



COPRA CHRONICLE

Issued by and for the City of Phoenix Retirees Association
Your advocate in pension and insurance matters

September 2019

MEMBERSHIP IS OUR STRENGTH

Issue 6

INSIDE THIS ISSUE

President's Message.....	2
New COPRA Members.....	2
Useful APPs.....	2
COPRA Holiday Party.....	3
City of Phoenix Financial Expo	3
New Retirees.....	3
New Retirees.....	4
Your E-mail is Your Entry.....	4
Seeking COPRA Board of Di- rector Members.....	5
In Remembrance.....	6
Did you know that.....	6
September Checklist.....	7
COPRA Board.....	7
Meeting Dates.....	8



MEMBERSHIP

Membership for COPRA is \$12 per year or \$50.00 for 5 years. If you have changed your address, email address or phone number or have any questions about dues payments, please contact Linda Henderson.

Linda can be reached by: telephone at (623) 693-9955, or by e-mail at lindajoyhenderson@gmail.com

Mail payments to:

COPRA
PO Box 2464
Litchfield Park, AZ 85340

PayPal Payments:

You can send in dues via PayPal. Use our email address Phoenixcopra@gmail.com from your account.

THE 2020 ANNUAL OPEN ENROLLMENT PERIOD IS ALMOST HERE!

October 21, 2019 - November 8, 2019

The City of Phoenix values your dedicated service and we are pleased to continue to offer a generous retiree health care benefit program that includes, dental, vision, legal service, pet insurance, and a choice of four (4) non-Medicare medical plans.

For Medicare Eligible retirees, the City will continue to offer a premium discount along with a Qualified City Contribution to those retirees enrolled in a United HealthCare/AARP Medical Supplement plan and consent to have their monthly premium deducted from their pension check. Please contact the Benefits Office at (602) 262-4777 for more information. There will be Pre-Open Enrollment Information Sessions and Open Enrollment Fairs at various locations where you can meet one-on-one with representatives from each of the insurance plans. Also, City of Phoenix Benefits Office staff will be on hand at each event to address any questions and to assist with enrollment changes. Flu shots will be provided free of charge to retirees and their dependents enrolled in one of the City sponsored medical plans. Dates, times, and locations are listed below.

COPRA KICK-OFF EVENT – THURSDAY, SEPTEMBER 19TH, 1:30 PM-4:30 PM!

Washington Activity Center - 2240 W. Citrus Way

Retiree Pre-Open Enrollment Information Sessions

Washington Activity Center - 2240 W. Citrus Way

Wednesday, September 25, 9 am – 12 pm
Wednesday, October 2, 1 pm – 4 pm
Wednesday, October 16, 1 pm – 4 pm
Friday, October 18, 9 am – 12 pm

Retiree Open Enrollment Fairs

Washington Activity Center - 2240 W. Citrus Way

(Continued on page 6)

PRESIDENT'S MESSAGE



Laura Ross

Even though the hot weather is still very much with us, I am preparing my message to you for this September issue. I cannot believe how fast the time has gone since the beginning of summer. The kids are back in school but we are still having excessive heat warnings. Those of us who escape for the summer to a cooler place are staying put and hoping for cooler weather so we can come back to the Valley comfortably.

Wherever this Chronicle finds you, please plan on putting the September COPRA Meeting on your calendar. It will be the kick-off event that provides you with information on City Health Care Plans and benefits open to Retirees. As always, it will be held at the Washington Activity Center, 2240 Citrus Way on Thursday September 19th at 1:30 p.m.

If you are not able to make that meeting there will be other Pre-Open Enrollment Information Sessions as well as Open Enrollment Fairs to insure that you have all the information you need to make your decision on whether the City has a health care option that is right for you whether you are Pre-Medicare or Medicare eligible. See the article in this newsletter with all the times and places listed and put one on your calendar.

Open Enrollment for City Benefits begins Monday, October 21, 2019 and ends Friday, November 8, 2019 at 5:00 pm. The City of Phoenix Open Enrollment Guide will be mailed via US Mail the week of October 7, 2019. Be sure that the City has your current address so you will not miss receiving this valuable resource. This is something that you should keep handy for the full enrollment year as it answers all your questions related to benefits provided by the City. If you have a change of address, contact the Benefits Office at (602) 262-4777 or by email at benefits.questions@phoenix.gov to update your contact information.

I will end this message, as always, with the reminder that we are always looking for new COPRA Members. Help us recruit more of your retired City friends and acquaintances as members. Membership is our Strength!

Laura

NEW COPRA MEMBERS

Julia Bird
Alesia Anzini

City Auditor
Public Works

Coleen Nathans

Finance

USEFUL APPS

Hurricane safety: Lifesaving resources includes weather alerts, storm tracker, prestorm preparation, "I'm, safe" messages to send to loved ones, a nearby shelter locations and more. **Hurricane: American Red Cross**

Start today in a better way: an "intelligent alarm" wakes you up gently, when you're in a light sleep phase within your preset time window. **Sleep Cycle**

Wallet space-saver: Store library, membership and rewards cards on your phone for easy retrieval in stores and other venues. App also can be used to browse store ads, create shopping lists and redeem coupons. **Key Ring**

Migraine manager: Use this diary and tracking app to record headache duration, frequency, medications used, symptoms, triggers, etc. **Migraine Buddy**

CITY OF PHOENIX FINANCIAL EXPO

You built your retirement working at the City of Phoenix. Learn about new tools available to you by coming to the City of Phoenix Financial Expo on **September 16, 2019**. Presented by the Benefits Office and Nationwide, the Financial Expo is at Phoenix City Hall Atrium from **9 a.m. to 3 p.m.** You can check on your investment options through Nationwide, talk to representatives from COPERS and ask questions of Benefits Staff. Make time to attend a presentation and learn about the advantages of being a part of the City's Deferred Compensation Plans and check out the enhancements the DCP Program has made to the Plans this year. You can park for free in the 305 Garage (entrance on 4th Avenue South of Washington St) when you show a Certificate of Attendance on your way out! Stay in the know – mark your calendar to attend the Expo September 16th.

COPRA Holiday Party

\$15 per person

Friday, December 6, 2019

12:00 pm (Doors open at 11:30 am)

**Washington Activity Center
2240 W. Citrus Way, Phoenix, AZ**

To order tickets, pay via PayPal to phoenixcopra@gmail.com (use friends and family) or send a check payable to COPRA before November 25 to the following address:

**COPRA
Louis Matamoros
P.O. Box 2464
Litchfield Park, AZ 85340**

COPRA will be collecting toys at our Holiday Party to be delivered to a local toy drive for disadvantaged children.



NEW RETIREES (JULY 2019)

Michael Amsden	Water Services	Daniel Lugo	Public Works
Roxanne Barrett	Facilities Management	Joseph MacSwan	Public Works
Lori Beuerlein	Fire Dept.	George Poland	Public Works
Nancy Brueback	Water Services	Nancy Renteria	Human Resources
Latrisha Centers	Housing	Pamela Rieckhoff	City Clerk
Edwin Checkley	Street Transportation	Cheryl Ryan-Mccullough	Aviation
Edward Ekpe	Street Transportation	Toshiyuki Sefton	Information Tech. Serv.
Deanna Fierro	Finance Dept.	Richard Shafer	Parks & Rec.
Benny Figueroa	Planning and Dev Dept.	Diane Sherman	Public Works
Charlettye Foster	Aviation	Donald Sterusky	Water Services
Adelina Garcia	Housing	Martin Stewart	Street Transportation
Randy Hausner	Aviation	Rebecca Stockman	Public Works
Rosemarie Hernandez	Housing	Diana Storino	City Auditor
Modesta Hinojos	Public Works	Barbara Troutman	Police Dept.
David Hulsey	Street Transportation	Russell Turner	Housing
Philip Johnson	Water Services	Graciela Vega	Aviation
Tracy Keller	Public Works	Arria White	Housing
Marijo Kist	Library	Donald Woo	Information Tech. Serv.

NEW RETIREES (APRIL 2019)

Dennis Agius	Parks & Rec.	Philip Loring	Street Transportation
Dorielle Beck	Fire Dept.	Sumeet Mohan	Water Services
Aaron Borrego	Police Dept.	Theresa Montano	Police Dept.
Fermon Brown	Water Services	Rosanna Quirino	City Court
Oscar Dominguez	Water Services	Andrew Romo	Water Services
Gloria Elliott	Information Tech. Services	Gina Shappa	Communications Office
Maurice Goyette	Street Transportation	Nancy Shoults	Housing
Karen Hagy	Library	Michael Torres	Street Transportation
Robert King	Finance Dept.	Robert Ward	Police Dept.
Susan Kinkade	Water Services	Elevinia West	Planning and Dev Dept.

NEW RETIREES (MAY 2019)

Nuha Amireh	Housing Dept.	Diana Molina	Police Dept.
Abbie Brese	Parks & Rec.	Richard Moy	Public Works
Gregory Davison	Water Services	David Munguia	Parks & Rec.
Barbara Finley	Aviation	Dominic Piraino	Phoenix Convention Center
Mark Goins	Information Tech. Services	Joel Purtle	Water Services
Virginia Hernandez	Water Services	Rita Ruelas	Neighborhood Services
Roger Huppert	Public Workd	Phyllis Smith	Aviation.
John Jacobs	Water Services	Richard Therrien	Information Tech. Services
Kyle Kyselka	Property Management	Seng-Ny Ung	Parks & Rec.
Manuel Larrinaga	Water Services	Karen Warrington	Fire Dept.
James Marking	Water Services	Dorothy Wright	Public Works

NEW RETIREES (JUNE 2019)

Diane Artrip	City Auditor	Bruce Levitch	Police Dept.
Joseph Garcia	Facilities Management	Thomas Lundberg	Planning and Dev Dept.
Jennifer Gilbertson	Municipal Court	Queenie Mack	Housing
Valentina Imig	Office of Sustainability	Renada Rutti	Water Services
Peggy Kreuz	Aviation	Lupe Sierra	Human Resources
Bernard Lebeau	Parks & Rec.	Rodolfo Telles	Parks & Rec.

YOUR E-MAIL IS YOUR ENTRY

As you all know, receiving the COPRA Chronicle by email significantly defrays the printing and postage costs for COPRA. An added benefit is that if there is any important information that COPRA wants to send you, we have your email address on file and can transmit to you in a timely fashion.

In order to encourage our COPRA members to receive the Chronicle by email, your COPRA Board started a new program! Each month, we will randomly select one member who receives their Chronicle by email and that member will receive a \$25 gift certificate to a grocery store (Fry's or Safeway).

The March winner is **DENISE BIRNBAUM! CONGRATULATIONS DENISE!**

If we already have your email address, you are automatically entered! If you do not receive the Chronicle by email do so NOW! You can provide your email to Linda Henderson at lindajoyhenderson@gmail.com. She can also be reached by phone at (623) 693-9955.

Sign up now!

SEEKING COPRA BOARD OF DIRECTOR MEMBERS

We are nearing the time of year when we will be “seeking” new Board of Director members for COPRA.

COPRA is an important organization that is always working diligently to develop, promote and carry out activities for the benefit of COPRA members and ALL City of Phoenix retirees. *Many* of the improvements and protections of pensions and other benefits have come through the efforts of COPRA.

If you feel you are the kind of person that can make a difference, consider submitting your name to run as a candidate for the COPRA Board! We need COPRA members who are committed to our cause, are enthusiastic, who are willing to be an advocate for retirees and have an overall desire to make a difference for our retiree population.

There are 12 elected positions on the Board, each serving a two-year term. Elections are staggered with five to six Board positions coming up for election each year.

Candidate biographies and ballots will be included in the November issue of the COPRA Chronicle with the actual election taking place at the Friday, December 6, 2019 Holiday Party and Membership Meeting.

If you are interested and would like to discuss becoming a member of the COPRA Board of Directors, please contact Kathy Wenger at 602-550-4390 or email her at kjw7833@msn.com.

Please contact Kathy Wenger no later than October 11, 2019 if you are interested in serving.

(Nominating Committee: Kathy Wenger – Chair, Karen Clifford-Anderson, Dawnell Navarro, Laura Ross, Rob Sweeney, Sue Stites and Regina Ficken.

THE 2020 ANNUAL OPEN ENROLLMENT (CONTINUED)

(Continued from page 1)

Tuesday, October 22, 9 am – 3 pm

Friday, October 25, 9 am – 3 pm

Wednesday, October 30, 9 am – 3 pm

Wednesday, November 6, 9 am – 3 pm

Friday, November 8, 9 am – 3 pm

Deer Valley Community Center – 2001 W. Wahalla Lane

Wednesday, October 23 9 am – 3 pm

Pecos Community Center - 17010 S. 48th Street

Thursday, October 31 9 am – 3 pm

Keep These Important Dates in Mind

- City's Open Enrollment begins: Monday, October 21, 2019.
- City's Open Enrollment ends: Friday, November 8, 2019 at 5:00 PM Sharp!
- City of Phoenix Retiree Benefits Open Enrollment Guide – Will be mailed via US Mail the week of October 7, 2019.

It is especially important to keep contact information (including email addresses) up to date during the Annual Enrollment season. If you know of any employees or retirees who are not receiving Annual Open Enrollment communication material, please encourage them to contact the [Benefits Office at \(602\) 262-4777](mailto:benefits.questions@phoenix.gov) or by email at benefits.questions@phoenix.gov to update their contact information.

IN REMEMBRANCE

Eva Marie Forde	01/30/2019	Janet Nolan	06/08/2019
William Taylor	02/11/2019	Adan C. Guerrero	06/11/2019
Charles Port	04/04/2019	Gary Boesch	06/14/2019
Amparo Acevedo	04/05/2019	Helen Byers	06/15/2019
Antonio B. Munoz	04/13/2019	James Authur Massey	06/17/2019
Jess Hernandez	04/14/2019	Edward Newfield	06/17/2019
Ruben Benitez	04/19/2019	Elisa Chavez	06/20/2019
Josie Johnson	04/20/2019	Billy Lucas	06/20/2019
Joe M. Robledo	04/23/2019	Carmen Bean	06/27/2019
Sue C. Waterworth	04/24/2019	Rachel P. Lopez	06/29/2019
Jessie V. Trujillo	05/01/2019	Santiago M. Esparza	07/03/2019
Alice Cienfuegos	05/02/2019	Philip Letson	07/03/2019
Lucille Lunsford	05/04/2019	Charles P. Merican	07/06/2019
George Seyfarth	05/05/2019	Edward Bauman	07/06/2019
Gary Duane Thompson	05/06/2019	Annie B. Coker	07/09/2019
Saint A. Ruelas	05/06/2019	John Burke	07/12/2019
Drinda Simmons-Hargraves	05/12/2019	Robert Lopez	07/13/2019
Lois Smalley	05/12/2019	Sandra Rockyvich	07/13/2019
Bobby J. Robinson	05/13/2019	James Wilson	07/15/2019
Sandra Halford	05/14/2019	Jerry Jordan	07/18/2019
Steven Pinkham	05/15/2019	Johnny Gonzales	07/18/2019
Michael Maeder	05/25/2019	David Beck	07/19/2019
Stephen R. Ohab	05/25/2019	Jon Huling	07/23/2019
Robert White Jr.	05/27/2019	Robert M. Ramirez	07/23/2019
Robert Soza Sr.	05/31/2019	Curtis M. Malaise	07/27/2019
Ruby Flatt	05/31/2019	Carolyn P Cassels	08/01/2019
Sally Bracamonte	05/31/2019	Paul Armijo	08/03/2019
Judith Hubbard	06/03/2019	Gary Gross	08/08/2019
Delbert Pilcher	06/03/2019	Mary B McCall	08/06/2019
Holly Balash	06/07/2019	Logene Allen	08/10/2019
Phyliss Leshowitz	06/07/2019	Ollie D. Park	08/13/2019
Alice Reynolds	06/08/2019		

Did you know that...

Table salt contains plastic? Of 39 salt brands tested, 36 contain microplastics. The salt samples analyzed came from 16 countries on six continents and included 28 sea salt brands. Brands from Asia had especially high levels of microplastics. The effect of human consumption of salt containing microplastics is unknown.

Published in *Environmental Science & Technology*

Bodies donated to science have many uses beyond the classroom and anatomy lab? They are used by auto manufacturers to test safety features in simulated crashes, forensic anthropologist to study decomposition, and law enforcement agencies and the military to test protective gear and the impact of weapons.

NextAvenue.org

Sleeping with the TV on may lead to weight gain, warns Dale P. Sandler, PhD. **Recent finding:** Woman who slept with the TV or other lights on were 17% more likely to gain at least 11 pounds over five years than women who slept in darkness. And those women were 30% more likely to become obese. Self-defense: If you watch TV in bed, set a timer to turn it off automatically.

Study published in *JAMA Internal Medicine*

SEPTEMBER CHECKLIST

Plan for emergencies during National Preparedness Month: Learn or relearn CPR and first aid. Develop an escape plan for your household in case of fire. Install an emergency app (FEMA.gov/mobile-app) to receive weather alerts, safety tips and other important information. Stock recommended emergency supplies – a list is available at ready.gov/build-a-kit.

Don't get stung: Yellow jackets are aggressive wasps that are active in summer and fall. Self defense: Cover garbage cans tightly. Remove any fallen fruit from your yard. Make sure that outdoor drinking containers have lids, and inspect the containers before drinking. Don't swat at the wasps - they are more likely to sting. Good news: Bee stings are less common at this time of year.

Explore a museum for free: On Saturday, September 21, hundreds of cultural venues across the U.S. will offer free admission to visitors that downloaded advance tickets for two from SmithsonianMag.com/MuseumDay.

It's guac time! Monday, September 16, is National Guacamole Day. The avocado-based dip is rich in healthy fat as well as fiber, potassium and other nutrients. To keep it fresh and green, top with a little extra lime juice, or press plastic wrap directly against the top. Keep refrigerated. Easy recipes: TheEndlessMeal.com/easy-guacamole-recipe and Health.com/recipes/simple-guacamole.

Sources: BottomLine Personal, September 1, 2019

Disclaimer

All articles are for informational purposes and not intended to be a substitute for professional, legal, financial or medical advice. Consult an attorney or other professional what is best for your situation. COPRA expressly disclaims and denies liability for any decisions based on the information presented.

COPRA website.....	www.phoenixcopra.com
COPERS website.....	www.phoenix.gov/phxcopers
COPMEA website.....	www.copmea.com
City Retirement Systems (COPERS).....	(602) 534-4400
Human Resources - Benefits Section.....	(602) 262-4777
COPMEA.....	(602) 262-6858

2019 COPRA BOARD

President/Benefits Chair:

Laura Ross (623) 878-3334
E-mail ljross50@gmail.com

Vice President:

Rob Sweeney (480) 215-2215
E-mail azsweeney@gmail.com

Treasurer:

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E-mail biglou6415@yahoo.com

Secretary/Events Coordinator:

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E-mail tlgryan1822@gmail.com

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E-mail lindajoyhenderson@gmail.com

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E-mail sstites@cox.net

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Mary Dysinger-Franklin (602) 705-8822
E-mail copranewsletter@gmail.com

Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **20th day of the month** before you want the article to appear. Any member may submit material for publication, but the Editor determines what will appear in the final copy based on suitability and available space.

This is your Chronicle. Help us by submitting articles of general interest. Tell us about yourself, your family, a trip you've taken or an interesting hobby you have. Suggestions are always welcomed.

E-mail to: COPRAnewsletter@gmail.com

Or mail to: Mary Dysinger-Franklin, 6208 E. Desert Cove Ave, Scottsdale, AZ 85254

SEPTEMBER COPRA CHRONICLE

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POSTMASTER

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COPRA
PO Box 2464
Litchfield Park, AZ 85340



*Enjoy
Your last days of
Summer!*

2019 MEMBERSHIP MEETING ANNOUNCEMENTS

Membership meetings held at the
Washington Activity Center
2240 W Citrus Way, Phoenix, AZ

September 19, 2019 at 1:30 – Healthcare Presentation
Friday, December 6, 2019 at 12:00 – COPRA Annual Meeting & Holiday Party

Board meetings are held quarterly on the 2nd Thursday of the Month
Except for June, July and August. These meeting dates will be announced