

AFTER-WORDS

A NEWSLETTER FOR THE RETIREES OF THE
FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

VOLUME XXXIX, ISSUE 5

WWW.DEANZA.EDU/FODARA

MAY 2018

UPCOMING SOCIAL EVENTS

JUNE 14 SUMMER PICNIC 3:00-5:00 pm, Cuesta Park, Mtn View



One of our biggest social functions of the year, this annual picnic is a great opportunity to reconnect with friends and former colleagues and meet new people.

As always, the weather will be great, and like last year, new retirees are invited at no cost. The more people, the more fun, so please come to this event and bring your spouse, significant other, or friends.

This year's event is on Flag Day, so we will have an All-American theme. To match the decorations, wear red, white, and blue clothes or hats! Delicious food and plenty of drinks (wine, beer, sodas, water) will be provided. The All-American menu includes hot dogs, hamburgers, veggie burgers, corn on the cob, beans, salad, chips, and condiments.

Please return the reservation form (on p. 10) with your check no later than **Monday, June 11**. But, if you miss this deadline and want to attend, my phone number and email are at the bottom of the form. We all have a lot of fun at the picnic every year—it's a great social event, so we hope to see you there!

Mike Paccione

AUGUST 4 BBQ & BASEBALL 3:30pm, San Jose Municipal Stadium



What better time of the year is it to have a delicious BBQ meal (that someone else cooks) and a pleasant outdoor

afternoon and evening than at a San Jose Giants baseball game? The SJ Giants, a professional baseball team in the Class A Advanced California League, have been affiliated with the San Francisco Giants since 1988, and they have played in the historic SJ Municipal Stadium since 1942 with over 7 million fans entering the gates.

Our event starts at Turkey Mike's BBQ at 3:30 pm. Then we proceed to our assigned seats for the San Jose Giants vs. Lake Elsinore Storm game scheduled to start shortly after 5:00 pm. The adult package starts at \$27 per person for dinner, a non-alcoholic beverage, and general admission to the ballgame. You can upgrade your beverage to a beer for only \$2 more. Meals for kids under 12 and for seniors over 65 are \$16 per person. Pre-paid parking is \$9 per vehicle. See reservation form p.11 for menu choices and directions.

Come and join us for a great BBQ dinner, socialization, and an enjoyable afternoon/evening with friends and family.

Bill Lewis

FODARA BOARD OF DIRECTORS 2017-18

President	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Vice President	Bill Lewis	408.639.9919	billlosgatos@sbcglobal.net
Past President	Tom Moore	650.969.3847	tomandcary@comcast.net
Secretary	Thomas Roza	408.375.9515	rozathomas@fhda.edu
Treasurer	Ed Burling		edburling@gmail.com
Member At Large	Janice Carr	650.941.2567	janicecarr@pacbell.net
Member At Large	Claudette Penner	408.736.6481	claudette@penner.org
Member At Large	Bob Hubbs	408.738.2489	jrsbbuh@comcast.net
Member At Large & Web/Facebook Editor	Cindy Castillo	408.702.7721	cindycastillo@comcast.net
Newsletter Editor	Linda Lane		lanelinda@fhda.edu

FODARA CALENDAR OF EVENTS 2018

June 14	Thurs	Summer Picnic	3-5:00 pm	Cuesta Park, Mt. View	
Aug 04	Sat	BBQ & Baseball	3:30 pm	San Jose Municipal Stadium	
Sept 11	Tues	Board Meeting	10:30 am	FH Toyon Room (Rm 2020)	Open to all
Oct TBA	TBA	Pizza Thing	TBA		
Nov 06	Tues	Board Meeting	10:30 am	FH Toyon Room (Rm 2020)	Open to all
Dec TBA	TBA	Holiday Party	TBA		

FODARA COMMITTEES 2017-18

District Benefits	Tom Strand, strandtom@fhda.edu Faith Milonas, milonasfaith@fhda.edu
After-Words Email	Cindy Castillo, cindycastillo@comcast.net
After-Words Paper Mailing	Janice Carr, janicecarr@pacbell.net
Scholarships	Mike Brandy, brandymike@fhda.edu
Social Events	Need two volunteers
Mailings	Maureen Gates, gates-m@sbcglobal.net

2018-19 FODARA BOARD ELECTIONS



Nominations for 2018-19 FODARA Board Officers are now open. We always enjoy and benefit from having new volunteers on the Board—they bring new ideas and new talents! Please join us in keeping retirees updated and involved. Eight positions are available: President, Vice-President, Treasurer, Secretary, Members at Large (3), and Member at Large & Web/Facebook Editor. If interested in volunteering for any of these offices, email Cindy Castillo at cindycastillo@comcast.net.

Board members are highly encouraged to attend all five meetings a year, which start in September and typically end in May. They are almost always held on the Foothill College campus in the Toyon Room 2020 the first Tuesday of September, November, January, March, and May at 10:30 am.

The general, ongoing “job” of all Board members is planning the yearly social

events and brainstorming new ways to inform and engage retirees. Tasks specific to each position are as follows.

The President is in charge of meetings—making room reservations and drafting/emailing agendas—and of initiating communications with other Board members. The Vice-President assists the President and other Board members as needed. The Secretary takes minutes at each meeting and later provides a .pdf copy to the Webmaster. The Treasurer throughout the year collects donations, pays bills, and at meetings presents an updated financial report.

The Member at Large & Web/Facebook Editor maintains the website, which involves updating webpages with new information and photographs; manages the FODARA email listserv and new Facebook page; and assists with the distribution of the *After-Words* newsletter. The three Members at Large provide support to the President and other Board Members as needed, assist with the proofing and distribution of *After-Words*, and represent various of groups of retirees.

Being a FODARA Board Member is a great way to meet new people and stay connected with former FHDA colleagues. So volunteer for a position today!



If you're not already reading *After-Words* online, to be notified the same day the latest issue is posted, join FODARA's listserv. You'll be emailed highlights of the newsletter and a link to its webpage and occasionally invitations or alerts to time-sensitive events or information. Just email Cindy Castillo (cindycastillo@comcast.net) and say “sign me up for the listserv!”

HEALTH BENEFIT UPDATES: 4 ITEMS

Below is a summary of the April 2018 Joint Labor Management Benefit Committee (JLMBC) meeting. Prior to the September *After-Words* issue, any information relevant/critical to retirees discussed by JLMBC will be emailed to FODARA members via the listserv.

1. CARE.COM

The committee members were asked if they were interested in moving ahead with the implementation of Care.com, a new benefit proposed for full-time active-employees only; it offers online referrals for local childcare, senior care, etc. After caucusing, the constituent groups said they were not interested in paying for any part of the program. Therefore, it is the District's decision whether or not to include Care.com in a future benefits package.

2. CALPERS UPDATE

a. New Value Based Insurance Design (VBID) for PERS Select Plan

In March, the PERS Board voted to implement VBID, its cost savings measure for PERS Select. **NOTE: VBID does not apply to retirees on Medicare with PERS Select as their supplemental health plan.** For actives and non-Medicare retirees, the deductible increases from \$500 to \$1000 per year. These two groups then have the option to decrease their deductible by \$100 for each of the five incentives that applies to them: 1) Biometric Screening, an annual exam with lab work; 2) Flu Shot; 3) Smoking Cessation; 4) Second surgical opinion for elective, non-emergency surgery; and 5) Condition Care, e.g., disease management for diabetes, and, if contacted, engagement with a nurse manager. The insurance industry as a whole is looking at controlling costs as the trend is about an 8 percent increase in the market place.

b. Other Plan Changes

PERS will be looking at ways to reduce the cost in certain specific prescription drug areas. More information will be forthcoming.

3. PART-TIME FACULTY COSTS

Lockton reviewed spreadsheets comparing pre-enrollment and post enrollment numbers for part-time faculty. Though the number of enrollees increased slightly from the 2017 numbers, the cost to the District went down slightly due to the low health benefit rate increases from PERS and Kaiser.

4. 2019 CONTRIBUTION MODELING AND OPTIONS

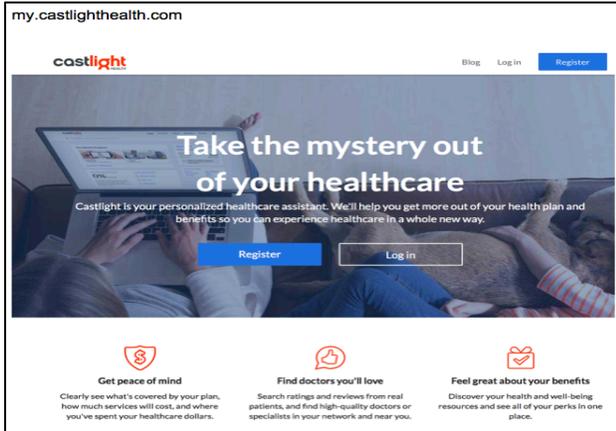
Lockton handed out two spreadsheets. 1) The Post-Open Enrollment Numbers for 2018 showed an increase in cost of 3.2 percent for actives and non-Medicare retirees and a 4.1 percent decrease in cost for retirees with Medicare. 2) The Estimated Costs for 2019 projects a 5 percent increase for actives and non-Medicare retirees. Kaiser and PERS Choice continue to drive up the costs of the program due to having the largest enrollment. The estimated cost increase for 2019 for retirees with Medicare is estimated to be 4.5 percent. The committee questioned why the number was so high compared to the actuals for 2017. Lockton replied the number is only a placeholder until actual claims are counted on July 1—then the 4.5 percent will change to the actual increase.

Faith Milonas, Tom Strand

FODARA Benefits Representatives

MilonasFaith@fhda.edu, StrandTom@fhda.edu

MORE HEALTH NEWS



As mentioned in several previous *After-Words* issues, CalPERS, as part of its cost-saving measures, is encouraging plan members to use the online website **Castlight** (my.castlighthealth.com) so they can make more informed decisions prior to certain medical procedures. The website has information on plan coverage, cost of services, and tracking healthcare costs. A link also offers help in finding doctors as well as ratings and reviews.

In a previous *After-Words* issue, yoga was featured as a way for seniors to stay healthy and happy. For those who prefer a quieter activity, or on those days exercise is just not going to happen, try meditation. Many doctors and therapists now “prescribe” meditation as one of the best tools for seniors’ mental, physical, and emotional health.



- ❖ ***Meditation helps memory:*** The dominant long-term memory and short-term memory storage hubs, the hippocampus and frontal brain lobe, both become stimulated during meditation. For seniors, this translates to better long and short-term memory recall, including retrieving long lost memories. The brain, through meditation, can retain the ability to store new memories now as well as in the future.
- ❖ ***Meditation makes the digestive system work better:*** The deep breathing exercises central to any meditation program improve circulation and blood oxygen enrichment, sending extra help to organs, including the stomach and intestines. After incorporating meditation into their daily lives, seniors with digestive problems often find immediate relief. In addition to the digestive system efficiency, meditation’s extra oxygen boost aids the immune system, the lungs, and circulation.
- ❖ ***Meditation activates the happy part of the brain:*** By stimulating the “feel-good” prefrontal cortex brain region, meditation can benefit seniors with depression. Increased feelings of happiness help maintain or renew the zest for life.
- ❖ ***Meditation sharpens and focuses the mind:*** By increasing mental alertness and the ability to function on one’s own, meditation can help make the senior years as rewarding as other life phases. It helps equalize “the output” of both brain hemispheres so they work in sync, and that balance can greatly improve overall brain function. Meditating seniors usually experience better focus, more creativity, and quicker wit.
- ❖ ***Meditation melts away stress/anxiety:*** For seniors, stress can come from many sources: chronic illness, boredom, or the loss of a spouse, family, or friends. Meditation has been shown to reduce stress related to these causes. And in recent studies, brain imaging found mindful meditation was directly linked to anxiety relief because it activates certain areas of the brain involved with the control of worrying.

With all of the above benefits, some people call meditation, or “mindfulness,” the next best thing to a fountain of youth. To learn if it’s right for you, search online for a local class or for steps to get started.



FODARA Facebook Page

If you'd like to visit/post on our new Facebook page, just sign on to your own FB page, use "search" at the top of the screen to type in "fodara foothill-deanza," then tap our name. Our logo below comes up with the FB "thumbs up"—tap that to get to our page.



NEW RETIREES



From the online District Board meeting minutes, 17 people will have retired by the end of Spring Quarter 2018 (apologies if anyone was inadvertently included or excluded):

- ✚ Mark Anderson, FH Fine Arts
- ✚ Anthony Arellano, FH Admin Services
- ✚ Edward Bazan, DA College Operations
- ✚ Sandra Blackborrow, DA LC
- ✚ Susan Boraston, CS Operations
- ✚ Nancy Canter, DA Creative Arts
- ✚ Linda Conroy, DA Child Development
- ✚ Lesley Dauer, FH Language Arts
- ✚ Kathleen Duncan, FH Bio/Health
- ✚ Meredith Heiser, FH Bus/Soc Sciences
- ✚ Charles Klein, DA PSME
- ✚ Virginia Kramasz, DA Student Services
- ✚ Cynthia Lee-Klawender, DA BCSAT
- ✚ Susan Miller, DA Com Ed
- ✚ Donald Nickel, DA Counseling
- ✚ Bonny Wheeler, FH Bio/Health
- ✚ Letty Wong, DA Language Arts

We wish all retirees a happy, healthy post-employment life and invite everyone to join FODARA by signing up for the email listserv (send email address to cindycastillo@comcast.net), by serving on the FODARA Board or a committee, by helping to plan a social event, or by simply attending the great parties scheduled throughout the year—see p. 2 for calendar and committees.

WHERE ARE THEY NOW?

If you'd like to be featured in this column, email your responses to the following questions—subject to editing for space and content—along with a photo to *After-Words* editor Linda Lane (LaneLinda@fhda.edu):

- ❖ **Former FHDA position(s) and why and when you retired;**
- ❖ **First years in retirement—"smooth sailing" or an adjustment;**
- ❖ **How you keep busy—interests and activities you enjoy;**
- ❖ **Volunteer "work" or projects to promote;**
- ❖ **2-3 words best describing your life as a retiree;**
- ❖ **Advice to those considering retirement or newly retired;**
- ❖ **Other information, e.g., website/blog.**



If you enjoy planning and attending parties, volunteer to be the host of FODARA's Valentine's Day Luncheon. This former February event was always a "sweet" treat for retirees. As the host, tap into your creative side by selecting the restaurant, menu, party decorations, and a guest speaker or other forms of entertainment. To sign up, email Mike Paccioretti (pacciorettimike@sbcglobal.net).

FODARA WEBSITE'S NEW "LOOK"

De Anza's website, which has long hosted FODARA's webpages, has been recently updated with catchy aerial photos of the campus and other new features. So FODARA's site (at right) now looks quite different, too. All of the links *should* be in working order, but if you have trouble accessing a particular page, please report the issue to Webmaster Cindy Castillo (cindycastillo@comcast.net).

At a future date, perhaps as early as this summer, the site will likely change in appearance again if migrated to the District's website. Any new information on FODARA's website prior to the September issue of *After-Words* will be emailed via the listserv.

Scholarships	<h3>Welcome to FODARA!</h3> <p>FODARA welcomes all retirees* of the Foothill-De Anza Community College District to stay in touch with friends and colleagues. We provide:</p> <ul style="list-style-type: none"> • A quarterly newsletter <i>After-Words</i> • Email announcements of events and important news • A FODARA membership directory • A membership Gold Card <p>Gold Card - Retirees can get their new or replacement Gold Cards at the Photo ID Office of either campus. The retiree Gold Card provides retirees* with several benefits:</p> <ul style="list-style-type: none"> • Free admission to all home sports events at Foothill and De Anza • Free or reduced admission to selected cultural events at both colleges • Use of the college libraries • Free parking permit for both campuses (through District Police) • FODARA online newsletter and other communications from the District • Self-service access to the District Portal to update contact information • Access to an fhda.edu email address which may qualify for educational discounts • Discount purchases at See's Candy and Hobee's Restaurant (where recognized) 	<h3>Contact</h3> <p>Foothill-De Anza Retirees Association</p> <p>Contact: Cindy Castillo, FODARA Webmaster</p> <p>Email: cindycastillo@comcast.net</p>
After-Words Newsletter		
Board and Committees		
In Memoriam		
Calendar - Meetings and Events		
Directory		
Email Listserv		
Pictures and Photos!		
Where Are They Now?		
Good Books		
		<h3>Related</h3> <ul style="list-style-type: none"> • Retiree Benefit Information • Foothill-De Anza Foundation

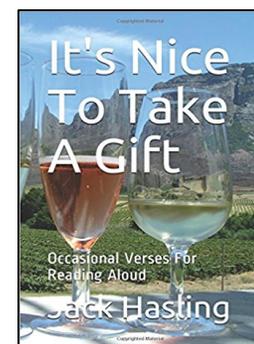


Are you in a book club but can't find the current selection at your city library because everyone else is reading it so there's a waiting list? Remember that one of the "perks" of your FODARA Gold Card is it acts as your library card at both the De Anza and Foothill libraries. And you can check out your book for an *entire* academic quarter, not just for the two weeks usually allowed by your local library! The book catalogs at each campus can be searched from your home computer to find out if a book is available. Or, since both libraries are remodeled and lovely places to sit and relax, you can read there a while and enjoy seeing students studying away. So take advantage of your FODARA Gold Card membership—get your free FHDA parking permit and take a walk to either campus library to find a new book to enjoy. When you do find one, please send me your recommendation (cindycastillo@comcast.net) to post on our website under "Good Books." We'd love to hear what FODARA retirees are reading and liking these days!

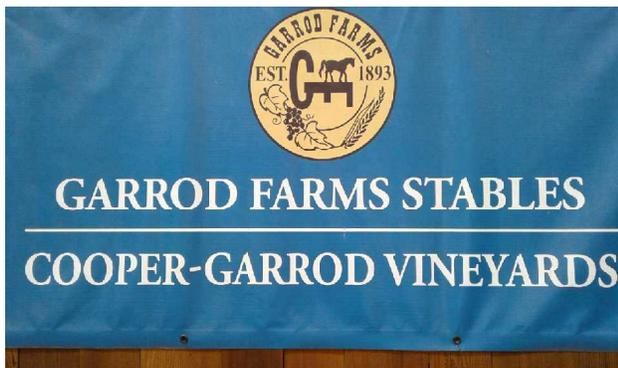
Cindy Castillo



Jack Hasling, long-time FODARA member and frequent guest speaker at the Valentine Lunch, has a new collection of light verse, fun to read aloud at parties or to family/friends in need of comfort. While the verses are primarily humorous, their content inspires meaningful conversation. The book is available on Amazon and Jack appreciates reviews!



NEW APRIL WINE TASTING EVENT



If you were not at the Wine Tasting event on April 26, you missed a perfect day for sampling a flight of five fine wines, snacking on crackers, cheese, meats, dates, candy, and fresh fruits, and socializing with former colleagues. It was a picture perfect day to be in the hills above Saratoga at Cooper-Garrod Estate Vineyards.

FODARA members and their guests started out in the tasting room to hear a history of Garrod Farms and its transformation from a fruit farming operation to a stable and now to a stable/estate vineyards operation by Cory Bosworth. We then admired some of the early photographs of the region and proceeded to the wine.

After a couple of the tastings, we went outdoors to the patio for the remainder to

be poured while devouring cheese, meats, crackers, etc., and socializing with the approximately thirty guests who braved the picture perfect scenery and temperature.

Though at the time our group was there the tasting room was open to the general public, we were the only guests, so Cory was quite attentive to our group and answered all of our questions about the operation. After about two and half hours, we called it a day of socializing, purchased wine to take home, then preceded on the short trip through the hills back to our homes before the afternoon commuters clogged the roads.

Several attendees requested we have another event at Cooper-Garrod. So at the subsequent May 1 board meeting, it was decided to do just that—we'll wine taste next spring at the same location at approximately the same date and time.

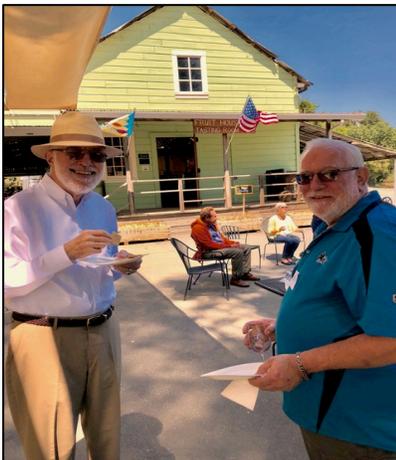
Don't miss out on the two upcoming social events: this *After-Words* issue includes the details and reservation forms for the annual picnic on June 14 and the annual San Jose Giants BBQ dinner and baseball game on August 4. See you there!

Bill Lewis



MORE WINE TASTING PHOTOS

Thanks to everyone who attended this fun, new social event! **Special** thanks to Bill Lewis for selecting Cooper-Garrod Winery and setting up this party. You can email your photos of recent FODARA events, or noteworthy news of you or your FHDA colleagues, to Webmaster Cindy Castillo (cindycastillo@comcast.net).





FODARA JUNE PICNIC



What: Picnic: All American Theme
When: Thursday, June 14, 3:00-5:00 pm
Where: Cuesta Park, Mountain View, CA
 (between Grant and Miramonte on Cuesta)

Westbound on Hwy. 85:
 • Exit at Grant Rd., cross El Camino
 • Right on Cuesta (1/2 mile), left into first parking lot
 Eastbound on Hwy. 85:
 • Exit at Fremont Rd.
 • Left on Fremont
 • Right on Grant (1 mile)
 • Left on Cuesta (1 mile), left into first parking lot
 Group picnic area is upper end of parking lot near restrooms

RESERVATION FORM: Please mail by June 11 or earlier

Your Name _____

Guest Name(s) _____

Your Address/Phone/Email (*if new*): _____

Please reserve _____ total places for the picnic

Number of vegetarian meals _____

Please indicate dollar amounts below:

_____ Picnic per person (\$ 21)

_____ FODARA voluntary membership dues (\$ 10)

_____ FODARA Scholarship Fund

TOTAL AMOUNT ENCLOSED: \$ _____ Make check payable to "FODARA"

Mail check and form to Mike Paccioretti, FODARA
 3075 Muirdrum Place, San Jose, CA 95148

For questions or last-minute reservations, contact Mike Paccioretti at 408.274.4929,
pacciorettimike@sbcglobal.net



FODARA BBQ & BASEBALL

San Jose Giants vs. Lake Elsinore Storm



- When:** Saturday, August 4, 2018, 3:30 pm BBQ / 5:00 pm Game Time
- Where:** San Jose Municipal Stadium, 588 E. Alma, San Jose
- Cost:**
- \$ 27 Adult General Admission & meal with **non-alcoholic** beverage
 - \$ 29 Adult General Admission & meal with **alcoholic** beverage
 - \$ 16 Youth (under 12) or Senior (over 65) General Admission & meal with non-alcoholic beverage
 - \$ 9 Parking fee paid in advance (\$10 on game day)

4 Dinner Options: Mesquite grilled chicken with 2 side dishes, or BBQ ribs with 2 side dishes, or tri-tip/philly sandwich with 2 side dishes, or two sandwiches with one side dish (sandwich choices: cheeseburger, hamburger, turkey burger, veggie burger; hot dog; chicken breast; sausage—Polish, Italian, hot link, chicken apple)

6 Side Options: Baked beans, corn on the cobb, potato salad, fruit salad, brownie bites, or chips

RESERVATION FORM: **Mail by July 16 or earlier**

Name _____

Address/Phone/Email (*if new*): _____

Number Attending: _____ Adult Package with **non-alcoholic** beverage (\$27)

_____ Adult Package with **alcoholic** beverage (\$29)

_____ Youth or Senior Package (\$16)

_____ Parking in advance (\$9)

Donations: _____ FODARA voluntary membership dues (\$10)

_____ FODARA scholarship fund

\$ _____ **TOTAL AMOUNT ENCLOSED**

Make check payable to "FODARA" and mail with form to Bill Lewis, FODARA
1380 Elwood Drive, Los Gatos, CA 95032

If you miss the deadline, contact Bill by **July 28**: 408.639.9919, billlosgatos@sbcglobal.net

FODARA

Foothill-De Anza Retirees Association

Foothill-De Anza Community College District

12345 El Monte Road, Los Altos Hills, CA 94022