

# ROSE Newsletter

Retired  
Oregon School  
Employees



*Looking out for the rights and benefits of retired OSEA members*

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Benefits of being a ROSE (Retired Oregon School Employees) member include OSEA life insurance, member discounts, OSEA publications, PERS information, training, events and social activities.

## Pandemics, Elections and a New Year

All across Oregon, we have been affected by not only COVID-19, but the wildfires and smoke as well. Many OSEA and ROSE members lost their homes and many more were evacuated during the fires in western and central Oregon. Our hearts go out to those members who are dealing with the stress of relocating. God bless you all.

You should have received your election ballots which are due back by Nov. 3. You can mail your ballot (postage paid) or drop it off in a ballot box near you. This election is an important one for seniors with many implications for Social Security. Make sure to read your Voter's Pamphlet for further information. With the pandemic, we are fortunate to have mail-in voting. Just to be safe, we recommend you send in or drop off your ballot as soon as possible to avoid any issues. As an added perk, many of the political phone calls you may have been receiving will stop once you vote!

If you are anything like me, quarantine has been difficult. I am a people person. After a couple of weeks, my husband decided that I'm less moody if I have a social life! But soon Zoom meetings were



By **BONNIE LUISI**  
Chair

arranged to stay on top of the different clubs, boards and committees I work with. These made it easier to "see" people and feel involved. I find myself doing many odd projects that have been put off, like cleaning off the bookshelves and shredding all our old medical/insurance information that we shelved in binders. Some of it was 20 years old! Now when I

am on Zoom I have a clean wall of books behind me. I have a friend who went through and organized photo albums for her family. I didn't get that productive! I tend to put things off and say 'maybe tomorrow.' I saw a cute meme on Facebook which sounds like me:

"2019: If I could just have a week with nothing to do and nowhere to go, I could finally get this house clean and organized.

"2020: Nope, that wasn't the problem!"

ROSE is getting ready to gear up. If you have a computer, we are getting ready to schedule meetings and some meet and greet-type events. Having Zoom may make it easier for you to join us. We certainly hope so. We will schedule a Zoom meeting in November after the election. If you would like an invite, email me at [bonluisi1972@gmail.com](mailto:bonluisi1972@gmail.com). We would love to see you.

## GET CONNECTED AND STAY CONNECTED

Like and follow OSEA and ROSE on Facebook



OSEA: [www.facebook.com/osea6732](http://www.facebook.com/osea6732)

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# Coronavirus and PERS: Updates and FAQs

## From OREGON PERS RETIREES, INC.

Oregon PERS Retirees, Inc. (OPRI) is committed to making sure our members have up-to-date information and resources they need to keep themselves safe during these uncertain times. Here are some frequently asked questions about how the COVID-19 pandemic will affect the Public Employees Retirement System (PERS):

### 1. Will I continue to receive my PERS benefits?

Yes, PERS benefit recipients will continue to receive benefit payments as scheduled. If you experience a disruption in payments or if you have any questions, call PERS Member Services at 888-320-7377.

### 2. Will my PERS benefits be impacted?

No, you will not experience a disruption in your PERS benefits throughout COVID-19. If your payments are disrupted please call PERS Member Services.

### 3. Is my PERS-sponsored health insurance coverage at risk in any way?

While Gov. Brown's Executive Order 20-03 is in place, no person's PERS-sponsored health insurance coverage will be terminated for failure to make payment of monthly contributions by the due date.

### 4. Will PERS offices and staff still be available?

Oregon PERS has temporarily changed the way it provides services at its headquarters building in Tigard and the PERS/Oregon Savings Growth Plan (OSGP) office in Salem. While PERS and OSGP member and employer resources can be reached by phone and email during regular hours, the Tigard and Salem buildings are closed to the public until further notice.

### 5. What should I do if I get calls or emails from strangers asking me for financial commitments?

The coronavirus pandemic has shut down or affected nearly

all facets of life, but phishers, scammers and hackers are unfortunately still hard at work. To keep your family's finances and technology safe, OPRI reminds members to be wary of coronavirus cybercrimes, which include:

- Apps that appear to track COVID-19, but instead launch a ransomware application on your phone
- Interactive COVID-19 maps claiming to be from reputable medical organizations, but instead infect your device with malware and ransomware
- Phone scams that offer access to a COVID-19 vaccine but ask that you first share your credit card or social security number.

Just as in normal times, we suggest you take a few simple precautions to protect yourself:

Avoid opening attachments and clicking on links in emails from senders you do not recognize or were not expecting. These attachments can contain malicious content that can infect your device and steal your information.

Be suspicious of emails or phone calls requesting personal information or requesting you verify your account.

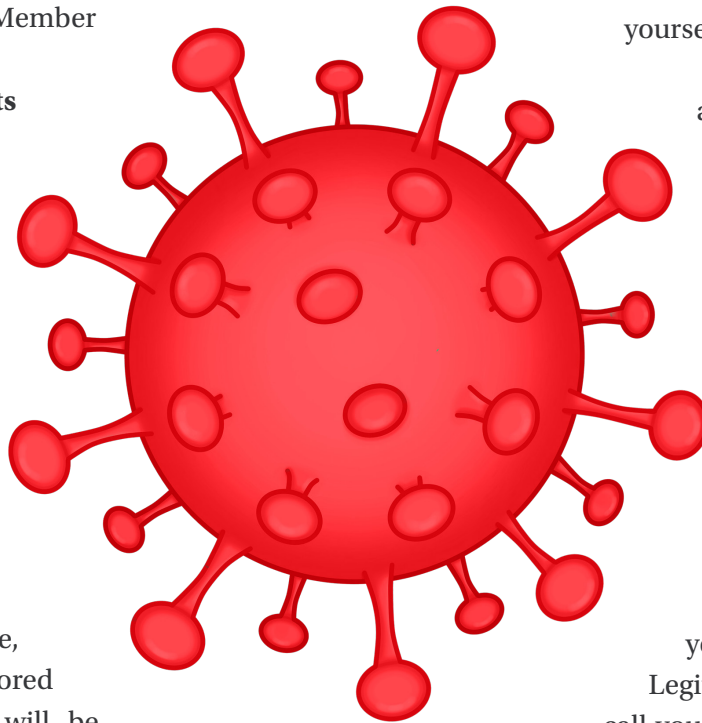
Legitimate businesses will never call you or email you directly for this information.

Verify that any request for information is from a legitimate source. This may be done by opening a browser and going to a known website or locating another trusted source for verifying information.

The coronavirus pandemic is a prime opportunity for criminals to play on the fear everyone feels right now. OPRI reminds members to spend some time researching any offers before clicking and providing information.

### 6. What if I need to get a hold of OPRI about my membership or PAC contribution?

You can reach OPRI by email, [info@opri.com](mailto:info@opri.com), or phone, 503-363-7084. Someone will get back to you as quickly as possible.



# Compassion Unites OSEA and ROSE Members

By **MERLENE MARTIN**  
Vice President

**2**020... what a year! And I don't mean that in a good way, do I? Oregonians have faced a lot this year, some more than others but all have been impacted in some way. Most of us reading this are of the "experienced" age, putting us at more risk of serious illness if we contract COVID-19. Any existing health issues put us at even greater risk. I myself am at high risk and take every precaution that I can. Some may say that I am overdoing it, but I'd rather be safe than sorry.

My girls and their families are not taking as many precautions as I do due to their professions. Our rare visits have been outside, wearing masks and staying six feet apart. None of them wants to be the one that brings Jesse or I the coronavirus. I only wish that my family in California would be more respectful of my Mom and Papa and their risk factors. I will have a very hard time forgiving and forgetting if my parents were to get sick.

Schools are teaching mostly online with some exceptions. OSEA and ROSE members are stepping up to fill voids in many areas including feeding kids, delivering learning packets, giving blood and volunteering.

Then in a horrible wind and heat event, forest fires destroyed homes, took lives and changed many lives forever. Many Oregonians lost everything, except what they were able to take with them when evacuated. I don't know how many OSEA members lost homes but I do know that many were impacted, directly and indirectly.

Once again, OSEA and ROSE members, along with all school staff, were here to help chapters, colleagues and communities. We were there to provide supplies, foster pets and livestock and lead donation sites. Some are even providing temporary housing. And there are many other ways we are helping and supporting one another through this difficult time.

Next in line is the election. As seniors, we have a lot on the line. There are threats against Medicare and Social Security funding, not to mention the attack on healthcare. Yet again, OSEA and ROSE members are stepping up. Many of us are working on Get Out the Vote (GOTV) campaigns.

It just goes to show that we are hardworking and compassionate, whether it be on our jobs, our volunteering or our union work. Kudos to all of you for all you do.

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## Life on the Sunny Side

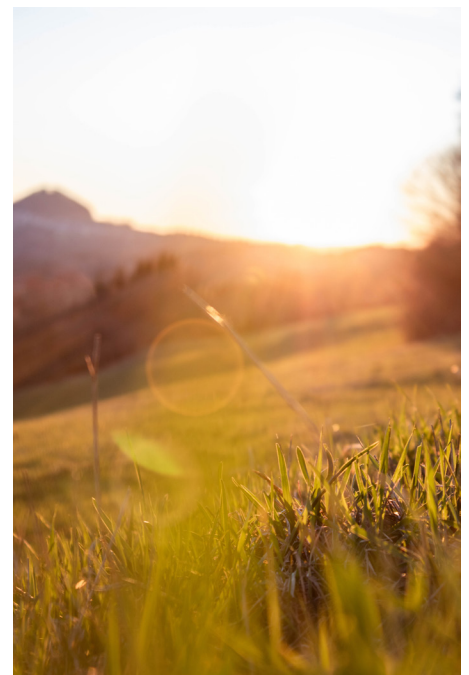
By **MERLENE MARTIN**  
Vice President

**W**hen you dwell on negative thoughts, constantly criticize yourself or focus on your failures instead of achievements, you can not only impact your potential happiness but also your health.

In the midst of a bad day, it's often easier to focus on what's going wrong instead of what's going right. Those who are able to see the bright side even when faced with adversity, however, are less likely to

experience depression, according to research published in the journal *Clinical Psychology Review*, and may even benefit from improved longevity and better heart health.

Deep breathing, exercising and simply accepting your negative thoughts and brainstorming solutions to address negative situations can help keep stress levels and negativity in check. If you're struggling to accept something outside of your control or dealing with chronic anxiety, talk with your physician about potential coping strategies.



# ROSE Recipe: Creamy Mushroom Soup

I often find recipes in magazines and add or take away ingredients to make it mine. Many years ago I did that with this creamy mushroom soup recipe and my family has been enjoying it ever since. It is easy to make and especially comforting on a brisk or cold day.

## Ingredients:

- 1/4 cup unsalted butter
- 2 lbs. sliced fresh mushrooms (cremini, white button, wild)
- 1/2 oz. dried wild mushrooms plus the water from rehydrating (do this first as it may take a long time)
- 1 yellow onion, diced
- 1 1/2 tbsp. all-purpose flour
- 6 sprigs fresh thyme
- 2 cloves garlic, peeled and sliced
- 6 cups chicken broth
- 1 cup water
- 1/2 cup of good quality sherry
- 1 cup heavy cream
- Salt and pepper to taste
- Sprinkle of Oregon Black Truffle Salt (Jacobsen's)
- 1 tsp. fresh thyme leaves

In a large pot, melt the butter over medium-high

heat. Cook fresh mushrooms with a pinch of salt until mushrooms release their liquid. Reduce heat to low and continue to cook, stirring often, until juices evaporate and the mushrooms are golden brown, at least 15 minutes. Set aside some mushrooms for the final garnish. Add onions to the mushroom mixture and cook until onions are soft and translucent. Add sherry and let it cook until it evaporates.

Sprinkle flour over the mushroom mixture and cook while stirring often for two minutes. Tie thyme sprigs into a bundle with kitchen twine and add to the pot along with garlic cloves, chicken stock and water. Bring to a simmer and cook for one hour. Remove the thyme.

Add the rehydrated mushrooms; strain the water they were soaking in and add to the pot. For a chunky soup, use an immersion blender to puree; for a smoother, creamier soup, puree in a blender in small batches on high speed until smooth and thick.

Return soup to pot and stir in the cream. Season with truffle salt and pepper. Serve with a garnish of sauteed mushrooms and a few thyme leaves.

– *Everice Moro*



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AFT Local 6732

## Calendar

**Nov. 3** – Election Day

**Nov. 11** – Veteran's Day

**Nov. 26** – Thanksgiving

**Dec. 18** – OSEA Board Meeting