. Gaeta
Billy Gartside
Robert Gines

Victoria Gonzalez
Tamara Johnson
William Juarez
Juliet Keehan
Mansoor Khan
Michael L. Kissel
Philip Krause
Denise Little
Danny E. Lopez, Jr.
Holly R. Lowe
Peter R. Lugo
Matthew P. McKenzie
Kristina M. Maeda
Nicole Malone
J. Adrian Martinez
John McGarvey
Marleah Moore
Desiree L. Morris
Gary Morton
Timothy Nancarrow
Nancy M. Napier
Yolanda Perea
Beth Ann Raper
Gloria D. Romero
Scott Seeley
Kelly L. Skalet

Nicholas J. Slavick
Christopher L. Stangle
Kendall B. Taylor
Sheelamma Thomas
Rebecca L. Tintle
David J. Topping
Eduardo C. Tung
Marisa Valenzuela
Peter J. Vincie
Madelyn Viviano
Linda Walker Perez
Christopher G. Warrick
Daniel R. Whitten
Paul M. Wright
Cheryl L. Yeamans
Brett A. Zamora



If you have recently joined RESBC, and do not see your name, please keep watching. There is a time lapse between when you submit your payroll deduction paperwork and when we are notified you have joined us.

If you don't see your name after two months, please let us know.

We are always looking for other RESBC members who can join us in making this a great organization.

If you are interested in lending your time and skills to protect the interest of our retirees, just let us know!



Congratulations!

I want to thank and congratulate the Retired Employees of San Bernardino County for their 60 years of dedicated service to those county workers who have retired as public servants across our great county. The work you do to keep our retirees informed and supported is important and appreciated. Well done and congratulations!

– **Luther Snoke,**
CEO, San Bernardino County

Celebrating 60 Years of Service!

Congratulations to the Retired Employees of San Bernardino County (RESBC) on your diamond jubilee! Your dedication to supporting San Bernardino County retirees has not only strengthened our community but also set a benchmark for advocacy and care.

At My Senior Health Plan, we admire and echo your commitment to enhancing retiree life. Here's to continuing a legacy of service and empowerment!

Cheers to many more years of success and community support!



Get the most out of your Medicare insurance - contact us now at **877-255-6273** or **info@myseniorhealthplan.com** to see what programs and plans you are entitled to! Serving San Bernadino county and seniors nationwide!

**Your Partner in
Navigating Medicare**



www.myseniorhealthplan.com



sbcounty.gov/bosD3

On behalf of the Board of Supervisors, I want to recognize and congratulate the Retired Employees of San Bernardino County (RESBC) on their 60th Year of Service. Thank you for providing excellent service and advocacy for all our retirees. Not only do you provide critical information about benefits and programs, but also a vital platform for connection, support, and community.

As a Trustee for SBCERA, I care deeply about your financial security and will continue to strive to provide sound fiscal management and oversight to preserve SBCERA for current and future retirees.

Please accept my sincerest admiration and appreciation for all that you do. I wish you continued success and growth in the years to come and look forward to seeing you all soon!

Dawn Rowe
Chair, San Bernardino Board of Supervisors

TREASURER'S REPORT
April 2024

April 1, 2024 Balance Forward **228,571.64**

REVENUES

Dues	7,971.00
Meetings and Events	250.00
Interest	<u>38.52</u>
TOTAL REVENUES	8,259.52

EXPENDITURE

Travel	64.28
Administration	
Postage/P.O. Box	40.80
Cards/Letters	43.50
Newsletter	
Printing	3,397.90
Postage	2,022.00
Meetings and Events	
Meals	1,352.00
Other	<u>135.68</u>
TOTAL EXPENDITURES	7,138.71

April 30, 2024 Balance **229,692.45**

Checking Account	5,588.39
Savings Account	137,726.92
CDs	85,987.60
Petty Cash Fund	<u>389.54</u>
Total	229,692.45

PERB Reserve* **141,245.72**

Membership

Prior month	7,930
Current month	7,971
Growth	41

BUDGET

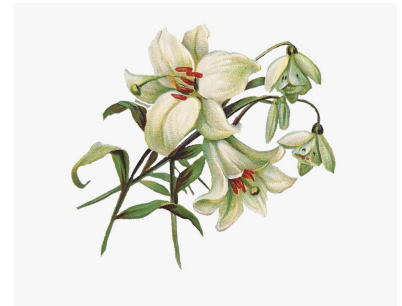


Katrina Turturro
Treasurer

*Preservation and Enhancement of Retirement Benefits (PERB): Reserve funding and/or expenditures to support educational and advocacy activities to protect and enhance pension benefits for RESBC members.

BEYOND RETIREMENT
(through April 2024)

Jorge Candelaria
Arlene Coleman
Joan Gage
Roy Gladwell
Edward Hammond
Gerald Jones
Viola Keith
James Lee
Renee Scott
Regina Williams



happiness
CAN BE FOUND
EVEN IN THE
darkest
OF TIMES,
IF ONE ONLY REMEMBERS TO
TURN ON THE
light



CONGRATULATIONS

RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY Celebrating 60 Years of Exceptional Service and Commitment

Dear Esteemed Members of RESBC,

As you mark a momentous milestone, it is with immense pride and the deepest admiration that we extend our heartfelt congratulations to you on the 60th anniversary of RESBC. For six decades, your unwavering dedication has not only enriched the lives of county retirees but also set a benchmark of service and community for all those you support.

From humble beginnings to a formidable force of advocacy and assistance, RESBC has stood the test of time, growing in strength and purpose. Through the passing years, your commitment to fostering a network of support, sharing invaluable wisdom, and advocating for the rights and benefits of retirees has not faltered. You have created more than just a community; you have created a legacy. The positive impact of your work resonates in every life touched by your initiatives, and every sigh of relief from those who've received guidance in their time of need.

As you celebrate this occasion, it is not just the years in service we applaud, but the quality, the passion, and the heart with which you served. Here's to standing on your shoulders, the challenges we continue to overcome, and the bright future that lies ahead. May the next chapters of your remarkable organization continue to be filled with the same spirit and care that have characterized the last sixty years.

Please accept our profound appreciation for your dedication to our county's retirees. May RESBC continue to thrive and inspire for many years to come.

With warmest regards and respect,

Shannon Dicus, Sheriff
San Bernardino County

THE FUNDING RATIO: WHAT DOES IT MEAN?

Dawn Stafford
Trustee, SBCERA

Retirees frequently ask me what SBCERA's funding ratio is. I give them a number, currently 84%, but there is more to know. When I saw the SACRS Spring Conference agenda with the topic "The 80% Funding Myth", I knew I should go, and that it could be material for an article – which is not always easy to come by.

Todd Tauzer gave the presentation. Todd is a Senior Vice President and Actuary at Segal and also their National Public Sector Retirement Practice Leader. Segal is SBCERA's actuary. Before Segal, Todd worked for S&P Global Ratings, and was a senior pension actuary at CalPERS. He serves in various national leadership roles for pensions, and works primarily with major city, county, and state retirement systems on the West Coast.

For analyzing public pension plans, focus centers on the funded ratio because it is easy to identify. There was a myth that 80% or higher is healthy and lower than 80% is unhealthy, but that is really just a quest for unattainable simplicity.

To know what the funded ratio means you must understand how a plan got to its funding level and what decisions went into that.

Funded status is used in the valuation; funded ratio appears because people demand it. The funded status, or position, is assets minus liabilities. Assets can be market value of assets or an actuarial value of assets. Liability valuations may be the actuarial accrued liability, a termination liability, or a low-default-risk obligation measure (LDROM). If you're trying to compare funded ratios, you need to know which of those are being used in the funded status. You also need to know the fund's trajectory.

Here's an illustration:

Which plan is better? Plan A @ 73% funded ratio, or Plan B @ 82% funded ratio. Without other information, you'd say Plan B, right?

Now, let's look at the trajectory.

Plan A has gone from 24% in 2019 to 73% in 2024. Plan B was 132% funded in 2019 and is now 82%. Obviously, the trajectory of Plan B is terrible, while Plan A is trending in a positive direction.

So, using funded ratio without context can be misleading. The reality is that the funded ratio is helpful in identifying where a plan is at a single point in time. It is subject to the ups and downs of economic cycles, and it is heavily based on actuarial assumptions and cost methods. "It is easily used, and easily misused."

The funded ratio is much more useful if you have a good understanding of what's behind the scenes:

- Degree of conservatism/accuracy in actuarial assumptions
- Strength of (and adherence to) funding policy
- History of benefit provision changes
- Size of unfunded liabilities relative to financial size of plan sponsor(s)
- Financial health of plan sponsor(s)
- Investment strategy and level of investment volatility
- Projections of funding and contribution trajectory

What does 100% funded mean? It means you're "on track". You'd stop having to make payments on any unfunded liability, so the contribution rates would be reduced to just the normal cost. Normal cost is the contribution necessary to pay for the benefit earned each year.

Principles for sound pension funding:

- 1) Healthy governance.
 - a) Structure and culture where politics take a back seat for the ultimate goal
 - b) Supports intergenerational equity as much as possible
- 2) Realistic assessment of liability
 - a) Transparent, unbiased, prudent assumptions
- 3) Effective required contributions
 - a) Amortization that identifies, tracks, and eliminates unfunded liability
 - b) Contributions are consistently met in full

The great news is that SBCERA is "on track". We have a healthy governance structure and a high functioning Board. We use the actuarial assumptions that are sound and recommended by our independent actuaries. Contributions are consistently paid in full.

There are always many things to do when you move to a new address. One of the most important is to let the Retirement Board know your new address so you won't miss receiving your pension check. On their change of address form is a place for you to sign that authorizes them to release your new address to RESBC.

It would also be wise to send RESBC a letter, or postcard, telling us directly that you have moved. Mail changes to: RESBC, PO Box 136, Highland, CA 92346.

CONGRATULATIONS

On behalf of Consolidated Fire Agencies (CONFIRE), we would like to congratulate the Retired Employees of San Bernardino County (RESBC) for their 60 years of service to the SBCERA employees. We are thankful for RESBC's unwavering commitment in ensuring that our retiree's benefits are protected, while promoting their welfare and social well-being. CONFIRE is also grateful that RESBC keeps its members informed and knowledgeable about retiree issues and concerns, creating a more sustainable retirement atmosphere. Thank you for your service.

Respectfully,

Nathan Cooke

Nathan Cooke
Interim Director CONFIRE.



CONGRATULATIONS

Congratulations on reaching a remarkable milestone – the 60th anniversary of your respected organization! Over the past six decades, RESBC has been a source of support and camaraderie for retired employees of San Bernardino County, providing invaluable resources and fostering a sense of community. Your dedication to serving the retired employees of San Bernardino County is truly commendable.

As you celebrate this significant anniversary, we honor those who established the foundation of RESBC, the leaders who have guided its path, and every member who has contributed to its success. Your collective efforts have made RESBC what it is today – a testament of unity and the spirit of service.

Here's to many more years of making a difference in the lives of retired employees! Happy 60th Anniversary, RESBC!

Michael Bowers
HR Director

Congratulations on 60 years!
We look forward to many more!

Voya Financial is proud to support RESBC.

At Voya Financial, we believe part of making futures brighter means supporting the organizations that enrich the lives of us all. We're dedicated and proud to support you.

Contact us for more information.

George Peterson, Financial Adviser
Bob Tan, Financial Adviser
Catherine Mattingley, Financial Advisor
Salli Wells, Investment Adviser Representative
Voya Financial Advisors, Inc.
1030 Nevada St. Suite 203
Redlands, CA 92374
(909) 748-6468

Investment adviser representative and registered representative of, and securities and investment advisory services offered through Voya Financial Advisors, Inc. (member SIPC). CN3567380_0526

PLAN | INVEST | PROTECT



No Kids to Rely On? Seven Things Solo Agers Must Do Now

If you don't have children or a support system of close friends nearby, you face some special challenges. For peace of mind, answer these seven questions.

Contrary to popular belief, effective planning for solo aging extends far beyond legal paperwork and financial power of attorney arrangements. A solo ager is an older adult without the support of adult children or close family members, either by choice or circumstance, as defined by Ailene Gerhardt, a solo aging educator and founder of NavigatingSolo.com. Of course, solo agers need to consider how to structure a financial power of attorney (POA) with their financial adviser or elder law attorney. But that's far from their only concern.

To empower my clients who are aging solo, I pose critical questions to kick-start their planning process. It's about ensuring a sense of security and peace of mind. Below are the seven questions I ask, accompanied by the proactive approach I recommend for my clients.

1. Who will you call if you have an emergency at 2 in the morning?

When I ask my clients this question, it usually jump-starts their thinking about planning as solo agers. All older adults need a team of people around them as they age, especially solo agers.

Solo agers need to build a network of professionals, neighbors and possibly extended family members who can check in on them daily. It's about fostering a community and sense of connection. Location is key: Having someone nearby who can pick up groceries or shovel snow makes a huge difference for solo agers.

2. Do you know where to begin planning for a solo retirement?

I empower my clients to consider key aspects of solo aging planning, including legal matters, health care needs, long-term care planning, housing and transportation choices, support networks, strategies for living an engaged life and finances. Each solo ager may already have strengths in these areas, or they may need to work on building their capacity by taking the next best step.

Resources like the Life Plan Assessment or the Solo Aging Plan Checklist are good places to start.

3. What local professional resources do you have?

It's important to assemble a team of professionals capable of filling the support roles traditionally held by family members. That team may include an elder law attorney to handle legal matters, a patient advocate or geriatric care manager to oversee health care decisions, financial professionals to manage financial affairs and neighbors or friends in town who can help in a crisis.

If your health is declining, then starting with a care manager or patient advocate may be your most pressing need. Next, if solo agers haven't updated their will or trust in the last decade, then I advise them to start with an elder law attorney.

4. What financial documents do you need?

A durable power of attorney gives someone selected by the solo ager the authority to manage their finances if they cannot do so or want help. In contrast, a limited power of attorney allows the person selected to make only certain decisions on the solo ager's behalf, such as paying monthly bills from their checking account. A third option is called a springing power of attorney, which doesn't take effect unless the solo ager is declared incompetent.

If solo agers die without a will, the state's laws prevail, which means distant relatives could inherit their assets. Note that legal documents drawn up online may not hold up in court, so working with an estate planning or elder law attorney is recommended.

5. What medical documents do you need?

At a minimum, solo agers need a living will to enumerate wishes for how they want to be treated in certain medical situations and ensure a trusted person is making other medical decisions. A health care proxy (also known as a health care power of attorney or an advance directive) gives a person designated by a solo ager the right to make medical decisions on their behalf if they can't speak for themselves.

Solo agers will need a medical release form to permit doctors to share information with the health care proxy. Investment advisers and financial institutions often have similar forms called a letter of diminishing capacity that allows them to contact doctors or trusted friends if they're concerned about a solo ager's competency. Additionally, paperwork like a POLST (physician order for life-sustaining treatment) or a MOLST (medical order for life-sustaining treatment) — ensures that emergency clinicians know a solo ager's wishes regarding life-saving requests.

6. What should you do if you hadn't planned on being a solo ager but now find your situation is changing?

Some of the best advice on this topic is from Joy Loverde, a senior living expert and author of 'The Complete Eldercare Planner and Who Will Take Care of Me When I'm Old?' Joy shares, "If you realize that your circumstances will mean that you will become a solo ager, starting as early as possible is important to plan for the future. That includes planning for your financial, emotional and physical well-being. Planning for solo aging is much easier and far less stressful if done *before* a crisis." Today is the best day to start planning.

7. Do solo agers need to go it alone?

No. Solo agers don't have to navigate their journey alone. In reality, a growing community of solo agers is forming online and in person, providing invaluable support and resources. Some websites, like Sara Zeff Geber, Nancy Ruffner, Carol Marak and Steve Gurney's Positive Aging Sourcebook, offer valuable insights and connections for solo agers.

Planning for solo aging requires attention to detail and proactive steps to establish a comprehensive support network and financial framework. By addressing these critical aspects, solo agers can navigate their retirement years with confidence and security.

by Thomas C. West, CLU®, CHFC®, AIF® (www.kiplinger.com)

RANDOM FACTS - DID YOU KNOW?

- FDR's portrait was on the dime because of his association with the March of Dimes charity.
- While they are hibernating, bears do not urinate. Their bodies convert waste into protein.
- Gummy bears were originally called "dancing bears."
- New Zealand has more cats per person than any other country in the world.
- The hagfish is the only animal that has a skull but no spine.
- People weigh less if they stand at the equator than if they stand at the North or South poles.
- At their closest points, the U.S and the Soviet Union are over 2 miles (3km) apart.
- The yo-yo was originally a weapon used in the Philippine jungle.
- Victor Hugo's novel *Les Miserable* contains a sentence that is 823 words long.
- Alexander the Great was the first person to be pictured on a coin.
- Shoes that were specific to left and right were not made until the Civil War.
- Lightning kills about 10,000 people a year worldwide, more people than tornadoes or flooding.
- At an average of 15 breaths per minute, we take about 400 million breaths during a lifetime. This is equivalent to about 53 million gallons of air.
- The shiniest living thing on earth is the Pollia Condensata, an African fruit.
- The bee hummingbird drinks from up to 1,500 flowers a day.



Retired Employees of San Bernardino County 60th Anniversary Celebration!

Come One!!! *** Come All!!!**

Event Sponsored by RESBC

**Monday, June 24, 2024 - 12:00 – 2:00 PM
American Legion
814 Colton Ave, Redlands**

Pizza, Fruit Tray, Vegetable Tray, and a BIG Cake

60's Trivia Games - Chances to win prizes

Hear RESBC's history and get a glimpse of its future

**Please RSVP by June 18, 2024 via email to
resbcinfo@gmail.com; or call 909-725-5140**

Space Limited

First 60 will definitely be admitted

RETIRED EMPLOYEES OF SAN BERNARDINO COUNTY

P.O. BOX 2323
SAN BERNARDINO CA 92406-2323

RETURN SERVICE REQUESTED

DATED MATERIAL

RESBC MISSION STATEMENT

As a voluntary non-profit association, the singular goal of the Retired Employees of San Bernardino County (RESBC) is to support and cherish the obvious need to maintain and improve our quality of life during retirement. The focal points of RESBC are to: keep its members informed and knowledgeable about retiree issues and concerns; provide programs and information on topics that will give members insight into the challenges affecting seniors; and focus on benefits retirees have earned, and, in the process, foster friendship and positive relationships among all retirees.

NOTICE: The information presented in *PRIME TIME* is believed to be from reliable sources. However, no responsibility is assumed by RESBC, the Editor, or the writers, for inaccuracies in articles published.

Privacy Statement:

RESBC is very aware of the need for the privacy of its members and is committed to protecting your personal information. The only information RESBC has about you is your name, mailing address, and payment of membership dues. RESBC does not sell or share our member list. RESBC does not disclose any of this information about our members to third parties. The companies with which RESBC does business, such as Berg Print & Mail (for printing and mailing *PRIME TIME*), and Pacific Group Agencies (supplemental insurance), are obligated to keep your information confidential.

Spouses of deceased RESBC Members are eligible to become Associate Members of RESBC.

If you would like more information, please contact our Membership Chair, BJ Cruz, by writing to P.O. Box 136, Highland, CA 92346, or via email: resbcinfo@gmail.com 909-725-5140

PRIME TIME is published monthly from September through June (with a combined December/January issue) by Retired Employees of San Bernardino County, P.O. Box 2323, San Bernardino, CA 92406-2323. Email: RESBCinfo@gmail.com

Please send changes of address to the address above.

Monthly dues are paid by payroll deduction only. For information and/or a payroll deduction form, please contact:

BJ Cruz, Membership Chair
resbcinfo@gmail.com
909-725-5140

Dena Smith
President, RESBC
dena_smith@sbcglobal.net
951-359-5386

PRIME TIME membership/mailling list
Contact: BJ Cruz at:
resbcinfo@gmail.com
909-725-5140

Virginia Adams
Editor, *PRIME TIME*
909-790-7199
lvlyva@msn.com