

# UTLA-Retired News April-May 2017

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*(Special thanks to UTLA-Retired Secretary Mignon Jackson for sharing her meeting notes.)*

## **May 19, 2017 UTLA-Retired General Assembly Highlights**

**UTLA-Retired President John Perez** called the meeting to order and invited **UTLA Elementary Vice President Juan Ramirez** to address the meeting. He extended greetings from the UTLA Officers and spoke about the unfortunate results of the tough School Board elections from the past week. He stated the teachers are not the problem but the lack of resources is everywhere. He also maintained that teacher participation is important to get positive results and that “a quiet teacher will never be heard.” **UTLA Treasurer Arlene Inoye** and **UTLA Secretary Dan Barnhart** also briefly addressed the General Assembly with similar messages.

John continued the meeting with **The President’s Report**. The outcome of the elections was not good for us; the only positive aspect was the help from our affiliates with money and staff. The Charter Schools Association that was supported by the billionaires spent \$13 million on the campaign. He also added that the amount after the final reporting is expected to be in excess of \$15 million that is more than some U.S. Senate races. With the new LAUSD Board majority the forces of the billionaires and oligarch who want to privatize education will now have strong support for the creation of even more charter schools. The next Board election in two years will have the three Board members who support “public” education will but up for re-election.

John also announced that the 4,300 members of UTLA-Retired will soon be able to be PACE members by completing a PACE Add-on card. Cards were made available for those members who wanted join at the meeting. He also stated that goal of the officers and Steering Committee members was to recruit 25% of the membership and add a little more than 1,000 new PACE members. If the goal were reached there would be a combined amount from UTLA-Retired of \$100,000 a year!

John also pointed out that the new Board majority would likely have a serious impact on the issue of health benefits than previously. Additionally he stated that UTLA-Retired members currently experiencing problems health benefits should email him at [vpapabear46@aol.com](mailto:vpapabear46@aol.com) for assistance.

**UTLA-Retired Treasure Mike Dreebin** presented the UTLA-Retired Treasurers Report. The balance as of May 2017 is \$38,176. Members were also reminded to submit the required documentation and reimbursement form in a timely manner if they want reimbursement for their expenses while attending conferences or meetings in an official capacity.

**Health Benefits Committee Member Loretta Toggenburger** reviewed Health Benefits FAQ from the LAUSD Health Benefits Committee that addressed the question “*How Does Gender Affect Your Health?*”. See attachment: *[Does Gender Affect Your Health - LAUSD HB.pdf]* for detailed information.

Loretta also reminded those UTLA-Retired member attending the NEA-Retired pre-convention conference and the NEA-Representative Assembly to meet with her to sign the necessary paperwork. She also expressed view that the most important issue for health benefits was impact of the new majority on the benefits program

**UTLA-R Vice President Cecilia Boskin** presented the *PACE Report*. She announced the addition of 30 new PACE members. She also restated that UTLA-Retired members must continue with their participation in the UTLA political process. UTLA-R member PACE contributions may be mailed to her at *Cecilia Boskin, 3547 Federal Avenue, Los Angeles, CA 90066*. Cecilia concluded her presentation and revealed the fact that John's efforts at the 2017 UTLA Retirement Dinner Dance recruited 38 new UTLA-Retired members on May 13<sup>th</sup>.

**UTLA-Retired Legislative Chair Mary Rose** presented the UTLA-Retired Legislative Report. Her written report described lobbying efforts by members of the NEA Board of Directors and the NEA-Retired Executive Council on Social Security issues. Members of the House of Representatives were educated on the issues and concerns for the Social Security Offset (GPO/WEP) by the groups. H.R. 1205 - Social Security Fairness (Rodney Davis R-IL) would fully repeal both the GPO and WEP. Sherrod Brown (D-OH), Clare McCaskill (D-MO), Tammy Baldwin (D-WI), Susan Collins (R-ME) and Lisa Murkowski (R-AK) have introduced S.B. 915 a Senate companion bill to H.R.1205 in the Senate. UTLA-Retired members are urged to contact their members of Congress and encourage them to co-sponsor the bills.

Mary Rose also reported that most of the bills and plans for initiatives submitted to the California state legislature on "pension reform" would be detrimental to both retired members and those retiring in the future if passed. The 2014 agreement on the CalSTRS unfunded liability is threatened by some of those proposals. She further reported that CTA State Council Retirement Committee and CTA/NEA-Retired members lobbied and testified at hearings on several bills that would affect CalSTRS or CalPERS if passed. Continue following the news on these developments.

She also revealed that Jennifer Baked, CTA Lobbyist on retirement issues would be the featured speaker at the August 2017 UTLA-Retired General Assembly meeting. She is slated to speak on retirement bill updates and the factors and people affecting the final bill that is voted on. News on what is happening CalSTRS and Sacramento will be discussed.

### **Guest Speaker:**

**Jackie Wiley, California Department of Business Oversight** (*Toll-Free 1-866-275-2677*) spoke at length on the schemes and the fraud that target seniors. She highlighted specific activities such as frauds of many types including credit cards, payday loans, telemarketing calls, mail thieves, Medicare fraud, debt collection schemes and misinformation plots. She offered several tips to help you not a victim. She also suggested a number of websites that offer help and provide services or protection. (Click on the link following each name to reach that website.)

- California Department of Business Oversight: [www.dbo.ca.gov](http://www.dbo.ca.gov)
- Annual Credit Report (Credit card issues): [www.annualcreditreport.com/](http://www.annualcreditreport.com/)
- Medicare: [www.medicare.gov/](http://www.medicare.gov/)
- Senior Medicare Patrol: [www.smpresource.org](http://www.smpresource.org)
- Snopes (Fact checking): [www.snopes.com](http://www.snopes.com)
- Nomorobo (Phone call marketing schemes): [www.nomorobo.com](http://www.nomorobo.com)

An open Q&A session with Jackie Wiley concluded her presentation.

The meeting was adjourned and the drawing for the plants and flowers was held.  
(*Many thanks to Emily Ettinger for selecting and bringing the plants and flowers to the meeting.*)

**HEALTH BENEFITS FAQ—  
HOW DOES GENDER AFFECT YOUR HEALTH?**

We know that certain diseases, such as breast cancer, overwhelmingly affect women and others, such as prostate cancer, affect men. However, some health issues, common to both sexes, have different symptoms, occurrence rates, and effects that may require different medical care. For example, research shows that 12.4% of women in the United States are at risk for developing breast cancer at some time during their life, while the male risk for breast cancer is only about 1%.

**What are some of the different health indications for men and women?**

The following information is cited from NIH research:

- Women and men have different symptoms for a heart attack. During a heart attack, both men and women experience chest pain or discomfort. However, women are more likely to have shortness of breath, nausea and vomiting, fatigue, and pain in the back, shoulders, and jaw. Knowing about such differences can lead to better diagnoses and outcomes.
- Women are twice as likely as men to experience depression. Certain types of depression that are unique to women include premenstrual syndrome (PMS), perinatal depression (depression during or after pregnancy), and perimenopausal (transition into menopause) depression.
- Men are less likely than women to admit to negative moods and seek treatment for mental health issues.
- Men are more likely than women to have gout, a type of arthritis. Female risk for gout increases after menopause.
- Osteoporosis is more common in women than men, yet it still poses a risk to men as they age.
- More women than men suffer a stroke each year. Risk factors that are unique to women include: taking birth control pills, being pregnant, using hormone replacement therapy, having frequent migraine headaches, having a thick waist (larger than 35.2 inches), and high triglyceride (blood fat) levels.
- Some medicines affect women and men differently, such as aspirin and some sleep medications.
- Females are more likely to injure their knees playing sports.
- Males are more likely than females to develop autism spectrum disorders and certain other neurodevelopmental conditions.
- Two-thirds of people age 40 and up who are visually impaired or blind are women.
- Pain disorders like chronic temporomandibular (jaw) joint pain (TMJ) are more common in women.
- Women are often primary caretakers of children, household needs, and aging family members, and are therefore, more likely to delay their own health needs.

**What can I do to improve my health?**

We can improve our health and that of our loved ones by being more aware of gender differences. Remember to consult your health care provider about any concerns you may have.

For additional information, check the NIH website:

[newsinhealth.nih.gov/issue/may2016/feature1](http://newsinhealth.nih.gov/issue/may2016/feature1)