



COPRA CHRONICLE

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

April 2020

MEMBERSHIP IS OUR STRENGTH

Issue 4

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COPERS NEWS REGARDING RETIREMENT AFFIDAVITS

In case you do not receive the email notices from COPERS (the City of Phoenix Employee Retirement System), here is what they sent to members on Monday, March 16.

To Our Valued Members:

If you have already returned your "Retirement Benefits Entitlement Affidavit", thank you. We appreciate your cooperation.

If you have not yet returned your "Retirement Benefits Entitlement Affidavit", the due date has been suspended.

Our primary concern is the health and well-being of our members and retirees. While the Benefits Entitlement process is an important audit that ensures benefits are reaching those who should be receiving them, we do not want retirees to take unnecessary personal risks to get the letter notarized.

As more information unfolds about the Coronavirus, a new due date will be established. In the meantime, rest assured that **your pension payments will NOT be affected** if you are unable to return the affidavit by the original date specified.

"Membership is our Strength" **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 email 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.

QUICK ZIP

If you subscribe to PHXTV's YouTube channel (if not, you should) ... you already know about the Cool in Your ZIP series where they find unique places around Phoenix for you to check out. But have you seen the Quick ZIP stories? They are "bite-size" versions of the original series.

Go to <https://www.youtube.com/user/cityofphoenixaz> to access all of the City of Phoenix YouTube content.

Source: PHXConnect, March 10, 2020

PRESIDENT'S MESSAGE



Rob Sweeney

What a difference a month makes! Those checklists we were all working on quickly shifted to the most important, 'to do': Be Safe!

COPRA does not have to remind you what has placed a grip on the global psyche, but here it goes: COVID-19. Just when we get comfortable thinking about tilling the garden to plant veggies and flowers...just when we are reviewing brochures to plan a vacation of a lifetime...just when we planned on visiting the kids and grandkids...the unexpected happens.

The most recent events of COVID-19 have impacted everyday life for all of us. Not only regarding our physical movement, but our everyday vocabulary: social distancing; self-isolation; personal-protective equipment (PPE); flattening of the curve. A few things we all need to internalize is this: be safe – be smart – take a deep breath – stay informed (but not too a breaking point) – use this time to reconnect to your passion. We cannot allow the virus outbreak to consume our soul. We need to follow the Center of Disease Control and Prevention's (CDC) guidelines regarding social interactions, hand washing and self-isolation. We also need to keep our hearts, souls and minds healthy. Learn to Skype with family members. Read an 'old' book on the shelf. Call a friend to check in and see how they are doing.

The COVID-19 outbreak had an immediate impact on COPRA and our scheduled activities. We will be rescheduling the City Manager and the Retirement Administrator at a later date to provide us updates as to the state of the city and an update regarding the retirement system's health. Let's give these folks some time to address issues facing the community. We will see if they are available sometime this fall. We will notify all COPRA Members via the Chronicle.

Some folks live by the thought of, 'plan for the worst and hope for the best.' But I like to switch that around a bit: 'prepare for the best, but anticipate the worst.' This means to live happy and healthy, yet recognize something may be lurking in the shadows. I checked in with my 93-year-old father today to see how he is doing and if he needs anything. He appears to be living by my sentiment. He replied to my question with a chuckle and said he has enough food; he can enjoy the sunshine on his patio; he sticks to his routine of life to keep his mind sharp; he also follows the CDC's guidance as a precaution. I can only wish you and your family are able to have such a positive outlook.

I wish you all safety and comfort in these trying and stressful times – Rob

"The undertaking of a new action brings new strength."

— Richard L. Evans

WHAT'S NEXT: PUEBLO GRANDE

Last year, the Pueblo Grande Museum and Archaeological Park celebrated 90 years of preserving the culture and history of the indigenous people of the Salt River Valley. Now, the public is invited to check out "The Story Continues—Pueblo Grande at 90." Besides at the Museum, the exhibit can also be seen in Terminal 3 of Sky Harbor International Airport and at The Gallery @ City Hall inside Phoenix City Hall.

PHXTV took some time to find out the history of Pueblo Grande as well as the process of creating three different exhibits in three different locations. See the video on the City's YouTube Channel at <https://www.youtube.com/watch?v=VaWfpz0llas>.

Source: PHXConnect, March 4, 2020

LET'S DO A WORD SEARCH!

Almost everyone has some experience with word search puzzles. The puzzle will include a list of words to find within the grid of letters.

The words may be found in normal reading order (left to right), they may be backwards (right to left), they may be vertical (either top-to-bottom or bottom-to-top), and they may also be on the diagonals.

To start the puzzle, you can ignore the word list at first, and just search out all the words you can find, circling or highlighting them, focusing on the larger words, as they are the ones usually in the list. Small words of only three or four letters show up less often and are sometimes accidental by-products of the miscellaneous letters tossed in to create the puzzle.

Searching first in one direction, then the other, both horizontally and vertically, go through the entire puzzle.

Summarized from HobbyLark.com

This puzzle was created especially for this edition of the Chronicle. We hope you enjoy it.

C	J	R	P	A	D	P	N	O	M	
E	W	J	H	Q	P	S	A	V	E	EARNINGS
R	I	G	O	N	H	V	T	X	Z	ENJOY
Z	E	L	E	I	B	N	I	D	S	MONEY
P	A	T	N	D	T	P	O	N	E	NATIONWIDE
A	R	I	I	A	S	A	N	N	C	PHOENIX
P	N	O	X	R	W	Q	W	R	U	RETIREMENT
G	I	I	B	V	E	X	I	U	R	SAVE
U	N	O	M	A	N	M	D	Y	I	SECURITY
G	G	Y	M	E	J	D	E	S	T	SHINING
Q	S	W	E	R	O	T	Y	N	Y	TAXING
O	M	O	N	E	Y	A	S	D	T	

HAVE A GOOD LAUGH: WHY I LIKE RETIREMENT!

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only 1, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done. How did I ever have time to work?

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees, what is considered formal attire?

Answer: Tied shoes.

Source: Internet meme

NEW RETIREES (MARCH)

Barbara Agustin	Aviation	Diana Herrera	Law
Marilyn Barr	Public Transit	Candice Hewitt	Victim Services
Jose Barraza	Public Works	Kim Keith	Aviation
Henry Bivens	Water Services	Thomas Kelly	Water Services
Kelly Boyce	Planning and Dev. Dept.	William Poskey	Water Services
Harvey Burlingame	Parks & Rec.	Steven Rivas	Neighborhood Serv. Dept.
Edward Estrella	Street Transportation	Kurt Sjoerdsma	Parks & Rec.
Wayne Fichtner	Aviation	Russell Young	Finance Dept.
Lorie Franklin	Law		

RECYCLING REMINDERS

If you live in the City of Phoenix, the Public Works Department is still picking up and processing recyclables. However, the rules about what can be recycled do change from time to time. Here is the current list of recyclable items – put in the blue recycling container – and what to do with them.

Paper:

Cardboard (please break down)
 Cereal boxes (with the plastic liner removed)
 Office paper, junk mail, sticky notes, magazines
 Clean pizza boxes
 Newspaper
 Egg cartons (paper or plastic, **no foam**)
 Empty paper milk cartons
 Empty soup and juice boxes (aseptic containers)
 Envelopes (windows ok)
 Packing or craft paper
 Paper bags
 Shredded paper (placed in a clear plastic bag)
 Non-metallic wrapping paper

Hard Plastic (No Foam):

Bottles (leave caps on)
 Coffee cup lids
 Cups, jars and jugs
 Tubs, lids, clamshells, containers

Metal:

Aluminum cans
 Aluminum foil or trays (clean off all food; ball foil into softball size)
 Steel and tin cans

Glass:

Glass bottles and jars only (leave lids off)

Unacceptable Items:

Paper towels, napkins, tissues
 Polystyrene or foam
 Plastic bags and other soft plastics (return to local grocery or retail store)
 Food scraps and yard waste
 Electronics, batteries, or light bulbs (can be returned to electronics or hardware stores)
 Large scrap metal or car parts (take to local scrap yard)

Source: phoenix.gov/recycle

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 February winner is **Gail Sutter. CONGRATULATIONS GAIL!**

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!

IS CHOCOLATE GOOD FOR YOU?

It's been reported in the media for years that eating chocolate is heart – healthy, helps prevent cancer, and boosts your mood. But is that really true?

We do know that flavanols in cocoa beans, an ingredient in chocolate, are antioxidants, meaning that they may reduce damage to cells. Damaged cells can lead to cancer development. What we don't know is to what extent chocolate itself has an effect. There have been a number of studies done on the health benefits of chocolate, but these studies mostly asked people to remember how much chocolate or chocolate products they consumed, then compared it to whether or not they'd had heart problems or cancer. So, while the results of these studies are interesting, they really don't tell us if it's the chocolate itself making a difference, or if it's the flavanols, which can also be found in other foods.

Regardless, the studies have come back with mixed results. Some report that eating chocolate may lower the risk of certain cancers, while other show no benefit, and still others show that eating chocolate increases cancer risk. There is stronger evidence suggesting that eating chocolate may prevent heart disease. Flavanols have been shown to lower blood pressure and make your heart, veins, and arteries work better.

What does this mean for you and your dessert choices? Try small amounts of high-quality dark chocolate with at least 70% cocoa. It might give your heart some benefit, and it generally has less sugar and saturated fat than milk chocolate or other kinds of chocolate.

However, dark chocolate is still candy, and it still has extra calories, sugar, and fat. Eat it sparingly. After all, we know that being overweight or obese is linked to certain types of cancer, not to mention diabetes, heart disease, and other chronic illnesses. If you want to get more antioxidants, you can increase your intake of fruits and vegetables.

Source: All About Arizona News, February 10, 2020

THE TOP CONSUMER FRAUD COMPLAINT IN ARIZONA IN 2019

Attorney General Mark Brnovich released his top ten consumer-fraud complaint categories for 2019, and for the second consecutive year, telemarketing and phone scams was the leading category.

The Attorney General's office processed over 14,000 written complaints and received nearly 40,000 phone calls from consumers. More than \$38 million was restored for consumers who filed fraud complaints.

The office says consumers have recovered more than \$94 million in fraud-related filings since 2015.

Consumer fraud complaints can be filed online (<https://www.azag.gov/complaints/consumer>) or by calling 602-542-5763 in Phoenix, 520-628-6648 in Tucson, or 800-352-8431 outside of the Phoenix or Tucson metropolitan area.

Summarized from *All About Arizona News*, March 10, 2020

WHAT ARE THOSE GIANT BUGS THAT LOOK LIKE MOSQUITOES?

They might look like mosquitoes on steroids, but they are actually harmless.

This is the time of year for crane flies, also known as mosquito hawks, to begin emerging from grassy areas, and you're probably seeing them around your yard or in your house. Should you be worried?

Dawn Gouge, an entomologist and integrated pest management specialist with the University of Arizona Cooperative Extension, says crane flies are gentle giants. They don't bite, they don't sting,

(Continued on page 6)

IT'S OFFICIAL: THIS PHOENIX COSTCO STORE IS CLOSING

The Costco Warehouse at Christown Spectrum mall will close after nearly 2 decades of serving the northwest Phoenix area. Kimco, the realty group that owns Christown Spectrum, confirmed that Costco opted not to renew its lease. The closes warehouse to Christown Spectrum is at 44th St. and Thomas Road, more than 10 miles away.

According to its annual report, there are 17 other Costco locations is Arizona, and the company is building a new location in Surprise at Sarival Ave. and Waddell Rd. No opening date has been confirmed.

Summarized from azcentral.com, March 11, 2020

BE A LIFELONG LEARNER

You learn something new every day. At least, that's a good goal to have. Staying curious may help keep your brain active as you age. And according to the National Institute on Aging (NIA), learning new things may benefit your thinking, memory and other mental skills.

Exercise your brain. Where can you start? You might:

- Read books or magazines on unfamiliar subjects
- Try a puzzle or brain game you're not used to
- Take a class at a community college – or offer to teach one!
- Dive deeper into an old hobby
- Learn a new card game
- Join a book or movie discussion club
- Learn how to play a musical instrument
- Attend pre-concert talks
- Join a travel group that visits interesting places
- Take a tour at an art gallery or museum
- Try your hand at writing a short story or poem

Healthy habits matter, too. Of course, regular exercise and healthy foods are important for brain health as well, according to the NIA. So why not make them a learning opportunity too? You could take up a new activity, like dancing or tennis. * Or put on your chef's hat and try out some healthy new cooking skills in the kitchen.

**For safety's sake, talk with your doctor before significantly increasing your activity level.*

Source: Strive, a publication of United Health Care, Winter 2020

WHAT ARE THOSE GIANT BUGS THAT LOOK LIKE MOSQUITOES? (CONT.)

(Continued from page 5)

they don't much of anything as adults other than fly around, mate, and the females lay eggs back in the turf. Crane flies don't live long as adults, just a few days. The bugs are attracted to light, so people are likely to see them around entrances to homes and other well-lit areas.

Given the pleasant temperatures around here at this time of year, people tend to spend lots of time outdoors and are keeping doors and windows open. As a result, they're noticing the crane flies indoors. Gouge said if you see the bugs inside to remember that they are harmless.

There's no need to kill crane flies as they won't be around long enough to bother you much. They will die very quickly inside, normally in just a couple of days. They're super gentle, says Gouge.

Summarized from azcentral.com, March 4, 2020

IN REMEMBRANCE

Frank Lopez Gaona	01/25/2020
Virginia Wildma	02/05/2020
Richard Nelson	02/13/2020
Betty L. Little	02/18/2020
Frank Hamza	02/18/2020
Homero Dominguez	02/21/2020
Daniel A. Torrez	02/21/2020
Ted R. Thurman	02/22/2020
Billy R. Gaines	02/23/2020
Arthur L. Larkins	02/26/2020
Marshal L. Hollen	02/26/2020
Peter Dimas	02/27/2020
Erminio Perea	02/27/2020
Dorothy Hamman	03/04/2020
Barbara Baker	03/07/2020
Rick Favela	03/07/2020

AND FINALLY...

We have been inundated with Coronavirus news. Information is everywhere we look. Here are just a few important reminders.

- Wash your hands frequently.
- Try to avoid touching your face.
- Do not give in to panic buying – it is expensive and probably unnecessary.
- If you are 65 years of age or older, take advantage of the special shopping hours offered by several stores to pick up the items you need for a couple of weeks.

Stay healthy, and we hope to see you at our next general membership meeting!

NEW MEMBERS

Richard West Water Services

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

2020 COPRA BOARD

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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

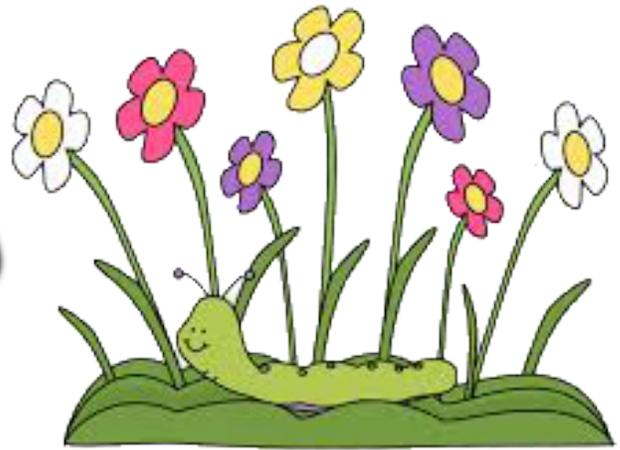
Or mail to: Mary Dysinger Franklin, 6208 E Desert Cove Ave, Scottsdale, AZ 85254

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Litchfield Park, AZ 85340

Spring Fever



2020 MEMBERSHIP MEETING ANNOUNCEMENTS

Membership meetings held at the

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

City Manager's Office and the Retirement Office presentation that was canceled is TBD - We will look at a date later and it will be communicated in advance to all members via the Chronicle.

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