



COPRA CHRONICLE

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

May 2022

MEMBERSHIP IS OUR STRENGTH

Issue 5

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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 Mary Jo Sunder.

Mary Jo can be reached by: telephone at 602-206-5515, or by email at copra.members@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.

NEW CITY MANAGER, JEFF BARTON DISCUSSES "STATE OF THE CITY" DURING THE COPRA GENERAL MEMBERSHIP MEETING

Jeff Barton spoke by Zoom during the COPRA general membership meeting last month. He discussed the state of the city and took questions from members.

At the time of the meeting, the City's budget process was in full swing with virtual public meetings scheduled for the first half of April. Barton stated that the City is in good financial shape and that he has three basic areas he wants to concentrate on:

1. labor negotiations;
2. climate change, homelessness, housing;
3. aging infrastructure.

A City bond program has not been done since 2003 and Barton discussed the possibility of requesting approval for approximately \$500 million in bonds, which could be on the ballot as early as November 2023. Bond programs have been larger in the past but have taken a very long time to spend. Issuing a smaller amount would ensure bond funds are spent on more immediate community infrastructure needs and that funds would be spent in a reasonable time period.

The City recently purchased the former Wells Fargo building at the corner of 1st Avenue and Washington Street for \$46.5 million. Two parking garages to the north of the tower were included in the deal, one of which is currently being rented out.

The purchase solves a pressing need to find a new home for the City's 50-year-old police headquarters at the corner of 7th Avenue and Washington Street. Barton said that constructing brand-new headquarters was estimated to cost over \$300 million, but renovating the Wells Fargo building for the Police Department could be done for around \$15 million. First priority will be to move the 911 dispatchers from the basement of the current headquarters because it has issues with mold and leaky pipes. There should still be space for other City functions in the tower after the Police Department has fully moved in.

(Continued on page 3)

GET YOUR SHINGLES VACCINE - NOW!

In the U.S., 1 in 3 people will get shingles, usually after age 50. Since the risk rises with age, half of those who live to be 85 will experience at least one episode. Shingles' most common symptom is an angry, blistering rash. About 10 to 18 percent of people who develop that rash will also experience a complication known as postherpetic neuralgia (PHN), a condition that affects the nerve fibers and skin, causing burning, and sometimes incapacitating, pain that can last for months (or even years) after the rash disappears.

Shingrix, a vaccine approved by U.S. Food and Drug Administration in 2017, is 97 percent successful at preventing shingles in people in their 50s and 60s, and 91 percent for those in their 70s and older. It requires two doses spaced two to six months apart and its effectiveness starts to wane four years after their first inoculation.

Shingrix costs on average about \$195 per injection. Unlike the flu and pneumonia vaccines, which are fully covered as preventive services under Medicare Part B, the shingles shot falls under the Medicare Part D prescription drug plan. If you are not on Medicare, check your insurance plan to see if it is covered.

The vaccine is moderately reactogenic, meaning 20 to 30 percent of people may get a fever, along with pain and swelling at the injection site. The second dose tends to cause less of a reaction.

Source: Stepko, Barbara. "Turning 50? Go Get a Shingles Vaccine." AARP, 10 September 2021
<https://www.aarp.org/health/drugs-supplements/info-2020/shingles-vaccine.html>

"Try to be a rainbow in someone else's cloud."

—Maya Angelou

SIGNS OF DEHYDRATION YOU SHOULDN'T IGNORE

We all know we need to stay hydrated, and the best way to do that is to drink before you get thirsty. If you're thirsty, you're already mildly dehydrated. Our thirst mechanism diminishes as we get older, so be aware of other symptoms that may indicate you need to drink more water.

1. Dark urine – The more fluid in your body, the clearer your urine will be. If your urine turns a dark yellow or brownish color, or if it has a stronger odor than normal, that's likely an early sign of dehydration.
2. Dizziness or fainting – Although dizziness can be a symptom of many different conditions, it is a classic sign of dehydration. When you're dehydrated, you don't have enough fluid in your blood vessels. You feel dizzy because you're not getting as much blood flow to the brain.
3. Muscle cramps or weakness – Another sign of dehydration is a feeling of weakness in certain muscles or severe muscle cramps. The cramps can be caused by electrolyte imbalances and reduced blood flow to those muscles.
4. Constipation or less frequent urination – Water helps flush toxins out of your body and keeps your digestive system running smoothly. If you're adequately hydrating, you should be urinating every two or three hours and having regular bowel movements.
5. Dry skin or lack of skin elasticity – Dehydration causes skin to be dry and look sunken in some areas, such as under your eyes. Your skin will also have less elasticity than normal.
6. Dry mouth – Dehydration also reduces saliva production.
7. Fatigue, headache or confusion – Low blood flow due to dehydration can cause a headache, tiredness and weakness. Or you may just feel a little less sharp than usual.

Source: Crouch, Michell. "8 Signs of Dehydration You Shouldn't Ignore." AARP, 19 August 2021,
<https://www.aarp.org/health/conditions-treatments/info-2021/dehydration-in-older-people.html>

NEW CITY MANAGER, JEFF BARTON DISCUSSES “STATE OF THE CITY” DURING THE COPRA GENERAL MEMBERSHIP MEETING (CONTINUED)

(Continued from page 1)

The old police building will likely be demolished because the building is obsolete. Since the City owns three of the four corners at 7th Avenue and Washington Street, there is ongoing discussion about how to use these properties. One possibility is for mixed use or affordable housing.

There were no layoffs during the COVID crisis. However, at the start of COVID the City had approximately 380 vacancies, now there are about 800. Another issue the City is dealing with is that employees want to continue to work from home, but many jobs can't effectively be done from home. Public Safety is still having difficulty recruiting sworn officers. The new civilian investigator positions, however, are quickly being filled.

Lastly, Barton said there is a chance in-person council meetings could resume in May.

The COPRA Board would like to thank Mr. Barton for his time and welcomes him back whenever he would like to address our members or board.

VALLEY EVENTS

Through June 19

Chihuly in the Desert

Renowned glass artist Dale Chihuly has not just one, but two exhibitions in the Phoenix area. Presented at the Desert Botanical Garden and Frank Lloyd Wright's Taliesin West, the joint exhibition combines beautiful landscapes, art, and architecture to create an unparalleled experience. Both exhibitions are ticketed events. <https://www.chihuly.com/exhibitions/desert-botanical-garden-taliesin-west/chihuly-desert>

Monthly

First Fridays at the Japanese Friendship Garden

The Japanese Friendship Garden of Phoenix is open from 5:00PM to 8:00PM on the first Friday of each month. Entrance is free during this time, or you can make a voluntary-donation. 1125 N. 3rd Avenue, Phoenix, (602) 274-8700.

<https://www.japanesefriendshipgarden.org>

May – September

Summer Concert Series at the Musical Instrument Museum (MIM)

Cool off and enjoy a wide variety of concerts in MIM's comfortable, acoustically superb 300-seat theater. MIM is an unparalleled venue for enjoying old favorites and experiencing new sounds from around the world, from jazz to classical, bluegrass to singer-songwriters. 4725 E. Mayo Blvd. Phoenix, 480-478-6000. Visit the MIM website for concert calendar and to purchase tickets. <https://mim.org/>

Through End of May

Pick Peaches at Schnepf Farms

Schnepf Farms no longer holds their annual peach festival, but you can still pick peaches on weekends through the end of May. Their bakery continues to make cinnamon rolls, assorted pies, peach cobbler and muffins, so check out their store while you are there. Visit their website or Facebook page for details. 24810 S. Rittenhouse Rd, Queen Creek.

Website: <https://schnepffarms.com/?v=e748b7c8fd06>

Facebook: <https://www.facebook.com/Schnepffarms>

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

- William James

TECH CORNER: HOW TO PROTECT YOURSELF AGAINST CREDIT CARD SKIMMERS

If you have had your credit card information stolen, you know what a pain it is to clean up the mess. One way scammers can get your credit card information is through a technique called skimming. The following is an abbreviated article from Reader's Digest on how to identify and thwart credit card skimmers.

What does a credit card skimmer do?

A credit card skimmer is a device that collects data from the card's magnetic stripe. The crook then downloads your credit card information to his/her computer and copies it onto a phony card, or uses it to place online or phone orders.

How can you recognize a credit card skimmer?

Credit card skimmers are most often found at ATMs and gas stations, but can appear anywhere there's an unmonitored payment station. At ATMs and gas station pumps, skimmers are often bulky, plastic attachments placed on top of the original card readers. Tell-tale signs are readers that stick out, aren't aligned with the arrows on the machine, or have plastic that wiggles or doesn't feel secure.

If there are other terminals nearby, compare the card reading slot. If they don't look the same, some might be equipped with credit card skimmers, and you should report the cybercrime to whoever owns the machine.

Do skimmers work on chip cards?

Credit card skimmers do work on chip-enabled cards; however, they read the magnetic strip on your card, not the chip, so avoid the strip reader when possible. Chris Hauk, consumer privacy champion at Pixel Privacy, says to "use a chip reader on the pump if it is available, and always use a pump that is in a visible part of the gas station, such as the pump right in front of the cashier's window." He continues, "High visibility pumps are tougher to attach skimmers to."

How can you protect yourself from credit card skimmers?

Because scammers may use cards that have been skimmed for online orders without the merchant seeing the physical card, identity theft protection company Lifelock suggests setting up alerts to let you know if your debit or credit cards are used for a "card not present" transaction of \$100 or more.

As a rule of thumb, exercise awareness anytime you're using a public pay station or when your card leaves your sight, such as when a shop employee takes your card into another room to run the transaction, as they could be dipping the card into a skimmer. Point-of-sale terminals in plain view are a safer bet, such as grocery store checkouts, which are unlikely to be left unattended.

Installing the mobile apps for your various accounts is a convenient way to stay on top of your transactions, but regardless of how you do it, regularly checking your statements is critical, and timing can make the difference between you incurring out-of-pocket costs or not.

Not all credit card companies offer fraud protection, so you should also report the crime to your financial institution as soon as possible because how much you're responsible for depends on how quickly you report the compromised card.

Source: Stathis, Jaime. "How to Spot a Credit Card Skimmer." Reader's Digest, 3 March 2022, <https://www.rd.com/article/how-to-spot-a-credit-card-skimmer>

AMAZING FACTS ABOUT...THE GREAT PYRAMID OF GIZA

The Great Pyramid of Giza (also known as Khufu's Pyramid) is the oldest of the Seven Wonders of the Ancient World and is the only one remaining largely intact. Here are some facts about this amazing structure:

- The Great Pyramid is the largest of the three main pyramids at Giza. It stands at a height of 481 feet (146 meters) and has a base length of 750 feet (230 meters).
- The level of precision to which it was built is astonishing. The greatest difference in the length

(Continued on page 7)

IN REMEMBRANCE

Name	Department	Date of Death
Eva Yanez (Roy O.)		01/02/2022
Susan DuPlanty (Ronald)		01/17/2022
Dennis Brown	Parks & Recreation	01/20/2022
Elizabeth Venis	City Court	02/26/2022
Allen M. Creighton	Neighborhood Services	02/27/2022
Pauline Wood	Library	03/01/2022
Gloria Madrid (Felix)		03/09/2022
Erma E. Kral (Charles)		03/17/2022
Helen Hoffman (Donald)		03/18/2022
William Ireland	Aviation	03/20/2022
John D. Aguilar		03/23/2022
Helene M. Sennis	Human Services	03/23/2022
Esperanza Adrian	Aviation	03/24/2022
Frederick N. Romo	Street Transportation	03/30/2022
Joyce A. Skalicky (Dennis)		04/04/2022
Gay L. Messmer	Finance	04/11/2022
Robert E. Martinez	Parks & Recreation	04/16/2022

(Those on the list who are surviving spouses will have the retiree's name in parentheses after the deceased's name.)

NEW MEMBERS

Edward Lebow City Manager

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 **Sonia Blain. CONGRATULATIONS Sonia!**

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 Mary Jo Sunder at copra.members@gmail.com. She can also be reached by phone at 602-206-5515.

Sign up now!

COPRA ANNUAL HOLIDAY PARTY SAVE THE DATE

The COPRA board is very hopeful that we will be able to resume in person membership meetings this fall. We have begun planning for the Annual Holiday Party, which will be held on Friday December 2nd at the Washington Activity Center. There will be great food, good friends, door prizes and our annual toy drive.

This party will be a great opportunity to reconnect with other COPRA members who we have missed during COVID. Look for updates and more info in upcoming issues of the Chronicle.

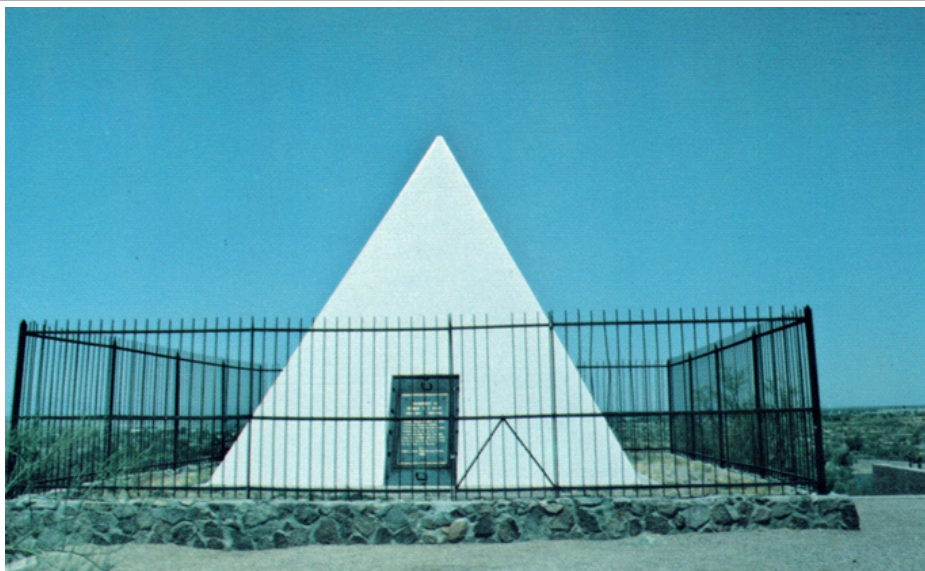
NEW RETIREES (MARCH)

Aguilar Amador	Library	Byron Joyner	Police
Veronica Aguilar	Municipal Court	Manuel Lopez	Public Works
Tommie Bailey	Parks & Recreation	Scott Maples	Information Tech. Services
Marianne Bayardi	Municipal Court	Brian McGuire	Public Works
Susan Benton	Human Resources	David Nieto	Street Transportation
Michael Campos	Phoenix Convention Center	Socoro Quema	Water Services
Georgia Chavez	Human Services	Vicki Rios	Finance
Concepcion Daley	Police	Jay Romero	Parks & Recreation
Patrick Ebert	Parks & Recreation	Marinacia Torres	Human Services
Arthur Fairbanks	Public Works	Angel Vega	Public Works
Bonnie Fogelson	Public Works	Jo Ann Vega	City Clerk
Michael Grubbs	Planning & Development	Robert Whitaker	Aviation
Thomas Hartline	Information Tech. Services	Elizabeth Wilson	Planning & Development
Rudy Huizar	Parks & Recreation	Ron Zheng	Housing
Steven Jackson	Water Services		

DID YOU KNOW?...

- Blue jeans were official invented in May of 1873 after Levi Strauss and Jacob Davis obtained a patent for the pants on May 20th.
- The birthstone for May is the emerald which represents love and success.
- The birth flower for May is Lily of the Valley.
- The month May was named for Maia, the Greek goddess of fertility.
- In any given year, no month ever begins or ends on the same day of the week as May does.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day."
- May is the month of autumn in the Southern Hemisphere, and spring in the Northern Hemisphere.

POSTCARD FROM THE PAST THE TOMB OF GOVERNOR GEORGE W.P. HUNT



Governor Hunt's Tomb

Phoenix Zoo

If you have visited Papago Park, you probably have noticed a small gleaming white pyramid on a hill overlooking the Phoenix Zoo. This unusual marker is the tomb of Arizona's first governor, George W.P. Hunt. He had it built in 1931 for his wife and was placed there after his death in 1934. Their daughter and his wife's family are also buried there. It was listed on the National Register of Historic Places in 2008.

George W.P. Hunt was not only Arizona's first governor, but also holds the claim to fame for being elected to that office a record seven times.

This photograph, probably dating

back to the early 1970's, was taken by Art Tibbetts and published by International Color Systems in Phoenix, Arizona. Image may be subject to copyright.

Source: Wikipedia contributors. (21 October 2021). Hunt's Tomb. In *Wikipedia, The Free Encyclopedia*. Retrieved 16:22, 22 March 2022. https://en.wikipedia.org/wiki/Hunt%27s_Tomb

AMAZING FACTS ABOUT...THE GREAT PYRAMID OF GIZA (CONT.)

(Continued from page 4)

- between its four sides is a mere 1.75 inches (4.4cm) and the base is level within less than one inch.
- It is estimated to contain more than 2,300,000 blocks. Some weigh up to 50 tons.
- It was built in the 26th century BC over a period of around 27 years making it 4,600 years old.
- Estimates on the size of the workforce required to build the pyramids have varied widely over the years, but current belief is that it took 10,000 – 20,000 workers.
- Contrary to popular belief, the Great Pyramid was not built by slaves. Archaeological evidence shows that the workers were well fed and lived in dormitories. Slaves would not have been treated that well. Some believe most laborers were conscripted in a way similar to the military draft, with the bulk of the work occurring during periods when the Nile would flood and farmers could not work the fields.

SPECIAL DAYS OF MAY

- May is ALS Awareness Month.
- May is also Better Hearing & Speech Month.
- May is National Stroke Awareness Month.
- May is host to Nurse Appreciation Week.
- The Kentucky Derby is the first Saturday in May.
- Cinco de Mayo is celebrated every May 5th.
- Mother's Day is celebrated the second Sunday of the month.
- Armed Forces Day is the third Saturday of May
- Sally Ride Day is May 26th.
- Star Wars Day is celebrated on May 4, as in May the Fourth be with You!

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

2022 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.

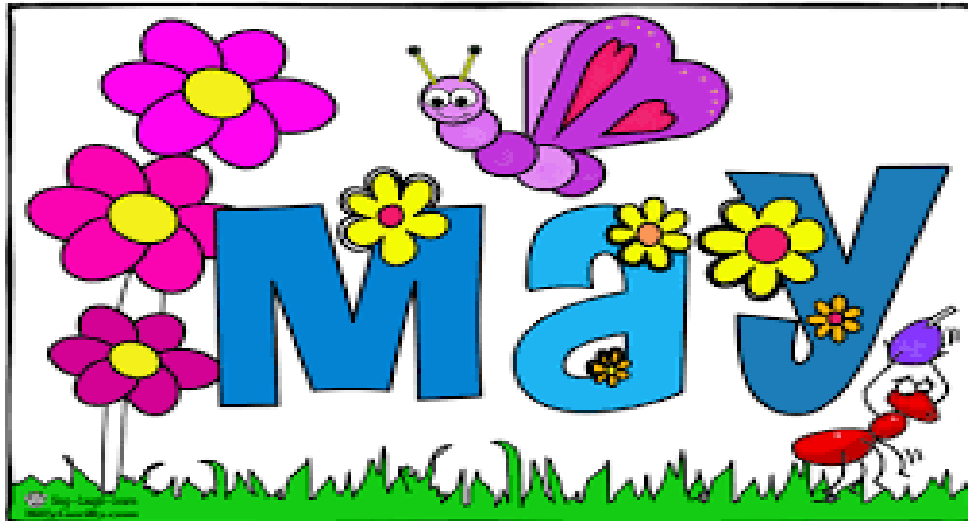
E-mail to: COPRAnewsletter@gmail.com

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

MAY COPRA CHRONICLE

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Litchfield Park, AZ 85340



2022 MEMBERSHIP MEETING ANNOUNCEMENTS

Meetings held virtually until further notice

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