



# COPRA CHRONICLE

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

February 2021

**MEMBERSHIP IS OUR STRENGTH**

Issue 2

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### **"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](mailto: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](mailto:phoenixcopra@gmail.com) from your account.

## 2021 COPRA OFFICERS

On January 18, 2021 the COPRA Board approved the following Board Members for Executive Officer positions:

- President – Rob Sweeney
- Vice President/Benefits Chair – Laura Ross with Kathy Wenger
- Treasurer – Louis Matamoros
- Secretary – Barbara Wiess

Additional appointments were made for the following positions:

- Linda Henderson – Membership Chair
- Sue Stites – Website Support
- Mary Jo Slunder – Chronicle Chair
- Tammy Ryan – COPERS Representative
- Kathy Wenger – Events Coordinator

All of the officers listed above have had their bios published previously in the Chronicle. Please join us in welcoming all of the COPRA Officers and Board Members in their roles. They each bring special skills and talents to the COPRA organization!

In addition, for her many years of hard work and exemplary service, Dawnell Navarro was awarded lifetime membership in COPRA. Congratulations, Dawnell! Thank you for your service to our organization.

## COVID-19 VACCINES

As we're sure most of you have heard, the new COVID-19 vaccines are now available. The counties and the state are sponsoring several vaccination sites, and vaccines will soon be available at some pharmacies.

If you live in Arizona, and are interested in scheduling a vaccine, please visit <https://podvaccine.azdhs.gov> to register and schedule your shot.

*(Continued on page 2)*

## PRESIDENT'S MESSAGE



Rob Sweeney

We are almost 12 months into this pandemic. Every day appears to be a repeat of the one before. This is turning into the movie, 'Groundhog's Day.'

If you are unfamiliar with the movie, the lead character (Bill Murray) relives the same day, Groundhog's Day, over, and over and over!

As we transition from 2020 to 2021, we are experiencing the same feeling as Murray's character: same altered routine; same news on TV; same words in the newspaper. But hope springs eternal. Murray's character was able to change that routine and find a way to a better place.

While February 2 marks the proverbial Groundhog's Day, we don't need to wait to see if a shadow emerges, or not, from the depths of the burrow. We can mark February 2, 2021 as the time to break out of the monotonous routine and find something new to celebrate. Hopefully, a good number of you can celebrate your initial or soon-to-be-initiated COVID vaccine. You may be celebrating a family birthday, wedding or other milestone. Or perhaps we are celebrating that we are healthy and awaiting the gift of science.

What pushed Bill Murray's character through the movie's plot was to find a way to be happy and to determine if there was a way to silence the incessant monotony. That is all we can strive for during the waning months of COVID hibernation. Keep our mind sharp! Seek hope and not despair! Find happiness when the dust settles.

We will get through this together. We need to trust our public health officials as they chart a course for our recovery. We need to provide constructive feedback in order to improve processes and distribution to get us through these sequestering times.

All of us are longing for the simple things in life: to hug a loved one; shake someone's hand; enjoy the free samples at Costco! This has been a rough 12 months. If we can keep the faith, help improve the vaccine-delivery process and maintain order as prescribed by public health officials, we can deliver on the hope of an early spring as, there is no shadow!

Let us leave the shadow of COVID behind, and only look beyond the clouded skies to a brighter 2021.

I wish you all good health and peace – Rob

## COVID-19 VACCINES (CONTINUED)

*(Continued from page 1)*

When you register, you must provide an email address. You will be cautioned to use an email address that is not a cox.net email address. This is because Cox has specific automatic spam protocols in place. If necessary, you can obtain a Gmail (gmail.com) or yahoo (yahoo.com) email address for free. The state also says that for best user experience you should use Chrome, Firefox, or Safari browsers on a desktop computer, laptop, iPad, or iPhone. Android devices are not currently supported but will be coming soon. (Your Chronicle Chair used Microsoft's Edge browser, and did not have a problem.) Only one family member needs to create an account to set up vaccination appointments for all family members.

All February appointments are full at both State Farm Stadium and Phoenix Municipal Stadium. The website now shows the next available appointment date.

All Dose 2 eligible invitations are being sent out - be assured that you will receive these invitations for self and family member(s)/dependent(s) shortly.

# TREASURER REPORT



## SAVE THE DATE

Because the COVID-19 virus is still oppressing us, the COPRA Board is planning to host a virtual general membership meeting on **March 25<sup>th</sup>**. Please save the date and plan on attending this meeting via Zoom. The plan is to have guest speakers, as in years past, and to field questions or concerns from members.

More information will be provided in the March Chronicle regarding registration for the meeting and speakers.

COPRA						
Treasurer Report						
for Period ending December 31 2020						
				December	2020	2019
Book Balance December 31, 2020 and 2019					\$ 80,879.25	\$79,320.39
<b>Receipts</b>						
	Member Dues			\$ 5,412.00	\$ 11,198.00	\$ 12,552.00
	Paypal	Paypal dues paid in Oct thru Dec		\$ 1,651.20	\$ 2,773.65	\$ 1,098.37
	Holiday income			\$ -	\$ 116.00	\$ -
	Interest Earned			\$ 38.33	\$ 587.75	\$ 905.18
	Refund from holiday room reservation			\$ 325.00		\$ -
	Holiday Tickets Sold	Tickets at door		\$ -	\$ -	\$ 811.61
		Total Receipts		\$ 7,426.53	\$ 14,675.40	\$ 15,367.16
<b>Disbursements</b>						
	Bank Fees	Returned checks, Services Fees		\$ -	\$ 18.00	\$ 39.20
	Chronicle			\$ 1,744.94	\$ 5,192.05	\$ 5,414.27
	Business Expenses	Ink, Office Supplies, Computer expenses Postage due, Parking, post office		\$ 253.63	\$ 480.53	\$ 3,388.62
	Member Support	Gift cards, refreshments, holiday		\$ 1,155.90	\$ 1,445.09	\$ 6,866.79
	Website (paid via paypal/checking account)			\$ 174.00	\$ 696.00	\$ 483.75
		Total Disbursements		\$ 3,328.47	\$ 7,831.67	\$ 16,192.63
Book Balance December 31, 2020 and 2019					\$ 84,977.31	\$79,048.77
						\$ 77,808.58
Dec net +/-				\$ 4,098.06		
Dec MM Transfer to checking						
Bank Balance December 31, 2020		Checking			\$ 11,928.05	
		Paypal	all transactions included		\$ 5,278.49	
				Interest Earned		
				Oct to Dec	YTD	
		CD matured November deposited to money market		\$ 22.73	\$ 235.02	\$ 15,423.25
		CD matured June deposited to money market		\$ -	\$ 174.55	\$ 15,375.87
		CD matured June deposited to money market		\$ -	\$ 113.84	\$ 11,468.35
		Money Market		\$ 15.60	\$ 64.34	\$ 25,503.30
		Total		\$38.33	\$587.75	\$ 84,977.31

## HOPE WARMS THE SOUL: STATEMENTS OF HOPE

- Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. *Albert Einstein*
- Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today. *Thich Nhat Hanh* (global spiritual leader, poet and peace activist)
- There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow. *Orison Swett Marden* ([1848-1924] an American inspirational author who wrote about achieving success in life and founded SUCCESS magazine in 1897)
- The work goes on, the cause endures, the hope still lives and the dreams shall never die. *Edward Kennedy*
- My hope is to leave the world a bit better than when I got here. *Jim Henson*
- Let your hopes, not your hurts, shape your future. *Robert H. Schuller* (an American Christian televangelist, pastor, motivational speaker, and author)
- We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon. *Franklin D. Roosevelt*

Source: *The Grand Season family*, December 2020

## NEW RETIREES (DECEMBER)

Patricia Albanese	Water Services	William Knight	Water Services
Bernadine Alling	Planning and Dev Dept	Jill Leon	Planning and Dev Dept
Ernesto Alvarez	Public Works	Richard Lujan	Street Transportation
Esther Avila	Parks & Rec.	Yolanda Martinez	Housing
Greg Boujikian	Planning and Dev Dept	Victor Menchaca	Water Services
Matt Diaz	Water Services	Albert Olmos	Water Services
Pamela Edmondson	Police Dept.	David Pietsch	Public Works
Timothy Ellsworth	Water Services	Gregory Potter	Water Services
Robert Frederick	Aviation	Richard Sisk	Library
Stella Froom	Convention Center	Paula Sparksman	Police Dept.
Elizabeth Grajales	City Manager's Office	Carolyn Thomas	Police Dept.
Timothy Jarman	Water Services	Lollita Whitfield	City Retirement Board
Sarah Kerr	Police Dept.		

## RENEW YOUR COPRA MEMBERSHIP

**Please check the mailing label on this CHRONICLE for the "Dues Paid Thru" year. If the year is "2020", you need to renew your COPRA dues NOW!**

If you receive the COPRA Chronicle by email you will notice that the email lets you know when your membership expires. As a retiree, it is important that you stay abreast of events happening in the City that may have an impact on your benefits and the retirement fund. As our motto on the front page of the Chronicle says, "Membership is Our Strength." COPRA membership dues are \$12.00 a year for all members or \$50 for 5 years. To renew your COPRA membership, send a check payable to "COPRA" to the following address:

**COPRA  
P O Box 2464  
Litchfield Park, AZ 85340**

If you have a **PayPal** account, you can send your dues for COPRA via PayPal. Simply logon on to your account, choose send payment, enter our email address [phoenixcopra@gmail.com](mailto:phoenixcopra@gmail.com), choose friends, enter the dollar amount, enter your name and email address in the notes section and send. If you have questions regarding paying via Paypal, please call Louis Matamoros at (623) 734-6624 or email him at [biglou6415@yahoo.com](mailto:biglou6415@yahoo.com).

## 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, 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 January winner is **Ronald List**. **CONGRATULATIONS RONALD!**

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](mailto:lindajoyhenderson@gmail.com). She can also be reached by phone at (623) 693-9955.

**Sign up now!**

# TAKE IT INSIDE! BUILD A BALANCED INDOOR EXERCISE ROUTINE

The COVID-19 pandemic upended many people's exercise routines. Heading outdoors may have been a good alternative to the gym during warmer months. But in many places, that might not be an option in the winter.

\*Even so, most healthy adults should still aim for at least 2.5 hours of moderate-intensity aerobic exercise a week. And they should add strength exercises on 2 or more days a week. If you need to move your workout inside, it's still possible to meet those goals. Try to include these 4 elements for a balanced indoor routine:

**Aerobic exercises:** These give your heart, lungs and circulatory system a workout. Brisk walking is an aerobic exercise. So are bicycling and swimming. But what kinds of aerobic exercises might you do indoors?

- Dance. Put on your favorite music and break out your moves.
- Walk up and down stairs if you have them.
- Put a little extra oomph into chores like vacuuming.

If you are enrolled in one of the AARP/United Healthcare Medicare supplement plans, check out the [Fitbit® Community for Renew Active](#) (see disclaimer below), which allows you to participate in fun, friendly step challenges with other health-minded members. You also have access to thousands of workout videos for all levels and intensity through Fitbit Premium® in the Fitbit mobile app. This includes yoga, weight training, low impact and equipment optional exercises. No Fitbit device is needed to participate. To get started, you can log in at [myAARPMedicare.com](#).

**Strength exercises:** You can strengthen your muscles by working with weights or using a resistance band. If you don't have hand weights at home, try using cans of food or bottled water instead. When working with weights, use slow, steady movements. Breathe out as you lift the weights, and breathe in as you relax.

You should aim to work every muscle group twice a week. But make sure you leave at least a day off between sessions.

**Balance exercises:** Balance exercises may help you lower your risk for falls. That's especially important for older adults. There are many simple balance exercises you can do at home. For example:

- **Stand on one foot.** Hold onto the back of a chair if you need support. Then switch and try standing on the other foot.
- **Walk heel to toe.** Place the heel of one foot in front of the toes on the other foot. Aim for your heel and toes to touch or nearly touch. Walk near a wall if you need support.

**Flexibility exercises:** After a workout, it's a good idea to stretch the muscle groups you've been working with. Activities that incorporate stretching – like yoga – may also help you stay more flexible. If you're new to yoga, look for online workouts aimed at older adults.

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

## Fitbit® Community for Renew Active™

Fitbit will share only non-identifiable, aggregate information with UnitedHealthcare that is collected through the use of the Fitbit Platform. This information may be used by UnitedHealthcare to potentially help develop future programs and services for its insured members. In addition, any content you post to the Fitbit Community for Renew Active group will be visible to all users within the group who access the feature, including UnitedHealthcare, the organization enabling the group. You are solely responsible for your content. Be mindful that, like any internet forum or group chat, individuals may post information that may not be accurate and UnitedHealthcare is not responsible for content posted in this forum or any actions taken by individuals based on content posted in this forum.

Participation in the Fitbit Community for Renew Active is voluntary. Access to this service is subject to your acceptance of Fitbit's Terms of Use and Privacy Policy. Existing Users of the Fitbit website/app who have already accepted Fitbit's Terms of Use and Privacy Policy will not be required to create a new Fitbit account, but should refer back to Fitbit's Terms of Use and Privacy Policy to understand relating to your use of the Fitbit Community for Renew Active functionality on the Fitbit website or app.

Source: [beginsat50.com/msp-en/wellness/fitness-and-exercise/indoor-exercise-ra 1/2021](#)

## IN A FUNK?

### THINGS YOU CAN DO, IF YOU'RE FEELING A LITTLE DOWN.

As promised in the January Chronicle, here are some additional ideas for you if you don't feel like yourself or are feeling down because your hopes for the future have changed. Try these ideas to boost your mood.

- Put on your favorite article of clothing. It could be your comfy pajamas, or your sequined jacket ... what's most important is that it makes you feel really good.
- Make a playlist with the songs that you loved as a teenager and enjoy the nostalgia.
- Read a book. Get lost in someone else's story. (Editor's note: there are many "cozy" stories available that are a quick and easy read; easy to finish in a day or two.)
- Get a blank sheet of paper and a pencil, and just start doodling. You don't have to draw anything in particular, just do something with your hands.
- Plan your next trip. Even if you have no ideas when it might happen, think about how – when the opportunity arises – you're going to be all ready for it.
- Try to put into writing exactly what is making you feel like this.
- Spend five short minutes out in open air. If you're feeling down at home, or at the office, take a little time to get outside and to feel less suffocated.
- If you spend most of your time on social networks, comparing yourself with others, take a break! But, if social media helps you forget your problems, by all means, feel free to indulge.
- Hopefully, one or more of these ideas will help get rid of the funk.

Source: *The Grand Season family*, December 2020

## COPERS NEWS



### IMPORTANT TAX WITHHOLDING NOTICES

**Federal Tax Withholding Elections:** The Internal Revenue Service (IRS) requires the City of Phoenix Employee Retirement System (COPERS) to notify retirees, at least once each year, that you have the right to make Federal tax withholding elections or revoke such elections.

If you do not want any Federal income tax withheld from your monthly pension, or if you desire to revoke a prior election to not have Federal withholding apply, please complete the Federal Tax Withholding Form (W-4P) and mail it to the COPERS office.

COPERS is also required to inform you that, even if you elect to not have Federal income tax withheld, you are liable for payment of Federal income tax on the taxable portion of your pension. You may also be subject to tax penalties under the estimated tax payment rules, if your payments of estimated tax and withholding, if any, are not adequate.

**Arizona State Tax Withholding Elections:** Arizona state tax withholding is no longer calculated as a percentage of federal tax withholding. Amounts withheld are a percentage of the taxable amount of your pension. If you would like to change your Arizona state tax withholding election, please complete the Arizona Tax Withholding Form (A-4P) and mail it to COPERS office.

**If you are satisfied** with your current monthly Federal and State tax withholding, no action on your part is necessary. Your tax withholding may also be changed on eCHRIS.

For additional information and assistance, you can contact the COPERS office by phone at 602-534-4400.

Source: [www.phoenix.gov/copers/retirees](http://www.phoenix.gov/copers/retirees), accessed 1/15/2021

## IN REMEMBRANCE

Dennis Scholtz	10/05/2020
James Berdick	11/18/2020
Grace Matthews	11/28/2020
Bruce Huxford	12/06/2020
Celia Fontes	12/07/2020
Jack Lansdale	12/07/2020
Lee A. Faul	12/09/2020
Dale Hendrix	12/14/2020
Grace Perry	12/16/2020
George P. Martinez	12/19/2020
Lillian Reaume	12/19/2020
H George Zimmerman	12/21/2020
George V. Nunez	12/22/2020
Orville Woodward	12/23/2020
Larry Walker	12/25/2020
Mary Warren	12/26/2020
Hugh Jones	12/29/2020
Manuel Kramer	12/30/2020
Alan Gabe	12/30/2020
Carl D. McMurtry	12/31/2020
Arthur E. Roan	01/01/2021
Annetta Kelton	01/01/2021
J Tasha Tassone	01/02/2021
Marilyn Tillman	01/06/2021
Brenda Burch	01/06/2021
Ajamu Bandele	01/08/2021
Maria Kocsis	01/11/2021
Francisco Ruiz	01/12/2021
Debra Purcell	01/13/2021
Thomas J. Gilsdorf	01/15/2021

### Fun February Facts

- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.
- The month is named for the Latin word februum which means purification.
- The Saxon term for the month, Sol-monath, means "cake month". This is because they offered cakes to the gods during this month.

#### 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.....	<a href="http://www.phoenixcopra.com">www.phoenixcopra.com</a>
COPERS website.....	<a href="http://www.phoenix.gov/copers">www.phoenix.gov/copers</a>
COPMEA website.....	<a href="http://www.copmea.com">www.copmea.com</a>
City Retirement Systems (COPERS).....	(602) 534-4400
Human Resources - Benefits Section .....	(602) 262-4777
COPMEA.....	(602) 262-6858

## 2021 COPRA BOARD

President:

**Rob Sweeney** 480-215-2215  
E-mail [coprapresident@gmail.com](mailto:coprapresident@gmail.com)

Vice President/Benefits Chair:

**Laura Ross** 623-878-3334  
E-mail [ljross50@gmail.com](mailto:ljross50@gmail.com)

Treasurer:

**Louis Matamoros** 623-734-6624  
E-mail [biglou6415@yahoo.com](mailto:biglou6415@yahoo.com)

Secretary:

**Barbara Wiess** 602-799-1374  
E-mail [b1925wiess@gmail.com](mailto:b1925wiess@gmail.com)

Board Members:

**Susan Perkins** 602-861-5914  
E-mail [sjperkins@msn.com](mailto:sjperkins@msn.com)

**Brian Suggs** 602-369-0840  
E-mail [bjsuggs@msn.com](mailto:bjsuggs@msn.com)

Chronicle Chair:

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### Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **20<sup>th</sup> 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](mailto:COPRAnewsletter@gmail.com)

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

# FEBRUARY COPRA CHRONICLE

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**POSTMASTER**  
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COPRA  
PO Box 2464  
Litchfield Park, AZ 85340



## **2021 MEMBERSHIP MEETING ANNOUNCEMENTS**

Membership meetings held

**Virtually until further notice**

**March 25, 2021**

**More information in March issue**

Board meetings are held quarterly on the 2<sup>nd</sup> Thursday of the Month  
Except for June, July and August.