

Retiree Times

4th Quarter 2024



PRESIDENT'S MESSAGE

Fall is my favorite time of year.....I love the slanted light from the sun. I love the somewhat cooler days. I love the holidays Fall brings.....Halloween, Dia de las Muertos, my birthday, Thanksgiving. And, I love decorating for those holidays! I have invested nearly as much in decorations for those holidays as I do for Christmas! And how about the scents of Fall? All the spices, pumpkins, the leaves, maple syrup, so many wonderful scents! I have lots of candles, lotions and even hand sanitizer with those scents. And after Thanksgiving? It's our Annual Holiday Luncheon! I hope you will be able to join us on **December 3** at the **MARINA VILLAGE CONFERENCE CENTER, 1936 QUIVIRA WAY, SAN DIEGO** in the **SEASIDE ROOM** (same location as last year) for a Holiday-themed lunch with your former colleagues. Seating is limited to 300, so please make your reservation as soon as you can. The ticket price this year is **\$18.00**.

If you plan to attend the luncheon, please submit your payment no later than November 22nd by one of the methods below. If you have any questions, please contact Ken Clay at kjclay@cox.net or 619-820-2057. You may make your payment with a debit card, credit card, or Paypal. Just go to <https://www.sdgealumniassoc.org> and click on Holiday Luncheon or click on <https://www.sdgealumniassoc.org/holiday-luncheon>. Select the number of

attendees from the dropdown menu. Enter your name(s) for nametag(s) and click Buy Now. If you want to pay with PayPal, login and complete the payment. If you want to pay with a credit or debit card, click Pay with Debit or Credit Card. Complete the payment information and click Pay Now. If you prefer to submit your payment by mail, please complete and return the form from the invitation flyer (attached to the email), along with your check payable to SDG&E Alumni Association to:

Ken Clay 10533 Ironwood Ave Santee, CA 92071-1202. No refunds will be given after November 22nd.

If you have a group that wants to sit together, just be sure that someone in the group arrives early and reserves the appropriate number of seats. We are really looking forward to seeing all of you at the luncheon!



Your President,
Samm McDonald

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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/>

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Visit our website at:
www.sdgealumniassoc.org
and our Facebook page at:

<https://www.facebook.com/groups/408831429206094/>

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SDG&E CLIMATE ACTION

We partner with local organizations to develop environmental champions who are informed and engaged in climate solutions

Through SDG&E's signature Environmental Champions giving initiative, our investments empower environmental organizations to focus on mission-critical work around climate literacy, urban greening and habitat restoration.

SDG&E supports close to 80 environmental organizations that inform and inspire the public to take action to protect our planet from future environmental and climate impacts.

SDG&E has contributed 12+ years of consecutive giving, including more than \$12 million in investments for environmental programs and projects.

SDG&E has enabled the planting of more than 10,000 trees each year in our service territory through a combination of charitable grants, customer programs, and rebates. Efforts include plantings in parks, canyons, open spaces and education hubs.

Learn more about SDG&E's [2024 Environmental Champions grant program](#).

SDG&E PARTNERS TO EXPAND TREE CANOPY IN URBAN COMMUNITIES

SDG&E joined together with City of San Diego and Tree San Diego to plant more than 300 trees in City Heights. These trees will provide shade, sequester carbon, and improve the aesthetics of a highly urban community.

Similar efforts have taken place in Allied Gardens and Bay Terraces, with additional communities planned for future years. These projects include street trees, trees in parks and working with residents to share information about tree resources for their yards.

Watch video here:

<https://youtu.be/QTgTXdRZfvw>

VEHICLE DONATION PROGRAMS

Vehicle Donation programs are a win-win, benefiting both the nonprofits and the donors while also supporting broader community and environmental goals.

Each year, Charitable Adult Rides & Services (CARS), an organization founded in 2003 in San Diego, is committed to helping nonprofits across North America increase fundraising through donations.

The revenues from these donations are often crucial to help sustain and expand the work of various initiatives and community activities while providing tax benefits for donors and helping to promote recycling by contributing to environmental sustainability.

One of the participants in the CARS program is the Cal Coast Cares Foundation, a local charity that supports educators and students by providing grants for teachers and scholarships for college-bound high school seniors, including a special program for foster youth in San Diego and Riverside Counties.

To support the Cal Coast Cares Foundation and to arrange the pick-up of your vehicle donation, at no cost to you, scan the QR code below or visit <https://cal-coast-cares-foundation.careeasy.org/home> or call 1 855 500 RIDE (7433).



SDG&E'S COMMUNITY ASSISTANCE FUND WORKING TOGETHER TO CREATE A HEALTHIER AND BRIGHTER FUTURE FOR EVERYONE

About the Community Assistance Fund

The SDG&E Community Assistance Fund is a \$10-million shareholder funded grant program that provides local nonprofit organizations with transformational support ranging from \$250,000 to \$1 million. It's the single largest one-year charitable initiative SDG&E has ever launched.

The grant recipients selected provide services in the areas of food security and housing stability. SDG&E grants will enable these nonprofits to expand food pantries, emergency rent assistance, financial coaching and much more.

This funding is intended to support the region's most vulnerable populations, including the elderly, low-income individuals and families, as well as under-resourced communities.

Over the past 12 years, SDG&E has invested more than \$100 million in shareholder dollars to improve lives in our communities. Most of that money went to diverse and underserved communities for workforce development, education, public safety and environmental stewardship among other things.

In this issue ElderHelp is featured:

ElderHelp provides personalized services and information that help seniors remain independent and live with dignity in their own homes. With the grant from SDG&E, ElderHelp will help older adults secure stable housing through their innovative HomeShare program. HomeShare matches senior homeowners who have an extra bedroom with other seniors seeking below market rent housing, in some cases in exchange for assistance with household chores. This program, combined with ElderHelp's housing navigation efforts, helps seniors understand federal programs and all options to remain housed.

For more information about SDG&E in the community, visit [our community page](#).

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SENIOR SNICKERS

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

I was showing my grandson a photo of his great-grandparents, and after I asked him if I looked like them, he looked me square in the face and said, "Not yet, you don't."

What do you call someone who enjoys Mondays?
Retired.

I'm am so old...

that when I was a kid, the Dead Sea was only sick.

WILDFIRE ALERT: IS YOUR HOME PREPARED?

Despite record-breaking rainfall this year, the risk of wildfires persists. To increase your property's chances of surviving a wildfire, it's essential to create a defensible space around your property and reinforce your home or business with fire-resistant materials.

1. Create a defensible space.

Minimize your home's exposure to risk by modifying the vegetation space around it to help resist a wildfire. California requires 100 feet of defensible space around your property.

2. Increase your home's defenses.

- Consider building your roof or re-roof with materials such as stone, slate, metal, clay tiles or asphalt shingles, which offer the highest resistance to fire.

- Cover all vent openings with 1/16-inch to 1/8-inch metal screening, as flying embers can enter your house through vents.

- If possible, windows should be double-paned with one pane of tempered glass; it's recommended to help reduce the chance of breakage in a fire, especially if facing large areas of vegetation.

- Keep rain gutters clear or enclose rain gutters to prevent the accumulation of plant debris.

- Cover your chimney and stovepipe outlets with a non-flammable screen. Use metal screen material with openings no smaller than 3/8-inch and no larger than 1/2-inch to prevent embers from escaping and igniting a fire.

• *Continued on page 5*

HOW ARTIFICIAL INTELLIGENCE CAN HELP SENIORS: EMPOWERING OLDER ADULTS IN THE MODERN WORLD

As the global population ages, the integration of artificial intelligence (AI) into various aspects of daily life has the potential to significantly enhance the lives of seniors. AI is increasingly being used in healthcare, home care, and other services designed to meet the unique needs of older adults. Here's a look at how AI can support seniors, enabling them to live healthier, safer, and more independent lives.

1. Healthcare and Wellness

One of the most significant areas where AI can benefit seniors is healthcare. AI-driven tools are revolutionizing medical diagnostics, treatment, and care for the elderly.

- **Remote Monitoring:** Wearable devices powered by AI can monitor vital signs like heart rate, blood pressure, and oxygen levels. These devices can detect early signs of potential health problems and send alerts to both the senior and their healthcare provider, ensuring timely intervention.
- **Predictive Analytics:** AI algorithms can analyze medical data and predict future health risks, enabling early detection of conditions such as diabetes, cardiovascular diseases, and even cognitive decline. This helps in personalized treatment plans and reduces the need for hospital visits.
- **Virtual Health Assistants:** AI-based chatbots and voice assistants can remind seniors to take their medications, schedule doctor's appointments, and provide health-related advice. This support can make managing complex health regimens easier and reduce caregiver stress.

2. Home Assistance and Independence

Many seniors wish to live independently for as long as possible, and AI can be an effective tool in helping them maintain autonomy in their own homes.

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WILDFIRE ALERT: IS YOUR HOME PREPARED?, continued

3. Additional things to consider:

- Have a fire extinguisher and tools such as a shovel, rake, bucket, and hose for fire emergencies.
- Store all combustible and flammable liquids away from ignition sources.
- Make sure your address is clearly visible from the road.
- Consider having multiple garden hoses that are long enough to reach all areas of your home and other structures on your property.

For more information on wildfire safety, visit sdge.com/Wildfire-Safety.

ARTIFICIAL INTELLIGENCE, continued

- Smart Homes: AI-enabled devices, such as smart thermostats, lighting systems, and security cameras, can be automated or controlled through voice commands, making it easier for seniors to navigate and manage their environment. For example, AI can turn off appliances, adjust temperatures, or lock doors, all of which enhance safety and convenience.
- Voice Assistants: Devices like Amazon Alexa and Google Assistant allow seniors to control their home environment, ask questions, set reminders, and stay in touch with family and friends, all via voice commands.
- Fall Detection and Emergency Response: AI-powered sensors and cameras can detect if a senior has fallen or is in distress and automatically notify emergency services or a designated contact. This rapid response can be life-saving, especially for those living alone.

3. Combating Loneliness and Social Isolation

Loneliness is a growing concern among seniors, particularly those who live alone or are far from family members. AI can help alleviate social isolation by facilitating connections and providing companionship.

- Companion Robots: Social robots like ElliQ and Jibo are designed to provide companionship to seniors, engaging them in conversations, reminding them of daily tasks, and even suggesting activities to keep them mentally and physically active.
- Virtual Social Platforms: AI can help seniors stay connected with loved ones via video calling platforms that are easy to use and accessible. Moreover, AI algorithms can suggest social activities or online communities tailored to their interests, helping them find meaningful interactions.



PROTECT YOUR PROPERTY. CREATE DEFENSIBLE SPACE AROUND YOUR HOME.

*MOW BEFORE 10 A.M. & NEVER ON A HOT OR WINDY DAY.



Minimize your home's exposure to risk. Create space around it to help protect it from a wildfire.

Zoom in to enlarge picture above

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ARTIFICIAL INTELLIGENCE, continued

- **Mental Health Monitoring:** AI can also detect early signs of depression or cognitive decline through speech patterns or behavioral changes. Such systems can prompt caregivers or medical professionals to intervene and offer appropriate support.

4. Cognitive Support and Memory Assistance

AI tools can be particularly beneficial for seniors with cognitive impairments or memory loss. They help manage daily routines, reduce stress, and offer cognitive exercises.

- **Memory Aids:** AI-based applications can offer reminders about tasks like taking medication, attending appointments, or completing daily activities. These reminders can be tailored to each individual's schedule and needs.
- **Cognitive Training:** AI can deliver personalized brain training exercises that improve cognitive function and memory retention. These exercises, often delivered via games or interactive activities, can help slow the progression of dementia and other cognitive disorders.

5. Financial Management and Fraud Protection

Managing finances can become increasingly challenging for seniors, especially with the rise in online banking and digital transactions. AI offers tools that make financial management easier and safer.

- **Personal Finance Assistants:** AI-driven apps can help seniors track their spending, pay bills on time, and even provide alerts if unusual transactions occur. These tools help seniors maintain control over their finances without relying on others.
- **Fraud Detection:** AI is excellent at detecting patterns of fraud. Algorithms can monitor seniors' banking activities and send alerts if there are any unusual or suspicious activities, such as phishing scams or unauthorized withdrawals, offering an extra layer of protection.

6. Transportation and Mobility

Mobility is often a challenge for seniors, particularly those with limited physical capabilities. AI innovations in transportation are making it easier for older adults to maintain independence and access essential services.

- **Autonomous Vehicles:** Self-driving cars are becoming a reality, and they can offer seniors a safe, reliable way to travel without relying on others. This can reduce isolation and ensure they can get to appointments, shop for groceries, or visit family members.
- **Ride-Hailing Services:** AI-based ride-hailing services like Uber and Lyft can be easily accessed via voice commands or mobile apps, providing seniors with a convenient and affordable mode of transportation.

AI has the potential to transform the way seniors live by offering solutions that enhance their health, safety, and overall quality of life.

SDG&E ALUMNI TRANSITIONS

Listing of Retirees and Deceased since the last edition of the Retiree Times

A complete list of retirees and deceased members can be found on the SDG&E alumni website:

[Retired and Deceased Alumni | SDGE-Alumni- Assoc \(sdgealumniassoc.org\)](http://sdgealumniassoc.org)

Recent and Upcoming Retirees

Sue Garcia Deceased	Aug 2024
Richard H "Dick" Behnke Sr	Jun 2022
Randall M Helm	Jul 2024
Paul R Kelly	Aug 2024
David "Dave" Lowe	Aug 2024
Earl L McLaughlin	Sep 2024
Dan Riveroll	Sep 2024



There are some who bring a light so great to the world that even after they have gone the light remains

Did you know...

The SDG&E Alumni Association was established in 1942 by Hance H. Cleland as the "SDG&E Old Timers" to promote, renew and continue the friendships and fellowships made during employment at San Diego Gas & Electric Company; recall and perpetuate the facts, traditions and memories attaching to the development of the gas and electric industry in San Diego and Orange Counties, California.

Today as the SDG&E Alumni Association, a registered non-profit 501(c)(7) organization, we remain committed to the original goals and objectives of the founders of the original organization so many years ago.

The Alumni Association does not receive notice of retirements or retiree contact information from SDG&E. To be included in the Directory, retirees need to submit their information to us. Go to sdgealumniassoc.org, click on Directory and then on Update Directory Information. Complete and submit the form and your information will be included in the next quarterly update of the Directory. You need to send the info to us! Sempra Energy and SDG&E will NOT give us any information about employees or retirees because they are protecting your confidential information.

There are two types of membership available:
Regular Membership

- Any person, who has been employed by San Diego Gas & Electric (SDG&E) and has been retired under the SDG&E retirement plan, shall become a Member.
- Any active employee of SDG&E with 25 years of employment as of 12/31/97, who is already a member, will continue to be a member.
- Any person who has qualified under these requirements cannot be removed because of re-employment at SDG&E or any changes in work status.

Associate membership is open to the following, by petition to the Board:

- Any SDG&E employee who leaves the employ of SDG&E prior to retirement, when they reach age 55
- Any SDG&E employee with 25 years of service as of 12/31/97, who has transferred to another Sempra affiliate; and
- Any spouse of the deceased retired SDG&E employee

Once approved by the board, the Associate Member shall be entitled to all the privileges of Membership.