



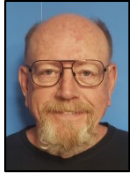
# AMCRE

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Post Office Box 903 • Ukiah, CA 95482

FRIENDSHIP • UNITY • STRENGTH • GROWTH

## AMCRE PRESIDENT'S MESSAGE



Welcome all!! It looks like we will have our first General Membership Meeting, on Monday May 09, 2022. It will be at Slam Dunk Pizza.

We may get more rain or sunshine, or wind!!

Also looks like our Summer BBQ will be happening this year.

I have been hearing that some people are blaming the people of the Mendocino County Employees' Association for the problems with our retirement problems. The MCERA has to follow the rules and regulations of the Federal and State laws, along with the IRS. The Retirement Board is trained by them, through CalPERS training and Zoom training.

They have a web site at [retirementassociation@mendocinocounty.org](mailto:retirementassociation@mendocinocounty.org). their local number is 707-463-4328. They are closed from 12-1 for lunch. So if you need your end-of-year tax information, and the Company, or mail has not gotten you information to you on time, Doris said call them, and they can fax or email the information to you !!

WATCH and be careful you don't step on any rabbit eggs next weekend.

Thank you,  
TOM INGRAM,  
President of AMCRE

## WELCOME NEW AMCRE MEMBERS

AS OF APRIL 1, 2022

1005 Members Strong!

RETIREE NAME	RETIREMENT DATE	DEPT	YRS OF SERVICE
Joan Sherman	10/06/1997		
Scott Angell	02/01/2015		
Timothy Dawe	09/01/2016		
Pilar Hurtado	10/08/2017		
Nancy Kozak	05/01/2017		
Michael Martinazzi	01/28/2017		
Heather Roberts	06/30/2019	Sheriff's Office	
Dianne Laster	12/02/2021	Public Health	21
Julia Larke	01/09/2022	County Library	19
Katy Richardson	01/23/2022	Retirement	26
Amanda Farrar	02/05/2022	HHSA-Human Service	8
Juanie Cranmer	02/20/2022	Human Resources	24

### ASSOCIATE MEMBERS

Rosella Jacobson	12/01/2022
Sandra Spence	02/01/2022

### IN MEMORIAM

AMCRE EXTENDS OUR DEEPEST SYMPATHY TO FAMILY AND FRIENDS OF RETIREES LISTED BELOW

RETIREE NAME	DEPARTMENT	DATE
Larry Gard	Public Works	12/19/2021
Ida Carley	Public Health	12/07/2021
Kathleen Dolan	Social Service	12/28/2021
Michelle Johnson	Social Services	12/12/2021
Barbara Reinking		12/20/2021
Robert Gandy		01/31/2022
Mark Gemmill	Social Services	01/14/2022
Lewis Spence	Public Works	01/11/2022
Charles Wilson	HHSA	01/15/2022
James Belliston	Public Works	02/28/2022
Dora Eshelman	Mental Health	02/05/2022
Mary Lou Salisbury	District Attorney	02/24/2022
Midge McMichael	Public Health	02/28/2022
FK Myers	HHSA-Social Services	02/03/2022

- "Age is an issue of mind over matter. If you don't mind, it doesn't matter." ~Mark Twain
- "I suppose real old age begins when one looks backward rather than forward." ~ Mary Sarton



### SUNSHINE COMMITTEE

If you know of any of our members who could use a get-well or sympathy card, please email [amcremendocino@gmail.com](mailto:amcremendocino@gmail.com), with any details along with correct names and addresses, if you have it. Thank you!

**DRAFT**

**BOARD OF DIRECTORS' MEETING**

**Date:** April 11, 2022, Noon

**Place:** Slam Dunk Pizza

Board of Directors

**PRESIDENT**

Tom Ingram

**VICE-PRESIDENT**

Anita Toste

**SECRETARY**

Cyndi Montesonti

**TREASURER**

Cyndie Richardson

**C.R.C.E.A. DELEGATE**

Jill Martin

**DIRECTORS**

**3-year**

Tom Desroches

Dorinda Kay Miller

**2-year**

Donna Glass

Alice Langton-Sloan

**1-year**

Raylene Lucchesi

Ron Parker

**NON-ELECTED POSITIONS**

**SCHOLARSHIP COMMITTEE**

Cyndi Montesonti

Marilyn Heath

Tom Ingram

**MEMBERSHIP COMMITTEE**

Dorinda Kay Miller

**THE CONNECTION:**

**CO-EDITORS ~**

Cyndi Montesonti

Dorinda Kay Miller

**SUNSHINE COMMITTEE**

Donna Glass

**1. CALL TO ORDER:** President Tom Ingram called the meeting to order at 12:02 p.m. April 11, 2022.

**2. ROLL CALL AND**

**APPROVAL OF MINUTES:**

PRESENT: Tom Ingram, Ron Parker, Dorinda Miller, Raylene Lucchesi, Tom Desroches, Anita Toste, Cyndie Richardson, Cyndi Montesonti, Donna Glass, Jill Martin (by phone)

ABSENT: Alice Langton Sloan

APPROVAL OF MINUTES: Approval of the January 10, 2022, Minutes was approved. Motion made by Anita Toste, Seconded by Tom Ingram, motion passed.

**3. WELCOME:** President Tom Ingram welcomes everyone.

**4. REPORTS:**

TREASURER REPORT: Cyndie Richardson – Christmas party and Scholarships discussed. Creative Workshop and RTI

expenses discussed (were paid in February). Ending Balance in February: \$5710.26. Cyndie Richardson questions how funds accumulate and from where scholarships funds come. Cyndi Montesonti and Raylene Lucchesi explained the financial tracking and how the funds transferred between accounts are tracked.

MEMBERSHIP REPORT: Dorinda Kay Miller - count of 1005 members in AMCRE.

SCHOLARSHIP REPORT: Cyndi Montesonti - discussed changes to website and an article forthcoming in the newsletter. Directions for application are on the website. Discussion ensued around incomplete scholarship applications. It was stated that applications are available only on the website and must be submitted by May 30.

CRCEA REPORT/RETIREMENT MEETING REPORT: Raise and any other issues -Jill Martin - Cyndi Montesonti talked CRCEA: Jill is developing a Facebook page for AMCRE. It was discussed in the meeting how there would be no political, inappropriate or issues not concerning AMCRE to be posted on this page. Dorinda read aloud Jill's report to the group (Jill was on the phone): Jill to meet with Respectech (RTI) when she returns.

NEWSLETTER – Dorinda Kay Miller/Cyndi Montesonti - Dorinda stated that any new retirees would only get the newsletter by email (providing they have email) Motion: Ron Parker moved that all new Retirees get the newsletter by email. Anita Toste seconded that motion. Motion passed.

**5. OLD BUSINESS:** Discussion and Possible Action Regarding:

DESTRUCTION OF RECORDS – Ron Parker or Tommy Ingram - This item was continued to the next board meeting, July 11, 2022.

DISCUSSION OF WEBSITE – When can Jill Martin start maintaining and have Respect Tech teach her? Dorinda Kay Miller to discuss new changes Cyndi Montesonti made to the web and anything else. Cyndi went through the website. Dorinda met with RTI and made updates and changes. The word "Agenda" was deleted from a part of the page. A suggestion was informally made that the Board review the AMCRE website and respond with any suggestions. DISCUSSION around retirees who were not informed of AMCRE Membership upon retirement. Dorinda to follow up.

SPEAKER FOR THE MAY 9, 2022, GENERAL MEETING: Invite speaker to join us for lunch. Speak 10 to 15 minutes. Anita Toste. May 9 meeting speaker has been arranged by Anita Toste. She has invited Doris Rentschler, Retirement Administrator.

**6. NEW BUSINESS:**

GENERAL MEMBERSHIP MEETING – Board needs to vote if the General Meeting will happen on Monday, May 9, 2022, at noon at Slam Dunk Pizza. Location of May 9 meeting discussed, also who will purchase the refreshments? AMCRE usually pays for refreshments. (Board needs to vote if AMCRE will cover the costs of the lunch. Start with 5 family size pizzas [all different], salad and ice tea and soft drinks. We pay bill and add a little more than 20% tip.) Motion was made by Cyndi Montesonti that the May 9 meeting

will be at Slam Dunk and AMCRE will cover the costs involved. This motion was seconded by Raylene Lucchesi and passed.

DISCUSSION ON THE GENERAL MEMBERSHIP MEETING MONDAY, AUGUST 15, 2022 -. This will be the AMCRE picnic and will be at 5 p.m. Lions Park was suggested as the place and Cyndie Richardson will check on reservation for August 15 from 3:30 p.m. to 7:30 p.m. Tom Ingram will be the "BBQ'er". Purchase of meat and side dishes and where to get them were discussed. To be decided is who will be the coordinator to do the shopping for the supplies necessary for the picnic. It was decided that there will be a copay for attendees and the necessity to RSVP. For those that RSVP there will be a \$5.00 copay and for those without an RSVP there will be a \$10.00 copay. The motion for the copay amounts was made by Dorinda Miller and seconded by Cyndi Montesonti. Motion passed.

LEAVE OF ABSENCE for Alice Langton-Sloan - Alice Langton-Sloan will be on an approved leave of absence due to workplace commitments.

DISCUSSION ON USING ZOOM for our meetings. - Zoom Discussion. Zoom meetings will cost \$150 a year. Motion was made by Raylene Lucchesi NOT to have ZOOM meetings and this was seconded by Dorinda Miller. Passed, all ayes.

FACE TIME DISCUSSION: Concerns were expressed that any Facetime meetings could be difficult as batteries drain. Jill finds the phone worked well for her.

**7. NEXT BOARD OF DIRECTORS' MEETING:** Monday, July 11, 2022

**8. NEXT GENERAL MEMBERSHIP MEETING:** Monday, May 9, 2022

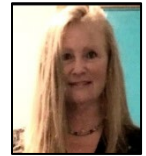
**9. ANY OTHER BUSINESS OR COMMENTS:** TAX ISSUE: Tom Ingram said he has had no responses to his calls to IRS. Cyndi Montesonti said she had heard from Carlos Gonzales, and had received the 990 Federal Form for review. There is no history of filing any forms from AMCRE due to insignificant account balances (Under \$50,000). This item continued to the July 2022 Board Meeting.

**10. ADJOURNED:** Meeting Adjourned at 1:12 p.m.

Respectfully submitted,  
Donna Glass for  
Cyndi Montesonti/Secretary

## CRCEA/MCERA MESSAGE

Jill Martin, AMCRE CRCEA Delegate



### MCERA

<https://www.mendocinocounty.org/government/affiliated-agencies/mendocino-county-employees-retirement-association/agendas-and-minutes>

2/16/22 meeting the Board of Retirement approved a 3.0% COLA as recommended by its actuarial consultants. The COLA will be effective April 1, 2022 and will therefore be reflected on your pension payment the last day of April.

3/16/22 meeting. Historical benefit review project implementation in closed session - direction was given to staff

CRCEA - <https://crcea.org/>

Virtual Meeting May 2 & 3rd, 2022 - Jill will be attending

LOCATION: Virtual conference, you pick the location!

Who is invited: All CRCEA Directors, CRCEA Counties and their members?

REGISTRATION: Conference invitation and registration information will be sent via email very soon. All conference registration will be completed on-line.

We look forward to having many CRCEA members attend and participate in the 1st CRCEA Virtual Conference!

FACEBOOK GROUP FOR AMCRE - Stay tuned.... we are working on a Facebook Group as another means for retirees to get information.

## UPCOMING EVENTS

### *Mark your Calendars*

Below are the listed months that the Board of Directors and the General Membership meet.

**BOARD MEETINGS:** January, April, July, October (*special meeting for Board of Directors nominations*), and November. Board meetings are usually held the second Monday of the month. 12:00 p.m. at Slam Dunk Pizza.

**GENERAL MEETINGS:** February, May, August, and December: usually held the second Monday of the month, (Either lunch or dinner) & FREE RAFFLE INCLUDED. *We try and get speakers for the February*

# LETTERS TO THE EDITORS

## **NEWSLETTER CONTRIBUTION**

*If anyone would like to share a travel adventure or any other newsworthy information, please email your article and pictures to Dorinda Miller or Cyndi Montesonti. Our emails are in this newsletter. We are always looking for contributors.*

## **3% COLA AS ERROR CORRECTION PROCESS STALLS**

By now you should have received your annual MCERA letter on the cost of living adjustment (COLA). The COLA is not discretionary. For every pay period you worked you paid for a separate COLA benefit. MCERA must approve a COLA based on the Consumer Price Index (CPI), using an index approved by the Bureau of Labor Statistics (BLS). The adopted rate, effective April 2022, is 7%. Since the County Employees Retirement Law (CERL) caps the annual COLA for MCERA members at 3%, an additional 4% will be reserved for each retiree during subsequent years when the annual CPI does not reach 3%. This COLA reserve, known as a 'bank', will be applied automatically to the COLA formula during those future years. This hedge on inflation is a very valuable part of our retirement benefit; the COLA benefit applying to those hired before January 1, 2013. The Board of Supervisors (BOS) is looking at ways to bridge the inequity of those employees positioned to receive a COLA benefit and those that are not. For those retirees eligible for a COLA, the increase is reflected in your April payment.

Despite statements that the year would begin with a vigorous effort to move forward with the error correction process, the effort has and is stalled. Very few notices have been issued in January, February, and March. Look for the April 20th and May 18th meetings to provide more information, including possible correction based appeals to the MCERA Board. The meetings are now being held in person and electronically via Zoom or YouTube. Meetings always begin at 8:30 with the agenda published the prior Friday. Refer to the MCERA website for details: [mendocinocounty.org](http://mendocinocounty.org). Select the Employees Retirement Association link @ the county site.

There are still a significant number of error corrections to be processed. If you have any questions on a Notice received, please contact Steve Prochter-[prochter@gmail.com](mailto:prochter@gmail.com) or Kendall Smith- [kksmith@mcn.org](mailto:kksmith@mcn.org) We do not provide legal advice but have significant experience working on the correction process for more than year. We can

refer you to attorneys to advise you if you so choose. Do not assume the proposed correction to your pension cannot be changed, negotiated, or dismissed. The associated issues are often complex and need to be fully vetted. You have 60 days to file an initial objection to a pension reduction based on an Error Correction Notice.

Respectfully submitted,  
Kendall Smith

## **Sunrise Mountain**

*By M Lee Wachs*

December twenty seventh

Having taken my "without food" morning meds, I tossed a log into the almost airtight wood stove and pushed on through the kitchen door.

When I say "pushed" I mean that literally. At eighty and a half years the punishment of youthful invincibility, mature hard work and medical misadventure relegates me to a large four wheeler that just barely fits through a door opening.

The thermometer registered 38 degrees out on the deck, making my morning limbering up face-the-day hot tub soak just that much more inviting.

Yesterday, while twisting to get a water jet to hit one of my many achy places, I noticed the sun popping up from a notch in the nearby mountains.

Life on a northern California plateau allows inspiring vistas in all directions and the Mayacama range is but one.

Lately I have been noticing things that are as therapeutic to the soul as the warm water is to my arthritic fusing framework.

My dearest wife Nancy Lee, gone now these many years, frequently admonished me to "stop and smell the roses." But alas I could not see where the value lay in not working harder and longer; smelling the roses was, I thought, just a waste of time. As a sad result the sweetest rose of all went unappreciated till she died, and then it was too late.

Or was it? These days I can often be heard to say "I should have gotten cancer sooner." Lie everything else, I strived for perfection even with my cancer. One type just would not do, so my body obliged and delivered up two at the same time: and of course, neither had any known cure. Only the creator knows why I still happily abide with you.

Now let's see if I can pull this narration together for you.



So! I'm in the hot tub, and I remember that sun pop up thing from yesterday and find a comfy position that gives me a clear view.

First thing I see is a flimsy opaque clod filling, the notch, and plenty of backlighting behind the mountain. Then the cloud looks like someone is slowly turning up the intensity on a dimmer switch and the entire area within and around the notch starts to pulsate. Mesmerized, I can't help but wonder if this is what all those fancy writers call the birth of a new day?

Then, just as fast as that thought arrived, the cloud is gone. In its place is this gazillion candlepower bulb with rays stretching miles across the mountaintops and high through the cloud sculptures lingering in the sky above.

Even with darkening lenses in my glasses I quickly had to turn away; and as I did I believe I caught a whiff of roses and a faintly whispered, "I told you so!"

Now we both know why I should have gotten cancer sooner.

### SCHOLARSHIP INFORMATION FOR 2022/23

If you are a member of AMCRE, and have children or grandchildren



going to college or trade school, they will be able to submit an application for one of the four \$1,000 scholarships we are giving out for the 2022/2023 school year. They can receive \$500 each semester with proof of full-time enrollment into a college, or trade school and applying per the directions in the application. A student who is returning to college or trade school for additional years and for graduating seniors who are going to enter college or trade school may also apply. Applications will be due by May 31, 2022. Go online and print out the application and follow all instructions. Submit in May 2022.

For further information, please contact Cyndi Montesonti, Scholarship Co-Chair @ (707) 489-7752 email: [tomcyndichili@comcast.net](mailto:tomcyndichili@comcast.net)

The website is AMCRE.ORG click **SCHOLARSHIP TAB**

**MEMBERS CAN NOW RECEIVE THE CONNECTION VIA EMAIL!** If you are a member who would like to receive AMCRE notices by email, along with *THE CONNECTION* newsletter, just contact us at [amcremendocino@gmail.com](mailto:amcremendocino@gmail.com) and **let us know!** We are gathering requests from members with this preference and will include you too! If we do not receive an email from you, then *THE CONNECTION* will be mailed. Thank you.

### *Greetings Fellow AMCRE Members, To CONTACT THE FOLLOWING BOARD MEMBERS*

TOMMY INGRAM, President

Email: [t1tom4249@sbcglobal.net](mailto:t1tom4249@sbcglobal.net)

707-462-2780

CYNDI MONTESONTI, Secretary

Co-Editor/AMCRE & Scholarship Committee

Email: [tomcyndichili@comcast.net](mailto:tomcyndichili@comcast.net)

707-489-7752

CYNDIE RICHARDSON, Treasurer,

Email: [cinderella9050@comcast.net](mailto:cinderella9050@comcast.net)

707-485-1745

DORINDA KAY MILLER, Board Member

Co-Editor/AMCRE & Membership Committee

Email: [dmiller0404@gmail.com](mailto:dmiller0404@gmail.com)

707-489-8564

**Write to:**

AMCRE

P.O. Box 903 Ukiah, CA 95482

Email to:

[amcremendocino@gmail.com](mailto:amcremendocino@gmail.com)

*Life is much better when you cry a little,  
laugh a lot, and are thankful for  
everything you've got!*

- "Of all the self-fulfilling prophecies in our culture the assumption that aging means decline and poor health is probably the deadliest." ~ Marilyn Ferguson

AMCRE WEBSITE IS UP AND RUNNING:

**AMCRE.ORG**

✓ **SENIOR DISCOUNTS:**... BEST RULE OF THUMB...ask ask ask!

✓ **MOVING, or any notification changes?** Notify the Membership Committee -- Dorinda Miller ([dmiller0404@gmail.com](mailto:dmiller0404@gmail.com)), 491 Chablis Dr., Ukiah, CA 95482, or [amcremendocino@gmail.com](mailto:amcremendocino@gmail.com), so AMCRE's records stay correct. Be sure you ALSO connect with the Mendocino County Retirement Association 625-B Kings Court, Ukiah, with any address change, telephone and email change (if applicable) as well.

✓ If you have any questions, please call any Board member.

AMCRE EMAIL ADDRESS:

**[amcremendocino@gmail.com](mailto:amcremendocino@gmail.com)**

### BUTTERNUT STEW

*Makes 6 cups - no added fat or sugar!*

- 1 large onion in small chunks
- 2 peeled or unpeeled sweet potatoes in bite-size squares
- 1 small butternut squash in bite-size squares
- 4 carrots peeled and sliced thick
- 2 parsnips peeled and sliced thick
- 1 TBS. Italian seasoning
- Dash of pepper
- 1 cup of water

**Directions:** Place vegetables in order listed into a large soup pot, add water and seasonings, bring to a boil, then cover, and simmer on low for one hour.

"Nothing is impossible. The word itself says 'I'm possible!'

— **Audrey Hepburn**

3. "There is nothing impossible to they who will try."

— **Alexander the Great**

4. "The bad news is time flies. The good news is you're the pilot."

— **Michael Altschuler**

5. "Life has got all those twists and turns. You've got to hold on tight and off you go."

— **Nicole Kidman**

6. "Keep your face always toward the sunshine, and shadows will fall behind you."

— **Walt Whitman**

7. "Be courageous. Challenge orthodoxy. Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell."

— **Amal Clooney**

**Plan meals and snacks ahead.** Consuming healthy meals and snacks may be easier when you plan ahead. Try these tips.

- Cook ahead and freeze food for days when you don't want to cook.
- Keep low-sodium versions of frozen or canned vegetables and beans on hand for quick and healthy meal add-ons.
- Keep frozen or packed-in-juice canned fruits ready for snacks and meals.
- Try to share meals with someone whose company you enjoy.
- If you can't cook for yourself, contact local programs that deliver meals in your area.
- Do not skip meals. Doing so may make you feel hungrier later.

**Health tips include:**

- Select high-fiber foods like [whole-grain](#) breads and cereals, beans, unsalted nuts and seeds, deeply colored vegetables (like green beans), and fruits.
- Avoid fried foods. Choose broiled, grilled, or boiled options instead.
- Drink vitamin D-fortified low-fat or fat-free milk; milk products; or nondairy soy, almond, rice, or other drinks with added [vitamin D](#) and [calcium](#) to help keep your bones strong as you age.
- Drink fluids throughout the day. You may feel less thirsty as you get older, but your body needs fluids to stay healthy and keep you regular. If you have a [bladder control problem](#), check with your doctor about what, how much, and when to drink liquids.
- Ask your health care professional about whether or how you can safely become active or increase your physical activity.
- Pick physical activities that you enjoy and can do on your own or with a friend or group.
- Stay connected with family, friends, and your community.

Dr. Hayward recommends these 10 easy health tips for seniors to help baby boomers live longer and thrive:

1. **Quit smoking.** Take this critical step to improve your health and combat aging. Smoking kills by causing cancer, strokes and heart failure. Smoking leads to erectile dysfunction in men due to atherosclerosis and to excessive wrinkling by attacking skin elasticity. Many resources are available to help you quit.
2. **Keep active.** Do something to keep fit each day something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls, and look and feel better, too.
3. **Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise. Calcium and vitamin D supplements can help women prevent osteoporosis.
4. **Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Use the Kaiser Permanente BMI (body mass index) calculator to find out what you should weigh for your height. Get to your healthy weight and stay there by eating right and keeping active. Replace sugary drinks with water; water is calorie free!
5. **Prevent falls.** We become vulnerable to falls as we age. Prevent falls and injury by removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.
6. **Stay up-to-date on immunizations and other health screenings.** By age 50, women should begin mammography screening for breast cancer. Men can be checked for prostate cancer. Many preventive screenings are available. Those who are new to Medicare are entitled to a "Welcome to Medicare" visit and all Medicare members to an annual wellness visit. Use these visits to discuss which preventative screenings and vaccinations are due.

7. **Prevent skin cancer.** As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun. Too much sun and ultraviolet rays can cause skin cancer.
8. **Get regular dental, vision and hearing checkups.** Your teeth and gums will last a lifetime if you care for them properly that means daily brushing and flossing and getting regular dental checkups. By age 50, most people notice changes to their vision, including a gradual decline in the ability to see small print or focus on close objects. Common eye problems that can impair vision include cataracts and glaucoma. Hearing loss occurs commonly with aging, often due to exposure to loud noise.
9. **Manage stress.** Try exercise or relaxation techniques perhaps meditation or yoga as a means of coping. Make time for friends and social contacts and fun. Successful coping can affect our health and how we feel. Learn the role of positive thinking.
10. **Fan the flame.** When it comes to sexual intimacy and aging, age is no reason to limit your sexual enjoyment. Learn about physical changes that come with aging and get suggestions to help you adjust to them, if necessary.



ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

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**MOVING, or any  
notification  
changes?  
NOTIFY AMCRE**

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**Email AMCRE to get  
The Connection  
Emailed to you.**



FRIENDSHIP • UNITY • STRENGTH • GROWTH

# ***THE CONNECTION***

## ***General Membership Meeting***

**Date:** Monday ~ May 9, 2022  
**Time:** Noon  
**Location:** Slam Dunk Pizza, N.State Street, Ukiah, CA  
**Free:** Pizza , Salad, Drinks      Raffle Tickets  
**Speaker:** Doris Rentschler, Retirement Administrator.

April – May – June 2022

Co-Editors: Cyndi Montesonti & Dorinda Kay Miller