~~~~ RETIREWIRE ~~~~

🌞Happy Summer 2024🌞

Please join us for our RPEA Chapter 096 General Meeting on Friday, July 19, 2024 @ 10 AM (MST) via Zoom

🎂!*Happy Summer Birthdays!*🎂

In Memoriam

~ Jeanne Cotter~

~Louis Silva~

Your participation is always welcome and encouraged. If you would like to contribute to the RETIREWIRE newsletter please contact your newsletter editor, Evelyn McGarry, at mcgarrye2004@yahoo.com

Your RPEA Chapter 096 Board Members:

Lucy Lopez: President, Richard Dick: Vice-President & Treasurer , Evelyn McGarry: Secretary & Newsletter Editor, Linda Clark: Sunshine Chairperson

Would YOU like to attend the RPEA General Assembly in September 2024 as OUR chapter delegate? Contact Lucy at lucy.contrerasnm@gmail.com or Evelyn at mcgarrye2004@yahoo.com

Retired Public Employees' Association (RPEA)Chapter 096 Zoom General Meeting Minutes 1.12.24

Present: Lucy Lopez (ABQ), Evelyn McGarry (Edgewood), Ivars Henins (Santa Fe)
Zoom Meeting Commenced at 10:00 am MST

- Pledge of Allegiance
- discussion of next meeting in-person or Zoom; Ivars prefers Zoom as illnesses still going around
- Richard Dick could not attend meeting as out of town
- Lucy may consider using her first name only on any correspondence as she has concerns about privacy/phishing issues; Ivars stated okay to use his first & last name
- advised RPEA-Sac rep Cathy Jeppson does not require sending our chapter bank account statements to her
- Ivars stated he is receiving the chapter newsletter and the meeting reminder Robo calls
- Ivars stated he wanted to attend this Zoom meeting to see who else is attending
- Evelyn stated if anyone knows another chapter member having Zoom issues to advise them to contact her
- current bank account balance is $5391.02
- our next RPEA Chapter 096 general meeting will be April 12, 2024 @ 10 am MST via the Zoom platform

Meeting Adjourned at 10:20 am MST
Respectfully submitted by Evelyn McGarry

Retired Public Employees' Association (RPEA)Chapter 096 Zoom General Meeting Minutes 4.12.24

Present: Lucy Lopez (ABQ), Evelyn McGarry (Edgewood), Richard Dick (ABQ)
Zoom Meeting Commenced at 10:05 am MST

- Pledge of Allegiance
- Lucy swore in Richard Dick as chapter Treasurer
- Evelyn stated newsletter to be emailed & mailed
- Lucy stated our chapter will pay for a chapter member to attend the General Assembly (GA) in September 2024; Lucy will attend as our Area Director as paid by RPEA-Sac Board
- Evelyn will announce our chapter welcomes a chapter member to attend the GA in the next chapter newsletter
- Lucy & Richard will coordinate sending via email our April 2024 bank account statement to RPEA-Sac due May 1, 2024
- Richard led the discussion about chapter members lack of attendance to our quarterly chapter meetings
- Lucy stated there is a decline in chapter meeting attendance throughout RPEA chapters but members continue to pay their member dues, chapter closings still occurring, hard to find members willing to fill chapter positions and RPEA-Sac rep Rosemary Know has a committee working on chapter member attendance issues
- current bank account balance is $5708.30
- our next RPEA Chapter 096 general meeting will be July 12, 2024 @ 10 am MST via the Zoom platform

Meeting Adjourned at 10:23 am MST
Respectfully submitted by Evelyn McGarry

Next RPEA Chapter 096 Meeting: October 11, 2024 via Zoom @ Noon MST

Our current chapter bank account balance is $6143.40

Lucy's Corner

Hello fellow members. Summer is here again and we should be grateful.
We say goodbye to Winter & Spring and say hello to the longer days and the colorful summer blossoms. This time of the year reminds me of the following poem by Mariana Donato.

"Letting the Seasons Enrich Us".

For most of us, the first half of our lives is spent tilling the soil of our careers, nourishing family and investing in our dreams. Before we know it, time engraves its signature onto our skin and weaves strands of silver into our hair, and we are presented with the unexpected but inevitable question of what comes next.

The soil of Mother Earth is made fertile only by the debris of seasons. There would be no life without nature's perpetual act of letting go and the sacred and inevitable growth that comes from decay. As we age, like trees in winter, our energy travels deep down into our roots---our bones. Only then can we stand sovereign, a stable foundation for others. Only when we are full of seasons can we offer the sweetest fruit in the form of shared knowledge, skills and hard-earned wisdom. Most of all, we become living examples of the Chinese proverb: "To know the road ahead, ask those coming back."

Accepting the aging process can be challenging and sometimes frightening, but if we lean closer and listen to what the wisdom years have to offer, our journey can become more joyful. The stories of our seasons can be a wellspring bubbling to the surface in conversations, filling empty cups with empathy, hope and humor. We sit at a table called humanity. Let us create a feast of shared experience.

Lucy
Your Chapter 096 President

YOUR ADVOCATE

AARP HELPS PROTECT YOU FROM FRAUD

AARP has put together an expert team of fraud fighters and volunteers to help protect you from scams. And our advocates in Washington push for laws that better defend consumers from fraud and provide restitution to victims. Here are some of our resources you can use.

To find out more about AARP's efforts to fight fraud, scan this QR code with your smartphone camera.

▶**Fraud Watch Network** Our website (aarp.org/FraudWatchNetwork) offers the latest on the fraud landscape, tip sheets on the most common frauds today, and a map where you can see what's being reported in your area.

▶**AARP Fraud Watch Network Helpline** This support line (877-908-3360) is free; trained fraud specialists provide support and guidance for victims and their families on what to do next and how to avoid scams. (Read about the Helpline on page 19.)

▶**Victim support sessions** An online program (aarp.org/FraudSupport) provides a safe place for victims and their families to address the emotional impact of fraud.

▶***The Perfect Scam*** Our award-winning podcast explores real scams from the viewpoints of both victims and law enforcement. Each episode provides fresh insights into the fight against fraud. You can find the entire lineup at aarp.org/theperfectscam.

▶**Community education** AARP holds events across the country, in person and virtually, many led by our thousands of passionate fraud-fighter volunteers in the states. Find out more about opportunities where you live at states.aarp.org.

▶**Gift-card payment campaign** For the past three years, AARP has led a national effort to raise awareness of gift-card payment scams. And it is working. In that time, the FTC shows a 36 percent drop in reports of scams involving gift cards. AARP will continue to educate people on the methods criminals use to obtain payment as they shift to new approaches such as crypto ATMs (see story, page 12).

YOUR DEFENSE

Do These Things Today. Be Safer Tomorrow

AN UPDATED TO-DO LIST TO MAKE IT MUCH HARDER FOR SCAMMERS TO REACH YOU BY AMY NOFZIGER AND MARK FETTERHOFF

Open your iPhone's contact list and add your family, friends, doctors and other important numbers. Then go into your phone settings and turn on the setting for "silence unknown callers." This will send any caller who isn't in your contacts list directly to voicemail.

Make sure you are signed out of any financial apps on your phone—credit cards, financial institutions and peer-to-peer apps such as Venmo, CashApp or Zelle. Also make sure your account settings require security measures such as a PIN, fingerprint or facial recognition. This ensures that if your phone is stolen, the thief will not have access to your money.

Audit your wallet or purse. That means remove cards and information you don't need to carry (such as your Social Security or Medicare card). And make copies of anything you do need to carry (front and back) and store in a safe place at home.

Routinely monitor your credit report. Some banks or credit cards offer this as a free service. You can also go to AnnualCreditReport.com or call 877-322-8228 to get free reports from the big three credit bureaus. Watch for unusual activity; if you see any, report it immediately to all three bureaus and appropriate financial institutions.

Every few months, revise the passwords on your financial accounts. Your best bet is to use a passphrase: Ilovemy17dogz! is much stronger than Scruffy23. Keep track of passwords in a highly secure password manager or by writing them down and storing them safely.

Be skeptical. Many criminals use friendliness, compassion and kindness as their persuasion method, rather than fear and intimidation. Likewise, scammers create a sense of urgency to get you to act out of emotion rather than logic. If you feel pressured or manipulated, walk away.

Add the AARP Fraud Watch Network Helpline phone number into your phone right now, so you'll have it if you need to call us to report a scam attempt or get more advice on how to stay safer from the people out there trying to steal your money and identity: 877-908-3360.

Check your social media settings to make sure you have your accounts set to private. This allows only people you choose to trust to view your pages and contact you.

Amy Nofziger is the director of AARP's fraud victim support. Mark Fetterhoff is a senior adviser on the victim support team.

5 Easy Ways to Boost Your Belly Biome

Think it's hard to eat 30 different plants in one week? Just do this:

1. Power up your pasta or pizza. Marinara sauce is based on one plant—tomatoes. Add onions, peppers, sliced garlic, roasted broccoli, olives or mushrooms.

2. Mix up your greens. Instead of iceberg, romaine or even kale, opt for the spring mix; you could quadruple the number of plants with this one simple swap.

3. Turn that black bean soup into a 12-bean soup. Want a sandwich with that? Swap wheat bread for 12-grain bread with a variety of whole grains and seeds.

4. Instead of a can of peanuts, buy a nut mix that includes almonds, pecans, pistachios and more. And don't forget flax, pumpkin, hemp, chia and sunflower seeds.

5. If you love cereal for breakfast, try to top it with a different nut, fruit and seed every day. For dessert, jazz up your ice cream with a variety of nut and fruit toppings.