



AMCRE

ASSOCIATION OF MENDOCINO COUNTY RETIRED
EMPLOYEES

Post Office Box 903 • Ukiah, CA 95482

FRIENDSHIP • UNITY • STRENGTH • GROWTH



AMCRE PRESIDENT'S MESSAGE

Well summer has arrived with all the heat that we need. Remember to stay hydrated, drink lots of the liquids. Stay cool and enjoy the summer!

We are having our summer picnic at Tim and Claire Marsh's home this year, at their invitation. They say that we will have lots to do there, mow lawns, trim trees and bushes, cut firewood, or just read further on in the newsletter, and see that we will just show up drink whatever you brought to drink. Unless you just want water which will be provided. Then eat, chat with friends, and enjoy!

If you know of anyone that has not changed their AMCRE dues to \$2.00 as of yet, please ask them to do so.

I was in error at the meeting in May the dues increase from Sacramento CRCEA is \$.17 a month per person, to help pay for the conferences.

We are able to give out two scholarships this year. See you all at the SUMMER BBQ!

Tom Ingram

President/ CRCEA representative

SUNSHINE COMMITTEE

If you know of any of our members who could use a get well or sympathy card, email amcremendocino@gmail.com, with any details along with their correct names and addresses.
Thank you!

WELCOME NEW AMCRE MEMBERS

AS OF MAY 2024, 1,034 Members Strong!

RETIREE NAME	RETIREMENT DATE	Department	YRS OF SERVICE
Howard Coren	2/04/2024	Public Health	3
Stephanie Moore	3/03/2024	Superior Court	29
Michael Oliphant	3/03/2024	Planning & Bldg	26
Robert Roth	3/17/2024	Child Support	13
Barbara Svendsen	3/17/2024	BHRS-SUDT	19
Colleen Gorman	3/31/2024	BH&RS	16
Elizabeth Ingels	3/31/2024	DSS-FCS	24
Candace Prairie	3/31/2024	Social Services	17
De Ann Vau	3/31/2024	HHSa	17
Brian Hoy	3/31/2024	Environ Health	
Daniel Mazzanti	4/14/2024	General Services	
Robert Beltrami	4/28/2024	Informational Services	26
Bethany Keech	4/28/2024	Informational Services	34
Robin Simmons	4/28/2024	Social Services	5

ASSOCIATE MEMBERS

Karen Neal

CRCEA

Nothing to report as the last CRCEA meeting was cancelled.

AMCRE President/CRCEA Delegate

Tom Ingram

ISSUE HIGHLIGHTS .

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Prolong your life by 10 years

Below are the listed meeting dates for the Board of Directors and the General Membership for this year. These meetings are held the 2nd Monday of the month, unless the president changes a date. Board meetings are usually held at 12:00 p.m. at Slam Dunk Pizza. General Membership Meeting, places to be announced.

December 10

Availability of *The Connection*

MEMBERS CAN NOW RECEIVE *THE CONNECTION* VIA EMAIL! If you are a member who would like to receive AMCRE notices by email, along with *THE CONNECTION*, just contact us at amcremendocino@gmail.com and **let us know!** We are gathering requests from members with this preference and will include you too! If we do not receive an email from you, then *THE CONNECTION* will be mailed. Thank you!

Please help us contain costs and only request the print version if it's necessary. Be sure we always have current email addresses, phone numbers and addresses. Many newsletters bounced back via email and also some were returned by the Post Office for bad addresses, or expiring forwarding orders.

CAN YOU TRADE THAT PILL FOR FOOD OR

IF YOU MUST, HAVE BOTH.

One of the best ways to get all of your essential vitamins and minerals is the old-fashioned way: through a healthy, balanced diet (proteins, veggies, fiber and fluids).

Here's where you can find calcium, vitamin D and vitamin B12:

- **Calcium:** tofu, broccoli, collard greens, kale and various dairy products
- **Vitamin D:** yogurt, milk, fatty fish, beef liver, mushrooms
- **Vitamin B12:** poultry, meat, clams, dairy, eggs

Of course, follow your doctor's advice and check with the doctor before you add any new vitamins into your diet.

**I'VE BEEN TO A LOT OF PLACES
BUT I'VE NEVER BEEN IN CAHOOTS.
APPARENTLY YOU CAN'T GO ALONE,
YOU HAVE TO BE IN CAHOOTS WITH
SOMEONE. I'VE ALSO NEVER BEEN IN
COGNITO, EITHER. I HEAR NOBODY
RECOGNIZES YOU THERE. I HAVE,
HOWEVER, BEEN IN SANE. THEY
DON'T HAVE AN AIRPORT. YOU HAVE
TO BE DRIVEN THERE. I HAVE
MADE SEVERAL TRIPS.**

Retirees: Are you current on all your vaccinations? Be sure you stay current on your tetanus shot (every 10 years). Check with your physician and pharmacy. You can receive a print out of all your shots from wherever you get them.

REMINDER TO FILL OUT AND MAIL IN

Application for Membership AND Authorization for Automatic Deduction

Effective in 2023, the Board of Directors voted to increase our dues for AMCRE from \$1.00 per month to \$2.00 per month. By now, current retirees should have signed the form to have their dues increased and return it to MCERA (the Retirement Office). MCERA is not allowed to take \$2.00 per month out of your pension unless you sign the authorization form. It is on our website. You can print it out, completely fill everything in including your email, sign it and leave it at MCERA or mail to the address below as soon as possible. If you can't print it, stop by MCERA and fill out the form there or email AMCRE amcremendocino@gmail.com at our website and request that a form be sent to you. Any new retiree is automatically charged \$2.00 per month for AMCRE dues. This will build our Treasury up to award scholarships and keep up with the costs of maintaining the website, putting out a newsletter to people that cannot get it emailed and costs of providing you with a newsletter three times a year. Please fill out the form and return it if you have not done so. There are 307 people that receive *The Connection* in hard copy. These people should be sure they signed the form to increase their dues to \$2.00 per month and send to MCERA. We would appreciate it if our entire membership of retirees will do this as well. We have 1,036 members and so far only 329 have returned the form to MCERA increasing their dues from \$1.00 per month to \$2.00 per month. We need all retirees to completely fill out the form in this newsletter on the next page; current info and email address, sign and return to the address below to:

Mendocino County Employees Retirement Association at
MCERA

625-B Kings Ct.
Ukiah, CA 95482

Thank you!
AMCRE Board of Directors

**It is never too late
to reinvent yourself.
Start a new career at 40.
Fall in love at 50.
Learn to dance at 60.
Start a whole new life at 70.
Stop saying you can't.
You can and you should.
Dreams don't have
an expiration date.**

**Love Your
Neighbor**
who doesn't
 Look like you
 Think like you
 Love like you
 Speak like you
 Pray like you
 Vote like you
Love Your Neighbor
No exceptions

We appreciate your prompt signing and returning of this affidavit to MCERA ASAP.

Thank you, AMCRE BOARD OF DIRECTORS

Adopted 4/10/2023



ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Application for Membership

AND

Authorization for Automatic Deduction

By signing and submitting this form, I agree to become an Association of Mendocino County Retired Employees (AMCRE) member.

I hereby authorize Mendocino County Employees Retirement Association (MCERA) to deduct from my retirement benefit the **current membership dues*** and pay that amount to AMCRE.

Such deduction shall continue without requiring my reauthorization of the deduction, until I provide written notification to revoke this authorization.

Name Phone Number

Mailing Address

City State Zip Code

Email Address

Date Retired Years of Service Department

Signature Date

RETURN TO: Mendocino County Employees Retirement Association:

MCERA

625-B Kings Ct. Ukiah, CA 95482

* **Currently \$2 per month.** AMCRE will provide members with at least 60-days advance of any change in membership dues. You are required to maintain membership in AMCRE to have coverage under any Pacific Agency Group plans and coverages may be terminated without warning should your AMCRE membership lapse. Membership dues are paid in arrears and are deduction from the retirement benefit – i.e., the April dues are deducted from the benefit payment issued April 30th.

The below article was found pasted on a public wall and we wanted to share it:

28 SECRETS TO HAPPINESS

1. Live beneath your means and within your scams.
2. Return anything you borrow.
3. Donate blood.
4. Stop blaming other people.
5. Admit it when you make a mistake.
6. Give all the clothes you haven't worn in the last three years to charity.
7. Every day do something nice and try not to get caught.
8. Listen more, talk less.
9. Every day, take a 30-minute walk in your neighborhood.
10. Skip two meals a week and give the money to the homeless.
11. Strive for excellence, not perfection.
12. Be on time.
13. Don't make excuses.
14. Don't argue.
15. Get organized.
16. Be kind to kind people.
17. Be even kinder to unkind people.
18. Let someone cut ahead of you in line.
19. Take time to be alone.
20. Reread a favorite book.
21. Cultivate good manners.
22. Be humble.
23. Understand and accept that life isn't always fair.
24. Know when to say something.
25. Know when to keep your mouth shut.
26. Don't criticize anyone for 24 hours.
27. Learn from the past, plan for the future, and live in the present.
28. Don't sweat the small stuff.

CHECK FOR SIGNS OF HEAT EXHAUSTION

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a [heat rash](#), but a change in skin color can be harder to see on brown and black skin
- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness

The symptoms of heat exhaustion are often the same in adults and children, although children may become irritable too.

THINGS YOU CAN DO TO COOL SOMEONE DOWN

If someone has heat exhaustion, follow these 4 steps:

1. Move them to a cool place.
2. Remove all unnecessary clothing like a jacket or socks.
3. Get them to drink a sports or rehydration drink, or cool water.
4. Cool their skin – spray or sponge them with cool water and fan them. Cold packs wrapped in a cloth and put under the armpits or on the neck are good too.

Stay with them until they're better. They should start to cool down and feel better within 30 minutes.

EASY STRAWBERRY COBBLER

TOTAL TIME: *Prep: 20 min. Bake: 35 min. + standing*

YIELD: 6 servings. Strawberry Cobbler is one of my favorite spring and summertime treats, especially served warm with a dollop of whipped cream on top. The biscuits in this recipe bake up golden brown with a buttery cotton soft middle. The fluffy topping is also perfect for soaking up all that strawberry filling.

Filling:

- 2 pounds fresh strawberries, I also added blueberries, hulled and quartered
- 1/2 cup sugar
- 3 tablespoons all-purpose flour

Topping:

- 1-1/2 cups all-purpose flour
- 3 tablespoons sugar, divided
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup cold butter
- 1-1/4 cups heavy whipping cream
- Whipped cream, optional

Direction:

1. Preheat oven to 350° degrees. Arrange strawberries in a greased 9x9-in. baking dish. Sprinkle with sugar and flour; toss to coat.
2. In a small bowl, combine flour, 2 tablespoons sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Stir in cream just until moistened. Spoon over strawberries. Sprinkle with remaining 1 tablespoon sugar.
3. Bake until topping is lightly browned and filling is bubbly, 35-40 minutes. Let stand 10 minutes before serving. Serve warm with whipped cream if desired.



GENERAL MEMBERSHIP MEETING



Looking forward to seeing everyone!

Date: August 12, 2024
Time: Noon
Location: 1150 Orr Springs Rd, Ukiah*
Cost: \$15.00
Menu: Tri-Tip & Chicken,
Green Salad, Macaroni Salad, & Rolls
Bring your own drinks
(Water will be available)

The Scholarship Jar will be on the
Registration table if you are interested
In donating.

Any questions email
amcremendocino@gmail.com

RAFFLE: Get a free raffle ticket for a chance to win 3--\$10.00 Prizes 1--\$20.00 Prizes
With the option of purchasing additional raffle tickets for \$1.00 each

*From N. State Street turn onto Orr Springs Road for 1.1 miles



----- *TEAR OUT AND RETURN WITH CHECK TO AMCRE* -----

Checks payable to **AMCRE** for \$15.00 per person.

Must RSVP; coupon and money received no later than August 1, 2024

(No refund after August 1, 2024)

Mail to: AMCRE – General Membership Meeting
Attn: BBQ
P.O. Box 903
Ukiah, CA 95482

Member Name: _____ Telephone No. _____

Guest Name: _____

5 Foods to Skip After 50

From AARP



- Fried foods
- Sugary drinks (includes bottled ice teas with sugar)
- Packaged foods with sneaky sugars
- High sodium instant meals (think frozen pizza)
- Ultra-processed snacks

Preventing a Fall

More than 1 in 4 older adults report falling each year—this results in about 37 million falls.⁶ Falls can cause serious injuries such as broken bones or a head or brain injury.⁷ But falls are not a normal part of aging—they can be prevented.

You can take action to prevent falling and stay independent longer.

There are simple steps you can take to keep yourself from falling and stay healthy and independent longer.

Speak up

- Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you are afraid you might fall.
- Ask your doctor or pharmacist to review the medicines you take. Some medicines might make you dizzy or sleepy which can increase your risk of falling.
- Have an eye doctor check your eyes at least once a year and update your eyeglasses as needed.
- Have your doctor check your feet at least once a year and discuss proper footwear to reduce your risk of falling.
- Ask your doctor about health conditions like depression, osteoporosis, or hypotension that can increase your risk for falling.

Stay active

- Do exercises that make your legs stronger and improve your balance, like Tai Chi.

Make your home safer

- Get rid of trip hazards like throw rugs, and keep floors clutter free.
- Brighten your home with extra lighting or brighter light bulbs.
- Install grab bars in the bathroom(s)—next to the toilet and inside and outside of your bathtub or shower.
- Install handrails on both sides of staircases.

Signs of Problem Gambling

Not all gambling or gaming is unhealthy; however, if you are unsure if your loved one has a gambling problem, review the list below. The American Psychiatric Association requires at least four of the following during the past year:

1. Need to gamble with increasing amount of money to achieve the desired excitement.
2. Restless or irritable when trying to cut down or stop gambling.
3. Repeated unsuccessful efforts to control, cut back on or stop gambling.
4. Frequent thoughts about gambling (such as reliving past gambling experiences, planning the next gambling venture, thinking of ways to get money to gamble).
5. Often gambling when feeling distressed.
6. After losing money gambling, often returning to get even (referred to as “chasing” one’s losses).
7. Lying to conceal gambling activity.
8. Jeopardizing or losing a significant relationship, job or educational/career opportunity because of gambling.
9. Relying on others to help with money problems caused by gambling.

If you suspect your loved one has a gambling problem, please call or text the [National Council on Problem Gambling](https://www.ncpgambling.org) hotline at 1-800-522-4700 or chat at [ncpgambling.org/chat](https://www.ncpgambling.org/chat).

ComForCare

A 30-year Harvard study reveals the 5 simple habits that may prolong your life by 10 years or more

1. Maintain a healthy diet
2. Exercise daily
3. Keep a healthy weight
4. Limit your alcohol intake
5. Don’t smoke

Can you trade that pill for food or, if you must, have both.

One of the best ways to get all of your essential vitamins and minerals is the old-fashioned way: through a healthy, balanced diet (proteins, veggies, fiber and fluids).

Here’s where you can find calcium, vitamin D and vitamin B12:

- **Calcium:** tofu, broccoli, collard greens, kale and various dairy products
- **Vitamin D:** yogurt, milk, fatty fish, beef liver, mushrooms
- **Vitamin B12:** poultry, meat, clams, dairy, eggs

Of course, follow your doctor’s advice and check with him before you add any new vitamins into your diet.

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Post Office Box 903
Ukiah, CA 95482

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U.S. Postage

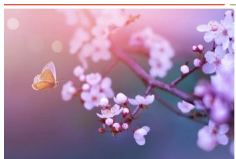
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Ukiah, CA

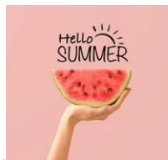
Express-It

**MOVING, or any
notification
changes?
NOTIFY AMCRE**

Amcremendocino@gmail.com



May



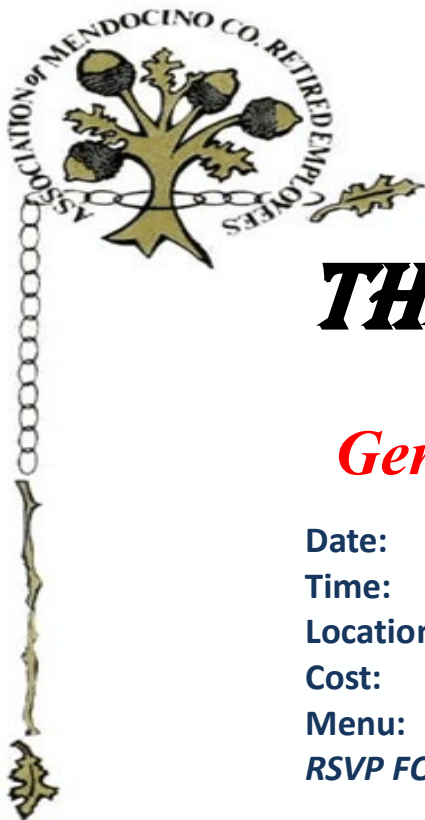
June



July



August



FRIENDSHIP • UNITY • STRENGTH • GROWTH

THE CONNECTION

General Membership Meeting

Date: August 12, 2024

Time: Noon

Location: 1150 Orr Springs Rd, Ukiah

Cost: \$15.00

Menu: Tri-Tip, Chicken, Green Salad, Macaroni Salad, Rolls & Water

RSVP FORM INSIDE

