

# Retiree Times

3<sup>rd</sup> Quarter 2020



## PRESIDENT'S MESSAGE

2020 has been a year of change for all of us. We're not spending time with family and friends; we're not traveling like we have in the past; we're not attending events that have become part of our routines that we all look forward to. **It is with deep regret, but with our member safety in mind, that the decision to cancel our 2020 SDG&E Alumni Association Holiday Luncheon on 12/8, has been made.**

Our members are part of the "vulnerable" population, made vulnerable by our age. Many of us have not been able to spend time with our grandkids and our kids. That annual birthday gathering or family picnic had to be cancelled because you can't gather with more than 6-10 people. San Diego was very lucky to be placed in the red tier by the governor because most of us had done things right by wearing a mask outside and practicing social distancing. But large events are still prohibited and there is no way that we can practice social distancing with 350-400 people indoors or outdoors.

We are working with the Scottish Rite Event Center to schedule our 2021 luncheon for December 7. In the meantime, we are closely monitoring the Covid-19 situation in San Diego.

You can visit the county's website at [www.sandiegocounty.gov](http://www.sandiegocounty.gov) and click on Coronavirus Disease.

Please understand that our goal is to ensure our members are safe and that we do not want to contribute negatively to your health and well-being. I know many of you look forward to this event each year to reconnect with colleagues and old friends. Thank goodness we have things like FaceTime, Google Duo, Zoom and other video chat platforms to see one another and stay in touch! Don't know how to use these? Ask your grandkids!

In the meantime, stay safe, stay healthy and when you leave your place, cover your face!

### *In this issue... Page*

- Vacationing during Covid 2
- Great websites 2
- Life with Covid over 60 3-6
- Transitions 3
- SDG&E award 5

For current information on activities, events and notices check the SDGE Alumni web site <http://sdgealumniassoc.org> or Facebook SDG&E Alumni Association page <https://www.facebook.com/groups/408831429206094/>



Your President,  
Samm McDonald

*Retiree Times* is published by the SDG&E Alumni Association

Brienn Woods, Editor  
c/o Semptra Energy  
P O Box 129831, HQ08S2  
San Diego, CA 92112-0750

Visit our website at:  
[www.sdgealumniassoc.org](http://www.sdgealumniassoc.org)  
and our Facebook page at:  
<https://www.facebook.com/groups/408831429206094/>

### SDG&E Alumni Association 2020 Board

President	Samm McDonald	858-229-9671
Vice-President	Brienn Woods	858-344-6005
Secretary	Jim Teeter	619-922-1618
Treasurer	Ken Clay	619-820-2057
Directors at Large: Gloria Bowker, Jerry Crouch, Jim Freymiller, Bruce Heilbrunn, Joyce Kelly, Irene Krepak, Alice Myers		
Directors Emeritus: Charlyne Oslin-Smith		
SDG&E Corporate Advisor: Penney Newell		

## VACATIONING DURING COVID-19

### Virtual Travel Experiences That Let You Explore the World From Your Living Room

By Kastalia Medrano and Kristen Adaway

We may all be temporarily grounded, but thanks to the miracles of the internet, we can tour this big beautiful world from pretty much anywhere -- with the added bonus of not having to deal with lines and fellow tourists. Virtual tours can take you pretty much anywhere, from distant lands to historic museums to your local zoo. Through them, you can witness eye-popping natural phenomena, explore mountain tops and deep caverns, and tour cities you've always dreamed of visiting. And you can do all of this from the couch. Here are our favorite virtual travel experiences right now. Go to <https://www.thrillist.com/travel/nation/virtual-trips-travel-tours> to start your virtual adventure.

### Miss cruising? Stream these 13 movies and shows to get your cruise ship fix

Are you a hardcore cruising fan? We wouldn't blame you for being a bit down. The complete shutdown of cruising since March due to the coronavirus pandemic is keeping you away from your favorite floating hideaways, and it doesn't look like you'll be back at sea anytime soon.

That said, you're not completely cut off from your favorite ships — you still can see them in movies and in television shows.

Since streaming movies and television programming is pretty much all we're doing these days (and we're guessing that's the case for you, too), we've put together this list of some of our favorite onscreen entertainment that includes at least a glimpse of a cherished cruise vessel. Check out the list here: <https://thepointsguy.com/guide/best-cruise-ship-movies-tv-shows/>

### Still want to go in person? How to plan a 'safecation': What to know about road trips, flying, hotels and more

Source: TODAY By Maura Hohman

*This is still relevant as we move into fall.*

This guide breaks down the safest ways to fly, drive, visit loved ones, stay at hotels and more for your vacation during the coronavirus outbreak.

As summer revs up, many families who've planned vacations and long-anticipated reunions are left wondering whether it's safe to travel during the coronavirus. Most states have reopened, giving residents a semblance of normalcy, but COVID-19 cases are still rising in some areas.

The good news is you can travel this summer, especially if you stay within U.S. borders, as there are still many restrictions on international travel — and if you follow basic precautions. Go here for details:

<https://www.today.com/health/how-plan-summer-safecation-what-know-about-road-trips-flying-t184324>

If we can't get out and about, there are still ways we can stay informed, learn new things or just be entertained on the Internet. Here are a few links to check out!

- Ten best websites for seniors  
<https://www.humangood.org/community-news/top-10-best-websites-for-seniors-in-2019>
- Next Ave – where grownups keep growing  
<https://www.nextavenue.org/about-us/>
- Websites dedicated to seniors  
<https://www.seniorliving.org/internet/websites/>



## Life will never be the same for people over 60 — even with a COVID-19 vaccine

Published: September 5, 2020 Bruce Horovitz

*This article is reprinted by permission from [NextAvenue.org](http://NextAvenue.org). It is part of the [Coronavirus Outbreak: What You Need To Know Special Report](#). (There are many articles contained in the report.)*

### These are the likely long-term impacts on gatherings, travel, eating, medicine, home life and even public restrooms

Imagine this scenario, perhaps a year or two in the future: An effective COVID-19 vaccine is routinely available, and the world is moving forward. Life, however, will likely never be the same — particularly for people over 60.

That is the conclusion of geriatric medical doctors, aging experts, futurists and industry specialists. Experts say that in the aftermath of the pandemic, nearly everything will change, from the way older people receive health care to how they travel and shop. Also overturned: their work life and relationships with one another.

“In the past few months, the entire world has had a near-death experience,” said Ken Dychtwald, CEO of Age Wave, a think tank on aging around the world. “We’ve been forced to stop and think: I could die, or someone I love could die. When those events happen, people think about what matters and what they will do differently.”

Older adults are uniquely vulnerable because their immune systems tend to deteriorate with age, making it so much harder for them to battle not just COVID-19 but all infectious diseases. They are also more likely to suffer other health conditions, like heart and respiratory diseases, that make it tougher to fight or recover from illness.

So it’s no surprise that even in the future, when a COVID-19 vaccine is widely available — and widely used — most older adults will be taking additional precautions.

“Before COVID-19, baby boomers — those born after 1945 but before 1965 — felt reassured that with all the benefits of modern medicine, they could live for years and years,” said Dr. Mehrdad Ayati, who teaches geriatric medicine at Stanford University School of Medicine and advises the U.S. Senate Special Committee on Aging. “What we never calculated was that a pandemic could totally change the dialogue.” *(continued on page 4)*

## SDG&E ALUMNI TRANSITIONS (since last edition)

### Deceased 2020

#### March

Rusian L “R L” Faust

#### April

Daniel W Derbes

#### June

Fred Stalder

#### July

Larry Clemens

David Rylaarsdam

#### August

Thomas Berry

James “Ace” Carnahan

Katherine “Kay” Chiarchianis

Terry Mackiewicz

### Retired 2020

#### January

Joseph LaGrua Jr

Charles A Stark

#### February

Mary Lou Terrones-Rodriguez

#### May

Bruce Nanninga

#### June

Stephen Taylor

#### July

Peggy Bingham

Scott Devitt

Heidi James

#### August

Berkeley Loveless

Daniel McCullough

Teresa Roy

#### September

Solly Hemus

Ellis Jones

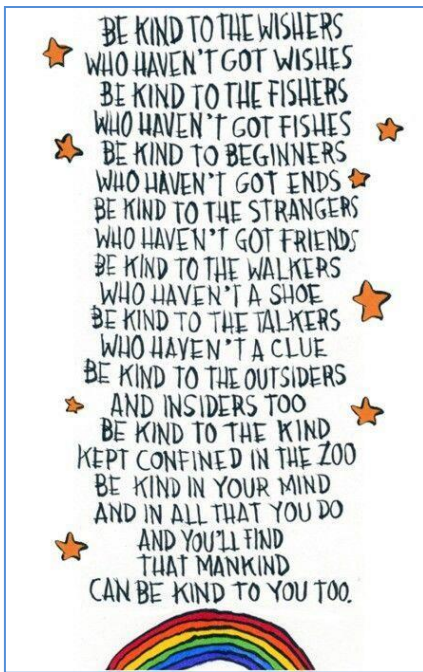
Jacob Lotz

#### October

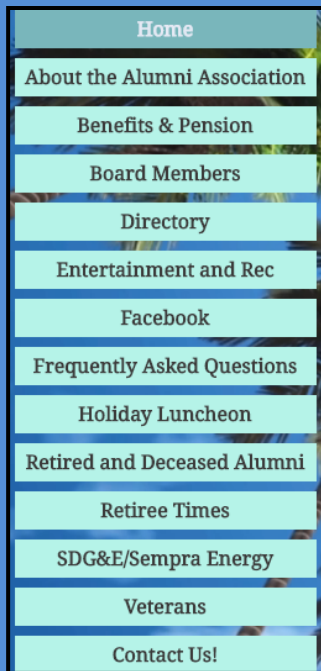
Russ White

#### December

Ana Moreno



If you haven't checked out the new website, here's a peak at all it has to offer!



Go to:  
<https://www.sdgealumniassoc.org/>

## Life will never be the same for people over 60 — even with a COVID-19 vaccine *(continued from page 3)*

Here's a preview of post-vaccine life for older Americans:

### Medical care

Time to learn all about online healthcare. Only 62% of people over 75 use the internet — and fewer than 28% are comfortable with social media, according to data from the Pew Research Center. “That’s lethal in the modern age of health care,” Dychtwald said. So, there will be a drumbeat to make them fluent users of online health care.

1 in 3 visits will be telemedicine. Dr. Ronan Factora, a geriatrician at Cleveland Clinic, said he saw no patients age 60 and up via telemedicine before the pandemic. He predicted that by the time a COVID-19 vaccine is available, at least a third of those visits will be virtual. “It will become a significant part of my practice,” he said. Older patients likely will see their doctors more often than once a year for a checkup and benefit from improved overall health care, he said.

Many doctors instead of just one. More regular remote care will be bolstered by a team of doctors, said Dr. Greg Poland, professor of medicine and infectious diseases at the Mayo Clinic. The team model “allows me to see more patients more efficiently,” he said. “If everyone has to come to the office and wait for the nurse to bring them in from the waiting room, well, that’s an inherent drag on my productivity.”

Drugstores will do more vaccinations. To avoid the germs in doctors’ offices, older patients will prefer to go to drugstores for regular vaccinations such as flu shots, Factora said.

Your plumbing will be your doctor. In the not-too-distant future — perhaps just a few years from now — older Americans will have special devices at home to regularly analyze urine and fecal samples, Dychtwald said, letting them avoid the doctor’s office.

### Travel

Many trips of 800 miles or less will likely become road trips instead of flights, said Ed Perkins, a syndicated travel columnist for The Chicago Tribune. Perkins, who is 90, said that’s certainly what he plans to do — even after there’s a vaccine.

Regional and local travel will replace foreign travel. Dychtwald, who is 70, said he will be much less inclined to travel abroad. For example, he said, one time plans with his wife to visit India are now unlikely, even if a good vaccine is available, because they want to avoid large concentrations of people.



Life will never be the same for people over 60 — even with a COVID-19 vaccine *(continued from page 4)*

That said, each year only 25% of people 65 and up travel outside the U.S., vs. 45% of the general population, according to a survey by Visa. The most popular trip for older adults: visiting grandchildren.

Demand for business class will grow. When older travelers who are financially able choose to fly, they will more frequently book roomy business-class seats because they won't want to sit too close to other passengers, Factora said. Buying three seats for two. Older couples who fly together — and have the money — will pay for all three seats on a flight so no one is between them, Perkins said.

**Hotels** will market medical care. Medical capability will be built into more travel options, Dychtwald said. For example, some hotels will advertise a doctor on-site or one close by. "The era is over of being removed from health care and feeling comfortable," Dychtwald said.

Disinfecting will be a sales pitch. Expect a rich combination of health and safety "theater" — particularly on cruises that host many older travelers. Perkins said: "Employees will be wandering around with disinfecting fogs and wiping everything ten times."

Cruises will require proof of vaccination. Passengers — as well as cruise employees — will likely have to prove they've been vaccinated before traveling, Factora said.

## Eating

Local eateries will gain trust. Neighborhood and small-market restaurants will draw loyal customers — mainly because they know and trust the owners, said Christopher Muller, a hospitality professor at Boston University.

Safety will be a restaurant's bragging point. To appeal to older diners in particular, restaurants will prominently display safety-inspection signage and visibly signal their cleanliness standards, Muller said. They will even hire employees exclusively to wipe down tables, chairs and all high-touch points — and these employees will be easy to identify and very visible.



2020 Investor-Owned Utility of the Year

**Awarded as a 2020 SEPA Power Player**

In July, SDG&E was acknowledged as "Investor-Owned Utility of the Year" for their industry leadership and innovation to advance clean energy to help meet the needs of electricity consumers.

The Smart Electric Power Alliance (SEPA) announced the winners of the 2020 SEPA Power Players Awards in recognition of their groundbreaking efforts in project or program design, unique partnerships, stakeholder engagement and more. The winners, in eight award categories, will be recognized during the 2020 SEPA virtual Grid Evolution Summit on July 28-30. The official announcement can be found [here](#).

To read the entire article go to: <https://sdgenews.com/article/sdge-named-utility-year>

Life will never be the same for people over 60 — even with a COVID-19 vaccine *(continued from page 5)*

## Home life and shopping

**The homecoming.** Because of so many COVID-19 deaths in nursing homes, more older adults will leave assisted living facilities and nursing homes to move in with their families, Factora said. “Families will generally move closer together,” he said.

**The fortress.** Home delivery of almost everything will become the norm for older Americans, and in-person shopping will become much less common, Factora said.

**An increase in grocery deliveries.** The 60-and-up workforce increasingly will be reluctant to work anywhere but from home and will be very slow to re-embrace grocery shopping. “Instacart delivery will become the new normal for them,” Dychtwald said.

## Gatherings

**Forced social distancing.** Whenever or wherever large families gather, people exhibiting COVID-like symptoms may not be welcomed under any circumstances, Ayati said.

**Older adults will disengage, at a cost.** Depression will skyrocket among older people who isolate from family get-togethers and large gatherings, Ayati said. “As the older population pulls back from engaging in society, this is a very bad thing.”

**Public restrooms will be revamped.** For germ avoidance, they’ll increasingly get no-touch toilets, urinals, sinks and entrances and exits. “One of the most disastrous places you can go into is a public restroom,” Poland said. “That’s about the riskiest place.”

*Bruce Horovitz, a national freelance writer and media training consultant, is a former USA Today marketing*

## Texting for Seniors

Since more of us are texting and tweeting here’s a guide to texting abbreviations you may find handy.

ATD	At the Doctor’s
BFF	Best Friend Fainted
BTW	Bring The Wheelchair
BYOT	Bring Your Own Teeth
CBM	Covered By Medicare
CGU	Can’t Get Up
CUAT SC	See You At The Senior Center
DWI	Driving While Incontinent
FWIW	Forgot Where I Was
TTYL	Talk To You Louder
LMDO	Laughing My Dentures Out
LOL	Living On Lipitor

Reminder: If you change your email address please send us your new one so we can stay in touch!

Go to:

<https://www.sdgealumniassoc.org/update-e-mail-address>

We want to keep in touch with as many of our fellow retirees as possible and you can help us! If you are on social media, consider posting a message similar to this:

*For those FB friends of mine who are or will soon be retired from SDG&E, did you know that there is an Alumni Association and associated website setup just for you? Please check out <https://www.sdgealumniassoc.org> to get added to the Alumni Association directory, get updates like the Retiree Times newsletter, and information on social events including the annual Alumni Association Holiday Luncheon! Check it out!*