

AFTER-WORDS

A NEWSLETTER FOR THE RETIREES OF THE
FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

VOLUME XLII, ISSUE 2

WWW.DEANZA.EDU/FODARA

NOVEMBER 2020

Holiday Party on Zoom December 18, 12:00-1:00pm

We hope you and your family are safe and in good health during these trying times, and we want to thank you all for your continued support of FODARA. To keep spirits up, we



have reinvented the annual Holiday Luncheon at De Anza College as a Zoom party and we hope *lots* of you will attend our first-ever virtual event—Zoom can accommodate up to 100 folks! Wear your "loudest" party sweater and bring your favorite party beverage. We can share stories of holiday traditions and delicious treats! Join the fun by emailing FODARA Secretary Tom Roza (thomas_roza@yahoo.com) no later than **December 11** to get a Zoom invitation and a raffle number. Throughout the event, numbers will be

announced and lots of lucky winners will receive a gift card. A few days prior to the party, a reminder email with Zoom login instructions will be sent out via the FODARA listserv. See you there-- in a Zoom square!

—FODARA BOARD

The FODARA Board "Zooming" at the November 3 meeting

top row (left to right):

Tom Roza
Cindy Castillo
Bill Lewis

middle row (left to right):

Ed Burling
LaDonna Yumori-Kaku
Janice Carr

bottom row:

Linda Conway



Welcome to new At-Large Member LaDonna Yumori-Kaku!

FODARA BOARD OF DIRECTORS 2020-21

President	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Vice President	Bill Lewis	408.639.9919	billlosgatos@gmail.com
Past President	Tom Moore	650.969.3847	tomandcary@comcast.net
Secretary	Thomas Roza	408.375.9515	thomas_roza@yahoo.com
Treasurer	Ed Burling	408.310.7128	edburling@gmail.com
Webmaster/Listserv Administrator	Cindy Castillo	408.702.7721	cindycastillo@comcast.net
Member-At-Large	Janice Carr	650.941.2567	janicecarr@pacbell.net
Member-At-Large	Linda Conroy	408.966.5703	lsiqcon@aol.com
Member-At-Large	Maureen Gates	408.736.7504	gates-m@sbcglobal.net
Member-At-Large	Claudette Penner	408.736.6481	Claudette@penner.org
Member-At-Large	LaDonna Yumori-Kaku		Yumorikakuladonna@fhda.edu
Newsletter Editor	Linda Lane		lanelinda@fhda.edu

FODARA EVENT CALENDAR 2020-21

Dec 18	Fri	Holiday Lunch	12- 1pm	via Zoom*	Open to All
Jan 05	Tues	Board Meeting	TBD	via Zoom*	Open to All
Mar 02	Tues	Board Meeting	TBD	via Zoom*	Open to All
Apr		Wine Tasting--	TBD		Open to All
May 04	Tues	Board Meeting	TBD	via Zoom*	Open to All
June		Summer Picnic--	TBD		Open to All

* To join the Zoom December 18 Holiday Lunch or Board meetings, please email FODARA Secretary Tom Roza (thomas_roza@yahoo.com) for link/password.

FODARA COMMITTEES 2020-21

District Benefits	Tom Strand, strandtom@fhda.edu Faith Milonas, milonasfaith@fhda.edu
After-Words Email	Cindy Castillo, cindycastillo@comcast.net
After-Words Paper Mailing	Janice Carr, janicecarr@pacbell.net
Scholarships	Mike Brandy, brandymike@gmail.com
Social Events	Volunteers needed to help plan zoom parties!

HEALTH CARE BENEFITS UPDATE

The Joint Labor Management Benefits Committee (JLMBC) has not met since June 2020. If the group meets again prior to the January 2021 issue of *After-Words*, information pertinent to retirees will be emailed via the FODARA listserv.

After several miscommunications regarding Open Enrollment (OE) were clarified, a new process appears to be in place:

- Just prior to the start of OE in September, the District will send at least one eblast with instructions. This multi-page document will be emailed to both active employees and eligible retirees. Though most of the information pertains only to the OE process for actives, links pertinent to retirees are included. The District may also send a shorter version of the eblast only to eligible retirees outlining their OE process.
- OE documents will be posted on the Human Resources *Benefits* and *Retirees* webpages.
- Informational packets will no longer be mailed to the homes of eligible retirees unless the District has no email address on file.
- Active employees are required to take the action of either confirming or changing benefits via MyPortal; however, for eligible retirees—including those on *Articles 7, 19, 21*—if no changes are made, existing benefits automatically rollover. For eligible retirees, changes must be made on form HBD-30, *CalPERS Health Benefits Plan Enrollment for Retirees and Survivors*, and submitted directly to CalPERS with a copy to MyBenefits.

Eligible retirees: It is **very important** the District has your current email address for matters related to benefits. As with the OE instructions, if COVID-19 or budget restrictions are still in effect, information on the 2021 Retiree Survey, which must be submitted in March* in order to receive reimbursement for Medicare Part B, might be distributed via an eblast in late January or early February. If uncertain your preferred email address is on file, or anytime you change your email, please contact MyBenefits (mybenefits@fhda.edu).

* FODARA will alert retirees to any change to or extension of the 2021 Retiree Survey deadline.

The District has also requested that FODARA remind eligible retirees to confirm all current contact information, **especially their personal email address**, on page 1 of the annual Retiree Survey form.

PERSONAL INFORMATION		
NAME: _____	DOB: _____	DOH: _____
SSN (Last 4 digits): _____	CWID: _____	CalPERS ID: _____
ADDRESS		Is this address correct? <input type="checkbox"/> YES <input type="checkbox"/> NO <i>If incorrect, please correct below.</i>
NEW HOME ADDRESS: _____		APT/UNIT #: _____
CITY: _____	STATE: _____	ZIP CODE: _____
HOME PHONE NUMBER: _____		MOBILE PHONE NUMBER: _____
PERSONAL EMAIL: _____		



It's *STILL* not too early to send in your 2020-21 voluntary \$10 FODARA dues! These dollars fund FODARA's four student scholarships—two at De Anza, two at Foothill—and students these days definitely need financial assistance. FODARA members typically submit dues along with event registration forms, but, since fall events were cancelled and winter events are tentative, ***please*** consider sending a check, made out to "FODARA," directly to the Treasurer: Ed Burling, FODARA, 17700 Bruce Ave., Monte Sereno, CA. 95030. Or donate to scholarships directly online (see box below).

More Ways to Support FODARA!



Help Plan or Host a virtual Social Event

Next year's winter and spring annual outdoor events are currently on hold, but FODARA is hoping some can be transformed into virtual get-togethers so members can stay connected. If you have ideas for a virtual valentine's party, wine-tasting, sports "game," or a new zoom social, email Mike Paccioretti pacciorettimike@sbcglobal.net.



Volunteer for the Board or a Committee

FODARA *always* welcomes new Board and/or committee members! Currently, all meetings are held via Zoom. If you're interested in serving on a committee (see p.2), contact Mike Paccioretti



Donate to FODARA's Scholarship Fund

Each year, FODARA awards four scholarships, two to De Anza and two to Foothill students. Along with membership dues, the amount of these scholarships depends on individual contributions. Donations can be mailed directly to the FODARA Treasurer (see blue box above) or given online via the FHDA Foundation: <https://secure.donationpay.org/fhda/>; under Designate Your Gift, type in "FODARA scholarship fund."



Keep in Touch

Submit an article for the *After-Words* **Where Are They Now** Column. Email a draft—subject to editing—on what you are doing these days, interests/activities you enjoy, volunteer "work" or projects you'd like to promote, and/or photos of travels, artwork, home improvements, etc., to *After-Words* editor Linda Lane (LaneLinda@fhda.edu).



Invite FHDA Friends to Join FODARA

Help FODARA increase its membership: when in contact with FHDA friends and former colleagues—via email, phone, Facebook, Twitter—ask if they have joined FODARA, and, if not, direct them to the website (<http://www.deanza.edu/fodara/>) and encourage them to join.

RETIREE NEWS

Wayne Fogle shares what he has been doing since he retired.



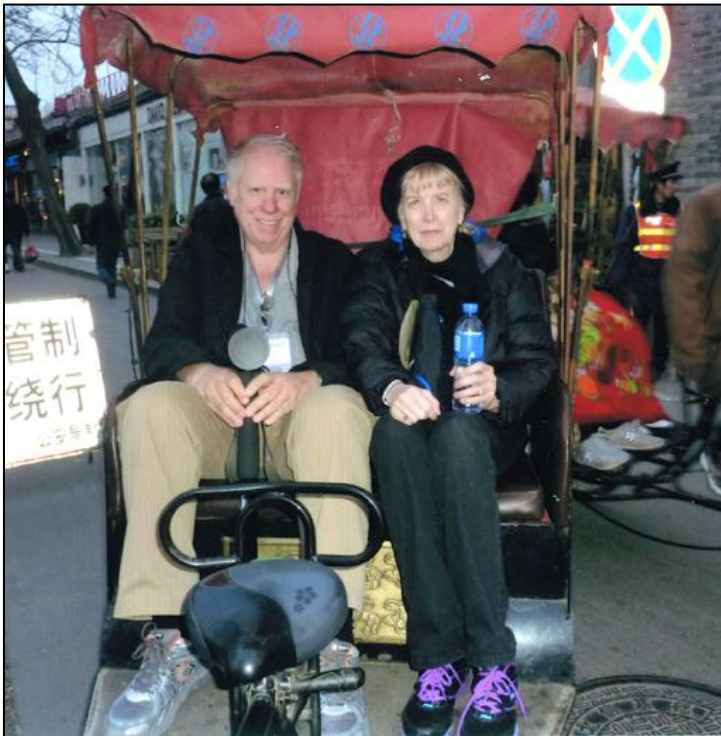
I began working at Foothill College around 1974 and worked there in the Audio Visual department for approximately nine years. I was hired by President Jim Fitzgerald and Public Information Officer Joan Green and worked as a photographer for the college and later managed the Audio Visual Department.

When I left Foothill, I formed my own video production company, Image Design Video. I am now retired and spend time working with photography and video on my own personal projects, such as creating videos from China, Australia, Europe, and Thailand; below are two examples:

St. Petersburg <https://youtu.be/Hv5tVCxqLLU>

Budapest <https://youtu.be/DZiMzXXioxU>

For me and Bev, my wife, retirement means free time for travel, at least it did until the pandemic came along. It is hard to choose a favorite trip, but if I had to, Santorini and Italy would probably be the top picks.



We now live in San Jose, California, and love it here though recently the fires have made air quality challenging at times. We enjoy spending time helping friends make family videos and slideshows for their children and of family events, such as birthdays and anniversaries.

I spent time during the lock down working on a documentary video on Auschwitz; it is very interesting to compare things we are living through today to what had happened in Germany. The lock down has also given me more time to learn new software for improving the videos I produce.

Email me if you have a project you'd like to discuss: waynefogle01@gmail.com.



In Memoriam



Orva Lea Stewart (1938-2020) worked for 27 years at De Anza College as an Administrative Assistant in the Business, Computer Science, & Applied Technologies Division. Donations can be made to the American Cancer Society.

If you know of an FHDA retiree who passed away but is not listed on FODARA's In Memoriam webpage, please email the name to Cindy Castillo (<mailto:cindycastillo@comcast.net>). Tribute articles are always welcome—email draft to After-Words editor Linda Lane (<mailto:lanelinda@fhda.edu>).



According to the online FHDA District Board minutes, two people retired at the end of Spring or Summer Quarter 2020:

- *Barbara Brown, FH Inter Students Program*
- *Maureen MacDougall, FH Bio/Health*

Apologies if anyone was inadvertently included or excluded.

We wish all retirees a happy, healthy post-employment life! New and “old” retirees are invited to join and support FODARA by signing up for the listserv (email cindycastillo@comcast.net), by volunteering to serve on the Board or another committee—meetings currently held via Zoom—(email pacciorettimike@sbcglobal.net), by submitting \$10 voluntary dues and an article for *After-words* (email treasurer edburling@gmail.com and newsletter editor lanelinda@fhda.edu, respectively). And, when life returns to normal, by attending the annual social events. For more information about FODARA and the many great services it provides to retirees, visit <http://www.deanza.edu/fodara/index.html>.

THE MORE YOU KNOW... SCAMS DIRECTED AT SENIORS

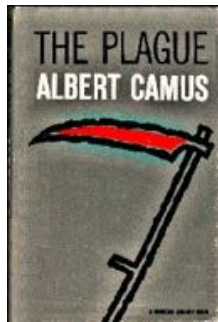
Everyone needs to be aware of fake emails, phone calls, and letters—but especially seniors. In fact, scams targeting seniors are considered *THE* crime of the 21st century: scammers *think* seniors have money in easy-to-withdraw accounts and, because financial fraud is often not reported, they won't get caught—it's a low-risk crime. According to NCOA, the National Council on Aging, the scams below are frequently directed at seniors:

- **Fake emails:** In one type, a hacker breaks into an email account and uses the address book to send out fake emails asking for money or containing a link that, if clicked on, steals your personal information and passwords. Several FODARA Board members received such an email from another Board member purportedly on vacation in France who desperately needed money due to a stolen wallet—but the member wasn't overseas and the theft never happened. Another type is a fake email from what appear to be a legitimate organization/business. Mike Paccioretti received one from his bank, asking for his account number and passwords but it was fake: when he scrolled his cursor over the sender's name, he saw "**jslaughter.net**." Another FODARA member received an email from AT&T saying her email account would be terminated that day unless she clicked on the link to "reinstate" it; though the AT&T logo looked authentic, the sender's real email address was not from AT&T (the message also contained missing words and grammar errors).
- **Phone scams:** Because seniors as a group make twice as many purchases over the phone than the national average, they are likely to be victims of phone scams. And, if a successful deal is made, the buyer's name is quickly shared with other schemers. Ploys include *the fake injury* (you're asked to wire/send money for a relative/friend in the hospital or jail who has no access to a phone), *the fake charity* (you're asked for a donation to a non-existent organization); *the last call scare* (you're asked for money to extend an immediately expiring warranty/service); and *the grandma scam* (caller says "Hi grandma, do you know who this is?" If a name is given, caller pretends to be that person and asks for emergency money for overdue rent, car repairs, etc.).
- **Internet fraud:** Seniors new to or rarely using the internet can be easy targets for automated scams. Pop-up browser windows simulating an upgrade for an existing application trick people into downloading a virus that will steal personal information and passwords.
- **Counterfeit prescription drugs / anti-aging products:** Because seniors increasingly search for better prices on specialized medications, they can not only lose money on a fake drug but also receive an unsafe substance. Be wary of "youthful" treatments offered online; botox, the most popular treatment for removing wrinkles, can be toxic if made incorrectly or contaminated. And bogus homeopathic remedies promising to roll back the years are an increasing online scam.
- **Homeowner/reverse mortgage scams:** Scammers take advantage of the fact many seniors own their homes. Personalized letters apparently from the County Assessor's Office are sent out with an offer to reassess the property's value and lower the tax burden. You have to pay upfront then never hear back.
- **Sweepstakes & lottery scams:** This simple scam capitalizes the belief of "a free lunch." Victims are informed they have won a lottery or sweepstakes or free vacation, but first must make a payment to unlock the prize. As a sign of "good faith," the scammer deposits a check in the senior's bank account, but it soon disappears (bounces).



Got Books?

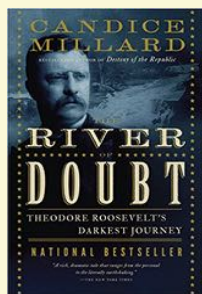
Since most of us have plenty of extra time these days and reading is a pleasant and thoughtful pastime, please share your favorite books. Email title/author and a brief description of the book to Cindy Castillo (cindycastillo@comcast.net); she will post the details on the FODARA website under the "Good Books" link and books will be featured in the next issue of *After-Words*.



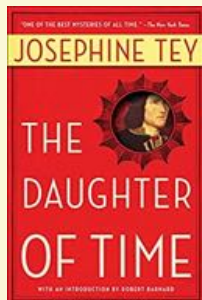
John Swensson, De Anza Emeritus Professor of English & Director Global Education Partnerships, recommends *The Plague*, by Albert Camus (1947). In the story, told by an unknown narrator, the town of Oran, Algeria, is in the grip of a deadly plague that causes victims to suffer a swift and horrifying death. Fear, isolation, and claustrophobia follow as people are forced into quarantine. Swensson, who has taught this text in his English 1A course for several years, held a zoom discussion of the book in his summer 2020 class with guests Dr. Bob Seigel, Stanford Pandemicist and Virologist, and Mr. Pulin Sanghvi. A few excerpts of their conversation: *The Plague is about a community under siege by a pandemic, much like our communities today... in the novel is the idea that the plague is completely in control from the beginning...you see differences in both how the community is responding to the plague and also how individuals are responding to it. The novel is really about human reaction to the plague and the illusions of control.*



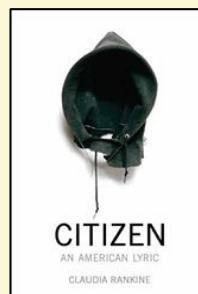
More book recommendations:



The River of Doubt, by Candice Millard (2005): a non-fiction account of Teddy Roosevelt's 1913-14 near fatal expedition down a previously unknown tributary of the Amazon—both an adventure narrative and a biographical portrait.



The Daughter of Time, by Josephine Tey (1951): a detective novel revisiting one of history's most infamous crimes. A Scotland Yard inspector recovering from an injury attempts to solve the mystery of whether England's Richard III murdered his nephews in order to ascend the throne.



Citizen: An American Lyric, by Claudia Rankine (2014): a book-length poem stretching the conventions of traditional lyric poetry by blending forms of text and media—images, anecdotes, criticisms, tributes—into a collective portrait of race relations in the United States.



Keeper of Lost Things, by Ruth Hogan (2017): a whimsical yet poignant tale of trying to recapture and make amends for past events; two separate plot lines develop that by chance (magic?) meet and resolve at the end of the story.

adapted from "Coping with Coronavirus Anxiety"

Business Insider online by Anna Medaris Miller, July 2020



The well-known antidotes to covid-19 anxiety include managing risk (wearing a mask, social distancing, washing hands), staying healthy (eating right, exercising), and keeping in touch with family and friends. Below are a few more strategies to help reduce stress.

Know that feeling anxious about Covid-19 is OK

A recent study by the National Center for Health Statistics, a branch of the CDC, found more than a third of adults today have signs of clinical anxiety or depression. That's understandable, according to Julie Pike, a clinical psychologist in Chapel Hill, North Carolina, who specializes in anxiety disorders. "Anxiety is mother nature's way of trying to protect us by pushing us to resolve uncertainty and figure out a solution," she said. But while eliminating coronavirus-related stress is a tall order, it can, and should, be managed so you can maintain your mental health — and your immunity.

Tell Yourself Things That Are Certain

The unknowns of the pandemic—how long it will last, whom it will affect, and how it could change our lives forever—is a large part of why it's so anxiety-provoking. "Uncertainty fuels anxiety," reports Natalie Dattilo, director of psychology in Brigham & Women's Hospital. "To counter that," she advises, "remind yourself of what is certain, no matter how minuscule. By noting even a small element of certainty in the face of overwhelming uncertainty, you re-establish a connection with the present moment, ground yourself, and maintain a sense of self-control and confidence."

Stop "Doomscrolling": Limit Your Media Exposure

Panic arises when people overestimate a threat and underestimate their coping abilities—both behaviors media consumption can fuel. The World Health Organization's Director-General Tedros Adhanom Ghebreyesus has encouraged people to check the news from reliable sources and only once or twice a day.

Focus on What You Are Thankful For

Rather than dwell on the negatives, "Focus on what you value and what you are grateful for," Pike says. She recommends people make a daily "gratitude list" in order to build psychological resiliency. Widening our perspective to recognize there are also good things in our daily lives can make a big difference.

Practice Relaxation Techniques

Online therapy sessions and downloadable de-stressing apps are now widely available, but you can also diminish anxiety by scheduling time each day to practice simple relaxation exercises: controlled breathing, visualizing a calming place, easing tension in each body part (muscle group), one at a time.

Maintain a Routine

"Within our homes, maintaining structure and routine is critical because it reinforces order and predictability," Dattilo said. "It's also something over which we have control. We know that structure binds anxiety, so, to the extent that we can maintain our routines, that helps."