



COPRA CHRONICLE

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

May 2021

MEMBERSHIP IS OUR STRENGTH

Issue 5

INSIDE THIS ISSUE

What Have you Been Doing?	2
Plan Ahead for Warmer Weather Travel on Arizona Highways	2
Living Smart	3
New Retirees (March).....	4
New Members	4
Ice or Heat for Treating Sprains and Strains	4
Your E-mail is Your Entry.....	4
Take a Hike - Do it Right.....	5
Retiree Webinar from Nationwide Retiree System.....	5
Arizonans can now Renew Drivers Licenses Online	6
The Simple Act of Love	6
In Remembrance.....	7
2021 COPRA BOARD	7
Meeting Notices.....	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:
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Litchfield Park, AZ 85340

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

SUMMER HIATUS

This is just a reminder. Summertime is upon us, and as usual, your Chronicle will be on hiatus for June, July, and August. Your next issue of the Chronicle will be in September.

There will also not be any COPRA Board meetings during this time.

Both will resume in September.

WE NEED YOUR HELP!

If you attended our March membership meeting, you heard that only about 20% of current City of Phoenix retirees are members of COPRA.

Your COPRA Board works tirelessly to keep City retirees informed about things that affect them, and our representatives on the City Retirement Board and the Health Care Task Force have been instrumental in protecting our retirees.

But as you probably have heard many times, there is strength in numbers. The larger our membership, the stronger will be our voice on both the Health Care Task Force and the Retirement Board.

Many of you have maintained friendships with people you worked with who may have also retired. PLEASE, PLEASE, PLEASE invite those friends who are not currently COPRA members to join our organization! Dues are only \$12 per year, or \$10 per year if paid for 5 years in advance.

We need your help to grow our organization and raise our voices to the City.

Thank you in advance for helping us grow.

WHAT HAVE YOU BEEN DOING?

We Want to Hear from You!

Beginning with the September issue of the Chronicle, we want to include stories from our members. We want to hear about you.

We are looking for members to submit articles about trips you have made, interesting things you have done or seen, or any other activity you might want to share. You may also include a picture if you want.

We really want to include all our members in our newsletter and want to hear about your news. You can submit your stories and/or pictures by email to the Chronicle Chair at mj.copra@gmail.com.

We look forward to hearing from you!

PLAN AHEAD FOR WARMER WEATHER TRAVEL ON ARIZONA'S HIGHWAYS

Having an emergency prep kit in the vehicle is a year-round smart idea. Just like ADOT reminds travelers each fall to prepare an emergency preparation kit in case of winter weather conditions, the same recommendation holds true for the rest of the year. Especially when temperatures will continue that inevitable climb in the coming weeks.

Many of the items in a kit will remain the same year-round. You should pack items that help keep you comfortable and safer in case your vehicle breaks down or an unscheduled closure happens, and traffic is stopped due to crashes, disabled vehicles or even wildfires.

It's important to follow health and safety protocols during the current health situation. Don't forget to bring face coverings and use when appropriate while traveling.

Some of the items you'll want to pack for warmer weather travel:

- Extra drinking water in case an unscheduled stop in traffic occurs. Packing water on ice in a cooler also is a good idea.
- Fully charged mobile device and charger.
- An extra blanket or two. Maybe not for keeping warm but possibly for kneeling on if changing a tire. (A blanket also is a good component of overall first aid supplies).
- A well-stocked first aid kit.
- Hats, sunglasses, sunscreen and an extra set of loose-fitting cotton clothing.
- An umbrella for use in sun or rain.
- Bring a paper map in case cellular service is not available.
- In case of travel delays, bring an adequate amount of prescription medications.
- Healthy snack foods.
- Other items you may be glad you packed include a flashlight, extra batteries and extra diapers.

Take steps to limit problems with your vehicle. Having engine fluid levels, fan belts and tire pressure checked ahead of time could save you risky time spent along a busy or lonely stretch of highway. Proper tire pressure is important for reducing the risk of a blowout in hot weather.

Now is also a good time to check the condition of your windshield wipers and not let your gas tank level drop too low.

Real-time highway conditions are available on ADOT's Arizona Traveler Information site at az511.gov, or by calling 511. When a freeway closure or other major traffic event occurs, the free app for ADOT Alerts, available at ADOTAlerts.com, will send critical information directly to app users in affected areas and, when possible, in advance of alternate routes.

Source: District 1 News, April 9, 2021

LIVING SMART

Living healthfully has no start or finish line, no official score, no single point of arrival. Neither should living healthfully pose any great challenge or hardship. The secret to improving your health, say countless doctors and decades of research, is to make sound, simple, healthy choices each day. The apple, not the potato chips. A walk, not another TV show. Responding with a laugh rather than with anger.

With that in mind, here are some ways to add a little health to your day. Try some now, try some later. Make a few a habit. In time, living healthfully will reveal itself in lost weight, better heart measures, more energy, and fewer struggles with disease. And with healthy habits like these, you will be on the path to sustaining your gains moving forward.

Create a private relaxation spot in your home

The goal here is to have a space where you spend 15 minutes alone every day meditating or simply relaxing. A comfortable seat is a must. Many successful meditators also add a music player, a few beloved personal items and some nice art. Keep the space clean, uncluttered, and comfortable. Taking time each day to sit quietly with your eyes closed could lead to fewer sick days and fewer health care visits (and was even more effective than exercise for warding off colds and flu), researchers found. While silence works for some meditators, others prefer to hum or chant. Apps like Headspace, Calm and Insight Meditation Timer walk users through the process. For those not prone to meditating, consider playing a musical instrument, drawing, or knitting. What matters is the daily routine of thoroughly relaxing.

Keep electronic devices out of your bedroom

Reducing pre-bedtime exposure to the blue light emitted by digital screens (be it on a smartphone, tablet or computer) for one week can improve sleep quality and reduce feelings of fatigue, lack of concentration and mood swings. One suggestion is declaring the last hour before bed as screen-free to help calm your mind and prepare yourself for sleep.

Volunteer a few hours every week

Giving back is good for your health. Activities that provide a feeling of purpose and meaning are linked with better sleep, improved mood and reduced risk of health disease and stroke; volunteering may also help you live longer. Adults over 50 who spent time helping others and had a strong desire to live a happy life were 2.5 times less likely to die early than their peers who did not have a strong sense of purpose, according to one study.

Have one friendly phone call every day

One-third of adults 45 and older admit to feeling lonely, according to an AARP Foundation report. Social isolation is associated with adverse health consequences ranging from high blood pressure and depression to cognitive decline. Being socially engaged is important for your happiness. Regular phone calls are great; even better are face-to-face activities. Invite a friend over for lunch or sign up for group exercise classes.

Take a pre-bedtime bath

Soaking in the tub is more than just relaxing; taking five hot baths per week was linked to improved heart health in older adults. Add in a bath bomb or Epsom salts for an even more relaxing bath. For a better night's sleep, Shahab Haghayegh, a researcher at the University of Texas at Austin, found that the optimal time for a hot bath or shower is one to two hours before bed. "[The hot water] causes declines in body temperature ... aiding in the natural circadian process and increasing [your] chances of not only falling asleep more quickly, but also of getting better sleep," he explains.

Do more tasks to music

Listening to 78 minutes of music each day was found to increase feelings of relaxation, reduce sadness, and improve concentration. We suggest you get in a habit of putting on music while you cook, clean, exercise, garden or go through your morning bathroom routine.

Source: www.aarp.org, accessed 2/3/2021

NEW RETIREES (MARCH)

Raymond Armas	Fire Dept.	Dana Garcia	Municipal Court
Benita Beckles	Water Services	Francesca Garten	Housing
Susan Brown	Public Works	Gordon Hughett	Aviation
Mary Chandler	Planning and Dev Dept	Michael Montoya	Parks & Rec.
Freddie Cuellar	Public Works	Kenton Steiner	Planning and Dev Dept
Diana Felix	Public Works	Cynthia Stotler	Housing
William Flower	Street Transportation		

NEW MEMBERS

Todd Millsap	Information Technology	Bonnie Rivera	Equal Opportunity Dept.
George Goodale	Street Transportation	David Walker	ITS: Data Services
Kim Dorney	Housing		

ICE OR HEAT FOR TREATING SPRAINS AND STRAINS?

When sprains, muscle strains, inflammation, and general pain come at you, knowing exactly when to use ice or heat can significantly shorten your recovery time. So, what do you choose, ice or heat?

5 easy-to-remember rules for ice or heat when treating an injury:

- If the injury is new and has occurred within the last 3 days = **Ice**
- If there is noticeable swelling = **Ice**
- If you have no significant swelling and decreased range of motion = **Heat**
- If you have increased muscle tightness, spasms, or trouble relaxing muscles = **Heat**
- If you have had pain for an extended period of time with no range of motion loss and significant swelling = **Ice first, then Heat**

Ultimately, the decision to use heat or ice is up to you. Your body might respond differently to heat or ice, so try different variations of both treatments to determine which ones you find most effective. If you have recently been injured and are dealing with pain, [you should consult a medical professional, which might] include a physical therapist, [who] can evaluate you and help you to determine an appropriate course of action for treatment.

Source: foothillsrehab.com/blog-ice-or-heat

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 May winner is **Carlos Noli**. **CONGRATULATIONS CARLOS!**

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!

TAKE A HIKE - DO IT RIGHT!

The Phoenix area has seen a swift increase in temperatures, with the century mark already being reached in April. As this seasonal weather shift is underway, the Phoenix Parks and Recreation and Phoenix Fire departments remind trail users to "Take a Hike. Do it Right." when enjoying the city's desert parks and mountain preserves.

During the warm weather months, Phoenix Park Rangers recommend hiking during the early morning or evening hours when it is cooler and there is more shade. Hydration is important when participating in any outdoor activity year-round but is critical when the temperature heats up. Drink plenty of water before, during and after a hike. Hikers should also practice responsible social and physical distancing guidelines when on the trail. All trail users should follow these important and potentially life-saving hiking safety guidelines:

- **Watch the Weather:** Yes, "it's a dry heat" - but Arizona's temperature can be deceiving and deadly. Hike when it's cool outside, try early mornings and evenings when there's more shade.
- **Dress Appropriately:** Wear proper shoes, clothing, hat and sunscreen.
- **Bring Water:** Hydrate before you go. Have plenty of water, more than you think you need. Turn around and head back to the trailhead before you drink half of your water.
- **Keep in Contact:** Carry a mobile phone.
- **Team Up:** Hike with others. If hiking solo, tell someone your start and end times, and location.
- **Be Honest:** Do you have a medical condition? Asthma, heart problems, diabetes, knee or back problems? Don't push yourself! (Even trained athletes have been caught off guard by getting dehydrated on Arizona trails.)
- **Don't Trailblaze:** Enjoy the Sonoran Desert's beautiful and undeveloped landscape, but please stay on designated trails.
- **Take Responsibility:** Don't be "that person" - the one who wasn't prepared, shouldn't have been there for health reasons or ignored safety guidelines. Be the responsible hiker, who takes a hike and does it right!

For the safety of pets, dogs are prohibited on any City of Phoenix trail when the temperature is 100 degrees or warmer. The Arizona Humane Society advises that temperatures in the 90s are also unsafe for pets to be outdoors.

Please remember to NEVER, EVER leave children or pets in your car! To view Phoenix Police Sergeant Tommy Thompson's Safety video message visit: <https://youtu.be/3BbHwoJZ7fw>.

Source: District 1 News, May 1, 2020

RETIREE WEBINAR FROM NATIONWIDE RETIREMENT SYSTEMS

As we mentioned in the April Chronicle, Nationwide will be conducting another webinar for City retirees on May 12th. The webinar will be conducted from 11:30 – 12:30.

This webinar is targeted at retirees who have not attended a webinar in the past year.

Topics to be covered include the following:

- Financial planning services
- Advantages of staying in the plan
- Investment strategies
- Withdrawal strategies
- Public Safety resources

To register for the webinar, contact Christina Lessard at Lessac1@Nationwide.com or by phone at 480-332-8172.

ARIZONANS CAN NOW RENEW DRIVER LICENSES ONLINE

Renewing a standard Arizona driver license and a commercial driver license (CDL) can now be completed with a few clicks on a website. The contactless option will allow older adults to make healthy choices.

The Arizona Department of Transportation Motor Vehicle Division (MVD) is giving many Arizonans the ability to renew their driver license online. Previously, renewals could only be processed during an office visit.

An in-office visit will be required to renew a standard Arizona driver license if an individual's photo of record was taken more than 12 years prior to renewal, but most Arizonans will be able to renew their driver license without visiting an MVD office. Driver license-holders can log-in to their account at AZMVDNow.gov to see their eligibility for online renewal.

To renew a CDL online at AZMVDNow.gov, an individual's address must remain the same, a valid primary document is on file with MVD and their current credential must be in good standing. CDL holders with a hazmat endorsement will not be able to renew their license online.

This new, streamlined renewal option was made possible, in large part, when MVD implemented a state-of-the-art computer operating system last spring. That change replaced an obsolete system that contained elements that were older than 35 years and no longer sustainable. The new system has made it possible for MVD to offer customers the ability to complete most services online at AZMVDNow.gov, eliminating the need to visit an MVD office for many Arizonans.

When renewing online, an individual's official driver record will be updated with the new expiration date in the MVD system when the application and payment are submitted electronically.

When it comes time to renew a driver license, individuals can follow the below steps to renew online.

- Go to AZMVDNow.gov and sign-in to your account. If you need to activate your account – everyone with an Arizona driver license has an account – follow those steps.
- After logging in, select “Renew Now” in the “My Credential” section and follow the instructions.
- Allow about 15 days for processing and mail delivery of your new driver license.

Source: District 1 News, February 26, 2021

THE SIMPLE ACT OF SHOWING LOVE

In many cultures, caregiving is considered an honor – another step in a family's multigenerational life story. And in this sense, the word *caregiving* itself is more about the simple act of showing love for and connecting with loved ones, in the most empathetic of ways.

With that perspective in mind, think back over the past year, and you just might find that you, or possibly someone you know, has earned the designation of “caregiver.” For those whose loved ones may be far away (or even nearby, but isolated by Covid-19), staying connected to provide that care can be challenging. Use the ideas below to make that connection even more meaningful.

Pick up the phone: And, instead of texting, use it the old-fashioned way – to talk. There's no better way to connect with someone than by sharing your voice in a real two-way conversation.

Send a digital greeting card: [Several Internet websites] offer digital greeting cards, for any occasion, that let you add a personal note and send out some love online.

(Continued on page 7)

IN REMEMBRANCE

Frank B. Gonzales	01/17/2021
Celestino Garcia	01/27/2021
Marianne T. La Duca-Laorno	01/30/2021
Helen E. Clark	02/28/2021
Gisela Pittman	03/12/2021
Osceola Parker Jr.	03/18/2021
Sally Adkisson	03/22/2021
Efren Y. Renteria	03/25/2021
Margaret Darling	04/02/2021
Joseph I. Ruiz	04/03/2021

THE SIMPLE ACT OF SHOWING LOVE (CONT.)

(Continued from page 6)

Book it: Join an interactive, online book club or discussion group with your loved one. Along with connecting with each other, you'll both be able to connect with others outside your immediate world who have similar interests.

Grab a (virtual) front seat: There's nothing like music to soothe the soul. It might be a while before live music resumes for live crowds, but you can pretend you're there by livestreaming concerts together.

Walk the walk together: It's true. Healthy habits soar with a wingman by your side. Just because you are physically distanced doesn't mean you can't motivate each other with your exercise goals.



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.

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Human Resources - Benefits Section	(602) 262-4777
COPMEA.....	(602) 262-6858

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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

MAY COPRA CHRONICLE

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May



2021 MEMBERSHIP MEETING ANNOUNCEMENTS

Membership meetings held

Virtually until further notice

October meeting date TBD - Healthcare Update

December meeting date TBD - Holiday Luncheon/Board Member Voting

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