



www.crcea.org

THE INTERCOM

Newsletter of the California Retired
County Employees Association (CRCEA)
April 2021

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PRESIDENT'S MESSAGE

Well, here we are, moving into the Spring of 2021. What is with the cold weather we have been having. Is there sunshine coming? Are the flowers going to bloom?

Likewise, is this COVID pandemic finally going to subside? It seems like the vaccinations have been moving forward with the caseloads and the infections going in the right direction – down. As an aside, I was lucky enough to get an appointment and a 2nd appointment for my shots on the first try. It was at a community center and I waited 15 minutes before checking in the first time and walked right up the second time. I have heard so many stories of difficult scheduling, long lines, and rescheduling. I can only thank my lucky stars it worked for us.

With the statistics working in our favor, it appears that the loneliness that crept into our lives can hopefully become a thing of the past. Visits with family and friends (carefully) should now get us out of the “funk” that so many have been in and while getting back to normal is still on the horizon, there is light at the end of this tunnel.

With this progression toward some normalcy, everything in moving forward to our next scheduled conference in the fall of this year. The Fall 2021 Conference hosted by Los Angeles (RELAC) is coming together. It will be held in Long Beach on November 7-10, 2021. An opportunity for all of us to actually see and meet with each other once again.

In the last newsletter, I wrote that we would be having another election of officers because of the passing of the bylaws change that would stagger the terms of the officers on the Executive Committee and the staggering of elections that was approved by the delegates during our October meeting. In that message I indicated that “the

elections will include election of the President and the Treasurer”. That was obviously in error. That election took place last time and the elections this fall will be for the Vice-President and Secretary. So again, if there is a desire by any member to run for either of these offices, or any of the offices for that matter, now is the time to really think about it. You will have time to give it some thought, review the duties in the bylaws, and then get in touch with the Nominations Committee Chair, Will Hoag.

Here I go repeating myself once again. CRCEA is trying to bring the bylaws current and with the most up to date guidelines. The Executive Committee and the Bylaws Committee are asking that everyone take a look at the bylaws (they are on the website) and let us know if you see any problems or suggestions that need to be modified or deleted. Also, if you have a suggestion for something new, please let us know that. Thanks to those that have already taken the time to do so.

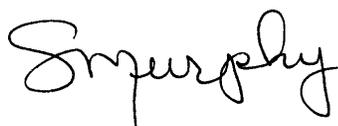
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Lately we have had some discussion about the CRCEA website and its use and benefit to the membership. In reality, the discussion seemed to center on the fact that it is minimally used, and generally only by local association leaders. With that belief, I am asking that you make your local membership aware of the CRCEA website. There is a lot of good information there, including a whole list of references that could be beneficial. We all are interested in what the local associations are up to, and there is the ability to post and read the newsletters from other associations. Here again, if you see a "glitch", or something that needs correction or improvement, let us know so we can take care of it. This is for all of us to use.

As I close, once again I want to urge you to be careful and stay safe, while at the same time keeping your mental health and your physical health in check. As we go deeper into 2021, things should be looking up. Clearly this organization could not be what it is without you.

Until next time.....



SKIP MURPHY, President



Good to Know

The following websites provides access to all manner of information pertaining to COVID-19, current county tier rankings in California, vaccine eligibility, appointments, etc.

www.covid19.ca.gov

www.myturn.ca.gov

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020. Please see link below for additional specifics:

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

Future CRCEA Conferences

There will come a day when, again, we'll be able to safely gather together. In that spirit, following is the schedule for the next several conferences:

Fall 2021
Los Angeles (RELAC)

Spring 2022
Orange (REAOC)

Fall 2022
Sacramento (SCREA)

Spring 2023
San Bernardino (RESBC)

Fall 2023
San Joaquin (RPESJC)

Spring 2024
Kern (REOKC)

WE HOPE YOU WILL BE ABLE TO JOIN US FOR GREAT INFORMATION, NETWORKING, AND, OF COURSE, FUN!



Help for Your Loved One

One of the cruelest aspects of dementia is the stigma that surrounds it, says Sarah Lock, AARP's senior vice president for policy and brain health. Feelings of shame or hopelessness can cause people to resist getting diagnosed, or to refuse treatment. Although there is currently no cure for Alzheimer's disease, "there's a lot that people can do to delay symptoms and improve their quality of life", Lock explains. "If people only knew about them, we could significantly save treatment costs, and we could save lives."

According to the Global Council on Brain Health, these six key behaviors can delay the onset of Alzheimer's and ease the course of the disease: maintaining social ties, challenging the brain, managing stress, exercising regularly, eating right, getting restorative sleep. For more information on building and preserving memory and cognition, visit www.aarp.org/health/brain-health

A healthy lifestyle alone doesn't resolve the challenges that dementia poses for patients and their families. AARP offers an online resource center (www.aarp.org/caregiving) for those caring for vulnerable loved ones. In partnership with the Alzheimer's Association, AARP created the Community Resource Finder (www.communityresourcefinder.org), with links to programs, events, medical services, and other kinds of assistance for dementia patients and their caregivers

AARP The Magazine - February/March 2021



**Don't forget:
CRCEA has a website!
www.crcea.org**

Associations are encouraged to send newsletters to Mike Sloan (mesloan1@aol.com) for posting on the website. All of us will then be able to enjoy articles of mutual interest.

Thank you!

**CRCEA
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