

AFTER-WORDS

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



VOLUME XLIII, ISSUE 4

WWW.DEANZA.EDU/FODARA

MARCH 2022

The FODARA Board hopes you and your families are healthy and ready to slowly and carefully resume normal activities. To help in that regard, please join us at our upcoming in-person and Zoom events! First up is the St. Patrick's Day lunch on March 17 at De Anza. Those attending need to RSVP by March 11—see details on the FODARA webpage (<https://www.deanza.edu/fodara/calendar.html>). Next, we are in the midst of planning another Zoom Tech Event in April or May so that you can again get answers to all your technology questions. Our always popular Annual Summer Picnic is scheduled for June 16 at Cuesta Park—in person! There, we can catch up on what everyone's been doing while enjoying a delicious lunch in a beautiful setting. And in September or October, we are discussing a possible Foothill-DeAnza Foundation Estate Planning Zoom presentation. Stay tuned for updates on these and even more parties and get-togethers!

—*Bill Lewis*

FODARA Acting President



Spring Zoom Tech Event Coming soon!



Our May 2021 Zoom Tech Event was so popular it's returning for an encore in April or May! ETS will again provide experts for our Zoom panel to share their knowledge and answer our questions. When we finalize the details with ETS, we'll send out an email to "Save the Date" via the FODARA listserv. So grab a pencil and start your list of questions and topics you'd like covered now!

Mark Your Calendar! Annual Summer Picnic June 16 Cuesta Park, Mt. View

This year we will again meet at Cuesta Park, our favorite picnic place, but we *might* offer a different dining experience. Instead of our usual choice of tasty buffet items, often prepared by our own in-house chefs, we may instead have a Taco Truck stationed near our tables to provide the food. Look for more details and a reservation form in the May issue of *After-Words*.



FODARA BOARD OF DIRECTORS 2021-2022

President (on leave)	Mike Paccioretti	408.274.4929	pacciorettimike@sbcglobal.net
Acting 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	Barbara Illowsky	--	illowskybarbara@fhda.edu
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	La Donna Yumori-Kaku	408.482.8879	Yumorikakuladonna@fhda.edu
Newsletter Editor	Linda Lane	--	lanelinda@fhda.edu

FODARA COMMITTEES 2021-2022

District Benefits	Faith Milonas, milonasfaith@fhda.edu , Tom Strand, strandtom@fhda.edu ,
After-Words Email	Cindy Castillo, cindycastillo@comcast.net
After-Words Paper Mailing <i>(currently on-hold)</i>	Janice Carr, janicecarr@pacbell.net
Scholarships	Mike Brandy, brandymike@gmail.com
Zoom Social Events	Linda Conroy, lsiqcon@aol.com La Donna Yumori-Kaku, Yumorikakuladonna@fhda.edu

FODARA EVENT CALENDAR 2021-2022

Mar 17	Thurs 11am-1pm	St Patrick's Day Lunch	De Anza Campus Center, Fireside Room
April/May	tbd	Spring Zoom Tech Event	
May 03	Tues 1:00 pm	Board Meeting	Zoom / location tbd
June 16	Thurs 3:00pm	Summer Picnic	Cuesta Park, Mt. View
Sept/Oct	tbd	FHDA Foundation Estate Planning Zoom Presentation	

If you would like to participate in a Board meeting and/or Zoom Event, please email FODARA Secretary Tom Roza for meeting location or Zoom link/password.

HEALTH BENEFITS UPDATE

At the February 17, 2022, meeting of the Joint Labor Management Benefits Committee (JLMBC), three items of interest to retirees were discussed.

1. 2022 Open Enrollment Results Analysis

In the new 2022 plan year, there are 757 FHDA pre-'97 retirees; 374 are single, 362 are retiree + one, and 21 are retiree + two or more. Of these, the PERS Platinum plan has 296 enrollees, PERS Gold 200, Kaiser 200, UHC Medicare Advantage 57, Anthem Blue Cross Traditional HMO 3, and Health Net SmartCare HMO 1. None of the other plans have any retiree enrollees.

The number of pre-'97 retirees in FHDA sponsored health plans is decreasing: 791 in 2020, 778 in 2021, 757 in 2022. The number of FHDA retirees in the Bridge Program was 19 in 2020, 14 in 2021, and 16 in 2022. The Bridge Program pays \$400/retiree, or \$800/retiree + one, to qualified and eligible post-'97 retirees until they can enroll in Medicare at which time all District health care subsidies cease.

2. Full-Time and Retiree Enrollment Migration

Most former PERS Select Plan (now discontinued) retirees migrated to the new PERS Gold Plan; most former PERS Choice and PERS Care Plan (both now discontinued) retirees migrated to the new PERS Platinum; and most Kaiser retirees stayed put.

3. Rate Stabilization Fund History and Projection

The Rate Stabilization Fund (RSF), with an initial balance of \$10.49M at the end of 2013, has been used to fund the difference between the costs of the dental and vision plans plus the CalPERS health care plan premiums and the contributions paid by the FHDA actives and retirees for these plans. The RSF year-end balance has declined every year except 2014, despite cash infusions from the District of \$2M (in 2020) and \$0.5M (in 2021); the 2021 RSF year-end balance was \$8.05M. Lockton projects a 2022 year-end RSF balance of \$6.07M after a District contribution of \$1M to the fund.

—Faith Milonas, Tom Strand

FODARA District Benefits Representatives

IMPORTANT REMINDERS Retirees Eligible for FHDA Health Benefits

1. If you haven't already submitted your **Medicare Part B proof of payment** in order to be reimbursed by the District, the deadlines are as follows; documents received after June 30, 2022, will not be accepted.

- **March 15, 2022**, to receive on April 15 reimbursement for Quarter 1
- **March 16-June 30, 2022**, to receive on July 15 reimbursement for Quarters 1&2 combined

You can email a pdf or screen shot of your document(s) to MyBenefits@fhda.edu or submit the document(s) via certified mail or by FAX. But, because the District offices are not open regular hours/days due to COVID, for certified mail/FAX, getting confirmation of receipt takes longer and a deadline could be inadvertently missed.

All **2022 Annual Retiree Survey** documents and forms, as well as other health benefits information and links, are available on the District Retiree webpage: https://hr.fhda.edu/benefits/Pre_97_Retirees.html.

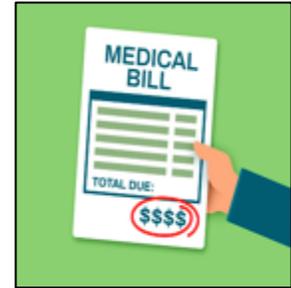
2. Retirees must report a Life Qualifying Event (LQE)—change in Medicare status for retiree/dependent, death of dependent, new phone number/address/email—prior to the June 30 deadline and whenever such events occur on the **Retiree Information Change Request** form, available to download on the District Retiree webpage; it can be submitted via email, certified mail, or FAX.

HEALTH CARE MATTERS—*DID YOU KNOW?*

Emergency Room Visits—A Cautionary Tale

-- adapted from NPR's *Bill of the Month* article, January 24, 2022

Many people don't know they will likely receive a large bill by just walking through the doors of a hospital emergency room (ER). Unlike a restaurant or a mechanic that won't charge if someone gets tired of waiting for a table or for an inspection of an engine, hospital ERs almost invariably charge patients who check-in at the front desk. And once registered, patients will be billed whether or not treatment is rendered. Here's an example: a family referred to the ER by their doctor received a bill for over \$1,000 even though they left after two hours during which time the patient, a child who had a minor hand injury, was not treated or seen by a doctor. Their insurance did not cover the bulk of the bill—an \$820 "facility fee"—because they hadn't yet met their yearly deductible.



Hospital officials defend these fees as necessary to keep an emergency room open 24 hours a day as a community asset; the hospital in this case explained the charges were "appropriate" in that the patient's vital signs were monitored, adding *"a patient does not have to receive additional treatment — procedure, labs, x-rays, etc. — to validate an ER level charge."* But some patient advocates argue facility fees are applied much too widely and should be limited to patients who actually receive medical care. Adam Fox, deputy director of the Colorado Consumer Health Initiative, insists, *"It's just not appropriate for someone to be charged if they're not provided treatment. Patients aren't availing themselves of a facility if they don't get care."* Maureen Hensley-Quinn, senior program director at the National Academy for State Health Policy, adds, *"At the very least, hospitals could communicate more clearly to patients about the fees they may be charged for coming to an emergency room. People should know that when they walk in to receive care, there is this fee that they will be assessed."* One solution is for hospitals to post at the entrance to the ER their standard, i.e., automatic, fees for different levels of emergency care. ER visits are usually classified for billing on a scale from 1 to 5. Level 1 is minor and routine care while Level 5 requires complex care for life-threatening conditions. According to their research on ER coding, the nonprofit Health Care Cost Institute found hospitals are increasingly using the highest-severity codes to classify emergency visits due to "financial incentives." In the case cited above, the family's fee would have been lower if the hospital had labeled the ER visit as minor. But, despite that the patient's wound wasn't serious and no medical care was provided, the facility fee was classified as Level 3, a moderate severity problem.

Without doubt, ER's provide essential medical services, but they are among the most expensive places to get care in the U.S. health system. Plus, if you have a relatively minor issue, chances are you'll have to wait quite a while—sometimes many hours—for patients with more serious problems to be attended to. And keep in mind simply registering at the ER initiates the billing process. Once you're taken past the front desk, you will almost certainly be assessed a substantial facility fee even if you don't receive care. As alternatives to an ER for non-life threatening issues, consider a local urgent care facility or walk-in clinic; these often charge much less expensive rates **if** the facility isn't attached to a hospital.

Though attempts to reduce a hospital facility fee can occasionally be successful, there are no guarantees, and it's not likely your health insurer can offer much assistance. Most insurers won't challenge how a medical visit is coded except on extremely expensive medical claims that cost them a lot of money. For now, many advocates believe the best solution is to publicize the fees that hospitals charge for ER services *[hence this article]*.

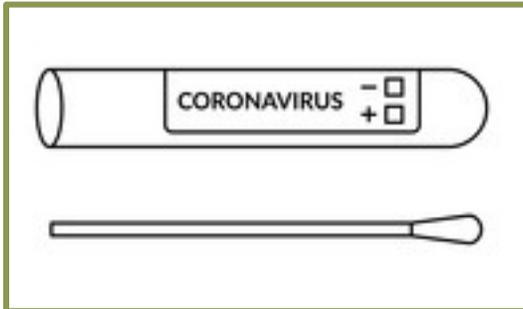
For the family cited above, the hospital refused to negotiate the bill and referred the case to a collection agency. But there was a "happy" ending: months later, after being contacted by Kaiser Health News (KHN), the hospital agreed to forgive the \$820 facility fee.

*If you have a medical bill that is exorbitant, baffling, and/or infuriating, you might be able to get help from KHN and its partner National Public Radio (NPR); they solicit medical bills to investigate for their *Bill of the Month* article; you can submit your bill/story at <https://khn.org/send-us-your-medical-bills/>.*

MEDICARE—DID YOU KNOW?

How to Get A COVID Rapid At-Home Test

-- adapted from SHOTS, Health News from NPR, January 24, 2022 & NPR Health February 3, 2022



What group is especially vulnerable to the ravages of COVID-19 even if fully vaccinated and boosted? Seniors. And who will have an especially difficult time getting free at-home COVID tests? Seniors!

Though as of January 2022 a new mandate required private insurers to cover the cost of eight at-home rapid COVID tests per month, at least for as long as the public health emergency lasts, this rule didn't apply to those with Medicare as their primary insurance because the laws

governing Medicare don't allow it to cover self-administered diagnostic tests, which is what the rapid antigen tests are. Though Medicare does cover rapid antigen or PCR testing done by a lab, the coverage is limited to one test per year unless ordered by a doctor.

Fortunately, the Medicare laws have just been amended: Medicare and Medicare Advantage recipients will soon be eligible for free over-the-counter COVID-19 tests, up to eight tests a month. According to CMS in a media release February 3: "*This is the first time Medicare has covered an over-the-counter test at no cost to beneficiaries. There were a number of issues that made it difficult to cover and pay for over-the-counter COVID-19 tests. However, given the importance of expanding access to testing, CMS has identified a pathway that will expand access to free over-the-counter testing for Medicare beneficiaries.*"

In response to critics for its handling of certain aspects of the pandemic, including the response to providing free, easily accessible testing for all Americans, the Biden administration announced earlier this year that Americans would be able to request four, free at-home tests to be delivered directly to their doors (www.covidtests.gov). The administration purchased a half-billion tests to support that effort. Now, this new initiative to include the cost of at-home tests for Medicare members will greatly expand at-home testing availability/access; it enables payment from Medicare directly to participating pharmacies and other entities to allow Medicare beneficiaries to pick up these tests at no cost. CMS anticipates this option will be available to people with Medicare in the early spring. Until then, Medicare members do have several other ways to get at-home tests:

- Register at www.covidtests.gov; one billion tests eventually will be available, and each residence initially can receive four tests (not a lot but better than none);
- Pick-up free tests at a local community health center; the Biden administration is providing up to 50 million additional free at-home tests to such centers and Medicare-certified health clinics (not enough for the 62 million Medicare beneficiaries but better than none);
- Ask your doctor or other health care provider to order a rapid antigen or PCR diagnostic test;
- If enrolled in a private Medicare Advantage Plan (4 out of 10 Medicare-eligible people are members of such plans), check if it covers at-home tests or will reimburse the cost if a receipt is submitted.
- Check which of your local pharmacies (RiteAid, CVS, Walgreens) now offer free at-home tests; the federal government has set up more than 10,000 free pharmacy testing sites across the country.

More information on how to get free at-home COVID tests is available on this Centers for Medicare/Medicaid Services (CMS) webpage: <https://www.cms.gov/how-to-get-your-at-home-OTC-COVID-19-test-for-free>.

VOLUNTEER OPPORTUNITY FOR FHDA RETIREES



On March 2, FODARA members were sent an email with a request for scholarship application readers.* Several retirees have already responded, but both the Foothill and De Anza Financial Aid Offices still need more volunteers to read applications submitted for the over 500 scholarships awarded each year, including the four sponsored by FODARA.

The scholarship application reading process started in early March and will continue through April. Campus committees select top candidates for each scholarship and forward them to the Foundation's Finalist Committee, which selects the winners. Awards are posted to student accounts in May. Below is information about the process:

- The scholarship reading process is entirely online. There are no meetings to attend, so you can read scholarship applications anywhere you have internet access;
- You can review and rate scholarship applications on your own schedule within a given time frame of several weeks;
- To qualify as a reader, all you need is an email address and a willingness to read;
- Serving as a scholarship reader is a very enlightening and rewarding experience!

To sign up to be a scholarship application reader, email your name and preferred email address to Karima Karim (karimkarima@fhda.edu) at Foothill College and / or Millie Perez Perea (perezpereamillie@fhda.edu) at De Anza College.

** If you didn't receive the March 2 email from FODARA- and it's not in your spam/junk mailbox-- please email Cindy Castillo to verify your current email address.*

Fun Factoid!



In investigating a possible email program to replace our old, failing one, I had to create a database of all members' emails so that I could test the new software to see if it could meet our needs; in doing this, I discovered the email addresses of all of the 1,016 FODARA members fall into 72 different domains!

The biggest six are Gmail.com (241), FHDA.edu (193), yahoo.com (127), sbcglobal.net (84), Comcast.net (82), and Aol.com (73). Sixteen other domains include smaller and smaller numbers—Hotmail.com (40), pacbell.net (26), and prodigy.net (3). The last fifty are one-person only addresses, with most of these being the individual's last name (or secret alias!) followed by ".com" or ".net" with a sprinkle of a few ".edu" alumni institutions.

As you probably guessed, I have a bit of extra time these days...

—Cindy Castillo

FODARA Webmaster/Listserv Administrator





Earth Day: April 22

Earth Day (<https://www.earthday.org/earth-day-2022/>) educates and engages people through out the world in protecting the environmental health of our planet—every year over 1 billion participate!



The awareness of the need to protect our environment was slowly ignited in the 1960's by two events. In 1962, author Rachel Carson, though knowing her claims "would surprise 99 out of 100 people," published *Silent Spring*, the first book to document the grave perils of pesticides, and in 1969, the somewhat apocryphal story of "the river that caught fire" (Cleveland's Cuyahoga River) underscored the dangers of chemical waste disposal.



The public's shocked reaction to these incidents led to a new and growing concern about the environment, so the time was ripe for an educational approach: Earth Day! It was founded April 22, 1970, by Wisconsin Senator Gaylord Nelson, who, inspired by the "teach-ins" of the 1960s antiwar protests, hoped to create a mass movement to educate people about environmental problems, in particular air and water pollution. According to Nelson, "*Earth Day worked because of the spontaneous response at the grassroots level. That was the remarkable thing about Earth Day. It organized*



itself." Margaret Mead, the renowned anthropologist who spoke at the first and subsequent Earth Day events agreed: "*Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has.*"

The first Earth Day was without question overwhelmingly effective: when polled in May 1971, 25% of the American public declared protecting the environment to be an important goal, a 2,500% increase over 1969. According to gallop polls taken in 2021, close to two thirds of U.S. adults are concerned about global warming: 43% worry about it "a great deal" and 22% "a fair amount"; 43% of Americans also believe global warming will pose a serious threat in their lifetime and 64% believe global warming is due to the effects of pollution from human activities.

To many people, global warming problems might seem beyond their ability to solve, but everyone *can* do their part to help. For information on how to participate in the Earth Day activities, events, and organizations highlighted below in **green** (and lots more!), go to <https://www.earthday.org/earth-day-tips/>.

- ❖ Unsubscribe to catalogs and donate to **The Canopy Project** to save trees; for every \$1 donated, 1 tree is planted;
- ❖ Support the **Great Global Cleanup** by volunteering on local cleanup days; also start "**plogging**"— picking up trash while out jogging/walking. It is a fun and effective way to get a workout while helping to clean your community;
- ❖ Calculator your "footprints": **foodprint**, **carbon footprint**, and **plastic consumption**. Calculators show exactly how your meals, activities, and routines impact the planet; tips are provided to help reduce that impact, such as always having reusable shopping bags handy and taking your own water bottle wherever you go;
- ❖ Advocate for **climate literacy** to become a core feature of school curriculums across the globe;
- ❖ Fight food waste by **composting**; learn how to make a difference in your own backyard;
- ❖ **Protect pollinators**—bees, birds, butterflies—by not using toxic pesticides and herbicides. Pollinators ensure the persistence of our crop yields and healthy sustainable ecosystems now and in the future. [*Editor's note: an inexpensive and safe alternative to get rid of weeds in paths, driveways, patios—areas without plants—is to sprinkle/spray them with generic white vinegar*];
- ❖ **Buy local food**: shop at grocery stores that carry local produce and at farmers' markets or join a local food co-op. [*Editor's note: for other products, do a Google search to find who makes them in the US*];
- ❖ **Go green** in your daily routines: keep the heat <70°, take shorter showers and use a water-saving shower head, install low-flow toilets, and save electricity by turning off lights when you leave the room.

WHERE ARE THEY NOW?

Elaine Haight, retired Foothill College CIS faculty

Q: Your position at FHDA, when you were hired, why/when you retired

A: I was a full-time faculty member in computer science hired in September 1990 and retired June 2020. I retired for three reasons: (1) After 31 years in CalSTRS and 61 years of age, I reached a local maximum in benefits; (2) I wanted to start a second career writing technical documentation for software engineers—before it was too late, and (3) A longtime colleague filed a harassment and discrimination complaint against me. He didn't like a J1 classroom evaluation I wrote for a probationary faculty member. This colleague never discussed his complaint with me, not before or after he filed it. Though the District found the complaint had absolutely no merit, HR failed to notify me of this fact for many months, even though I repeatedly asked for the result. This event was extremely disheartening and disappointing after thirty years of being a consistently productive and collaborative faculty member; it was time to leave.

Q: Describe your first years in retirement

A: Initially, I missed the structure and fulfillment that teaching gave me. It took me about five months to find a job that started me in my new career. Since this was during the pandemic, I was not able to take advantage of my time off. I am happy now to be on my second part-time contract position writing technical documentation for software engineers; check out my new career website: <https://www.technical-docs.com/>. Though I am not making near the money that Foothill paid me, I have to keep reminding myself that I am very new at this!

Q: Now that you've been retired for a while, your view of retirement

A: I feel like this new phase of life has given me energy. I am learning a valuable skill, I have a new identity, and I feel much more financially secure.



Q: Where you live and what you like best about the area—places you like to go, things you like to do

A: I am very grateful I am able to stay living in Los Altos. I can keep my great friends, nearby family, and favorite bike rides. I still hike up Rhus Ridge (just past Foothill College) every week or two. I cycle to Foothills Park with Tom Strand and meet friends every Thursday for Happy Hour in a park. Dean, my husband, and I enjoy listening to live music at concerts and clubs; for the past two years, of course, we've been going only to outdoor events.

Q: How you have coped with the pandemic-- any tips

A: Socialize outside!

Q: Any projects/organizations/volunteer opportunities you'd like to promote

A: I am now working to ensure the city of Los Altos follows state law by allowing hundreds of new housing units to be built. Not only will this new housing take families off the streets, but it will make our community more diverse and reduce traffic since more people will be able to live near where they work.

Q: Advice to those considering retirement

A: I recommend considering the contract's *Article 18—Reduced Workload Program*; working under this provision was very helpful to me. Reducing my contract while still earning full service credit enabled me to stretch my service credit to 31 years, and I used the extra time to train up for my new career before I left my old career behind.

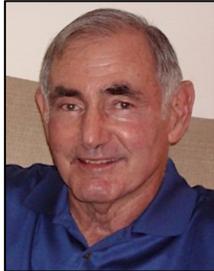


In Memoriam



*Jay Jackman, FHDA Board of Trustee
Una Leighton, De Anza College
James Linthicum, De Anza College*

*Hildegard Sieler, De Anza College
Edwina Stoll, De Anza College
Sally Wood, De Anza College*



James Allen Linthicum died February 6, 2022, at age 81, after a long battle with Parkinson's disease. After teaching at Foothill College for two years, in 1965 Jim became part of the inaugural staff at De Anza College teaching Physical Education and coaching football and tennis, then track & cross country. He served as the COA NorCal Chairman for both track and field and cross country. Later he was on the USA Olympic Hurdle Development Committee. Three times Jim was named Coach of the Year. He was inducted into the COA Cross Country and Track and Field Coaches Hall of Fame in 2004. During his career at De Anza, Jim served as Physical Education Division Chairman and Athletic Director. He retired in 2004. Jim's commitment and positivity

touched the lives of countless students and athletes over his 39 years of teaching. He always had a smile and kind words for everyone. A celebration of his life will be held this summer. In lieu of flowers, memorial contributions may be made to the Parkinson's Foundation: <https://www.parkinson.org/>

Remembering and Celebrating **Edwina Stoll** (d. January 27, 2022)



As a lifelong educator, Edwina was passionate about giving all students access to education. She was impactful as a longtime faculty chair and colleague in Communication Studies at De Anza College and as visionary in the founding and spirit of our nationally recognized Learning in Communities (LinC) program with a particular concentration on success for developmental college students. Edwina and colleague James Luotto were instrumental in bringing collaborative learning techniques and strategies to the forefront of their teaching and later to other faculty. She was lead author of the book *Communication Skills for Collaborative Learning*, and she taught in learning communities for many years. Her vision was to bring together faculty and

faculty, faculty and students, and students and students to work collaboratively in a friendly, supportive team-learning environment. A few years before her full retirement, Edwina and her husband Brad moved to a beautiful part of Napa Valley just off the Silverado Trail fulfilling a life-long dream of having their own vineyard. Edwina is missed, but her loving spirit is a light that will never be extinguished. If you wish to donate in Edwina's name, you can contribute on the FHDA Foundation webpage: <https://secure.donationpay.org/fhda/>; type in Edwina Stoll in the *In Memory of* box. Gifts in her memory will support De Anza College's financial aid contingency fund and/or a Communications Studies and Learning in Communities (LinC) scholarship/award.

—*Donna Stasio, Elaine Lee, Matt Abrahams*



Sarah "Sally" Kemper (Durand) Wood died August 2021 at age 83. Sally was born in Milwaukee, Wisconsin; the family moved to Palo Alto, California, in the late 1940s, where she grew up and attended Jordan Junior High School and Palo Alto High School. Sally earned a Bachelor's degree from Stanford University in 1960 and a Master's from Yale University in 1962. Entering the teaching profession, Sally taught for three years at Robert College in Istanbul, Turkey, before returning home to California. She presided over classrooms at Menlo-Atherton High School and Fremont High School before joining the Language Arts English faculty at De Anza College, where she taught

for the remainder of her career; she retired in 1999. Voted "Most Athletic" in her high school graduating class, Sally played on basketball, tennis, and field hockey teams as a student and was an eager tennis and golf player well through her life. As a third-generation matrilineal Stanford alumna, she was a dedicated lifelong fan of the Cardinal, especially the football and women's basketball teams.



According to the online FHDA District Board minutes, six people will have retired by the end of Winter Quarter 2022; apologies if anyone was inadvertently excluded or included.

- *Silvia Bichler, DA Creative Arts*
- *Christine Johnson, FA Enrollment Services*
- *Thomas Linear, FH Kinesiology/Athletics (retired March 2021)*
- *Joseph Moreau, CS ETS*
- *Edwin Njinimbam, DA PSME*
- *Edmundo Norte, DA IIS*

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) and by volunteering to serve on the Board or committee—meetings are currently held off-campus and/or via Zoom (email billlosgatos@gmail.com). Keep in touch by attending FODARA's get-togethers and Zoom events! To see all of the many great services FODARA provides to retirees, visit the website: <http://www.deanza.edu/fodara/index.html>.



Sign up for or renew your **FODARA 2021-22 membership!** Your \$10 per year voluntary dues go directly to student scholarships, and these days students definitely appreciate financial assistance. Submit your dues (for one or multiple years) by sending a check, made out to FODARA, to Barbara Illowsky, 21363 Dexter Dr., Cupertino, Ca., 95014. Or donate to the FODARA scholarship fund online via the FHDA Foundation: <https://secure.donationpay.org/fhda/>; under Designate Your Gift, type in "FODARA scholarship fund."

FODORA Wants to Hear From YOU!

Mark your calendar on May 2 as a reminder to submit an After-Words contribution for the last issue of the academic year:

- ✓ *A resource you've found useful or a volunteer opportunity you'd like to promote*
- ✓ *A book you enjoyed / recommend*
- ✓ *An article for **Retiree News** (Where Are They Now?) or **Favorite Things***
- ✓ *A creative endeavor: poem, book (published or in-the-works), artwork, photographs, project*

Email the above or questions to After-Words Editor, Linda Lane (lanelinda@fhda.edu).

RESOURCES FOR RETIREES

Health Benefits Links for Eligible Retirees

FHDA Retiree Webpage: https://hr.fhda.edu/benefits/_retirees.html

- Pre-'97 Hires: https://hr.fhda.edu/benefits/_Pre_97_Retirees.html
- Post-'97 Hires: https://hr.fhda.edu/benefits/_Post_97_Retirees.html
 - VEBA Trust for eligible Post-'97 Hires: <https://vebatrust.net/>

For Technology Questions, call the National Senior Planet Technology Hotline: 888.713.3495, 9am-5pm EDT M-F. Or visit the website (<https://seniorplanet.org/>), which has technology tip videos on topics such as how to use ZOOM and how to set up Wi-Fi, as well as online fitness videos. By subscribing to the online weekly newsletter, you can also select email updates on preferred topics.