



# COPRA CHRONICLE

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

March 2021

**MEMBERSHIP IS OUR STRENGTH**

Issue 3

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## REGISTRATION NOW OPEN FOR THE COPRA GENERAL MEMBERSHIP MEETING

As announced in last month's Chronicle, we will be having a virtual membership meeting on March 25<sup>th</sup> from 10 a.m.-12 p.m. We will be hosting the meeting via Zoom, as we did in December. The plan is to have guest speakers, as in years past, and to field questions or concerns from members.

To ensure the meeting is as secure as possible, we are asking members to please pre-register for the meeting by March 24<sup>th</sup>. If you have a computer and email, please send your request to: [coprapresident@gmail.com](mailto:coprapresident@gmail.com) with, 'General Membership Meeting Registration' in the subject line. We will follow-up with a link to the meeting. Computer users will be able to choose a video or audio-only connection. If you do not use a computer, please contact COPRA President Rob Sweeney at 480-215-2215 and we will get you an audio-only connection.

We look forward to "seeing" you there!



### "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  
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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.

## WALKING FOR EXERCISE AND HEALTH: TIPS TO GET YOU MOVING

More and more Americans are walking for exercise. In fact, the number of adults walking for transportation, fun and exercise increased by 6% in five years. In total, 60% of adults are walking for aerobic activity. And there's a great reason why they should be. The CDC reports that adults need at least 2 ½ hours of fitness in the form of aerobic activity every week. Good news – that aerobic activity can be something as simple as a brisk walk!

For an average-sized adult, a 30-minute stroll can result in up to 150 calories burned walking. Learn the benefits of walking for exercise and health and get some tips on the best ways to get started.

### How Many Calories Do You Burn Walking?

The number of calories burned walking depends on your weight, the distance you walk and pace of your walking. For example, a 170 lb. person walking at a 3 mi/hour pace for 30 minutes may

*(Continued on page 3)*

## PRESIDENT'S MESSAGE



Rob Sweeney

Spring has sprung!

The sunlight of spring is warming the soil to bring forth the beauty of the bulbous flowers as they bounce towards the sun to bring joy to our eyes. Yes, the eyes of March.

Or is it the Ides of March? History reminds us of how folks treated Julius Caesar on that 15<sup>th</sup> day of March. Obviously not serving him a salad with croutons and Parmesan cheese, but with a death sentence.

So, how will we view this March 15, 2021? The Roman calendar set forth the Ides of March as a time to settle our debts. Apparently, the dissidents of Julius wanted to show him how he would repay his.

We can observe this point in time as one to rid ourselves of a diminutive 'ruler', and/or a time to settle our debts.

Many will seek the COVID-19 vaccine to eliminate most of our worries of the virus. We have waited patiently; awaiting our turn when the public health officials call our name to step-up and receive the gift of modern medicine. COVID-19 has ruled our lives for the past 12+ months. We are tired of its grip! Tired of its obsessive control of everything we do! Tired of hearing about it every day! COVID is our Caesar! Collectively, we want it gone. We want our lives back. We long to hug loved ones and to share communal celebrations that may seem immaterial to others.

I am not suggesting we engage in an uprising against our public health officials. Rather, how can we turn the, 'Ides of March' into us repaying our debts to what they have done.

Our debt is remaining vigilant to what they prescribe. Our debt is patiently waiting our turn, as painful as it is, until we are called to receive a vaccine. Our debt is driving the less fortunate to their appointments to receive the vaccine. Our debt, to be repaid, is to do what is asked of us to extinguish the virus.

We all have experienced a loss during the pandemic: trip of a lifetime; holding a new grandchild; hugging a family member. We can have eyes on the 'Ides of March.' It may be a day of atonement or perhaps a day of rebellion. Either plan will help get us through this pandemic as we follow the prescribed plan by public health officials.

National Public Radio sponsored a Haiku contest last month. Topic: how COVID impacted your life. I submit to you my thoughts. I hope they find you healthy, happy and ready to move beyond COVID-19.

Vaccine Awaits Me  
No Matter Who Is Maker  
Want To Hug My Dad!

Wishing you health and happiness – Rob

## MICROSOFT ENDS SUPPORT FOR INTERNET EXPLORER

As you may have already noticed, Microsoft has ended its support for Internet Explorer. Edge is the new browser from Microsoft and is the current default for any new Windows installs.

What this means for you is that if you use any applications that are based on Internet Explorer, or if you use Internet Explorer to access websites or applications, they may not work correctly in the future. Office 365 services like email and calendar will be impacted.

Microsoft urges all Windows users to convert to Edge, which began with the release of Windows 10. Older versions of Windows are also no longer supported by Microsoft.

## WALKING FOR EXERCISE AND HEALTH: TIPS TO GET YOU MOVING (CONTINUED)

*(Continued from page 1)*

burn about 142 calories while a 130 lb. person walking the same distance at the same pace may only burn 108 calories.

### Is Walking Good Exercise?

Are you wondering “is walking good exercise?” The answer is a strong yes. Walking is a great form of exercise in addition to just burning calories. Walking as few as 30 minutes a day can result in health benefits such as a lowered resting heart rate. Some other benefits of walking include:

**1. Improve your balance.** According to Harvard Medical School, one of the main benefits of walking for exercise is improving your balance and coordination. Create a walking plan to get you in the habit of adding a brisk stroll to your exercise routine. You’ll develop lower-body strength, one of the key ways to ensure you maintain your balance at any age. Start small and build your way up.

**2. Lift your spirits.** Living a healthy lifestyle includes finding ways to improve your mental health. According to research by Dr. Michael C. Miller, even something as simple as regular walks can increase blood flow to your brain and improve your mental acuity and mood significantly. In fact, a study found that for individuals with major depressive disorder, those who walked for 30 minutes had more positive feelings of well-being and vigor compared to those who rested quietly for 30 minutes. Why not take the dog for an extra walk during the day? Walking for exercise will make him just as happy as it’ll make you.

**3. Maintain your weight.** According to Mayo Clinic, you could burn 150 calories by taking a brisk 30-minute walk – just enough to burn off the calories from the cookies you had earlier. So, if you’re trying to keep your weight down, don’t forget to incorporate a walk into your daily routine. You can’t get the benefits of walking for exercise if you aren’t going for a walk regularly.

Source: [thehartford.com](http://thehartford.com)

## STAYING SHARP - IDEAS FROM AARP

**Develop a daily puzzle habit:** Spending a little time each day on a crossword or sudoku puzzle keeps your brain active. “Using those mental muscles can help make new connections in the brain and make it better able to withstand aging,” says Keith Fargo, director of scientific programs for the Alzheimer’s Association. Hosting a game night can also give you a cognitive boost. Fargo suggests choosing games — such as bridge, Risk or chess — that require you to think strategically.

**Rekindle your love for books:** Reading for 15 minutes or more each day is a great way to engage your brain. All books, from romance novels to true crime stories, are great for a mental workout, but Fargo suggests occasionally choosing a book outside of your favorite genre. “You want to reach outside your normal routine and exercise different mental muscles,” Fargo explains.

**Really commit to a full night’s sleep:** Sleeping for seven to eight hours allows our bodies to recuperate from physical, emotional, and intellectual fatigue. And REM sleep — a deeper stage of sleep where we do a great deal of dreaming — is believed to be important for procedural memory, or the part of memory that helps us carry out tasks such as riding a bike. Consistently sleeping well can help lower blood pressure, improve mood and concentration, and reduce the risk of heart disease, diabetes, and other health issues. Get enough uninterrupted shuteye by limiting your alcohol and caffeine consumption in the evenings and by adding ambient noise, such as a fan or humidifier, to block out unwanted sounds.

Source: [www.aarp.org](http://www.aarp.org), accessed 2/3/2021

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”

— Henry Ford

## NEW RETIREES (JANUARY)

Hoy Anderson	Neighborhood Services	Victor Jimenez	Parks & Rec.
Robie Anderson	Public Works	Jack Knight	Public Works
Ricardo Araiza	Parks & Rec.	Laura Miyoshi	Parks & Rec.
Leonardo Barrios	Public Works	Lee Moothery	Aviation
Jay Black	Public Works	Leo O'Donnell	Library
Richard Bracamonte	Parks & Rec.	Raymond Rodriguez	Water Services
Vikki Branham	Public Works	Julian Sanchez	Public Works
Lisa Coombe	Police Dept.	Laura Smith	Neighborhood Services
Douglas Frost	Planning and Dev Dept	Meryl Warda	Housing
Mark Heitowit	Information Tech. Services	Judith Weiss	Parks & Rec.
Antonio Hernandez	Planning and Dev Dept	Michael Wilson	Phx Convention Center
Maria Herrera	Courts	Ben Winton	Information Tech. Services

## NEW MEMBERS

Richard Naimark	Public Transit	Melinda Petrillo	Muni Court
Laura Miyoshi	Parks & Rec. Dept: NE Dist.	Robert V. Zieger	Programming and Project Del.
Ben Winton	ITS: Ent Application Serv.		

## NEW HOUSEHOLD HAZARDOUS WASTE COLLECTION PROGRAM IN PHOENIX

Do you have old paint sitting around in your garage or storage room? Old, useless computers? Old light bulbs or batteries?

The City's Public Works Department is now offering a 6-month pilot program that assists solid waste residential customers with the proper disposal of their household hazardous waste (HHW) items.

HHW should NOT be placed in the trash or recycling containers for safety reasons. Hazardous materials need to be properly disposed of to protect human health and the environment, as well as protect residents and employees from harm and hazards caused by these toxic materials.

Due to the pandemic, the quarterly HHW events were discontinued, but the need was still there. Now, you no longer need to wait for these group events, just visit the website at [www.phoenix.gov/publicworks/hhw](http://www.phoenix.gov/publicworks/hhw) for more information, or call 602-262-6251, or email them at [solid.waste@phoenix.gov](mailto:solid.waste@phoenix.gov).

## 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 February winner is **Madeline Parent. CONGRATULATIONS MADELINE!**

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!**

# LEARN CPR

Effective CPR (Cardiopulmonary Resuscitation) until medical help arrives can help prevent permanent brain damage or death for a person whose heart has stopped or who is no longer breathing. The American Heart Association estimates that if bystanders perform CPR, it can save 100,000 to 200,000 lives annually.

Source: *Costco Connection*, February 2021

## A HEALTH-IER CHILI

Cubes of skinless, boneless chicken breast are quickly pan fried and combined with sauteed onion, red and yellow bell peppers, jalapeno peppers, garlic, and seasonings. Then you'll simply simmer the chicken and veggies with great Northern beans in chicken broth. A fantastic chili with enough bite to be flavorful and pleasing, and low enough in fat and sodium to be allowed on almost any diet.

### Main Ingredients:

- 1 ½ lbs of boneless, skinless chicken breast halves – cubed
- ½ tsp salt
- ½ tsp ground white pepper
- 1 Tbsp olive oil
- 3 Tbsp butter
- ¼ cup all-purpose flour
- 2 cups chicken broth
- 2 (14 oz) cans Great Northern beans, undrained

### Optional Ingredients to taste:

- 1 bunch of green onions, thinly sliced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 4 fresh jalapeno peppers, seeded and minced (only to personal taste)
- 1 clove garlic, minced
- ½ tsp ground ginger
- ½ tsp dried sage
- ½ tsp ground cumin

### Directions:

In a large skillet, heat olive oil over medium heat. Add chicken, and sauté until cooked through. Remove the chicken from the pan.

Sauté the onion, red bell pepper, yellow bell pepper, jalapeno chile peppers and garlic in the same skillet. Return the chicken, along with the ginger, salt, sage, cumin and white pepper. Mix thoroughly.

In a separate small saucepan or skillet, melt butter or margarine over medium heat. Stir in flour to make a roux. Whisk in the chicken broth and mix all together. Stir this mixture into the sauteed chicken and vegetables.

Stir in the beans with can liquid, and simmer all over low heat for 15 to 20 minutes or until cooked and heated through.

“The fool wonders, the wise man asks.”

— *Benjamin Disraeli*

## FREE TAX HELP AND FILING

The City of Phoenix has a Volunteer Income Tax Assistance (VITA) program that has three alternatives for filing taxes for those meeting eligibility requirements.

**1. Do it Yourself (Facilitated Self-Assistance):** Prepare your own federal and state tax return using FREE online software in the comfort and safety of your home. There are no income limitations and no fees; interview-based software helps you file an accurate return (available in Spanish); file electronically and get your refund faster; you will have access to your tax return at any time with your secure log-in; requires basic computer skills and access to last year's tax return; volunteers will be available to answer basic tax law questions within the scope of the City of Phoenix VITA Program. If you are interested in this option, send an email to [vita.taxhelp@phoenix.gov](mailto:vita.taxhelp@phoenix.gov) to receive the free tax preparation software link and instructions. There is also a video available to learn how to use the Do It Yourself system.

**2. Volunteer Income Tax Assistance:** Qualified residents can meet with an IRS certified tax preparer at one of the VITA Sites. Using this alternative, you will be required to be pre-qualified (\$57,000 or less per household), and then to register for an in-person visit to drop off your documents and pick up your completed returns. The return will be filed electronically by the VITA volunteer. You will need to complete a few forms, and sign consent forms for the VITA volunteer to e-file your returns. Email [vita.taxhelp@phoenix.gov](mailto:vita.taxhelp@phoenix.gov) for information.

**3. MYfreetaxes.com:** Use this self-paced, step-by-step guidance to file both Federal and State tax returns on-line for free. IRS certified tax volunteers are available via online chat to help. You can complete and file your taxes in your own home. There are no income limitations for this option.

Free services ensure all taxpayer's income, deductions, and allowable credits are claimed. Save hundreds in paid preparer fees (especially for simple returns). First come, first served. To learn more about the program, visit [www.phoenix.gov/humanservices/programs/tax-prep/free-tax-prep](http://www.phoenix.gov/humanservices/programs/tax-prep/free-tax-prep).

Source: [phoenix.gov/humanservices/programs/.tax-prep/free-tax-prep](http://phoenix.gov/humanservices/programs/.tax-prep/free-tax-prep)

## KIDNEY FACTS

Since March is National Kidney Month, lets learn some interesting facts about kidneys.

Kidneys are fundamental organs of the human body. Take them out, and no human can survive. They are extremely complex and have two primary functions – blood purification and waste elimination.

- The blood flow in the kidneys is higher than the blood flow in the heart, liver, and brain.
- Exactly half of one single kidney can do the job that is performed by two kidneys together.
- In a single hour, kidneys receive about 120 pints of blood.
- Kidneys are responsible for maintaining a constant amount of fluid in the body. The entire blood in the body gets filtered around 400 times in a day through the kidneys.
- High blood pressure and diabetes can both lead to kidney failure.
- Nearly 1.5 million people globally go through kidney transplant surgery or kidney dialysis each year.

Source: [factslegend.org/35-facts-human-kidneys/](http://factslegend.org/35-facts-human-kidneys/)

Every day, an average of 12 people die while waiting for a kidney transplant. ([kidneyfund.org](http://kidneyfund.org))

## MARCH OBSERVANCES IN THE UNITED STATES

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Cerebral Palsy Awareness Month</li><li>• National Nutrition Month</li><li>• Music in our Schools Month</li><li>• National Bleeding Disorders Awareness Month</li><li>• National Celery Month</li></ul> | <ul style="list-style-type: none"><li>• National Frozen Food Month</li><li>• National Kidney Month</li><li>• National Reading Awareness Month</li><li>• Youth Art Month</li></ul> |
|--|---|

## IN REMEMBRANCE

Mamie Denmark	11/03/2020
Jean Parkinson	11/25/2020
Bennie L. Tye	12/22/2020
Orville K. Woodward	12/23/2020
Delores Soto	01/03/2021
Kathryn Schmidgall	01/03/2021
Dwight Purdy	01/05/2021
John M. Stergowski	01/07/2021
Hermína Arollo	01/08/2021
Franklin Sanders	01/08/2021
Anna Reyes	01/09/2021
Antonio Garcia	01/09/2021
Raymond Gonzales	01/09/2021
Robert P. Joyce Sr.	01/10/2021
William H. Seely Jr	01/10/2021
Virginia Brown	01/10/2021
Barbara Osgood	01/13/2021
Jeanne Klimek	01/15/2021
Larry Meza	01/16/2021
John R. Palmer	01/16/2021
Clinton Wyskiver	01/17/2021
S. C. Peck	01/19/2021
Elizabeth Kline	01/19/2021
Allen Heaps	01/20/2021
Ann Garriott	01/22/2021
Sarah McGarry	01/25/2021
Conrod Orosco	01/27/2021
Michele Kepers	01/30/2021
Paul Whitten Suckling Jr.	01/30/2021
Robert Brinton	02/01/2021
Nancy Westbrook	02/02/2021
Angel Jimenez	02/03/2021
Mariano Rodriguez	02/03/2021
Deborah Dillon	02/04/2021
Victor Arroyo Jr.	02/05/2021
Rebecca Sandoval	02/09/2021
Marjorie Massman	02/16/2021

"Logic is the beginning of wisdom, not the end."

— *Leonard Nimoy*

### 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:

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### Vice President/Benefits Chair:

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### Treasurer:

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### Secretary:

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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

# MARCH COPRA CHRONICLE

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PO Box 2464  
Litchfield Park, AZ 85340



## **2021 MEMBERSHIP MEETING ANNOUNCEMENTS**

Membership meetings held

**Virtually until further notice**

**March 25, 2021**

**10 am - noon - See article on page 1 on how to get registered**

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