

## RETIREES REMAIN ENGAGED AND ACTIVE VIA ZOOM

By Cora Jackson-Fossett

The monthly meetings of SEIU 721 Retirees Committee continue to provide valuable information to improve the quality of daily living retired members. Thanks to the leadership of Chair Charley Mims and Meeting Convener Deborah Thomas, a range of speakers have addressed the gathering via Zoom.

In March, John Heath of Our Neighborhood Voices provided an update of local and state legislation affecting communities in the Los Angeles metropolitan area.

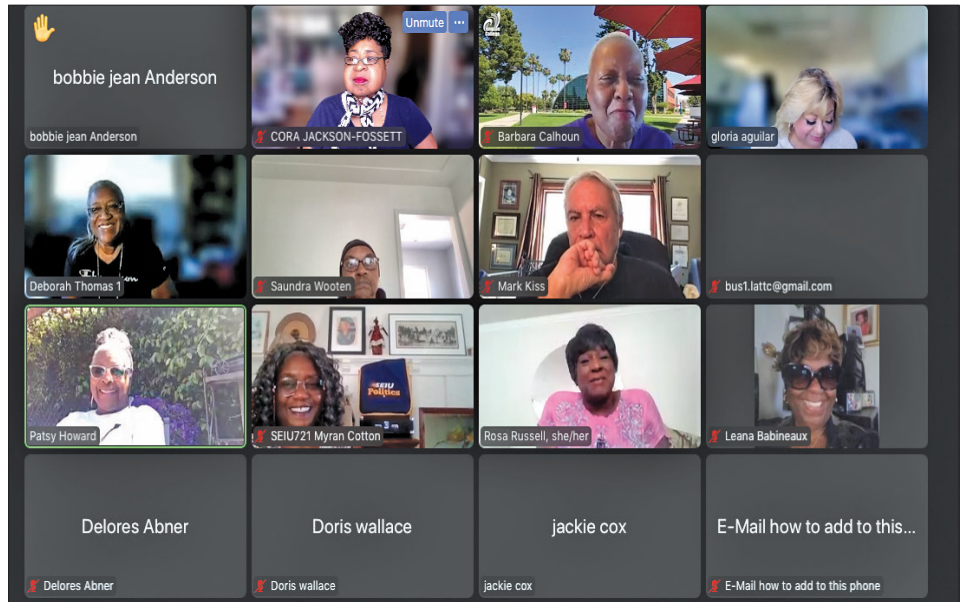
He also invited retirees to participate in the efforts of his organization to persuade elected officials to consult with community leaders and homeowners before passing bills that impact our neighborhoods.

Dystanie Flores of the California Department of Insurance was the guest speaker at the May meeting. She shared tips to help seniors avoid fraud.

Her presentation is available by contacting Gloria Aguilar at [Gloria.aguilar@seiu721.org](mailto:Gloria.aguilar@seiu721.org) or by calling (213) 738-8428.

If you have recommendations for speakers or topics for the monthly meeting, please let Charley, Deborah or Gloria know.

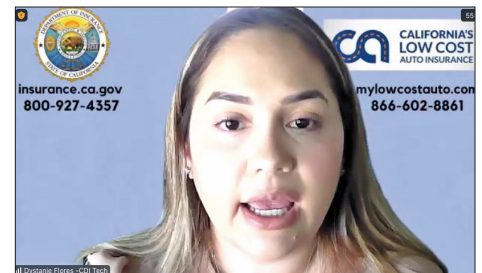
The involvement of all members are always welcome and greatly appreciated.



*During monthly Zoom meetings, retirees discuss issues to improve our quality of life.*



*John Heath spoke at the March meeting. Dystanie Flores was the guest at the May meeting.*



## Barbara Calhoun Elected to California Community College Trustees Board

Compton College Trustee Barbara Calhoun, is a new member of the California Community College Trustees Board.

Calhoun, who

is also a member of the Retiree Committee Leadership Council, was elected in March as part of the 21-member board. In this capacity, she will advise the Community College League of California Board in developing initiatives to serve member colleges.

According to an article in the Wave Newspaper, Calhoun said, "This is an important time in community college education where a growing number of students need access, not only to outstanding ac-

ademic offerings, but also solutions to housing and food insecurity. I look forward to working on these challenges."

A veteran of public service, Calhoun has been a Compton College trustee since 2018. Previously, she served on the Compton School board and two terms on the Compton City Council.

*Political Sub-Committee Chair Myron Cotton contributed to this report.*



# A Message from the Leadership Team

*By Deborah Thomas  
Member, Leadership Council*

As a member of the leadership team, I have worked to maintain the Retiree Committee during these difficult times in which the COVID -19 pandemic resulted in our committee operating under pandemic restrictions.

We were looking forward to resuming our meeting in-person, but a new variant of COVID, Omicron has begun surging and the safety of our older adults has to be our utmost priority.

After more than a year of zoom meetings, this seems to be our new normal until the spread of this virus can stabilize. I write this to say it has been a challenge to work under these circumstances but we are blessed to be retired and can stay safe.

In 2021, our committee spent this time as a year of education. We started with Al Manfee of the Heritage Financial Services presenting on the importance of having a will, trust and planning for your future.

Dr. Jonathan Doris from Kaiser gave an excellent presentation on COVID-19 and the flu. Through his education we were better informed for the upcoming vaccines.

Pastor William Smart spoke to us giving words of encouragement as our members were experiencing death from family and friends. Jenni Chang, Southern California organizer for CARA - California Alliance for Retired Americans, presented how their



**Deborah Thomas**

organization educates, informs it membership, the public and elected officials about issues that affect older adults.

Saint Barnabas Senior Services detailed the many services and supports that the program provides to seniors. Like all senior services their organization switched to virtual presentations and food delivery programs.

Grace Yoo Public Affairs Specialist, St. Barnabas Senior Services presented on the California Seniors Master Plan on Aging. This was a statewide effort to plan for seniors over the next 5 years.

After hearing that many seniors and community members were struggling with

the COVID shutdown, we recruited Chidi R. Njoku, LCSW director for Behavioral Health Kaiser Permanente South Bay.

His engaging topic was "Let's Talk about Mental Health." He provided our members with positive coping skills and guidance on managing our emotions.

With the increase in long term fires, we invited Deisy M. Gonzalez, the emergency management coordinator for the City of Los Angeles. She completed a presentation on earthquakes and disasters.

Our members received a workbook to help engage them in the training and provide the steps to prepare for an emergency.

Elizabeth Fuller, the chief consultant for the Assembly Committee on Aging and Long-term Care, spoke on the need for having long term care insurance or a program for the state to address that need for our middle-income families that have a pension and are not eligible for state run program.

Our final program was a presentation by Ardis Shubin, community services specialist with the HELP group - Healthcare and Elder Law Programs. She gave a dynamic presentation on Caregiving Stages and options.

Finally, we ended the year with a fun virtual party playing bingo and spinning the wheel of gifts.

A hope all members have had a happy new year thus far and that you have remained healthy and safe during 2022.

## BEWARE DECEPTIVE FRIEND REQUESTS

### Social Media Safety Tips

Social media has become a prime target for scammers in recent years. Beyond sensationalized photo and video posts that lure unsuspecting viewers to click on an item for the juicy details, fraudsters have a more despicable technique to extract personal information from social media users – impersonating members of the military.

### Facebook Friend Scam

A friend of mine recently received a friend request on Facebook from someone she didn't know. She perused the personal page of this individual and saw that he posted a profile picture of a gentleman

in a U.S. Army uniform next to a military Humvee. The header on this page also displayed a group of men in uniform posing for a photo. In a message he sent to her along with his friend request, he claimed to be a Captain General in the U.S. Army.

His biggest mistake wasn't the one you probably have in mind. The rank Captain General is non-existent in the U.S. Army, and anyone claiming to be one has never served. While this is a dead giveaway, his biggest mistake was telling her that his name was something contrary to the embroidered name on his uniform. Also visible on the uniform also was the rank of Sergeant First Class (SFC). The real SFC in

the photo will always outrank and outclass a shameful Captain General scammer any day of the week.

Besides these glaring errors, there's another giveaway that should have anyone turning down this friend request. The requesting individual has only eight friends. For someone with such few friends to have located and made contact with my friend without any prior contact or acquaintances in common is extremely unlikely. The best course of action to take when you receive a friend request from someone you don't know is to turn down the request. If you're not sure about your affiliation with

*Continued on page 4*



# IN MEMORIAM - RETIREES COMMITTEE MEMBERS WE LOST IN 2021

Gaetana Accardi	Katherine Davis	Ora Johnson	Jerrold Owens	Neva Stephens
Charles Alexander	Salvacion De Los Reyes	Irene Johnson	Pedro Padilla	Sandra Stewart
Arthur Allen	Bernice Delaney	Katie Johnson	Rosemary Padilla	Helen Stewart
Rosemary Allen	Ethel Dilworth	Lydia Johnson	Florentina paez	Dolores Stewart
Walter Allsop	Robert Disimone	Marion Johnson	Nancy Paige	Margaret Stiffler
Vivian Allsup	Martha Dodson	Lelia Jones	Mozelle Paige	Linda Stone
Arturo Almanza	Paul Dorsett Jr.	Joyce Jones	Mary Parker	Margarita Suarez
Corad Alvarez	Sagrario Dubon	Irene Jordan	Gloviestyne Parker	Ingalls Summerhays
Harvey Ambers	Thomas Dumas	Richard Jordan	Norville Paschal	Betty M. Sundin
Wilsene Anderson	Juanita Dunlap	Ralph Jue	Oscar Pearson	E.L. Swanston
Wima Andrew	Salomon Duran	Chiyeko Kajikawa	George Perez	Robert Sweet
Mary Anthony	Margaret Dwyer	Donald Kalberloh	Edith Perkins	Carrie Sykes
Oakereader Appleton	Diane Ecklund	Joseph Karol	Robert Pesci	Lauha Taal
Eugene Aronson	Alfred Elliott	Louis Kemp Jr.	William Peters	Angel Tafur
Lawrence Aubry	Patrick Emery	Dennis Kennedy	Emma Pfeiffer	Walter Tannenbaum
Margaret Aungst	Richard Escalante	Sandra King	John Philbin	Vincent Terry
Anita Avila	Antonio Espinoza	Hwa-Kou King	James Phillips	Charles Thompson
Gertrude Banks-Taylor	Santos Espinoza	Hanako Kishiyama	Corydon Pieper	Donald Thompson
Paul Barfoot	Charlotte Evens	John Kocsis	Jeffrey Plough	Alana Tillmon
Anita Barraza	Michael Finocchiaro	Helen Koda	Joy Potter	Guadalupe Tirado
Alfred Barrios	James Fleming	Chizuye Koki	Cecilio Preciado	Christine Tiu
Pradina Bazan	Fernando Flores Jr.	Caridad Lagaso	Fred Pruitt	Angelina Trinidad
William Bennett	Eleanor Ford	Terry Lee	Donald Ragsdale	Alicia Uranga
Lewis Betts	Louis Foster	Algertie Lee	Lenora Raia	Jane Urta
Cheri Bickel	Julius Fuller	Elaine Leili	Hope A. Randel	Isabel urias
Evelyn Bickerstaff	H. Gail Reece	Helen Leonard	Barbar Rathmann	Josephine Uttke
Barbara Billberry	Joseph Gardner	Cesario Levco	Josephine Reyes	Elisa Varvelo
Dorothy Blackwell	Harold Garrison Jr.	Beverly Licht	Teresa Reyes	Irma Visconti
Donald Borthwick	Cliff Gildart	Kenneth Liljeberg	Myrna Reyes	Albert Vita
Robert Bouffard	Marjorie Glass	Thomas Lister	Maira Rieley	Joan Vitale
Virginia Bourbonnais	Erma Glover	Arthur Lomeli	Samuel Riggio	Isabel Wagner
Maurice Bowman	Alma Gnagy	Frances Louie	Armida Robb	Helen Walker
Georgia Brame	Rose Gonzales	John Lovrensky	Levy Robinson	Monte Wanamaker
Barbara Brantley	Napoleon Gould Jr.	Judth Mack	Johnnie Robinson	Bernard Wanek
Freda Breland	George Green	Virginia Madison	Dan Robinson Jr.	Clementina Wareham
Bob Briley	Betty Greenleaf	George Maglasang	Fred Roeder	Sharon Washington
Carlos Briseno	Frank Griffen	Roy Mason	Tobe Ross	Helen Watanabe
William Brockman	Irma Grimaldi	Raymond McDermott	Ruth Rushing	Lupe Welbourn
R Bryant	Jacqueline Grinolds	Wlter MvGriff	Simon Russin	Jody wernli
Sam Bubrick	Mary Guidry	Wilfred McNew	Ellis Sage	Calvin Wesley
Tony Burescia	Frederick Hagner	Cheryl Means	Raymond Salazar	Mabel Wesley
Pedro Calderon	Verona Hall	William Means	Jane Sawai	James Westbrooke
Louise Calhoun	Verna Hardiman	Marcella Memgs	Yoshiko Sawasaki	Delois Wheaton
Richard Cameron	Annie Hardwick	Laura Miller	Victor Sayson	Viola Willard
Robert Campbell	Janet Harrell	Barbara Mills	Emanuel Schweid	Richard Willeford
Andrea Cantu	Mary Harris	Margaret Mishima	Michael Scruggs	Oddie Williams
Virginia O. Carpenter	Josephine Harris-Tharp	Denise Mitchell	Seth Sherman	David Willis
Jesse Carrington	Delois Harville	Sylvia Mitchell	Robert Sherman	Alynn Wilson
Dennis Carroll	Keiji Hayashida	Geraldine Mitchell	Velda Shirts	Lillian Wilson
Juan Casas	Yvonne Hearne	Velma Moore	Harold Sibert	Lois Wiseman
Joseph Castorina	Kathy Helgeson	Charline Moore	Gerald Sckler	Jimmy Wong
David Chandler	Kristine Henderson	Clinton Moore	Dorothy Silva	Marylyn Wroe
Angelo Chiarot	Luz Hernandez	Dewitt Morgan	Herman Simmons	Etsel Yamasaki
Evelyn Clark	Rodolph Hernandez	Willie Morris	Gordon Slead	JacquelineYarb
John Clark	Gene Hickle	Verna Morse	Alvin Smith	Rough
Lucylle Clark-Smith	Marian Houle	R.L. Marion Mullin	Charles Smith	Wilbur York
Suebretta Clay	Ruby Howard	Amalio Munoz	Cleo Smith	Maxine Young
Edwin Coffeen	Hermene Howard	Edward Murray	Margaret Smith	Carmen Zavala
Peter Conrad	Maria Huerta-Merri	Kenneth Murray	Thomas Smith	Jenny Zeigler
Noemi Contreras	Shirley Hunter	Willie Newman	Robert Snow	Richard Zimbel
Donna M. Corrigan	Olive Hutchison	Ruby Nichols	Emma South	
Evelyn Couzen	Gwendolyn Hyatt	Mary Noonan	Frank W. Spees	
Carmella Crane	Hiroshi Isago	Ruthie Norman	Esther Spencer	
Lawrence Crawford	Versie Jackson	Jesse Oropeza	Anita Starr	
Judy Cruz	Conrad Jang	Catharine Oshita	Sharon Steadman	
David Davis	Diane Jenkins	Fe Ostrowski	Lora Stelle	

## REST IN PEACE

Tony Bravo

who passed away on  
April 17, 2022

# Health Sub-Committee Offers Home Safety Checklist for Seniors

## How to reduce falls in the home:

Did you know falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults? So how can you help your parents make their home fall-safe?

First, you can address the fall risks in the home, room by room.

### Home Entrance:

Do they have a front porch?

How is the lighting?

Do they have a sturdy railing for the steps?

Are there cracks that need to be leveled?

How is the lighting in the front entrance?

Does furniture block a clear entry?

Is there a rug at the door? Is it secure on a non-stick mat?

Living Room:

Are there rugs that can cause someone to slip or trip?

Are there phone cables or power cords in walkways?

Are there clear walkways?

Is there enough room to maneuver the room? Is the coffee table too close to the table or is there enough room to get around a side table?

Are the floorboards or carpeting loose?

Carpet can stretch and sag over the years, making it easy to trip.

Is there ample lighting in the room?

Bedroom:

Is there ample lighting?

Is there a clear pathway from your bed to the door?

Are there rugs? Make sure they are secure.

Are there phone cords or TV cables in walkways?

Keep a flashlight in your nightstand in case there is a power outage.

Bathrooms:

Install grab bars in the bathtub or shower and next to the toilet.

Clean up water spills immediately.

Place non-skid mats on surfaces that might get wet.

Add commodes to help with standing.

Add a shower bench to prevent falls.

General Household Tips:

Make sure all walkways are clear.

Keep frequently used items easily accessible to avoid overreaching or dizziness after bending.

Arrange furniture so there is sufficient room to move around and clear pathways of newspapers, magazines or boxes.

Consider purchasing furniture that is an adequate height to make getting in and



out of a chair easier.

Put nightlights in each room so that no room is completely dark.

Add a comfortable reclining lift chair to eliminate falls that occur from trying to stand up with weak muscles

Of course, ensuring the home is as safe as possible is just the first step in fall prevention. We'll look at health risks that can increase falls in a later post. Have you tackled your parent's space to make it fall safe? What was the most surprising obstacle?

Check out all the home safety aids listed at [Senior.com](http://Senior.com).

## BEWARE - Continued from page 2

the person, look for telltale signs that the individual might not be who he or she claims to be:



Use of a non-existent rank in the military

Claiming an identity other than what a photo indicates

The individual has few if any friends

Neither you nor

anyone you know has any prior contact with the individual

### Smartphone Tips for Grandparents

Today's technology can be intimidating to those who grew up with rotary phones and black-and-white televisions, but that shouldn't be a reason for seniors to steer clear of smartphones. These devices are a great way for grandparents to keep in touch with family and friends and can be excellent tools for monitoring health and preserving independence. These simple tips can help first-time users get comfortable with their new device.

### Choose the right device

The type of device you choose will have a big impact on how easy your phone is to use. A common issue for seniors is dealing with tiny type on a small screen.

Choose a phone with a screen size of at least 6 inches. If you have trouble with

touch screens, opt for a device like the Samsung Galaxy Note that comes with a stylus.

Select a phone that friends and family members are familiar with so they can help with set-up (often the most complicated part of using a smartphone) and troubleshooting.

### SEIU Retirees Committee

#### Newsletter

Produced quarterly by the  
Communications Sub-Committee

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