



COPRA CHRONICLE

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

October 2020

MEMBERSHIP IS OUR STRENGTH

Issue 7

INSIDE THIS ISSUE

President's Message	2
PHX at your Service: Monthly Newsletter	2
Little Known Facts	2
Flu Season is Coming	3
Energy Saving Tips	3
New Retirees (August)	4
What was your Favorite Subject in School?	4
Your E-mail is Your Entry	4
6 Ways to Save your Knees	5
Benefits Open Enrollment Webinars	6
In Remembrance	7
Retiree Benefit Guide for 2021	7
2020 COPRA BOARD	7
Membership Meeting Dates	8



"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.

SEEKING 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 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 4, 2020 Annual Membership Meeting.

If you are interested and would like to discuss becoming a member of the COPRA Board of Directors, please contact Dawnell Navarro or email her at navarro2@cox.net. **Please contact Dawnell Navarro no later than October 15, 2020 if you are interested in serving.**

(Nominating Committee: Dawnell Navarro: (Chair), Louis Matamoros, Mary Jo Slunder, Tammy Ryan, Linda Henderson and Susan Perkins)

PRESIDENT'S MESSAGE



Rob Sweeney

Fall has arrived, yet in Phoenix it still feels like summer!

By the end of October, much of the U.S. will be, 'falling back' as they reset their physical and biological clocks when daylight savings time will sunset for another year. The term, 'fall back' is a reminder to move the clock back 1 hour. We cannot, however, 'fall back' in our approach to life.

We all have had time to contemplate during our respective lock downs during the pandemic. Some may have knocked out their entire honey-do list! As we enter the later part of the year, we must keep, 'springing forward' in this new normal that COVID-19 has delivered to us. That is precisely what the COPRA Board and our partners at the City of Phoenix are doing on your behalf.

We want you to keep a strong focus on decisions coming your way, including the availability of flu shots, information regarding open enrollment and making smart financial decisions during a turbulent market. We will use a variety of means to keep you informed over the next few months. The COPRA Board does not believe it is prudent to ask you to attend an in-person event until we can ensure your safety as recommended by public health officials. Please review the information in this month's *Chronicle* as a substitute for our normal General Membership meetings. Please send us an email or give us a call if you have a specific request that would be beneficial for the entire membership.

I do have a special request of you all (especially if you were the over achiever completing your honey-do list): please consider volunteering as a COPRA Board Member. This is the time of year we are seeking individuals to express their interest in serving as a Board Member, starting in January. We have an extremely dedicated Board, but there comes a times for everyone to pass the baton on to the next group of enthusiastic individuals. I am expressing my commitment to you all for my term on the Board. Can I count you in?

I wish you all safety and comfort – Rob

PHX AT YOUR SERVICE: MONTHLY NEWSLETTER

PHX At Your Service is a monthly newsletter for City residents that provides news, updates, articles, and upcoming events. A printed copy is mailed with residents' City Services Bill. In addition, you can subscribe to receive the digital edition once each month.

If you live in the City of Phoenix, and get your water bill late in the month, you know that most of the information contained in the newsletter is already outdated. However, much of the content provided is useful information. You can access the digital copy online at <https://www.phoenix.gov/News> or you can subscribe to receive it electronically by clicking the link below.

<https://action.phoenix.gov/j1.pl?a06431395e1fce54d08f3ce16e85899d7b48a2baf2efe0aa946aad0b1173b9e3>

LITTLE KNOWN FACTS TO MAKE YOU GO HMMMMM

- On Good Friday in 1930, the BBC reported, "There is no news." Instead, they played piano music.
- The 3 Musketeers bar was originally split into three pieces with three different flavors: vanilla, chocolate, and strawberry. When the other flavors became harder to come by during World War II, Mars decided to go all chocolate.
- Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.
- Johnny Cash's "A Boy Named Sue" was penned by beloved children's author Shel Silverstein.

Source: mentalfloss.com, accessed September 12, 2020

FLU SEASON IS COMING

Flu season is coming!

The City is offering **free flu shots to** City retirees. Everyone is encouraged to stay healthy by taking advantage of this free preventative health service. Retirees can receive a free flu shot through Healthwaves by appointment only. [Schedule an Appointment Today](#)

- Retirees can [schedule an appointment](#) online using Healthwaves' Pick-a-Time portal.
 - Once on the Healthwaves site, you will be prompted to create an account to schedule an appointment.
- Retirees will receive a confirmation email with the date, time, and location of their appointment, as well as a consent form that will be required for the appointment. Remember to bring:

-Face Covering required during appointment.

-Signed Consent Form that's attached to the confirmation email.

REMAINING OCTOBER 2020 FLU VACCINE EVENT LOCATIONS

LOCATION	ADDRESS	DATE	TIME
EDTA	3535 S 35 th Ave.	Wednesday, October 7 th	5:00 am – 1:00 pm
Maryvale Community Ctr.	4420 N 51 st Ave.	Friday, October 9 th	7:00 am – 3:00 pm
Verde Park Rec Center	916 E Van Buren St	Tuesday, October 13 th	7:30 am – 3:30 pm
Devonshire Senior Ctr	2802 E Devonshire Ave.	Thursday, October 15 th	7:30 am – 3:30 pm
Washington Activity Center	2240 W Citrus Way	Wednesday, October 21 st	7:00 am – 3:00 pm
Washington Activity Center	2240 W Citrus Way	Wednesday, October 23 rd	7:00 am – 3:00 pm
EDTA	3535 S 35 th Ave.	Tuesday, October 27 th	5:00 am – 1:00 pm
Deer Valley Community Ctr	2001 W Wahalla Ln.	Thursday, October 29 th	7:30 am – 3:30 pm

ENERGY SAVING TIPS

With the heat showing few signs of letting up, here a few reminders on ways to save money on energy costs.

Your air conditioning is one of the top 5 energy users in your home. Cooling accounts for 40% of the energy consumption in the average Arizona home, so here are some cooling tips to help you save money and keep your family comfortable.

- Try to block the heat from entering your home. Keep the curtains or blinds closed to help prevent your home from heating up.
- Make sure your ceiling fans are set to blow downward in summer to circulate the air rather than lowering the thermostat. If your work space doesn't have a ceiling fan, consider setting up a small desk fan. Be sure to turn them off when you leave the room because fans cool people, not rooms.
- Leave air vents and bedroom doors open as much as possible. Closing them create pressure imbalances that can make your cooling system work harder, costing you more.
- Grill outside when possible, or use the microwave, so heat from the oven doesn't heat the house.
- Switch to LED lights, which use 90% less energy and emit 90% less heat, helping to keep your home cooler.

Source: APS.com/tips

NEW RETIREES (AUGUST)

Celeste Agnew	Fire Dept.	Paul Landvatter	Police Dept.
Jean Barry	Library	Thomas Martinez	Parks & Rec.
Laura Burton	Facilities	Ilona Pina	Neighborhood Services
Mark Carr	Housing	Timothy Rowlett	Municipal Court
Domingo DeLeon	Public Works	Mike Tarango	Aviation
David Kessler	Water Services	Robert Woolley	Police Dept
Mayumi Kruse	Planning and Dev Dept.		

WHAT WAS YOUR FAVORITE SUBJECT IN SCHOOL?

A recent Costco poll on Facebook asked the favorite subject question to followers. Here were the top responses.

Science	25%	Math	18%
History/Social Studies	17%	Other	26%
		(includes music, art, shop, etc.)	

What your favorite subject reveals about you

This was found on morefm.co.nz with no scientific data cited but see if it works for you.

Science: You are highly curious, don't like to take the easy way and are often considered analytical, logical and cautious.

Art: You're always looking for the bright side, even in the darkest situations, and often see the bigger picture.

History: You seem to remember everything, even things that don't matter. You're attentive and considerate, and often very hardworking. You also tend to be diplomatic.

English: You have an enormous imagination and a strong creative streak, and you love to explore, albeit in the safety of your own mind.

Source: *Costco Connection*, August 2020

"Autumn shows us how beautiful it is to let things go."

— *unknown*

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 **Sharon Wood**. **CONGRATULATIONS SHARON!**

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 linda joyhenderson@gmail.com. She can also be reached by phone at (623) 693-9955.

Sign up now!

6 WAYS TO SAVE YOUR KNEES

Besides being the largest joint in the human body, “the knees are unique in that the motion involved is very complex,” says Sanjeev Bhatia, an orthopedic sports medicine surgeon and co-director of the Northwestern Medicine Hip and Knee Joint Preservation Center at Central DuPage Hospital in Winfield, Illinois. “The knee has three compartments, any of which can cause pain with wear and tear.”

With the passage of time, a certain amount of wear and tear on your joints is inevitable. But it doesn't have to affect the way your knees feel, function or move. If you experience a clicking or popping sensation in the joint when you walk, bend or lunge, but there's no pain or swelling, you don't need to worry about it, says Dennis Cardone, D.O., an associate professor of orthopedic surgery and sports medicine at NYU Langone Health in New York City. On the other hand, if you have pain or swelling with that clicking or popping, it's best to schedule a visit to your doctor. Otherwise, to minimize your risk of experiencing pain, stiffness, and inflammation in your knees, take these steps to protect these essential joints.

Maintain a healthy weight. Toting around excess weight places tremendous pressure on your knees. “For every pound of weight you put on, the knees will have four more pounds of force on them and even more than that when you go up or down stairs,” says John-Paul Rue, an orthopedic sports medicine surgeon at Mercy Medical Center in Baltimore. The flip side is true, as well. For every pound of excess weight you lose, you'll spare your knees from having to cope with four additional pounds of extra force.

Keep Moving. Regular physical activity helps maintain joint function, including strength and range of motion in the knees, “which means less force gets applied to the knee,” Bhatia explains. “If you run, don't run on successive days; do it every other day, because we don't recover as well as we're aging,” Cardone points out. It's also wise to mix up your workout routines; so if you run three times a week, do something low impact, like bicycling, Pilates, swimming or using the elliptical machine, on the in-between days.

Strengthen the muscles that support your knees. Developing strong thigh muscles, especially the quadriceps, hamstrings and abductors, improves range of motion, protects knee cartilage and reduces the stress you place on the knee, says Richard Willy, an assistant professor of physical therapy at the University of Montana School of Physical Therapy and Rehabilitation Sciences. Get in the habit of doing squats and lunges twice a week, making sure that your knees stay above your feet and don't extend in front of your toes. After age 50, avoid squatting below a 90-degree angle (with your hips dropping below your knees), because deep squats increase pressure on the knees, Cardone warns. If you prefer to use weight machines, opt for the leg press, hamstring curl, knee extension and outer-thigh (abductor) machines, Willy advises.

Perfect your posture. “People often slouch or get more stooped over as they get older,” Cardone says. This is problematic because poor posture changes your body's center of gravity, placing added stress on your knees and hips. So, make a point of standing tall, with your head in line with your shoulders, your shoulders directly over your hips, your hips aligned with your knees, and your knees aligned with your feet. Doing “Pilates, yoga, tai chi and core-strengthening exercises such as planks and back extensions can help improve your posture, prevent irritation under and around the kneecaps, and help you avoid falling,” Cardone adds.

Choose the right shoes. Wearing supportive, comfortable shoes promotes proper alignment of the joints in your lower extremities as you move, explains Barton Branam, M.D., an assistant professor of orthopedic surgery at the University of Cincinnati. For exercise, choose kicks that suit your activity – say, running shoes for running – and that are appropriate for your gait and foot (whether you

(Continued on page 6)

BENEFITS OPEN ENROLLMENT WEBINARS

Although the Annual Benefits Guide will not be mailed to you this year, and no in-person benefit informational meetings will be held, the City's Human Resources Department is providing electronic webinars to explain the new benefit options for 2021. Below is the schedule, along with links to register for the webinars.

For Medicare eligible retirees:

- Thursday, October 8, 9:00 a.m. – 10:30 a.m.
 - <https://attendee.gotowebinar.com/register/8050291396532145935>
- Friday, October 9, 9:00 a.m. – 10:30 a.m.
 - <https://attendee.gotowebinar.com/register/4462323271204926479>
- Monday, October 12, 9:00 a.m. – 10:30 a.m.
 - <https://attendee.gotowebinar.com/register/8302417109362477071>
- Thursday, October 15, 9:00 a.m. – 10:30 a.m.
 - <https://attendee.gotowebinar.com/register/4656432153610763279>
- Tuesday, October 20, 9:00 a.m. – 10:30 a.m.
 - <https://attendee.gotowebinar.com/register/2980446579395842572>

For Non-Medicare eligible retirees:

- Thursday, October 8, 1:30 p.m. – 3:00 p.m.
 - <https://attendee.gotowebinar.com/register/8899001123477806351>
- Friday, October 9, 1:30 p.m. – 3:00 p.m.
 - <https://attendee.gotowebinar.com/register/5043876961457470736>
- Monday, October 12, 1:30 p.m. – 3:00 p.m.
 - <https://attendee.gotowebinar.com/register/6347383180595762703>
- Friday, October 16, 1:30 p.m. – 3:00 p.m.
 - <https://attendee.gotowebinar.com/register/218372215349260559>
- Tuesday, October 20, 1:30 p.m. – 3:00 p.m.
 - <https://attendee.gotowebinar.com/register/431896273955269900>

For more information about registering for the webinars, or for information about how to enter the meetings, please contact the Benefits office by phone at 602-262-4777 or by email at benefits.questions@phoenix.gov.

As a reminder, open enrollment begins on October 19 and continues until 5:00 p.m. on November 13.

6 WAYS TO SAVE YOUR KNEES (CONTINUED)

(Continued from page 5)

pronate or supinate, for example), Branam advises. Believe it or not, research suggests that postural abnormalities of the feet can contribute to knee osteoarthritis, which is why it's important to wear shoes that help prevent inward or outward rolling of the feet during movement. If you're in the market for new exercise footwear, it's a good idea to get professionally evaluated and fitted by someone at a top-notch running or sporting goods store, Branam suggests. When you're not exercising, avoid high heels, which increase the load that's placed on your knees, Willy says.

Listen to your knee pain. If you develop pain and swelling in your knee, take a break from walking, running or any other high-impact activity you're doing. Give your knee the RICE treatment – rest, ice, compression and elevation – and take an anti-inflammatory medication such as ibuprofen, Rue advises. “If it gets better on its own, you can go back to what you were doing,” he says. If it doesn't respond in a week or two, have it looked at by a doctor. In the meantime, you can continue to exercise by doing a gentle activity, including swimming, aqua aerobics or bicycling, Willy says, so that you don't lose any of the fitness you've been building.

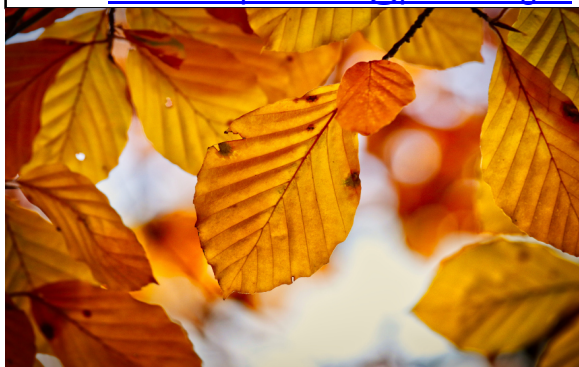
Source: AARP online, updated December 3, 2019

IN REMEMBRANCE

Ronald V Crawford	08/08/2020
Veronica Sedillo	08/09/2020
Rose Newsome	08/13/2020
Hazel M. Fysh	08/15/2020
Gary L. Wilkins	08/16/2020
Deborah Liggins	08/18/2020
Jose G. Salazar	08/21/2020
Diana R Bunger	08/22/2020
Paul Garza	08/23/2020
Kathryn Murphy	08/24/2020
Loretta M Conchos	08/24/2020
George C. Squire	08/25/2020
Judith Evans	08/27/2020
Mary Ellen Aguayo	08/27/2020
Dolores C. Keck	08/29/2020
Donna McWatters	08/30/2020
Antonia G. Perez	09/02/2020
John Y. Escalante	09/04/2020
William Shepherd	09/06/2020
Michaela Rivera	09/13/2020
Rosalie V. Leyba	09/14/2020

RETIREE BENEFIT GUIDE FOR 2021

As Rob mentioned in his September President's message, the Annual Retiree Benefit Guide may not be mailed this year due to COVID 19. The guide will be posted at phxbenefits.com on October 9th. Any questions should be directed to the City Benefits Office (602) 262-4777 or via email: benefits.questions@phoenix.gov



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

OCTOBER COPRA CHRONICLE

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Litchfield Park, AZ 85340



2020 MEMBERSHIP MEETING ANNOUNCEMENTS

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

Meeting dates to be determined

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